DIMENSIONS
SCHOOL OF PUBLIC HEALTH-BLOOMINGTON

IU SCHOOL OF PUBLIC HEALTH
BLOOMINGTON

PROMOTING
HEALTH

PREVENTING
DISEASE

ENHANCING
QUALITY OF LIFE

ENVIRONMENTAL
HEALTH

GLOBAL PARTNERSHIPS

MAKING A DIFFERENCE
ON THE FRONT LINES

INDIANA UNIVERSITY
SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY
PARKS AND RECREATION

SAFETY

COMMUNITY ENGAGEMENT

NUTRITION

PHYSICAL ACTIVITY

FITNESS

HEALTHY LIVING

ENGLISH

TOURISM

RECREATION

MEDICAL SCIENCE

BIOSTATISTICS

EMERGING FIELDS

KINESIOLOGY

Epidemiology

PUBLIC HEALTH

PHARMACOECONOMICS

ECONOMICS

HEALTH

METABOLIC SYNDROME

DIABETES MELLITUS

HEART DISEASE

CANCER

INFECTIOUS DISEASES

VIRUSES

BACTERIA

PARASITES

HEALTH MARKETS

MEDICAL CARE

HEALTH POLICIES

WHAT MATTERS
WHERE IT MATTERS

TEACHING

COMMUNITY ENGAGEMENT

RESEARCHING, TEACHING, AND ENGAGING WITH THE COMMUNITY

2013 ISSUE
MESSAGE from the DEAN

Another year has passed, and with that, we conclude our first year under our new name: the Indiana University School of Public Health-Bloomington.

Looking back on the last year, and the historic renaming of the school on September 28, 2012, I am proud to say that our school is stronger than it has ever been.

With our new Department of Epidemiology and Biostatistics as well as our new Department of Environmental Health, we have added to our core strengths in our Departments of Kinesiology, Applied Health Science, and Recreation, Park, and Tourism Studies.

Our undergraduate and graduate student enrollments are solid. With 2,128 undergraduates and 431 graduate students we rank as the third-largest school on Indiana University’s flagship Bloomington campus. Likewise our total credit hour production has set a record at 32,938.

With the incorporation of a new Bachelor of Science in Public Health degree into our school’s portfolio of degree offerings, we continue our evolution as a prominent school of public health. Our extensive and diverse undergraduate and graduate students bring life and energy to the traditional concept of a school of public health and contribute to our school’s efforts to address health-related challenges across Indiana, the United States, and around the globe through a multidisciplinary approach.

Outstanding research and teaching continue to be hallmarks of the school. We have seen an increase of 47.5% in faculty research publications. In addition, the number of new research proposals submitted to extramural entities is up an astounding 64% over last year. Likewise, our extramural research contract and grant expenditures are up an impressive 48%. Plus, faculty and instructors at the school are garnering more awards than ever for their exceptional teaching.

Community engagement and workforce development continue to increase our school’s integration both locally and globally, where the impact of public health is most tangible. Earlier this year, the school established the Office of Global and Community Health Partnerships to spearhead our efforts. The outcomes have been outstanding, with 222 continuing education events delivered to over 16,000 members of the public health workforce. We have 757 professionals in Indiana who have worked directly with faculty on School of Public Health-Bloomington initiatives. We also have an impressive 82 faculty and staff working with over 94 international partners.

But resting on such accomplishments will not be enough. As Dean, in collaboration with the exceptional academic leadership of the school and with the support of the Indiana University administration, I have outlined a number of important initiatives for the future that will make certain that our robust progress continues well into the future.

Friends:

• Accreditation by the Council on Education in Public Health (CEPH) in 2014 is the primary objective. We have been working closely with representatives from CEPH towards this end.

• We have made great strides in the evolution of shared governance within the school through our Academic Council. That evolution should and must continue.

• Additionally, growing our curriculum is imperative, with the goal of creating two new degrees (the previously mentioned Bachelor of Science in Public Health and a Doctor of Public Health degree) and growing our Master of Public Health program.

• Likewise, another priority will be hiring top-notch faculty, advisors, and career service staff to work with our new Assistant Dean for Student Academic Affairs, John Schrader. The success of our students is paramount in our vision.

• Consistent with the Provost’s emphasis on strengthening academic and career services, our Office of Career Services has, since the start of the Fall 2013 Semester, had an impressive 7619 students participate in career events and class presentations. During that same time frame staff have conducted 5390 career advising interactions with students.

• Technology and new forms of pedagogy will continue to play an important role in the life of both the school and the university. To that end, I recently appointed professor Lesa Huber as Director of Online Education. Creating a competitive and compelling online education presence will be of great importance.

• Securing additional sources of income will be important to ensure our healthy growth in light of continued decreases in state funding. Expanding our contracts and grant funding is one avenue. To augment those sources, we have hired a new Executive Director of Development and Communications, Diana Dupree, to oversee our Office of Development and Communications.

• And finally, building the reputation of the school requires a strong voice to tell the compelling story of the school’s accomplishments. To that end, we will further build on our communication and marketing strategies.

As you can see, these steps will successfully advance our mission of preventing disease, promoting health, and improving quality of life for our local, state, and global communities.

I look forward to hearing from you. Please stay in touch.

Mohammad R. Torabi, PhD, MPH, MSPH, FAAHB
Founding Dean and Chancellor’s Professor
**Understanding the Stroke Belt**

An “ah-ha!” Moment Has the Potential to Answer Important Public Health Questions

Like many important scientific discoveries, IU School of Public Health-Bloomington nutritional epidemiologist Ka He’s “ah-ha!” moment came out of the blue.

Several years ago, He, now chair of the school’s Department of Epidemiology and Biostatistics, was pondering a mystery that has intrigued public health researchers for decades: the heavy concentration of stroke (and stroke-related fatalities) in the southeastern region of the United States, known in public health and epidemiological circles as the “Stroke Belt.” Looking at a map of the United States created by the Centers for Disease Control and Prevention (CDC) that illustrates the Stroke Belt in stark and colorful detail, he was struck by the similarity to another map depicting levels of magnesium in the soil he’d come across when he was a junior faculty member at the University of North Carolina at Chapel Hill. A quick Google search turned it up, and when He placed the Stroke Belt and magnesium maps side-by-side, it was a revelation: in nearly the same region where stroke is most concentrated in the U.S., the magnesium chart showed conspicuously low levels of the nutrient in the soil.

Previous studies, He knew, had linked a lack of dietary magnesium to increased risk for stroke. Could a lack of magnesium (or possibly an overabundance of other substances) in the soil of the southeastern United States somehow explain why so many people living there suffer and die from the disease?

“It was surprising that nobody had compared the stroke and magnesium charts before, but that was the case,” He says. “Sometimes the simplest answers are the hardest to come by.”

The National Institutes of Health (NIH) agreed. In 2012, He received a five-year, $2.3 million NIH grant to collect and analyze blood and urine samples from southeastern U.S. residents to test for levels of not only magnesium but also arsenic, cadmium, mercury, and selenium. By the study’s end, He hopes to have built a body of evidence to help public health officials and policy makers solve the Stroke Belt puzzle.

“If, as I suspect, low levels of magnesium and possibly other substances are a significant part of the story,” He says, “our study could change how we understand the underlying causes of stroke in the Stroke Belt and what steps we might take to lower rates of disease there.”

Other hypotheses have considered low levels of selenium (a trace element present in many foods and considered an essential nutrient for people) in the soil, untreated hypertension, lack of access to emergency room care, poverty and consequent malnutrition resulting in low birth weights (in turn resulting in higher rates of heart disease), high-fat diets, and smoking.

But in the wake of dozens of studies, no one theory has emerged triumphant. And meanwhile, residents of the Stroke Belt continue to suffer and die from stroke at alarming rates. With health care costs continuing to rise and more and more Americans aging into the 65-and-old sweet spot for stroke risk, the need for an evidence-based approach to preventing stroke has never been more dire.

Which is why He’s study of how a combination of nutrients and toxins may be largely to blame for high rates of stroke in the Stroke Belt has garnered such interest.

**Seeing the Big Picture**

But beyond the potential for He’s research to help solve a decades-long puzzle, his work is also valuable for its ambitious scope and interdisciplinary approach. Like many academic fields, nutrition studies encourages researchers to focus intensely on a small set of questions or problems. Consequently, most nutrition experts, including nutritional epidemiologists, tend to study things like nutrients—often a single nutrient—in relative isolation. Doing so not only enables scientists to drill down and gather potentially useful data but also helps advance careers predicated on demonstrating expertise in a field or subfield.

Nutritional epidemiologist Ka He, chair of the Department of Epidemiology and Biostatistics in the Indiana University School of Public Health-Bloomington, received a five-year, $2.3 million grant from the National Institutes of Health to examine trace element distribution in relation to residents’ risk for stroke in the nation’s “stroke belt.”
He's career has taken a different trajectory. "It’s a simple but true insight: we don’t eat nutrients, rather we eat food wherein nutrients combine with other things in often strange ways that we don’t fully understand,” he says. For example, “Fish are generally considered to be healthy, as they contain omega-3 fatty acids and other valuable nutrients, but many fish also contain mercury that we ingest when we eat them.” And so, early on in his graduate student career at Harvard, He had a commonsensical but surprisingly rare insight among academic nutritionists: To really understand the impact of what we eat on health, we need to consider not only nutrients but also toxins, and to do so we must craft experiments and studies that approach broad, complex problems with a wide range of nuanced questions and research tools.

He is not the first or only nutritional epidemiologist to attempt to skirt a siloed approach to research, but he is among the first and at the moment one of the only scientists to look at the Stroke Belt conundrum through a wide lens. However novel He’s approach may be in this instance, though, the notion that disease can be localized depending on environmental factors such as soil content is not new. Researchers have long known that arsenic in drinking water in countries most prominently including Bangladesh and Taiwan contributes to disease, to cite one example. In China, areas with selenium-deficient soil have been strongly linked to high rates of Keshan disease (a congestive cardiomyopathy caused by a combination of dietary deficiency of selenium) among inhabitants. (Selenium supplements have done much to lower the rates.) And so, to He’s mind, it is reasonable to suspect that the high rate of stroke in the southeastern U.S.—another example of localized disease—is due to a combination of dietary and environmental variables. To date, He and colleagues at the University of Alabama at Birmingham have collected thousands of blood and urine samples that are now being analyzed by researchers at the University of Missouri-Columbia. The results could trigger significant and potentially effective public health and public policy initiatives, such as educating Stroke Belt residents about and supplying them with magnesium supplements. If He’s research pans out, it could also lead to guidelines instructing doctors to check patients’ blood or urine levels of nutrients and toxins, while agricultural scientists may be able to treat the soil to lower levels of harmful chemicals.

