From the Chair

On behalf of the Department of Applied Health Science, it is an honor to extend my heartfelt greetings to alums and friends of the Department of Applied Health Science in the School of Health, Physical Education, and Recreation. It has been another successful fall semester for the Department of Applied Health Science. Our success would not be possible without the hard work of committed faculty and staff and highly qualified students. Of course, the support of our Dean and Associate Deans was extremely valuable in making this success possible.

In the fall we received approval of a new undergraduate degree, Bachelor of Science in Public Health (BSPH). See page 8. Beginning in the summer, this degree will replace our BS degree in Applied Health Science for new students. This aligns with our School’s new public health direction, and gives our undergraduates a very marketable degree.

Several undergraduate courses offered by the Department of Applied Health Science have been chosen as electives in the new campus-wide General Education curriculum which will be coming in 2011. They include health, family, and nutrition courses. Our electives taken by students in all majors make an important contribution to the overall university mission toward general education. Also, they have strong enrollment.

Our faculty continue to be recognized with awards and accolades, to publish in major national and international journals and to make presentations throughout the country and beyond. The number of external grants and contracts continues to increase. For the first time one of our undergraduate majors was the recipient of the prestigious Fulbright Scholarship. See page 11.

We have a record number of doctoral students (50) and our masters enrollments continue to increase. We have over 500 undergraduate majors.

Again, it has been an honor and privilege for me to serve the Department in this capacity, and I welcome your input, suggestions, and support in any way as we look ahead to another exciting semester. Please stay in touch.

Mohammad R. Torabi, Ph.D.
Chair, Department of Applied Health Science
Dr. Susan Smith

Dr. Smith Joins AHS Faculty

This fall the Department of Applied Health Science welcomes Dr. Susan Smith to our faculty. Dr. Smith comes to IU from the University of Tennessee in Knoxville (UT) where she has worked as part of the health and safety graduate faculty since 1996. At UT she served as the coordinator for graduate and undergraduate health education and safety programs, taught graduate courses in accident prevention and emergency management, and served as one of the three qualified faculty for the Community Health Education Concentration of the UT MPH program accredited since 1969. Since 2001 Dr. Smith also served as the Director of the UT Safety Center. She was selected to hold this position by Dr. Robert Kirk when he retired after 33 years at UT. Dr. Kirk was not only one of Dr. Smith’s mentors, but also the first black professor hired at UT. In addition, he is an IU AHS doctoral alum.

Susan grew up in a rural area of Virginia living in small towns and on dairy farms where she was selected as a 4-H All Star. She holds a BS with a double major in Biology and Chemistry from Berry College, a MSPH in Environmental Management from the University of North Carolina Chapel Hill and a Doctorate of Health Education with additional specializations in Safety and Emergency Management from the University of Tennessee, Knoxville. Her master’s thesis recommended a new process for participatory planning and state policy decision making in North Carolina and her doctoral research focused on the health and safety risk behaviors self reported by adolescents in North Carolina.

Prior to joining the graduate faculty at the University of Tennessee Dr. Smith served as the Associate Director of Western Carolina University’s Center for Improving Mountain Living located in Cullowhee, North Carolina. In this position she supported the creation and coordinated a 100 person regional leadership council covering the rural 17 county mountain region of North Carolina. Under her guidance, members of this council began to see themselves as strong regional leaders and generated both national and state funding to support sustainable development and to promote safe and healthy mountain communities.

This fall Dr. Smith will teach a new graduate class required for all safety management students and available to other graduate students as an elective. It is entitled, “Crisis and Emergency Management.”

Dr. Smith’s hobbies include working on sustainable development and energy conservation programs, day hikes, and working with children’s groups as a naturalist. She has two children. Jeremy is 21 and a junior at East Tennessee State University majoring in elementary education and becoming a reading specialist. Elizabeth is 26 and is the graphic artist for a national nonprofit promoting dental health for children.

We asked her why she came to IU: “IU is the university where safety education and health education were developed as disciplines in the United States and remain strong. Nationally the reputation of the Department for excellence is very well known in both of these areas. I came to IU because I wanted to be at a place where I would have strong mentors in health education and safety management and because I have a lot of respect for the research, teaching and service programs created and maintained by AHS Faculty. We are very glad to have you, Dr. Smith, and we know the safety community will benefit greatly by having you as a mentor. Welcome aboard!”

Nursing Faculty Learn from AHS Program

By Martina Sann

For the past 3 years, AHS has been offering online courses to graduate and returning students interested in gerontology. In fact, we offer a Graduate Certificate in Gerontology which can be entirely online.

The courses in this certificate help people working with the elderly in the community as well as healthcare professionals and educators. The certificate requirements consist of 3 academic classes and a practicum that the students may individualize to suit their specific interests.

Patricia Luckey MSN, RN recently completed her practicum. She is a certified nurse educator (CNE) and assistant professor in the School of Health Sciences at the University of St. Francis in Fort Wayne, Indiana. For the past 6 years, Patricia has been instructing nursing students enrolled in the associate nursing program. She has over 10 years of nursing experience working in home healthcare, hospital and private practice.

As part of the practicum requirement, Patricia designed and produced a DVD to assist her in the classroom as a clinical evaluation tool. She explained that nurse educators often look for a more efficient way to ascertain and evaluate knowledge gaps in the beginning nursing student’s clinical experience. The DVD does just that.

Grad Certificate, cont. page 8...
Dr. Lohrmann Wins National Award

Dr. Joanne Bunnage was selected as a Faculty Fellow for 2009-2010 by the Office of Service Learning. The Office of Service-Learning Faculty Fellows are part of a learning community that explores issues related to service-learning and community-based research. They also serve as a resource for other instructors considering adopting a service-learning pedagogy or developing a community-based research design.


Dr. Lesa Huber has been nominated for Member-At-Large for the national Association for Gerontology in Higher Education. She is also part of a research team that received $400,000 from the NSF to investigate how to help older adults understand about staying safe online. They propose to answer a set of topical and methodological questions to move the frontier on our understanding of the interaction of technology, risk and older adults.

Dr. David Lohrmann, professor of school health promotion and director of graduate studies for our Department, received the 2009 William A. Howe Award from the American School Health Association (ASHA). This is the highest award bestowed by ASHA. It recognizes individuals for outstanding contributions and distinguished service in school health. The following was taken from the award citation: “During the past 37 years, Dr. David Lohrmann has touched the lives of thousands of children and youth and helped shape the fields of school health education and coordinated school health.”

Dr. Lohrmann is also a consultant to the Association for Supervision and Curriculum Development’s Healthy School Communities Project and is author of ASCD’s manual, *Creating a Healthy School Using the Healthy School Report Card*, disseminated throughout the US and Canada. According to the ASHA newsletter, “His 2008 Public Health Reports article, ‘A Complementary Ecological Model of the Coordinated School Health Program,’ provided the first major re-conceptualization of this approach in over 20 years.” Dr. Lohrmann is past president of the American School Health Association, and he received 2 IU School of HPER Trustee’s Teaching Awards and the School’s Outstanding Teaching Award.

Dr. Lohrmann’s other recent presentations include: “Universities and Public Schools Investing in Our Kid’s Futures: A Healthy Portfolio with Interest” with Dr. Catherine Sherwood La quarantine and Jennifer Staab of the Monroe County Community School Corporation and “Enabling Student Health Information Exchange” with Peter Grogg of the IU Student Health Center.

Under the direction of Dr. Samuel Obeng, Director of African Studies at IU, a team of faculty from Indiana University, consisting of faculty from the Schools of HPER and Optometry, were invited to visit Ghana in August 2009, to explore opportunities for cooperation in research and teaching. They met with various faculty and administrators in Ghana. They also had an opportunity to interact with the Past-President of Ghana.

Dr. Samuel Obeng, back row, Dr. David Lohrmann, middle row right, and Dr. Mohammad Torabi, front row

Dr. William Yarbrough is the lead author for the seventh edition of the college human sexuality textbook *Human Sexuality: Diversity in Contemporary America* (McGraw-Hill, 7th ed., 2010, pp. 638). It was published in November 2009 with co-authors Dr. Barbara W. Sayed, California State University, Monterey Bay and the late Dr. Bryan Strong, University of California, Santa Cruz. This text is used in over 250 colleges and universities. It is the first text to achieve a full integration of cutting-edge research with a sexual affirmation approach that encourages students to become proactive in and about their own sexual well-being. In striving to represent the contemporary, diverse world that students encounter, the text is lauded by both students and instructors for providing the most integrated and nonjudgmental view of sexual variation available and presenting a balanced gender perspective of human sexuality.
AHS Doctoral Program Has Broad Appeal