“We won’t know for sure until the data has been analyzed, but I’m optimistic that our approach will help generate public health policy that can make a real difference,” He says. In other words, if He is right, his work may help loosen the Stroke Belt’s grip on its residents.
The IU School of Public Health-Bloomington offers a rich and multidisciplinary environment for research and creative activity. More than 120 full-time faculty are situated across the school’s five academic departments and 20 centers, institutes, laboratories, and working groups. These internationally recognized faculty and the school’s staff and students are engaged in a wide variety of projects focused on improving the health and well-being of communities in Indiana and beyond. The following is a brief overview of Indiana University School of Public Health-Bloomington research highlights during the past year.

Gamers recognize college football players in video games

The potential (and currently illegal) compensation of college athletes is a contentious issue and the subject of a lawsuit challenging the use of college athletes’ likenesses in video games.

An IU School of Public Health-Bloomington study found that many video gamers not only recognize athletes in the games but erroneously think the amateur athletes endorse the games.

“The results paint a picture of a college football video game experience which exists as a virtual mirror image of the ‘real’ college football world, containing not only the officially licensed and easily recognizable marks and logos of the NCAA and its members, but also the recognizable, but unlicensed, likenesses of college football players,” Galen Clavio and Patrick Walsh, assistant professors in the IU School of Public Health-Bloomington, wrote in “Digital Representations in College Sports Video Games,” published in the Journal of Issues in Intercollegiate Athletics.

Higher mercury levels in humans associated with increased risk for diabetes.

A new study found that higher levels of mercury exposure in young adults increased their risks for type 2 diabetes later in life by 65 percent. The study, led by IU School of Public Health-Bloomington epidemiologist Ka He, is the first to establish the link between mercury and diabetes in humans.

The study paints a complicated nutritional picture because the main source of mercury in humans comes from the consumption of fish and shellfish, nearly all of which contain traces of mercury. Fish and shellfish also contain lean protein and other nutrients, such as magnesium and omega-3 polyunsaturated fatty acids, that make them important to a healthy diet.

In the study, published online in the journal Diabetes Care, the people with the highest levels of mercury also appeared to have healthier lifestyles—including more exercise, resulting in lower body mass indexes and smaller waist circumferences—than other study participants. They also ate more fish, which is a possible marker of healthy diet or higher socio-economic status. Risk factors for type 2 diabetes include being overweight.

Timothy Mickleborough, professor in the IU School of Public Health-Bloomington, said his findings are consistent with previous studies that found some benefits of eating fish oil but required a much smaller dosage of the supplement. His new study, appearing online in the journal Respiratory Medicine, found a 59 percent improvement in lung function after an airway challenge, and a reduction in airway inflammation, asthma symptoms and use of emergency medication.

In exercise-induced asthma, vigorous exercise triggers an acute narrowing of the airway afterward, making breathing difficult. Other symptoms include coughing, tightening of the chest, and excessive fatigue. About 90 percent of people with asthma have this condition, which also is found in an estimated 10 percent or more of elite athletes and as much as 10 percent of the general population without asthma.

Elite athletes often shine sooner or later—but not both

An IU School of Public Health-Bloomington study that compared the performance of elite track and field athletes younger than 20 and those 20 and older found that only a minority of the star junior athletes saw similar success as senior athletes.

The researchers think physical maturation is behind the disparity, with athletes who mature early reaping the benefits early, seeing their best times, jumps and throws at a younger age than Olympians, many of whom mature later.

The study, led by Joshua Foss, a graduate student in exercise physiology, and co-authored by faculty researcher Robert Chapman,
examined the career performance of 65 male finalists and 64 female finalists of the 2000 Junior World Championships and a comparable number of finalists at the 2000 Olympics. They analyzed competition data for the junior athletes from the 12 years after the 2000 Junior World Championships and at least 12 years of data for the senior athletes from before and after the 2000 Olympics. The athletes were finalists in the 100-, 200-, 1,500- and 5,000-meter races, long jump, high jump, discus throw and shot put.

Difference in arterial health seen in highly active college-age people compared to inactive peers

People in their 20s already began to demonstrate arterial stiffening—when arteries become less compliant as blood pumps through the body—but their highly active peers did not, according to a study co-authored by faculty member Joel Stager. The researchers—which included Stager, Christopher Mattson, Maleah Holland, and Eric Ress—made a similar discovery with middle-age men and women, finding that highly active study participants did not show the arterial stiffening that typically comes with aging, regardless of their gender or age. A reduction in compliance of the body's arteries is considered a risk factor, predictive of future cardiovascular disease, such as high blood pressure and stroke. This new study is the first to examine arterial stiffening in a young, healthy population.

The researchers looked at compliance of large and small arteries. For the middle-aged study participants, typical stiffening was seen in both types of arteries for those who were inactive and moderately active, but not for the highly active. In the younger groups, the stiffening was seen only in the smaller arteries for the less active group.

Pedometer program helps motivate participants to sit less, move more

Researchers found that a simple program that uses pedometers to monitor how much people move throughout the day was effective at increasing physical activity, decreasing sitting time—and particular problem for office workers—and helping participants drop some pounds. “Even if somebody works out 30 minutes a day, the fact that they’re sitting and not moving for long periods of time for the rest of the day is in and of itself detrimental to their health and well-being,” said Saurabh Thosar, an associate instructor at the IU School of Public Health-Bloomington and one of the study's researchers.

The study, co-authored by clinical associate professor Jeannie Johnston, was the first to use pedometers to monitor and reduce sitting time and the first to examine the amount of physical activity versus structured exercise people experience throughout the day.

Four men and 22 women between the ages of 40 and 66 completed a 12-week program in which participants wore a pedometer every day and received emails twice a week offering nutritional and exercise tips. The participants were also encouraged to be active during the hours for which they had zero steps, such as when they watched TV or worked at a desk, and to download the data from the pedometers once a week.

Wellness and smoking cessation programs to consider such impacts

A study published online in the journal Nicotine & Tobacco Research found that men and women who smoked daily reported that their smoking increased when conflict from work affected their home life. Women also reported the inverse: increased smoking when home conflict affected their work.

A second study published in the journal Social Science & Medicine looked at health behaviors practiced by almost 4,000 men and women before and after the recession began in 2008. Health behaviors, such as exercise and attention to nutrition, generally improved as the recession set in—except for study participants who reported financial struggles.

Participants for both studies were drawn from the IU Smoking Survey, a longitudinal study that began in 1980. The study “Predictors of health behaviors after the economic downturn: a longitudinal study” involved 3,984 men and women, ages 37 to 50.

Community pharmacists support more involved role in customers’ HIV treatment

Community pharmacists in the United States have a unique opportunity to consult with customers about HIV treatment when selling over-the-counter HIV tests, according to a study by researchers at the Indiana University School of Public Health-Bloomington, the Rural Center for AIDS/STD Prevention and Butler University College of Pharmacy and Health Sciences.

In a study lead by Beth Meyerson, co-director of the Rural Center for AIDS/STD Prevention, licensed community pharmacists in Indiana reported that they wanted an active consultation role when customers purchased over-the-counter HIV tests. A rapid HIV home test kit, approved by FDA in the summer of 2012, is being sold across the U.S. in pharmacies and on the Internet.

Rural communities have the most to gain from an engaged pharmacy environment because these communities often lack an HIV testing and treatment infrastructure, and people often feel stigmatized about HIV testing.

Study suggests STD clinics could reduce obstacles to much-needed cervical cancer screenings

A new study found that STD clinics could provide important access to cervical cancer screenings for women who traditionally have trouble receiving these screenings because of lack of insurance or other obstacles. Cervical cancer can be painful and deadly but can be effectively treated if caught soon enough. Yet in the U.S., reaching women who are underscreened for this cancer remains a public health challenge because insurance is the primary indicator for screening.

Researchers recruited women from urban STD clinics to examine their willingness to receive cervical cancer screenings. The vast majority of women were willing participants in the study, primarily because of the chance to see a doctor. Participants expressed gratitude—and sometimes relief—for the opportunity to receive the cancer screening given their lack of insurance.

“Well women who are uninsured, as well as women of color, are at the highest risk for being underscreened for cervical cancer. The primary medical system misses these women completely because of their access challenges,” said Beth Meyerson, co-director of the Rural Center for AIDS/STD Prevention and lead researcher in the study, “Can STD Clinics Ride the Cervical Cancer Screening Bike? Experiences from an urban STD Clinic,” presented at the STI & AIDS World Congress in Vienna this past summer.
A new study by Dong-Chul Seo, Ph.D., associate professor at the IU School of Public Health–Bloomington, suggests that seeing oneself as overweight or obese may be an important predictor of suicidal thoughts, especially in young girls.

The study, which appeared in the Journal of Adolescent Health, analyzed the responses of 6,504 middle school and high school students surveyed from 134 schools in 50 states. Researchers found that suicidal thoughts were higher in those who thought they were overweight compared to those who did not see themselves as overweight (18 percent vs. 10.4 percent), even after controlling for such variables as age, ethnicity, and depression—indispensable of actual body mass index (BMI).

Researcher Juhua Luo, an epidemiologist at the Indiana University School of Public Health–Bloomington, her findings, “Smoking Cessation, Weight Change and Coronary Heart Disease Among Postmenopausal Women With and Without Diabetes,” were published in the Journal of the American Medical Association.

Women who gained more than five kilograms or 11 pounds after they quit smoking still saw their risk for cardiovascular disease drop.

The study analyzed data for 104,391 postmenopausal women ages 50 to 79 who participated in the National Institutes of Health-funded Women’s Health Initiative.

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More than twice as many women than men were unsure whether the condom was lubricated—26.6 percent vs. 11.4 percent—or from what material it was made—23.6 percent vs. 8.9 percent.

Despite widespread cuts to physical education classes and recess, an IU study has shown that schools can play an important role in helping their students live healthier lives. Schools that implemented coordinated school health programs saw increases in students' physical activity.

The findings involved 1,100 students from eight southern Indiana elementary and middle schools.

Students who attended the schools that thoroughly implemented HEROES, a program based on the Centers for Disease Control and Prevention's coordinated school health model, were more likely to increase their physical activity levels.

HEROES is designed to enhance school-wide wellness through changes in physical education, nutrition, health promotion efforts for school staff and family, and community involvement.

Co-authors of the study include lead author Dong-Chul Seo, IU School of Public Health–Bloomington; Nayoung Kim, IU School of Public Health–Bloomington; Danielle Sovinski, Center on Education and Lifelong Learning; Rhonda Meade, Wellborn Baptist Foundation; and Alyssa M. Lederer, Center on Education and Lifelong Learning and IU School of Public Health–Bloomington.
RECOGNITIONS

Lesa Huber, IU expert on aging, honored by Association for Gerontology in Higher Education

IU aquatics expert William Ramos named to American Red Cross Scientific Advisory Council

Dong-Chul Seo named fellow, president-elect, of the American Academy of Health Behavior

IU Bloomington Provost names Beth Meyerson Outstanding Junior Faculty

IU School of Public Health-Bloomington environmental health expert James Klaunig to serve on EPA committee

Mohammad R. Torabi, appointed founding Dean of the School of Public Health-Bloomington

David Lehmann named chair of the Department of Applied Health Science

Alan Ewert received the 2013 Association for Experiential Education Distinguished Researcher Award and was selected to serve as interim chair of the Department of Environmental Health
Michael Reece, associate dean and professor, selected for Academic Leadership Program

James Farmer received a Sustainability Course Development Fellowship

Rasul Mowatt selected for IU’s Faculty Colloquium on Excellence in Teaching and also received a Sustainability Course Development Fellowship

Human Development and Family Studies undergraduate program received approval from the National Council on Family Relations Certified Family Life Education Program

Nu Chapter of Eta Sigma Gamma garnered the Eta Sigma Gamma Teaching Activity of the Year Award

Sarah Young and Craig Ross awarded funding by U.S. State Department for Youth Enrichment through Sport (YES) in Ghana

Charles Becker, Director of Office of Underwater Science, awarded honorary degree by the Institute of Archaeology and Ethnography of the National Academy of Sciences, Republic of Armenia

James Farmer received a Sustainability Course Development Fellowship

IUPUI School of Public Health-Bloomington Indiana Prevention Resource Center celebrated its 25th Anniversary by hosting anti-bullying programming

The Greater Bloomington Chamber of Commerce named Priscilla Barnes, associate professor in Applied Health Science, a top “10 Under 40” honoree

Public health researchers, including Jon Macy, Susan Middlestadt, and Rachel Dowty, received a three-year, $900,000 grant from the Indiana State Department of Health to study the cost benefits of new, innovative strategies to reduce smoking during pregnancy

Sarah Young and Craig Ross awarded funding by U.S. State Department for Youth Enrichment through Sport (YES) in Ghana
The entrance to the Dick Enberg Classroom at the School of Public Health-Bloomington received some impressive enhancements in the late-summer of 2013 when an elaborate wall mural depicting the career of distinguished alum Richard “Dick” Enberg (MS ’59, HSD ’62) was installed adjacent to the classroom.

The facility was dedicated in 1999 in honor of the famous sports broadcaster and distinguished alumnus. The classroom is a popular room for both traditional classes and for distributed education.

A TRIBUTE TO DICK ENBERG

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The facility was dedicated in 1999 in honor of the famous sports broadcaster and distinguished alumnus. The classroom is a popular room for both traditional classes and for distributed education.
The newly established Study Design and Data Analysis Consulting Center (SDDACC), under the umbrella of the Indiana University Clinical and Translational Sciences Institute (CTSI), is a new and important tool through which the IU School of Public Health-Bloomington will contribute to life science and wellness research across Indiana University.

The center will enhance the research portfolio of the school through collaboration among faculty within and outside the school, engagement with students, and by seeking extramural funding as principal investigators or co-investigators.

The long-term goal of the SDDACC is to provide a wide range of support and services through collaborative research projects. A number of faculty members will be co-investigators for several projects in the near future. Both the new Department of Epidemiology and Biostatistics and the school as a whole will benefit from such diverse collaborations.

With time, the center is expected to receive a greater number of requests for statistical consulting and data analysis support from across the university. As the SDDACC expands, graduate students from departments across the school will be brought on as research assistants on critical research projects. They will have opportunities to work on real data which will enhance their learning experience. Such experience will make them more competitive in the job market.

In addition, through collaborative multidisciplinary research, the faculty researchers will have the opportunity to develop new research programs and solicit funding as principal investigators.

Currently, the SDDACC has full-time statisticians and part-time graduate assistants working on several projects funded by the IU School of Public Health-Bloomington internal funds as well as various funding agencies, such as the National Institutes of Health and the American Cancer Society.

The SDDACC is managed by the Department of Epidemiology and Biostatistics, counseled by an advisory board, and led by Dr. Zhongxue Chen. The department studies the distribution and patterns of health endpoints and provides statistical methodology on topics in human health—fields that are the cornerstone of public health research and practice.

Faculty members conduct research on a broad range of health outcomes and exposures and are fully committed to help students develop careers in academia, industry or government, and become the leaders in the field.

The expertise of faculty members provides perfect opportunities for complementary statistical and epidemiological support for research related to public health, medicine, and biology both at the IU School of Public Health-Bloomington and more broadly.

ARE YOU ADDICTED TO YOUR CELL PHONE?

With an ever-expanding range of functions and transportability, cell phones have become a staple for many American teens—and adults. Both are susceptible to cell phone addiction. While useful, cell phones can interfere in the lives of those who feel anxious about turning them off, especially those who refuse to turn them off at all.

"Cell phones have become a necessary part of our daily lives. Still, it is important to remember when to silence or turn them off—like during meals and while studying or on the Internet," said Courtney Stewart, research associate at the Indiana Prevention Resource Center. "Too much information can overwhelm our senses and leave us feeling depleted. So put the phone down and spend some time talking with your friends face to face or better yet, take a walk with your friends if you want to connect and get some mood boosting exercise."

Unlike alcohol, drug and gambling addictions, cell phone addiction can be hard to define. Feelings of withdrawal if one does not have his or her phone, compulsive checking of the phone, and using it to feel good characterize cell phone addiction. Consequences can be real.

"Students and others could experience the inability to concentrate on the task at hand, be it school work, your job, or an important conversation," Stewart said. "School work may suffer, deadlines are not met, and many instructors and employers now ban the use of cell phones while in class or on the job. Failure to comply with these rules can result in declining grades, removal from the classroom and losing your job."

Addictive cell phone behaviors can even put an individual’s life at risk. Stewart said, because of distracted driving or walking. Looking down at a phone for just 5 seconds while driving at 55 mph is the same as driving the distance of a football field without eyes on the road. In 2011, about 1.3 million automobile accidents involved cell phone use. In Indiana, talking on a cell phone while driving is legal; however, texting and driving is not.

Although frequent cell phone use is not uncommon, anyone who cannot sit through a dinner or movie without checking a cell phone might need to take a step back and consider how often during a day he or she does not have a phone handy.

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**Reducing Cell Phone Usage Can Help Address Compulsive Cell Phone Habits:**

- During the day or at night, turn your phone off (or put it on silent) when in the bedroom, or keep your phone in your car or leave it at home.
- Try not to use a phone to kill time while waiting. Engage in meaningful conversations face to face.
- Turn your phone off while doing homework or in a meeting.
- Don’t check email or texts while driving or in a moving vehicle.
- Turn off your phone completely during a meal or while awake.
- Don’t check email or texts while driving or in a moving vehicle.
- Limit the use of electronic games on your phone.
- Limit your cell phone while driving.
- Never text while driving.
-**Checklist:**

**If the Thought of Doing One or More of These Makes You Feel Anxious, or If You Have Ever Lost a Job or Relationship Due to Your Cell Phone Use, Consider Talking to a Counselor About Cell Phone Addiction**
In June 2013, the IU School of Public Health-Bloomington and the school’s Office of Community and Global Health Partnerships were awarded a grant from the Indiana University Foundation’s Women’s Philanthropy Council to support a project that identifies the needs of direct care providers who work with issues related to domestic and interpersonal violence in rural communities.

Specifically, this seed money will assist in determining, if established, how a rural center on domestic and interpersonal violence could be utilized as a resource by professionals working in schools, law enforcement, health care, and community-based organizations.

The shape taken by the resource center will depend on the needs assessments and partnerships built within the first year of the project.

The project is overseen by Dr. Catherine Sherwood-Laughlin, Associate Clinical Professor and Director of Public Health Programs, and Linda Henderson, Community Relations Specialist in the Office of Community and Global Health Partnerships. Two Master of Public Health graduate students have been hired to assist with the project. Terri Lee is a second year MPH student in Public Health Administration and Michaela Cisney (BSPH ’12) is a first year MPH student in behavioral, social and community health. Both bring experiences working with communities on emergent public health issues.

Among the many planned outcomes, Lee and Cisney will be implementing a community needs assessment in three rural counties in south central Indiana in addition to drafting a strategic plan that will lead to defining the purpose of the center.

Henderson explained that the mission of the resource center will be to provide professionals with the tools to implement evidence-based strategies and programs which support the prevention and management of domestic and interpersonal violence problems in their communities.

“Not only could this resource center provide resources to professionals, but it could also provide students, staff and faculty at Indiana University with practical service learning experiences as well as the initiation of scholarly and creative activities that may lead to the development of innovative approaches to the prevention of domestic violence/intimate partner violence.”

The aim of this proposal is to improve the health of people in Indiana and beyond through community-focused and participatory initiatives.

“We understand the importance of collaborative partnerships and must rely on our colleagues to assist in the implementation of educational programs and prevention strategies.

“It is imperative to work collectively with professionals within the IU community and across all campuses as well as with national (e.g. National Coalition Against Domestic Violence), state (e.g. Indiana Coalition Against Domestic Violence) and local (e.g. Middle Way House) organizations that have a long and successful history working in these areas.