We are very proud of our doctoral program and wish to highlight it in this issue of the AHS Pulse. Our PhD in Health Behavior draws students from California, New York, North Carolina, Pennsylvania, Texas, and Wisconsin and of course Indiana. We currently have 50 doctoral students; 19 in state students, 15 out of state students, and 16 international students, from Canada, China, India, Iran, Kenya, South Korea, and Taiwan. Our students have a variety of reasons for choosing our program. Here are some of their responses:

“I chose the program because it has a long history and very good reputation.” - Yan Huang

“I chose the program because there is really no place better to study sexual health. My advisor is on the cutting edge of sexuality research and by being in this program I get to be a part of a vast number of innovative studies.” - Sofia Jawed Wessel

In addition, we asked some of our doctoral students about the focus of their research and received the following replies: school health education, women’s sexual health, family studies and child development, adolescent sexuality, sexual quality, the impact of college sex education on relationships, sexual health in Africa, community participatory research in Africa-HIV prevention, tobacco prevention, and the use of technology to help older adults remain in their homes.

We wish all our doctoral students the best in their IU careers!

Recent PhD graduates are listed below and on page 5 along with their doctoral dissertation topics and their dissertation advisors. 2008

“Introducing Children to Fresh Fruits And Vegetables In The Classroom: Implementation Features That May Affect Outcomes Of The USDA Fresh Fruit And Vegetable Program” by Julie Sherzer under Dr. Alyce Fly

“A Comparison Of Two Modes Of Delivery Of An Educational Intervention To Encourage Compliance With American College of Obstetrics And Gynecology Recommendations” by Dana Umsheld under Dr. Nancy Ellis

“Young Women’s Constructions Of Meaning Within The Context Of Vulvovaginal Pain” by Laurie Legocki under Dr. Michael Reece

“Alcohol Use and Sexual Behavior During College Special Event Week: Utilizing Internet-Based Daily Diary Methodology To Analyze Event-Level Data” by Nathan Stupiansky under Dr. Michael Reece

“Wall Service Outlets as Potential Mold Exposure Pathways” by Bradley Muise under Dr. Dong-Chul Seo

Dr. Nan Jiang, center, after her doctoral dissertation defense; with Dr. Lloyd Kolbe, (L) and Dr. Dong-Chul Seo, (R) Dr. Jiang is a Post-doctoral Scholar in the Center for Tobacco Control Research and Education at the University of California, San Francisco.
Recent Doctoral Grads

2009

"Behavioral Determinants of Regular Attendance To Yoga Classes" by Brandon Eggleston under Dr. Alice Lindeman

"Exploring Ethnic Specific Activity Correlates Among University Students Using the Social Cognitive Theory" by Eric Nehr under Dr. Mohammad Torabi

"An Assessment of the Psychometric Properties Of A Scale Developed To Measure The Multiple Dimensions Underlying Attitudes Toward Condoms" by Atriane Hollub under Dr. Michael Reece

"Assessing Sexual Health Information and Resource Provision In Indiana Youth-Serving Community-Based Organizations Utilizing Community-Based Participatory Research Methods" by Christopher Fisher under Dr. Michael Reece

"The Role of Social Networking Sites as a Medium for Memorialization for Young Adults" by Kimberly Hiefste under Dr. Kathleen Gilbert

"A Theory-Based Approach to Understanding Safer Sex Behavior Among Baby Boomer Women" by Rose Hartzell under Dr. William Ybarber


"The Impact of Tobacco Control Policies on Smoking-Related Attitudes and Behaviors: A Study of Smoke-Free Air Laws in Texas Cities" by Jon Macy under Dr. Susan Middlestadt

"Promoting Health for Adults with Intellectual Disabilities Through Physical Activity Knowledge and Skills" by Amy Bodde under Dr. Dong-Chul Seo

"Related Trends in Energy Intake, Energy Expenditure, and Overweight Among Chinese School Children and Adolescents from 1991-2004" by Juan Zhang under Dr. Lloyd Kolbe

2010

"An Explicative Model Of Leisure-Time Physical Activities Among Church-Going African Americans In Indianapolis" by Kaigang Li under Dr. Dong-Chul Seo

Dr. Kimberly Hiefste Heads for Yale

Kimberly Hiefste received her Ph.D in Health Behavior from our Department in October, 2009. Her dissertation, chaired by Dr. Kathleen Gilbert, was entitled “The Role of Social Networking Sites as a Medium for Memorialization for Young Adults.” She had previously earned two other AHS degrees, both in Human Development and Family Studies. Less than a month after completing her doctoral degree, Kim headed to Yale University for her first job.