“We envision this work will lead to even more communities and professionals helping each other with the development of programs, coalitions, sustainability, as well as shared lesson learned along the way,” stated Sherwood-Laughlin.
The IU School of Public Health-Bloomington Career Teaching Award recognizes outstanding excellence in teaching as well as contributions to students, the academic department, and the school as a whole, testifying to exceptional abilities and efforts.

This year’s recipients include Dr. Georgia Frey, Dr. Rasul Mowatt, Dr. Dong-Chul Seo, and Dr. Sarah Young.

Dr. Georgia Frey is an Associate Professor in the Department of Kinesiology and holds the Gallahue Family Professorship in Family Development. She studies health behaviors and activity in children and adults with disabilities. She holds undergraduate and master’s degrees in exercise science, and a PhD in Human Performance with an emphasis on movement studies and disability. She is a Fellow of the American College of Sports Medicine and has held the school’s Child Development Professorship for the past five years.

Dr. Frey is an internationally recognized scholar of physical activity and disability, and has published seminal research on the topic.

She teaches undergraduate and graduate courses, and directs the Indiana University Adapted Physical Activity Program, which provides service learning experiences to students, as well as children with disabilities and their families. Dr. Frey has received several teaching honors including the Texas A&M University Montague Center for Teaching Excellence award, IU Service-Learning Fellowship, and the IU Beth Wood Distinguished Service-Learning award.

Dr. Rasul A. Mowatt is an Associate Professor in the Department of Recreation, Park, and Tourism Studies. He is passionate about interacting with students with regard to social justice-based research, teaching strategies, and service engagement. His main research areas include leisure behavior, social justice, cultural studies, and pedagogy.

He is a University of Illinois at Urbana-Champaign alumnus and has previously served the Champaign Park District overseeing parks, facilities, and programs.

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Champaign as Chair of the Human Relations Commission. He serves as the Faculty Representative of the Indiana Memorial Union Board.

Along with presenting at conferences within the United States, Canada, Britain, and Denmark, Dr. Mowatt has had numerous publications in, but not limited to: Policy Futures in Education, American Behavioral Scientist; Globalizing Cultural Studies: Ethnographic Interventions in Theory, Method & Policy; SCHOLE: A Journal of Leisure Studies Recreation Education; and Journal of Parks and Recreation Administration.

His teaching, research, and service are strongly centered on analyzing issues that impact the quality of life and social well-being of people. Dr. Mowatt is also the recipient of several awards including the National Intramural Recreational Sport Administration Coordinator of Intramural Sports and as Assistant Director of Intramural Sports for nine years with the Division of Campus Recreational Sports at Indiana University.

Dr. Dong-Chul Seo is an Associate Professor in the Department of Applied Health Science. He is also Fellow and President-Elect of the American Academy of Health Behavior. He worked as an evaluation expert for the Korean government for 12 years before he joined Indiana University in 2004. His research interests are in policy and socio-ecological approaches for obesity and addictive behavior.

He has published more than 70 articles in peer-reviewed journals, including American Journal of Public Health, Health Psychology, Annals of Behavioral Medicine, Preventive Medicine, Journal of Behavioral Medicine, Journal of Epidemiology and Community Health, International Journal of Behavioral Medicine, and Journal of Adolescent Health. His research has been supported by 13 different grants funded by federal and state agencies or foundations since 2004.

He currently teaches multivariate statistics and intermediate statistics for IU School of Public Health-Bloomington graduate students and is a five time recipient of the Indiana University Trustees Teaching Award.

Dr. Sarah J. Young is an Associate Professor with the Department of Recreation, Park, and Tourism Studies where she coordinates the Recreational Sport Management curriculum at both the graduate and undergraduate levels and most recently has been named the Director of Undergraduate Studies for the Department of Recreation, Park, and Tourism Studies.

She earned her Bachelor of Science degree in Recreation and Park Administration from Illinois State University. Additionally, she earned both her PhD in Leisure Behavior with a minor in Law and her MS in Recreational Sport Administration from Indiana University.

Prior to becoming a full-time faculty member, she worked as the Coordinator of Intramural Sports and as Assistant Director of Intramural Sports for nine years with the Division of Campus Recreational Sports at Indiana University.

Dr. Young has published over 55 journal articles and book chapters in sport and recreation publications, and has given more than 65 presentations at professional conferences.

She is a member of the Sport and Recreation Law Association, the National Intramural Recreational Sport Association, and the National Recreation and Park Association.

Dr. Young was also an Assistant Professor with the Leisure Studies program in the College of Hotel Administration at University of Nevada, Las Vegas from 1999-2002.

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What Matters, Where It Matters - How One Alumnus Made a Difference at the Boston Marathon

Never in his wildest dreams could Dr. Michael S. Emery (MS ‘97 from the IU School of Public Health) have imagined that his career would put him right in the middle of the tragedy that was the Boston Marathon bombings in April 2013. Emery was one of dozens of physicians who volunteered to assist athletes at the medical tent located near the finish line of one of America’s most famous marathon events.

“I was about 100 yards away from the explosions,” Emery said. “I heard the boom, and I knew right away that something was bad,” he said. Within seconds, Emery dashed to the epicenter of the tragedy and began administering assistance. “It was fortunate that the medical tent was close by to the scene or the human tragedy would have probably been much worse,” he said.

Emery traces his ability to think on his feet and respond quickly in stressful situations to his education at the IU School of Public Health-Bloomington. “I gave full credit to the master’s degree program at Indiana University for where I am today,” Emery said in a recent interview. “Through the program, I learned how to study, and to think critically. I learned how to retain information and [use] applications.” He credits his background in the exercise physiology program as laying the groundwork for his later success at the Indiana University School of Medicine. A chemistry major as an undergraduate, Emery entered the master’s program in the Department of Kinesiology aspiring to learn more about athletic and human performance. Part of the program required enrollment in a year-long medical biochemistry course which ultimately rejuvenated his interest in medicine and his eventual entry into medical school.

Following a three-year internal medicine residency at the University of Michigan and a return to the IU School of Medicine to complete a three-year cardiology fellowship, Emery and his family (wife Amy and two daughters) moved to South Carolina in 2008. “We love it here,” said Emery, now medical director of the Sports Cardiology Program at the Greenville Health System Heart & Vascular Institute and board certified in internal medicine, cardiovascular disease, nuclear cardiology and echocardiography. “I enjoy my practice and the family really enjoys the community.”

When he is not volunteering at sporting events large and small, he dedicates himself to his practice working with patients of all ages. He promotes the cardiovascular care of athletes as a member of the American College of Cardiology Sports and Exercise Council. In addition, he has established important links with athletes at nearby Clemson and Furman Universities in South Carolina.

“My career has brought me full circle back to IU,” said Emery, who corresponds and interacts often professionally with his former university mentors in the Department of Kinesiology. “I still talk with Drs. Joel Stager and Rob Chapman.”

Emery may be several years removed from his IU days, but he is still a Hoosier at heart. And the School of Public Health at Indiana University-Bloomington is proud that it helped him get to where he is today.
Embracing Collaboration
The New Office of Global and Community Health Partnerships

Resources for creating and nurturing more effective community engagement have been brought together under a new umbrella office at the IU School of Public Health-Bloomington. Local and international partners alike can now connect with the school’s students, faculty, and staff via the Office of Global and Community Health Partnerships.

The realignment emphasizes the continued evolution taking place at the new school and addresses the public health-oriented workforce development needs of rural regions in central and southern Indiana. School efforts to address critical public health issues such as violent crimes and obesity—issues that hamper communities in Indiana and around the world—are ongoing and expected to expand as the office makes it easier to connect the school’s resources to community partners who need them.

“Our school has traditionally had deep levels of community engagement,” said Michael Reece, associate dean for research. “We plan to capitalize on that and to play a more integral role in reshaping the health and social services infrastructure in our communities and to make an impact on health care delivery.”

The new office creates a more prominent and effective “front door” for these partnerships. These partnerships are based everywhere from Bedford, Indiana to Beijing; from Indianapolis to Egypt.

Collaborators come from the National Park Service, Monroe and Lawrence county schools, the Indiana State Departments of Health and Education, and as far away as Cairo University and Seoul National University.

Reece said issues such as domestic violence, accessibility assessments and training, sexual education, and workforce development needs for local health departments are just a few of the topics these partnerships address.

The launch of this office builds on decades of engagement between the school and partners across Indiana and beyond.

During the most recent year for which data are available:

- Over 110 external partner organizations have collaborated with the school, centers, and institutes across the school to implement more than 150 research, teaching, service and workforce development initiatives. Of these, 104 initiatives were community-based, with 56 percent of community-based initiatives including students as participants.
- More than 13,000 people participated in 63 continuing education events offered by the IU School of Public Health-Bloomington.

Some of the relationships go back years

“The IU School of Public Health has been an asset to rural communities in Indiana for many years by providing technical support, expertise, and hands-on assistance,” said Bedford Mayor Shawna Girgis. “While my relationship with the school began nearly 15 years ago, its help to the City of Bedford and the entire Lawrence County community over the past few years to create strategies to address domestic violence has been tremendous. I believe that the results of this work and partnerships in our community will prove beneficial both now and for many years to come.”

Numerous School of Public Health centers and faculty members also are involved with global and international collaborations addressing such topics as HIV/AIDS, sexual health, and children’s health.

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Cooperman, executive director of the school overseas,” said Erin Cooperman, executive director of the new office. “By working together, we can draw on each other’s knowledge and skills. We are not really changing what we’ve been doing, we’re just doing it more efficiently. As a team, we can better serve both the school and our partners.”

Partnerships through the School of Public Health-Bloomington

The IU School of Public Health-Bloomington is proud to partner with institutions locally and internationally to facilitate advances in the public health status of communities around the world.

Partnerships between the school, community organizations, and other academic institutions are supported by the Office of Global and Community Health Partnerships (OGCHP).

These partnerships serve community and global constituencies by promoting student engagement, workforce development, continuing education, community service and collaborative and community-based research.

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**Highlights from 2012-2013 Include:**

- 545 partnership initiatives conducted
- 625 of these initiatives were focused on Indiana
- 320 were research-based
- 9 of these initiatives were focused on workforce development

Workforce development is a major focus and variety of workshops, conferences, and professional development initiatives are offered by the school.

Examples of workforce development-focused partnerships through the school include the development of interpersonal and bullying prevention curriculums for both elementary and middle school students and teachers; creating a partnership for physical education in schools; training for National Park Service employees; and accessibility technical assistance for public venues.

This data prove exciting new insights on how the school can expand its collaboration with community partners. It reveals how public health is impacted by a wide variety of collaborators, whose work interacts with research, teaching, service, and workforce development across the school.

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Popular fast-food restaurants soon will be required to post calorie counts, but concession stands at major sports facilities and many sports bars will not.

“The proposed menu labeling regulations, as part of the federal Patient Protection and Affordable Care Act, overlook sport and sport spectatorship. Stadiums and arenas aren’t included,” said Antonio Williams, sport and fitness marketing expert at the IU School of Public Health-Bloomington.

“Neither are sports bars or restaurants that are not part of a chain. It’s a big mistake. It’s no secret that a tremendous amount of food is consumed during sporting events and that fans often are exposed to numerous food-related ads and sponsorship. It’s a symbiotic relationship.”

During the Super Bowl, for example, typically one third of advertisements involve food. Williams said game day also represents the second heaviest day of the year for food consumption, according to the USDA.

The regulations may overlook the relationship between food and sport, but corporate America has not, Williams said, pointing to major sports venues and football bowl games named for food-related corporations.

“Some research shows that companies who sell unhealthy products have marketed them effectively by tying them to images or activities that are widely viewed as pure or healthy, like sport,” he said.

Williams and co-author Crystal Williams note in an article in the Loyola Consumer Law Review that the National Restaurant Association has submitted letters to the FDA arguing that applying the new regulation to concession stands in sports arenas and stadiums would fall within the intent of Congress when it adopted the Affordable Care Act.

Their article, “Hitting calories out of the ballpark: An examination of the FDA’s new menu labeling laws and their impact on sport spectatorship,” appeared in the March 2013 issue of the journal.

The IU School of Public Health-Bloomington Academic Council has awarded its first ever School of Public Health Distinguished Service Award for faculty. The new annual Distinguished Service Award recognizes outstanding faculty for lifetime individual achievements, for contributions to professional areas, and for service to the university, school, and department.

This year’s award was presented to John Schrader, associate chair in the Department of Kinesiology, Director of the Graduate Athletic Training Program, and newly appointed Director for Student Academic Affairs at the IU School of Public Health-Bloomington.

Schrader earned a bachelor’s degree from Purdue University, master’s degree from the University of Washington, and an HSD from Indiana University. In 1977, he became the coordinator of the Indiana University Athletic Training Education program. Schrader is a national leader in education and research in the field of athletic training and has served the athletic training profession by chairing many committees.

Schrader co-chaired the National Athletic Trainers’ Association (NATA) educational task force group that was instrumental in educational reform.

He has also served in many leadership roles on the state, district, and national levels including: president of Great Lakes Athletic Trainers’ Association (GLATA) (1984 – 87) and member of the NATA Board of Directors (1988 – 92) having served as vice president of the board from 1990 – 91. He has received numerous awards for his service to his community and athletic training profession. He was named Sagamore of the Wabash in 1991 by Governor Robert Orr and is a member of the NATA Hall of Fame (1998).
Since its inception in 2012, the Dean’s Public Health Lecture Series has brought the conversation about public health research, teaching, learning, and community services to the forefront by inviting researchers, public health practitioners, and leaders to speak at the Indiana University Bloomington campus on a broad range of public health topics.

October 22, 2012:
“Challenges, Opportunities, and Trends in Public Health”
Judy Monroe
Director, Office for State, Tribal, Local, and Territorial Support
Centers for Disease Control and Prevention
Ruth Clifford Engs Lecture

November 9, 2012:
“Prejudice, Public Health and Public Stigma: The Case of Mental Illness”
Bernice Pescosolido
Distinguished Professor of Sociology at Indiana University and director of the Indiana Consortium for Mental Health Services Research

December 7, 2012:
“Epilepsy Research: Program Examples and Recent Priorities”
Joan Austin
Distinguished Professor of Nursing at the Indiana University School of Nursing

January 18, 2013:
Research Updates from Recipients of the IU School of Public Health-Bloomington Faculty Research Grant Program

February 1, 2013:
“Sex Research and Real Life: Complexity Embraced”
Julia R. Heiman
Director of The Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University

March 1, 2013:
“Monosodium Glutamate (MSG): A Risk Factor for Obesity? Findings and Debates”
Ka He
Professor and Chair, Department of Epidemiology and Biostatistics, Indiana University School of Public Health-Bloomington

March 1, 2013:
“Policies for Promotion of Physical Activity and Prevention of Obesity in Youth”
Russell R. Pate
Professor in the Department of Exercise Science in the Arnold School of Public Health at the University of South Carolina
Marian Godeke Miller Lecture

March 27, 2013:
“Policies for Promotion of Physical Activity and Prevention of Obesity in Youth”
Russell R. Pate
Professor in the Department of Exercise Science in the Arnold School of Public Health at the University of South Carolina
Marian Godeke Miller Lecture

August 30, 2013:
“IU’s HIPAA Aligned Cyberinfrastructure for Research”
Anurag Shankar and Therese Miller
University Information Technology Services

October 4, 2013:
“The State of Health in Indiana”
William VanNess
Indiana State Health Commissioner
Ruth Clifford Engs Lecture
Indiana University recognizes outstanding alumnus and former U.S. Secretary of Education with the Distinguished Alumni Service Award (DASA)

Each year Indiana University recognizes outstanding alumni with the Distinguished Alumni Service Award (DASA), the highest accolade reserved solely for alumni. The awardees are leaders in their chosen fields. They also make significant contributions benefiting their community, state, nation, or university.

This year, yet another IU School of Public Health-Bloomington alumnus has been selected by Indiana University to receive the prestigious award. On November 15, 2013, IU President Michael A. McRobbie presented the award to Roderick R. Paige (MS’62, physical education; PED ’70, physical education) in a ceremony in Alumni Hall at the Indiana Memorial Union.

The son of educators, Roderick R. Paige’s career was grounded on a belief that education equalizes opportunity. Starting as a classroom teacher, he ascended to a college dean and school superintendent to become the seventh U.S. secretary of education, serving from 2001 to 2005.

As a trustee and officer of the Houston Independent School District’s board of education, Paige co-authored a statement of purpose and goals for the troubled district that called for fundamental reform. The result was described as the “Houston Miracle.” He strengthened the school system both organizationally and academically by addressing school overcrowding, staffing, pay, performance-based instruction, and support services and programs.

In 1994, he became superintendent of the Houston schools, and his reforms laid the groundwork for his appointment by President George W. Bush as U.S. secretary of education. He was the first African American to serve in that position.

During his career, Paige also was an instructor at Texas Southern University, served as dean of its College of Education, and established the Texas Southern University Center for Excellence in Urban Education. He has been touted as a tireless worker for underprivileged segments of our society.

For his decorated career as an educator and for his public service to the nation, Indiana University and the IU School of Public Health-Bloomington proudly celebrate the life and work of Dr. Roderick R. Paige as a Distinguished Alumnus.
DIMENSIONS

Naming Ceremony

ALUMNI PROFILE

MICK RENNEISEN

Mick Renneisen earned two degrees from the School of Public Health-Bloomington: a BS in Physical Education in 1979, and a MS in Recreation in 1988.

During his tenure, he has served as the Director of Parks and Recreation for Bloomington, Indiana, since July 1996.

In 2007, the Bloomington Parks Department received the highest honor from the National Recreation and Park Association – the Gold Medal Award for Excellence in Park and Recreation Management. Mick has been a National Board member of the Amateur Softball Association (ASA) since 2007 and was appointed as the Indiana ASA State Softball Commissioner in 2011.

Mick was also honored as the Willard W. Patty Distinguished Alumni Award winner in 2008. He is considered one of the premier leaders of the profession, not only in Indiana but throughout the nation.

During his tenure, he has served on numerous Indiana Parks and Recreation Association (IPRA) and National Recreation and Parks Association (NRPA) committees.

Mick served as the IPRA president in 1997. He was a member of the Board of Regents for the NRPA/Oglebay School of Sports Management from 1991-93. He has been a member of the Bloomington/Monroe County Convention and Visitor’s Bureau Board since 1990, serving as its president in 2003-04.

Active in the Bloomington and Indiana University communities, Mick has also served as the internal press box announcer for Indiana University home football games since 1983.

ALUMNI SPOTLIGHT

Dave and Beth Wright

“…and they lived happily ever after”

What do IU School of Public Health-Bloomington alumni Dave and Beth Wright have in common with 480 other alumni at Indiana University? Dave and Beth both met while students in the IU School of Public Health on the Bloomington campus and went on to marry.

College is a time when many people discover and eventually commit to their partners for life, and this was indeed the case for Dave and Beth, who earned their master’s degrees in recreation in 1979. It was during classes that the two of them met. “We met as students in graduate classes in the Department of Recreation,” recounts Dave. “The classes weren’t particularly large and it became routine for certain students to get into the habit of sitting next to each other.” The rest is history.

Soon after they graduated, both went on to distinguished careers at Camp Tecumseh (YMCA Camp) near Lafayette, Indiana. Dave was offered a job there immediately after he left IU, and in September 2012, he retired as executive director. Beth worked right alongside her husband during those 37 years – developing Camp Tecumseh into one of the leading resident outdoor camps in the nation. Today, it serves 35,000 campers annually, making it one of the most popular camps in the United States.

Dave and Beth remember professors Tom Rillo, John Ross, and Jim Peterson, among many others, as special teachers and mentors who helped to shape their careers at Camp Tecumseh.

At a professional meeting that Dave attended at Bradford Woods shortly after he began his work at Camp Tecumseh, he recalls hearing school legend Reynold Carlson, a faculty member, reminisce that Bradford Woods itself “didn’t dream big enough” when it was still in the formative stages of its existence. Dave took Dr. Carlson’s words to heart, and dedicated himself to ensure that Camp Tecumseh would always strive to dream big. “I will never forget what Roy Carlson said,” Dave said.