There she will be overseeing a 5-year $3.9 million research grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development. The grant’s goal is to design a video game to help teens avoid sex, drugs and alcohol use—behaviors that could lead to HIV infection. It will be an interactive virtual reality-based video game called “Retro-Warriors” that will teach ethnically diverse adolescents how to make healthier choices. The research goes beyond the use of a game for education and proposes to create a world in which the game players can engage in role-playing to learn to avoid risky behaviors. Kim will be working under Lynn Fiellin, M.D., assistant professor of medicine at Yale School of Medicine. In 2 years Kim will be on the faculty at Yale.

She feels our department’s PhD grads stand out because they have strong teaching skills along with their research capabilities. At IU Kim taught Lifespan Development, Human Development II, Personal Health, and Stress Prevention and Management.

What advice does she have for young researchers? “Look outside your department to see what else is there—grants, scholarships, opportunities to learn.” “Get involved with your colleagues, professors and department chair. They want you to succeed. Be open to anything!” Kim feels her background in human development gave her the edge over her competitors for the Yale job. Although she will miss teaching and IU, Kim hopes to grow from a good researcher to a great researcher at Yale University. We are proud of her accomplishments and hope she will come back soon as a guest lecturer in our AHS classrooms.
**MS in Nutrition Science**

Current enrollment: 6 students  
Gender: 5 women and 1 man  
International students: 3  
Country of Origin: China, Libya, Taiwan, United States  
Ethnicity: Asian (3), Black-includes international (1), White (2)

**MS in Human Development and Family Studies**

Current enrollment: 6 students  
Gender: 4 women and 2 men  
International students: 1  
Country of Origin: Kenya, Singapore, Taiwan, United States  
Ethnicity: Asian (2), Black-includes international (3), White (1)

**MPH Program**

Current enrollment: 42 students  
Gender: 32 women and 10 men  
International students: 2  
Country of Origin: Canada, India, Kenya, Rwanda, United States  
Ethnicity: Asian (2), Black-includes international (9), Hispanic (3), White (27)
Department News

MS in Safety Management

Current enrollment: 16 students
Gender: 6 women and 10 men
International students: 0
Country of Origin: Brazil, United States
Ethnicity: Black-includes international (2), Hispanic (2), White (12)

MS in School and College Health and in Health Promotion

Current enrollment: 20 students
Gender: 17 women and 3 men
International students: 4
Country of Origin: Afghanistan, China, Iran, Japan, Sri Lanka, United States
Ethnicity: Asian (6), Black-includes international (3), White (11)
Applied Health Science Undergrad Public Health Degree Moves to a BS in Public Health

At IUB in the Department of Applied Health Science students can now earn a degree entitled “BS in Public Health” with a major in Community Health. This newly named degree will go into effect for all students who are starting at IU in Summer 2010 and beyond.

What are the advantages of the new name? 1) The degree name reflects the public health focus of the curriculum. 2) It aligns with our current masters degree name and our School’s new public health direction. 3) It’s short and sweet.

What about our current AHS public health students? They will be able to continue on their present degree path earning the current BS in Applied Health Science (with a Public Health major). If they choose to move to the new curriculum, they can earn the BSPH.

What are the differences between the current BS in Applied Health Science and the new BS in Public Health with a major in Community Health? Our new BSPH includes a course in Health Administration through SPEA. (Note: the five core areas for public health are epidemiology, health administration, environmental health, statistics, and social and behavioral health.) Also, this new BSPH is modeled on the new General Education curriculum to which our whole School is moving for 2010.

In a nutshell: 1) the public health core is increased by the Health Administration course and 2) the general education requirements are changed slightly to fit the new General Education model, to which all of IU is moving in 2011.

How does this compare with SPEA’s BS in Public Health? Our BSPH has the major “Community Health,” with courses that cover measurement and evaluation, disease prevention and health promotion, health disparities, research methods, public health program planning, and community health. SPEA has the BS in Public Health with the major “Health Administration” with an emphasis on management of government and non-profit health organizations. The two degree programs have some overlap with the SPEA students taking some of our courses and vice versa. The focus of the SPEA degree is on management with courses on topics such as finance, marketing, and strategic planning for health organizations.

“The data collected will identify strengths and weaknesses in the clinical portion of the nursing program,” Patricia added. The video demonstrates basic interaction between a nurse and elderly patient and contains visual examples of nursing mistakes. This was shown to nursing students at the beginning and end of the semester. Each time, the students were asked to list as many mistakes as possible. Comparison of the scores showed an impressive 400% improvement in the student’s ability to identify inappropriate interaction with an elderly patient.