Today, Dave and Beth Wright have settled into retirement in Holland, Michigan. Along with their two adult daughters, they are still passionate “campers.” And they are thankful for time spent at IU that afforded them a “perfect fit” for a career they truly loved and a passion they continue to enjoy, albeit away from the familiar environs of Camp Tecumseh.

Little did Beth truly know that when she applied to the master’s program at IU (it was the first school to respond to her application), that her days as a graduate student would lead to a marriage proposal by Dave at Bloomington’s iconic Mother Bears eatery, and then to a wonderful life and career in outdoor residential camping . . . and they continue to live happily ever after!

Alumni and Friends

Our alumni represent the best of the best. Thanks to them, our school has earned an enviable reputation for excellence both at home and abroad. As the school and its programs have grown to encompass a broad spectrum of academic interests and professional fields, so too has the base of alumni and friends.

Our school is known for having one of the most active and influential alumni groups in the United States. The school’s graduates continue to provide a loyal support network for current programs and students.

The school is dedicated to cultivating its ongoing relationships with more than 20,000 alumni living worldwide. Our ongoing efforts are to secure private support, organize alumni programming, and communicate with alumni, donors, and friends through special events, newsletters, and Public Health Dimensions magazine.

Many alumni and friends give back by financially supporting the school, attending events, assisting with alumni engagement activities, or connecting with current students who are seeking mentors or assistance with finding internships or employment. Such involvement by alumni and friends helps ensure the school’s continued growth and success.
Nearly 80 student scholarship awardees were joined by family, friends, scholarship donors, faculty, and staff at this year’s Scholarship Honors Banquet at Bloomington’s Convention Center on September 20, 2013. All students across the school’s five academic departments who received School of Public Health-Bloomington privately-funded scholarships in 2013-14 were recognized as part of the formal dinner, which featured IU School of Public Health alumnus Kenneth Mosely speaking on the importance of “paying it forward.”

Private support in the form of scholarships is becoming increasingly vital to help bridge gaps in student affordability of higher education costs.

For information on how persons can help support School of Public Health scholarships, please contact Natalie Kubat, Director of Donor and Alumni Relations in the Office of Development and Communications, at 812.855.7891 or nkubat@indiana.edu.
Kenneth Mosely, PED’76, served as a speaker for the 2013 Scholarship Honors Dinner. Dr. Mosely spoke about his motivation for establishing the Davies, Jones, and Mosley Scholarship in 2010. "I can truly say that 40 years ago, I was one of those students who was given an opportunity to excel and to make a small contribution to this world. Like many of this year’s scholarship recipients, I was guided and nurtured by an outstanding and dedicated group of faculty and staff at what was the School of Health, Physical Education, and Recreation and is now the School of Public Health. Many of the faculty who were here during my era are no longer with us, but their spirit of excellence and dedication to developing future leaders among this school’s students is still with us today. While the name of the school has changed, the commitment to excellence has only increased for the School of Public Health-Bloomington. The spirit and dedication for excellence of previous faculty is still with us and it continues to live on in our students.”

Dr. Mosely went on to encourage the cycle of philanthropy. "I graduated from IU in 1976 with an excellent education that prepared me to become a future leader in my profession just as IU is preparing its current students to become future leaders. So my challenge to others is to consider developing a plan to give to this school. Think about the deserving students who did not receive a scholarship. Make a decision that you will be a giver who cares about others. Your gift can start out small, but give what you can as often as you can. Remember that the power of giving is important and your gift can be small or large as long as it is from your heart.”

Hal Morris Research Scholarship
Houan-Yu Wan

Harry Dippold Scholarship
Zachary Raubuck
Whitney Raver

Hronek Family Scholarship in Recreation, Park, and Tourism Studies
Emily Schaefer
Jill Sturts

Hurst-Schlafer Scholarship
Drew Ison

IMPACT Scholarship
Jack Farmer
Madeline Hayford

IU Executive Development Program Scholarship for Park and Recreation Students
Harrison Nancarrow

J. K. Rash Scholarship
Randolph Hubach

James W. Crowe Award
Kaitlon Busser
Julius Lee
Margo Mullinax

Jane Fox Dance Scholarship
Erynn Blair
Kimberly Fahnstock
Shannon Kazan

Joan Weinberg Wolf Scholarship for Dieters
Sarah Purpura

John Andrew Jarboe Memorial Scholarship
Mary Chisholm

John R. Endwright Scholarship
DaeYeon Kim
Saurabh Thosar

Kate C. Remley Memorial Scholarship
Mary Hidde

Kathryn Mack McDonald Public Health Scholarship
William Spina

Leroy “Bud” Getchell Scholarship
Sara Oliver

Lucille M. Swift - Mona M. Russell Scholarship
Kayla Lydon
Behdad Tahayori

Lyle and Evelyn Beaver General Recreation Trust
Jared Allsop

Margaret Seberger Scholarship
Cheng Chen
Xin Lin
Yi-Chun Lin
Yibin Liu

Mayjorie P. Phillips Scholarship
Najmeh Hosseini
Susannah Owen

Mohammad R. Torabi Scholarship
Susan Nyawade

Nancy Friedman Memorial Scholarship
Morgan Uhen

Opal G. Conrad Nutrition Scholarship
Jordan Graham
Kristie Miller
Melina Rivera
Lauren Williams
Hailee Young

Lyle and Evelyn Beaver General Recreation Trust
Jared Allsop

Margaret Seberger Scholarship
Cheng Chen
Xin Lin
Yi-Chun Lin
Yibin Liu

Mayjorie P. Phillips Scholarship
Najmeh Hosseini
Susannah Owen

Mohammad R. Torabi Scholarship
Susan Nyawade

Nancy Friedman Memorial Scholarship
Morgan Uhen

Opal G. Conrad Nutrition Scholarship
Jordan Graham
Kristie Miller
Melina Rivera
Lauren Williams
Hailee Young
Pantaleoni Scholarship
Alex Dus

Pay It Forward
Elise Gahan

Richard D. Spear Memorial Scholarship
Elise Gahan

Ron Hall Scholarship
Liang Hong

Ruth Mary Griswold Scholarship
Alyssa Guerri
Samantha Gwin
Melissa Kehoe
Anna Loveland
Hannah Parker
Carrie Schimmelpfennig
Sarah Thomas
Elizabeth Kehoe

Ruth V. Russell Humanitarian Scholarship
Monica Weiss

Ryan White Legacy Scholarship
Bianca Jarvis

Sarah Palmer and Tarbell Scholarship
Tabatha Marrs

School of Public Health Alumni Board Scholarship
Adam Burns

Spike Dixon Athletic Training Scholarship
Derek Dewig

Summer Camp Leadership Scholarship
Armand Turner

Updyke/President’s Challenge Fellowship
Jaclyn Braspennins
Heather Millard
Sangguk Kang

Vaught Family Undergraduate Scholarship
Austin Gray

W.W. Patty Scholarship
Paige Bower
Anne Slater
Lauren Coyle
Dean Mohammad Torabi welcomed friends and guests on October 25, 2013 to honor six individuals who have distinguished themselves in their careers and in contributions back to Indiana University and the IU School of Public Health–Bloomington. The annual alumni awards dinner and ceremony took place in the Grand Hall of the Neal-Marshall Black Culture Center at Indiana University Bloomington.

Anita Aldrich
Distinguished Alumni Award
Presented annually to a graduate of the School of Public Health who has demonstrated outstanding achievements in professional excellence, service to the community, and loyalty to Indiana University. Recipients have made a significant difference in the lives of girls and women relative to participation in sports and fitness activities as well as the pursuit of healthy lifestyles.

2013 Recipient: Jerry Wilkerson
Jerry received her Physical Education degree at Ohio University and went on to teach and coach in the Batavia, Ohio public schools from 1966-1969.

While at Batavia, Jerry completed a master’s degree in physical education at the University of Cincinnati and then accepted her first faculty appointment in higher education at Youngstown State University. Jerry continued her education earning her PhD from Indiana University in Human Performance in 1978, where she holds the distinction of being one of the first students ever to graduate from IU with a PhD in this concentration area. Following her doctorate from IU, Jerry served as a faculty member in Biomechanics at the University of North Carolina at Greensboro, followed by an appointment as a faculty member and department administrator at Texas Women’s University in Denton, TX. Jerry would serve in multiple roles while at TWU until 2003, but most notably as the Chairperson of the Department of Kinesiology during the final seven years of her tenure. In 2003, Jerry returned “home” to Indiana University as the executive associate dean at the School of Public Health, followed by her retirement from academia in 2011.

Mobley International Distinguished Alumni Award
Awarded to an international graduate of the School who has demonstrated outstanding personal and professional achievement. It was named for Tiny Mobley upon his retirement in 2002 after serving for 26 years as Dean of the School, one of the longest-serving school deans in the history of Indiana University.

2013 Recipient: Trevor Garrett
Trevor’s career began with a Diploma of Physical Education from the University of Otago in New Zealand, and after working as a PE teacher and school housemaster he earned his MS in Recreation from Indiana University in 1976. From 1976-1991, Trevor worked in the New Zealand government’s Department of Internal Affairs. Mr. Garrett’s ever-increasing responsibilities included serving as the Advisory Officer in Recreation Planning, and the Senior Administration Officer in the Royal Visit Office. In 1981, he became the Executive Officer for Recreation and Sport, which involved...
management of Ministry of Recreation and Sport funding schemes and Ministry advisory services. His other appointments beginning in 1985 included chief executive officer for Recreation and Community Development, director of Lottery Services, director of Gaming, Racing, and Censorship, and group manager for Regulatory and Lottery Services. In addition to his roles with the New Zealand government, Trevor established both the Charities Commission and the Casino Control Authority, and was responsible for organizational design, staff recruitment, office development, system development, and funding of both organizations. He currently serves as a member of a United Nations Counter Terrorism expert working group, which convenes country meetings in different world regions to examine methods for preventing the financing of terrorism.

**Early Career Outstanding Alumni Award**

An annual recognition given to an alumnus or alumna of the School of Public Health at Indiana University who, through exceptional achievement, has distinguished himself/herself through professional accomplishment, community service, or service to the University.