Patricia’s application of the skills and knowledge she gained from the graduate certificate program is already having a positive effect on the quality of her nursing students’ education. For further information on the program and admission requirements and the application form for the Graduate Certificate in Gerontology and Health, please visit www.indiana.edu/gero.

“| was searching the web, looking for courses that would increase my knowledge of geriatrics. | teach fundamentals and our focus is geriatrics. | found that [IU] had a certification program that was completely online. That was the perfect format for me because of my busy work schedule.”

| Patricia Luckey
Assistant Professor
School of Health Sciences
Center News

HPER Health Survey Data Will Be Available in 2010!

By Ruth Gassman

A School Faculty Research Support Program (FRSP) Award provided funds for a group of faculty members, Ruth Gassman, Jeanne Johnston, Susan Middlestadt, Marieke Van Puyymbroek and Ahmed Youssef Agla to develop and administer an online health risk and wellness survey to all HPER undergraduate students. The survey contains items that pertain to a variety of health domains, including but not limited to substance use, nutrition, sexual and reproductive health, physical activity, and mental health (see image). The purpose of the survey is to generate data that will stimulate multi-domain and trans-disciplinary research and create a platform through which the data are accessible to HPER faculty and students. Faculty and students may wish to use the data for research, service learning, and/or pedagogical applications. The above faculty members and Jon Astley, a doctoral candidate in Applied Health Science, have submitted a manuscript for publication that describes the project and a potential application of the data in identifying “syndemics.” A ‘syndemic’ is two or more afflictions, interacting synergistically, contributing to the excess burden of disease in a population.

The project kicked off in January 2009 as an effort to catalyze trans-disciplinary studies in the School of HPER through a multi-domain survey of students. A data platform was envisioned as the mechanism whereby the data could be readily shared for a variety of academic applications. The instrument was largely composed of items from other surveys according to conventional constructs in public health participation in programs (e.g., recreation, volunteer activities, fraternity/sorority membership), determinants of behavior (e.g., psychosocial, demographics, attitudes, perceptions of norms), health behaviors (e.g., eating habits, exercise/physical activity, drinking practices) and health status (e.g., BMI, health-related quality of life). A PDF of the 2009 survey may be viewed at the following URL: http://www.drugs.indiana.edu/healthsurvey/

The survey was pilot tested on students enrolled in summer classes. In October, 2009 the fully developed 136-item survey was administered to the universe of undergraduate students who were either enrolled in the School of HPER during academic year 2009-2010 or who formally indicated an intention to enroll (n=2,964). Students received an incentive to participate in the survey; specifically, they were invited to enter their name into a weekly random drawing where a total of 40 participants (10 per week) received $50 credited to their Campus Access card. A total of 1,185 students participated in the survey, yielding a response rate of 40%. The data were weighted to adjust for non-response by gender and class rank (i.e., freshman, sophomore, junior, senior).

Beginning January 2010, faculty and students may complete a data sharing application to request a copy of the raw data and the code book. Use of the data for research purposes outside of the classroom constitutes secondary analysis of data and will require users to acquire IRB approval prior to data analysis. Students will be asked to provide an IRB approval number and faculty sponsor prior to receiving access to the data for research purposes. Once the data sharing application is submitted and approved the weighted dataset with the variable names and value labels will be transferred in an SPSS file to the user by email. To request the 2009 HPER Health Survey Dataset, you may access the data sharing application at http://www.drugs.indiana.edu/healthsurvey/.
2009 Updates...

Priscilla Barnes, MPH ’98, is completing her PhD in Interdisciplinary Health Sciences at Western Michigan University.

Mary Boutain, MPH ’09, was hired by Area 10 Agency on Aging as the Director of Nutrition Services.

Lisa Braun, MS in Health Promotion ’08, was awarded the Best Student Paper for the ESG Student Monograph at the American School Health Association/Eta Sigma Gamma Conference in October ’09.

Ryan, Chizum (BS in Public Health ’04), Kristin Hobson (MPH ’05), Kris Jarman (MS in Health and Safety ’02), Colleen Rose (BS in HDFS ’05), and Rebecca Worland (BS in HDFS ’00) participated in the Returning Alumni Panel on November 4th, sharing their insights with current students.

Natalie (Buroker) Evans, BS in Human Development and Family Studies ’09, is working at Junior Achievement in Louisville, KY.