**2013 Recipient: Brittany Hollingsworth**

Brittany received her bachelor’s degree in Kinesiology from Indiana in 2011 and is a native of Fishers, Indiana. While at Indiana University, she served as student team manager from 2008-2011 for the Women’s Basketball team. Brittany is currently in her second season as director of Women’s Basketball Operations at the University at Albany in New York State. She is involved with daily operations including administrative duties, travel and logistics, community service and outreach, and assisting the needs of staff and players on and off the court. Prior to her time at the University at Albany, Brittany spent the 2011-2012 season as the equipment manager for the Indiana Fever of the WNBA. She worked under the Women’s Basketball Hall of Fame coach, Lin Dunn, and was part of the first ever championship in franchise history during the 2012 season.

**The John R. Endwright Alumni Service Award**

Recognizes outstanding service and contributions, which measure accomplishments of service to the School and/or the profession. The former Dean suggested that a school’s foundation would only be as strong as the relationships it established with its alumni.

**2013 Recipient: Vicki Scott**

Vicki Scott is a two-time graduate of Indiana University, first completing her bachelor’s in Recreation Therapy, followed by her master’s in recreation in 1981. After working in a long term care environment, she accepted a position at Hook Rehabilitation Center in Indianapolis, Indiana as a recreational therapist before becoming program manager of the Hook Rehabilitation Center in 1994 for both inpatient units and the outpatient clinic. Recently, Vicki accepted a role with the Commission on Accreditation of Rehabilitation Facilities (CARF) as a CARF resource specialist. In addition to her professional roles, Vicki has also been an active member of both the Recreation Therapists of Indiana as well as the American Therapeutic Recreation Association serving in a variety of leadership positions and on various committees.

**The W. W. Patty Distinguished Alumni Award**

Presented annually to graduates of the School who have demonstrated outstanding personal and professional achievement. Since the award’s inception in 1976, recipients have characterized the ideals set forth by the School’s first dean, William W. Patty. Under his leadership, the School rose to national stature and produced some of the finest professionals in the fields of public health, physical education, and recreation.

**2013 Recipient: Dale Evans**

Dr. Dale W. Evans just celebrated 50 years of teaching with students ranging from elementary school through doctoral candidates. He received both his baccalaureate and master’s degrees at George William College. Dale continued his education at Indiana University and received a Doctor of Health and Safety. Over 10,000 university students have been enrolled in his courses at California State University Long Beach and the University of Houston. At the University of Houston, Dr. Evans became involved as a consultant for the United States Department of Defense Dependents’ Schools conducting health and drug use prevention for teachers and administrators in various countries. Additionally Dale has held leadership roles with the American Cancer Society andEta Sigma Gamma.

**2013 Recipient: George Taliaferro**

George Taliaferro enrolled at Indiana University in 1945 and as a member of the football team helped lead the Hoosiers to their only outright Big Ten championship and only unbeaten season. He was Indiana’s most valuable player in 1948, was named First-Team All-American, and was the team’s leading rusher. The first African-American player to be drafted by a National Football League club in 1949, he elected to join the Los Angeles Dons and later played for the New York Yanks, the Dallas Texans, and the Baltimore Colts. Following his football career, George devoted himself to social work positions in Baltimore and Washington, D.C. After earning a master’s degree at Howard University, he taught at the University of Maryland and was dean of students at Morgan State University. George spent two decades as a special assistant to the Indiana University President, the IUPUI chancellor, and the dean of the School of Social Work.
Jourdan Bramwell, an IU School of Public Health-Bloomington senior pursuing a major in Human Development and Family Studies with minors in Counseling and Psychology, came to Indiana University with an interest in studying the relationships among married couples and exploring the skills necessary to maintaining a healthy marriage.

As the child of divorced parents, Jourdan’s personal experience has shaped her interest in her field of study. “Even with being a single parent, my dad filled my childhood with valuable lessons and memories I will forever cherish,” she says. However, she notes, “…[L]ooking back on my experience from a split home and reflecting on others that have also experienced their parents’ divorce, I know that this event can deeply change and mold a person in how they will later approach their own relationships as adults.”

With a personal interest in training for and competing in fitness competitions, Jourdan has begun to focus specifically on the effectiveness of combining traditional counseling and programs for improving physical health on overall well-being. Jourdan’s goals include obtaining her masters, and opening her own wellness center that offers a focus on both physical and mental health.

She is quick to note that her success and future plans would not have been possible without the support of her School of Public Health-Bloomington professors and advisors. According to Jourdan, “Having a support network that is truly invested in my success is exactly what I experienced. I always felt fully supported, from how they cared about the details of my future career and classes, to all the additional opportunities they helped ensure I experienced here at the Indiana University School of Public Health-Bloomington which have shaped my academic career.”
We would love to hear from you and learn what you've been up to. Send us an email at sphodc@indiana.edu.

1960s

Roderick R. Paige, MS’62, PED’70, was one of three Indiana University graduates who received IU’s Distinguished Alumni Service Award in November 2013. The DASA is the university’s highest award given only to an alumnus or alumna. Paige, of Houston, Texas, rose from college dean and school superintendent to become the seventh U.S. secretary of education, serving from 2001 to 2005. As a trustee and officer of the Houston Independent School District’s board of education, Paige co-authored a statement of purpose and goals for the troubled district that called for fundamental reform. In 1994, he became superintendent of the Houston schools, and his reforms laid the groundwork for his appointment by President George W. Bush as U.S. secretary of education. He was the first African-American to serve in that position.

In October 2012, Indiana University and the IU Foundation honored Dale Ellen Leff, BS’69, as one of five Partners in Philanthropy. Leff, who received the Foundation’s Keystone Award, has been a tireless volunteer leader for IU and a pioneer in women’s philanthropy. Her many years of advocating and cultivating women’s fundraising and volunteerism culminated in her co-founding the IU Foundation’s Women’s Philanthropy Council. The Partners in Philanthropy awards pay tribute to exceptional volunteer leaders whose vital service and contributions have helped shape the future of the university at the highest levels.

1970s

Linda Ruley Hogan, BS’70, writes that she has enjoyed a long teaching career in physical education, health, and science. In 2007, she spent 10 days in Huntsville, Ala., at the NASA Space Camp for Educators and, the following year, experienced highest levels. In 1974, she spent 10 days in Huntsville, Ala., at the NASA Space Camp for Educators and, the following year, experienced highest levels.

Richard H. Carlisle, MS’73, of Virginia Beach, Va., is deputy fleet readiness director for the U.S. Navy’s mid-Atlantic region, based in Norfolk, Va. He recently completed 39 years of government service for the Navy.

1980s

Alan J. McPherson, MS’81, MS’83, MLS’85, recently published Turning Leaves: Indiana Autumn, a celebration of the colors of autumn in Indiana. The book includes the science of fall foliage color, a listing of the most colorful trees, shrubs and vines, their distribution and habitat within the Hoosier state, mapped driving and walking tours, photo tips, numerous autumn-related stories, inspirational quotes, and color photographs that help the reader discover the splendor of fall foliage in Indiana. McPherson is a naturalist who resides in northern Indiana.

In June 2012, A. Gilbert Belles, MS’85, professor emeritus at Western Illinois University, received the Daughters of the American Revolution National Historic Preservation Medal. The honor was bestowed for his exemplary leadership through the years in the restoration and marking of numerous historic cemeteries in McDonough County, Illinois, as well as founding the Western Illinois Museum in the 1970s. Belles lives in Macomb, Ill.

In May 2012, Michele Leblanc Feltner, BS’86, PhD’00, advanced to the rank of full professor in the Department of Exercise Science at California Lutheran University.

In April, Jossey-Bass/Wiley published Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School, the book, co-authored by Jill Lindeman Castle, BS’88, provides step-by-step feeding guidance at every stage of child development. Castle is a registered dietitian, child nutrition, and feeding expert, with over 20 years’ experience in the field of pediatric nutrition. A former pediatric nutrition private practice owner, she currently shares her expertise through writing, blogging, consulting, and speaking. Castle lives with her husband and four children in New Canaan, Conn.

1990s

In July 2012, U.S. Marine Corps Maj. Carl A. Watt, Cert/BS’92, was awarded the Bronze Star Medal for valor as well as the Purple Heart Medal. He received the Bronze Star for leading “numerous partnered combat missions, disregarding his own wellbeing for mission accomplishment and the safety of the Marines and Afghan soldiers in his charge,” according to the Bronze Star citation.

Two IU alumni and IU Bloomington School of Public Health faculty members were among the recipients of the 2012–13 Beth Wood Distinguished Service-Learning Faculty Award. The award is named in honor of Beth Wood, who taught service-learning public relations courses in the School of Journalism. The recipients were Joanne Turk Klossner, BS’93, PhD’04, a clinical assistant professor in the School of Public Health; and Krisha Thiagarajah, MS’01, PhD’05, a lecturer in the school.
Former IU basketball player, Patrick C. Knight, BS'95, has been head coach of men’s basketball at Lamar University in Beaumont, Texas, since April 2011. He was previously the head coach of the Texas Tech men’s basketball team. Prior to that, Knight served in a variety of coaching, administrative, and scouting capacities with the United States Basketball League, the International Basketball Association, NCAA, NBA, and CBA teams. Knight is the son of Basketball Hall of Famer Bob Knight, and replaced his father as Texas Tech’s 13th head coach in February 2008.

IU School of Public Health–Bloomington faculty member Julia Sesow Knapp, MS’97, PhD’00, received a 2012 Award of Excellence from the Indiana Park and Recreation Association in January. She was nominated for the Educator of the Year award, which is presented to an Indiana Park and Recreation Association member on the teaching faculty of a state institution of higher education. A clinical assistant professor in the Department of Recreation, Park, and Tourism Studies, Knapp is career coordinator and internship coordinator for the department. She is also director of the Indiana University Executive Development Program for Parks and Recreational Professionals. Knapp lives in Bloomington.

David D. “Beau” Haynes Jr., BS’99, of New Orleans, is an attorney with Kathleen L. DeBruhl & Associates, a New Orleans law firm that represents physicians and physicians’ practices. He is married to Jessica Schott Haynes and the couple has one son, a baby. In September 2012, Brown–Forman Corporation, one of the largest American-owned companies in the wine and spirits business, promoted Svend P. Jansen, BS’00, to the position of global public relations manager for the Southern Comfort brand. In this role he is responsible for the strategy, planning, oversight, and execution of public relations activities for the Southern Comfort. Jansen began working for Brown–Forman in 2008 as the public relations manager for Canadian Mist, Early Times, and Old Forester. Prior to joining Brown–Forman, he served as the director of media and public relations for the Louisville Bats, the Cincinnati Reds Triple-A affiliate. Jansen lives in New Albany, Ind., with his wife and two children.

Eva H. Johnson, BS’01, writes, “After three-and-a-half years of living in Korea and two years of traveling around Asia, Europe, Australia, and New Zealand, I started a new adventure by moving to Kyiv, Ukraine in August 2011. I continue to teach, as well as find new places to see.”

Cory S. Acree, BS’02, and his wife, Marissa (Bauman), BS’02 both former IU student athletic board directors and current board members of the San Francisco Bay Area Chapter of the IU Alumni Association, recently welcomed their first child, Austin Gilbert Acree. Cory is an online marketing manager at LoopNet Inc., in San Francisco, and Marissa is an attorney at Stone and Associates in Walnut Creek, Calif. The couple lives in San Francisco.

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Mitchell D. Meyers, BS’05, is internet marketing manager at BlackDog Advertising, a Miami, Fla., advertising agency specializing in Web, television, social, radio, print and multimedia marketing. He oversees a variety of internet marketing campaigns using digital attribution measurement systems. Meyers lives in Miami.

In August, Arthur J. Spector, Cert/BS’05, married Dana A. Borowitz, in White Plains, N.Y. Spector is vice president for production and development at Gil Netter Productions in Los Angeles. The company produced the movie The Life of Pi, which won four Academy Awards in 2013. The couple lives in Los Angeles.

In August, Abby R. Himmelstein, BS’06, married Jordan B. Chalfin in New York City. She is a new-business manager for eMarketer, a digital market research company in New York City. The couple lives in New York City.

Johnathan U. Cooper, BS’07, MLS’10, is visiting librarian at Miami University in Oxford Ohio.

In June, the University of South Florida named James F. Harris, BS’02, senior associate athletics director and associate vice president for development. He brings 12 years of experience working in external development within intercollegiate athletic departments at the Division I level. Harris joined USF after spending almost four years in development at Ohio University. He started in 2009 as an associate athletic director and was promoted into the role of senior associate athletic director for development in the summer of 2011. While at Ohio, Harris oversaw the Ohio Bobcat Club, which is responsible for all areas of philanthropic giving, including gift fundraising and capital campaign projects.

The law firm Faegre Baker Daniels presented its 2013 Baker Benson Pro Bono Award to Sarah C. Jenkins, Cert/BAJ’03, JD’06. A business litigation associate in Indianapolis, Jenkins was honored for her outstanding representation of vulnerable clients in guardianship and probate matters through the firm’s Persons With Disabilities Pro Bono Project. Jenkins selected the Humane Society of Indianapolis as the recipient of a contribution from the firm’s foundation.

Three Chicago-area friends welcomed their first-born children in November. Rachel E. Clark, BA’03, JD’07, Annika Hosni Maley, BS’05, and Monica A. Zycinski, BAJ’04, all rode together in the 2001 and 2002 women’s Little 500.

Zycinski, a strategic account manager at MediaMind, and her husband, Bart Olson, welcomed Finnegan Tadeusz Olson on Nov. 6. Maley, who is a stay-at-home mom, and her husband, Mike Maley, welcomed Rudolph James Maley on Nov. 11. Clark, associate general counsel for the Illinois Education Association, and her husband, Eric Anderson, welcomed Bernadette Elaine Clark Anderson on Nov. 17. Rachel Clark writes, “All three women are currently in negotiations with their husbands to send their children to IU in 2030.”

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Joseph E. Dickstein Sr., BS’12, of Glencoe, Ill., is co-founder of Flowers for Dreams, a flower delivery service and floral event caterer. For every bouquet sold, the company donates a backpack full of school supplies to a student in need. The company’s flowers are organically and sustainably grown and hand-delivered locally. In its first six months of operation, Flowers for Dreams donated 1,750 backpacks to students in Chicago and 525 to students in Boston. The company was named one of 20 most inspiring companies of 2012 by Business Insider.
For almost 35 years, Mickey and Janie Maurer and the Maurer Family Foundation have contributed to Indiana University and various entities associated with the University. More importantly, they have rooted a spirit of philanthropy in many individuals along the way.

One specific entity they support is Bradford Woods, an auxiliary of the IU School of Public Health-Bloomington. Since 2001, Mickey’s Camp has been held at Bradford Woods and attracts more than 200 men and women each summer for a week that allows them to leave behind daily pressures, explore new opportunities, perfect old skills and enjoy the camaraderie of fellow campers in a relaxed, informal atmosphere.

Mickey’s Camp is a charitable event. Net proceeds from camp fees are donated to not-for-profit organizations selected by campers. As a result, a portion of the camp fee is tax deductible. Half of the charitable allocation may be designated to a charity of the camper’s choice and half may be designated among chosen charities as the camper sees fit. For the 7th annual women’s camp, those charities were: Bradford Woods Outdoor Center, Conner Prairie, Timmy Global Health, and Trusted Mentors. To read more about Mickey’s Camp, please go to mickeyscamp.com.

Along with Mickey’s Camp, Bradford Woods is home to recreational, educational, and leadership development opportunities for youth and adults. Its mission is to improve the quality of life for people of all abilities by using its unique outdoor setting to provide education, therapy, and recreation.

To learn more about Bradford Woods, please visit bradwoods.org.

Mickey and Janie, the School of Public Health-Bloomington is grateful for your continued support of its programs.

Thank You!

Dear Alumni, Friends, and Corporate Partners of the School of Public Health-Bloomington:

As executive director of Development and Communications for the IU School of Public Health-Bloomington, I feel that the quality of education delivered is a direct result of the level of philanthropic support provided by our alumni, friends, and corporate partners. Such support helps to:

• attract the best and brightest students to the school via scholarships and fellowships;
• recruit world-class faculty with named fellowships, professorships, and chairs;
• improve facility infrastructure by enhancing technology and learning environments; and
• create new and innovative programming.

The School of Public Health-Bloomington simply will not be able to achieve a position within the world’s elite Schools of Public Health without private resources from partners who keep the School atop their list of philanthropic priorities.

This year’s goal is to increase the number of donors who participate in the School’s philanthropic mission. Remember, the strength of your degree, your network, or recruiting success is only as strong as the school’s reputation. At the end of the day, when you give, know that you are helping to provide the best experience possible for students, faculty, and program participants . . . the individuals who impact communities locally and worldwide.

Please use the enclosed gift card and envelope to make a difference! Although two simple words, “thank you” for helping to further our mission – we are grateful!

Sincerely,

Diana L. Dupree
Executive Director of Development and Communications

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Indiana University Campus Recreational Sports, a division of the School of Public Health—Bloomington, serves roughly 80 percent of the Indiana University Bloomington student body through various intramural, club and individual sports opportunities.

STEP INTO FITNESS (SIF)
The Recreational Sports Step Into Fitness program has grown ten-fold since its inception in 2005, with over 2,000 faculty and staff members participating in 2013. The program’s primary goal is to encourage increased lifestyle physical activity among participants. Program elements include free pedometers, weekly lifestyle coaching newsletters, activity and nutrition tracking logs, and several special events. New in 2013, the Step into Fitness program was expanded to provide participants with continuous, year-round support to encourage physical activity. Recreational Sports also completed a pilot Step into Fitness program with students in the Living Well academic course.

THIS PROGRAM HAS ALSO SPAWNED A NUMBER OF COLLABORATIONS:
- Recreational Sports and the Department of Kinesiology have formed an ongoing partnership to conduct research to help quantify the impact of Step Into Fitness on biometric measures and behavior among participants. Encouraging clinically significant differences have been observed in body mass index, total steps per day, and reductions in extended periods of sitting time.
- In partnership with Indiana University and Bloomington residents, the program has also developed partnerships with local businesses to provide discounts and incentives for participating.

DIABETES PREVENTION PROGRAM
During the summer of 2012, Recreational Sports staff received CDC training to begin delivering the 16-week Diabetes Prevention Program for IU employees. Primary program goals are to teach participants techniques to achieve modest weight loss (7% of body weight) and to accumulate at least 150 minutes of physical activity per week—thresholds associated with lowering the risk for developing type-2 diabetes for participants diagnosed as pre-diabetic.

During the 2012-13 school year, Recreational Sports offered the 16-week core curriculum to five cohort groups of IU Bloomington employees. Of those participating, 76% completed the 16-week program and nearly 60% achieved the primary program goals.

Because of this initial success, seven more rounds of the Diabetes Prevention Program are planned for 2013-14. This program offers free of charge for faculty and staff thanks to generous funding and support from Healthy IU.

SNEAK PEEK
Sneak Peek is part of a two-day event where first-year students and their families get acclimated to the University. Recreational Sports Sneak Peek events are held on the first of two nights for each orientation group for a total of 23 nights during the summer months. The event features tours of Recreational Sports facilities and opportunities to participate in activities.

JB5K COLOR THE CAMPUS RUN
On October 12, 2013 nearly 2,000 runners and walkers participated in the 14th Jill Behrman 5K event which also incorporates personal safety education and awareness activities. Proceeds from the event fund the Jill Behrman Emerging Leader Scholarships. Key features of this year’s event included:
- A central campus route to take advantage of IU’s beautiful scenery.
- Participants being doused with colored cornstarch at three color zones along the route and at the post-race celebration.
- Pre-event exercise and post-event dance party led by Recreational Sports Group Exercise leaders.

NEW PROGRAMS FOR 2013-14 AND BEYOND
The following new program proposals are being reviewed for implementation during the 2013-14 academic year:
- Development of an aquatics-based Little 500 event.
- Installation of an aqua climbing wall.
- Development of mechanisms to help train students, faculty and staff to better use strength and cardio areas.
- Evaluation of software designed to streamline intramural operations and to raise registration, scheduling, and communication with participants up to industry standards.