L-R: Dr. Trent Applegate, Adrienne Garcia, Megan Sager, Dr. Mohammad Torabi, Sara Dvorsky and Annie Stoddard (front)

Adrienne Garcia, MPH student, Megan Sager, MS in Health Promotion student, Annie Stoddard, MPH student, and Jaesin Sa, PhD student, gave presentations at the American School Health Association/Eta Sigma Gamma conference in October ’09.

Darlessa Gates, BS in Public Health ’08, was featured on Live at IU for her work in the AmeriCorps program Improving Health Throughout Indiana. To see the article, visit http://newsinfo.iu.edu/news/page/normal/12500.html.

Matt Gilliam, Justin Lee, Paolo Honorio, Brandon Robbins, Richard Southern, and Daphne Sichting, Safety students, were selected to attend the Future Safety Leaders Conference in Indianapolis Nov. 12-13, 2009.

Kim Hieltje, PhD May ’09, has received a five-year appointment at Yale University to oversee a $3.9 million research grant from the Emile Kennedy Shriver National Institute of Child Health and Human Development. (see article on p. 5)

Natalie Ingraham, MPH ’09, has begun working on a Medical Sociology PhD at the University of California at San Francisco. She will continue to work with the Kinsey Institute and their Kinsey Confidential Program.

Nan Jiang, PhD ’09, is a Postdoctoral Scholar in the Center for Tobacco Control Research and Education at the University of California, San Francisco.

Adam Karez, MPH ’09, is an Epidemiologist at Children’s Healthcare of Atlanta Pediatric Hospital.

Sarah Lauer, BS in Public Health ’09, was hired as a consultant at Riley Hospital in Community Education and Child Advocacy Dept.

"The Health Education program at IU could not have prepared me more to be in a classroom and deal with all the students, parents, and faculty that are found in any school. I have started my first job with a lot of experience and knowledge, It was a privilege to be able to learn from the incredible professors in this department. There isn’t another school that has the same caliber of students or professors and I couldn’t have chosen a better major."

-Christina Crecelius
Adeyinka Okunade, BS in Nutrition Science ’09, is in medical school at University of Arkansas in Little Rock.

Sally Pelto-Wheeler, MPH ’08 passed the Certified Public Health (CPH) examination in August 2008, as part of the Charter Class. It is a national examination that can be taken by master and doctoral level public health professionals who graduated from accredited programs.

Tehra Riggs, BS in Public Health ’09, was hired at Community East Hospital as a case manager.

Nicole Smit, BS in Human Development and Family Studies’09, is at Northern Illinois University in a graduate program in school psychology.

Laurel D. Stevenson, Chia Jie Hung, Dr. Alyce D. Fly, Dr. Julie A. Shertzer, Dr. Janet P. Wallace, and Dr. Susan E. Middlestadt presented the following abstract at the American Public Health Association conference this past fall: “Whose opinion do we care about when it comes to healthy eating? A qualitative comparison of men and women.” Also, Laurel, along with Omar L. Rodriguez, Pamela VanDeusen, and Dr. Susan E. Middlestadt presented an abstract entitled “Factors underlying intention to donate to Caring for Children in Belize: A qualitative inquiry.”

Courtney Stewart, MPH ’08, is the new Coordinator for Research Translation at the Indiana Prevention Resource Center. Courtney also did her MPH internship at the PRC.

Jemeila Williams, BS in Public Health ’09, works as a health educator at Positive Link.

Jessica Zurwell, Public Health Major, won the 2009 AAHE Outstanding Undergraduate Health Education Major of the Year Award for Public Health.

Students Abroad This Semester:
- Argentina: Jessica Zurwell
- Australia: Meesha Awan
- Ghana: Starr Merrilweather
- Greece: Jackie Detamore
- Italy: Melissa Hacker
- Jamaica: Kim Lance
- Spain: Souja Arnesen, Stacey Catlett, Marcy Grimard

“I am very grateful to have received this award which would not have been possible if the teachers and faculty in the department had not encouraged me to do more than just meet the basic requirements of my degree. As a result I have gained outside experiences in the field of public health which have allowed me a greater understanding of the field as well as help to define my personal interests and goals for the future.”

- Jessica Zurwell

AHS Student Wins Fulbright

Amanda Wood, BS in Nutrition Science May ’09, was one of 14 IU graduating seniors and 1,500 students nationally to receive a Fulbright US Student Award.

She will spend a year doing an epidemiological study of child obesity in Pacific Islanders in New Zealand. Amanda did her undergraduate research on obesity here with Dr. Shahla Ray.