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From the Chair

Warmest greetings to all students, alumni, and friends of the Department of Applied Health Science (AHS). We have had another very successful academic year due to the hard work of our highly qualified faculty and staff. As we bid goodbye to Dean David Gallahue, we wish him the best life has to offer in his retirement. He has navigated our school during some difficult years, and he has been part of the reason for our department's success. On behalf of the department, I welcome Dean-elect Dr. Robert Goodman. Dr. Goodman comes to the helm of our school with outstanding credentials. Our department stands united in supporting him, and we look forward to working with him as he leads us in the new frontiers.

Listed below are a few newsworthy items that have contributed to our success:

- During 2006 our faculty authored 37 research publications, made 74 research presentations, authored 12 pedagogical publications, and made 88 pedagogical presentations. They also authored 4 books or monographs, and 5 book chapters.
- We received grants totaling \$2.5 million dollars this year focusing on tobacco and other drugs, public health, HIV/AIDS, nutrition/obesity, and other areas. The Indiana Prevention Resource Center has expanded its mission and acquired additional grants, contracts and staff. The Rural Center for HIV/AIDS Prevention received renewal funding from the Centers for Disease Control.
- Our Ph.D. program continues to enjoy the ranking of # 1 nationally among non-schools of Public Health and # 5 among all schools offering the Ph.D. degree in the field.
- We established a Health Behavior Laboratory and an Industrial Hygiene Lab for enhancing the research and instruction infrastructure of the department.
- Our enrollments in major and elective courses continue to rise and we have recruited top quality students to our various programs,



Dr. Mohammad Torabi

both undergraduate and graduate. This past year we had almost 500 undergraduate majors, 82 masters students, and 32 doctoral students. We continue this year to have an all-time high number of applications for admission to our graduate degree programs. Listed below are noteworthy accomplishments and awards received by our faculty:

- Two faculty were promoted (one to full professor and one to associate professor) and one faculty member earned tenure and was promoted to associate rank.
- Two of our faculty received an Indiana University Trustees Teaching Award.
- One faculty member received the School of Health, Physical Education, and Recreation Outstanding Teaching Award.
- One faculty member received the 2007 Graduate and Professional Student Organization Faculty Mentor Award.

It has been another great year for the Department of Applied Health Science. I hope you are healthy and please do not hesitate to contact me if I can assist you in any way. Please stay in touch.

Mohammad R. Torabi, Ph.D.
Chairperson, Department of Applied
Health Science





Dean David Gallahue

On April 27, 2007 the School of Health, Physical Education and Recreation welcomed faculty, staff, university officials, and emeriti faculty to a gala at the Wells House in the final celebration of our school's 60th year. Dean David Gallahue, flanked by his family and colleagues, gave a special welcome to our emeriti faculty, some in their 90's. It is their guidance, Dean Gallahue said, that inspired him and gave all of us the school we have today.

The Department of Applied Health Science salutes Dean Gallahue and our emeriti faculty for their incredible contributions as we welcome Dr. Robert Goodman, who will take the helm on July 1, 2007. With this issue of the *AHS Pulse* we note the passing of an era, looking back with a smile over the last 5 years of Dean Gallahue's tenure and looking forward with anticipation and excitement to the arrival of our new dean.

Dean Gallahue's home has been Indiana, throughout his career as a leading scholar in children's motor development. He has taught elementary physical education in Indiana, received two degrees from Indiana, and been associated with IU as a professor for 37 years. To this day, he can quiet an audience of over 100 with his booming gymnasium voice and his warm welcome. It is no surprise that he has been asked to speak as a guest lecturer in over 20 countries, been translated into 5 languages and received 2 honorary professorships.

HPER Has a New Dean: David Gallahue Retires and Robert Goodman Takes the Helm

HPER has grown significantly under Dean Gallahue's leadership, in faculty and student numbers, in technology, in international reputation, and in its capacity to lead the nation and the world into a healthier tomorrow. One of Dean Gallahue's favorite words is "community." Another is "strategic."

His leadership has been inclusive of the entire HPER community. He encouraged the development of the Professional Service Delivery Council within HPER, the only such organization on campus. It empowers professional staff within the school and gives them opportunities for professional growth and recognition.

Finally, Dean Gallahue has been strategic in poising our school within the Life Sciences initiative of the university. He realizes that we in HPER do have a major role in the prevention of the staggering health problems on the horizon for our country. Through its research, through its programs, through its teaching, HPER will be a leader in the health initiatives of the 21st century—by encouraging our citizens to eat well, to play, and to bond with family and community. This has been Dean David Gallahue's legacy. Dr. Torabi has often highlighted the important contributions that Dean Gallahue has made to the success of the Department of Applied Health Science during the past five years.

HPER's New Dean

Dean-elect Dr. Robert Goodman comes to HPER from the University of Pittsburgh, where he was chair of the Department of Behavioral and Community Health Sciences of the Graduate School of Public Health. He has held an Endowed Professorship at the Tulane University School of Public Health and Tropical Medicine, directed the Center for Community Research at Wake Forest University Medical School, and held senior administrative

positions in county health departments. In addition, he has served as national President and Vice-President of the Society for Public Health Education.

With a national and international reputation as a scholar, an administrator and a community capacity builder, Dr. Goodman brings to our school a zeal for participatory decision making, for effective evaluation, and for partnering with programs beyond the doors of the school. He also brings a disarming sense of humor, the ability to speak Mandarin and an interest in bluegrass music.

Dr. Goodman's first degree is in history from Brooklyn College of the City University of New York. He taught high school in Brooklyn, received a masters degree in East Asian History and a Master of Public Health degree from University of Hawaii and a PhD from University of North Carolina-Chapel Hill. He has been the principal investigator and evaluator on projects for the Centers for Disease Control and Prevention (CDC), the National Cancer Institute, the Centers for Substance Abuse Prevention, and the Children's Defense Fund. One of his current service missions is providing technical assistance for the Alliance on the Homeless, which advises county government on local homeless issues in Pittsburgh.



Dean-elect Dr. Robert Goodman





Faculty News

(Dr. Goodman, Cont.)

When asked about his interest in coming to IU, Dr. Goodman said that he has enjoyed his role at the University of Pittsburgh and has not sought other positions. However, IU's School of Health, Physical Education, and Recreation is one of the oldest and finest in the country. Our school challenges and excites him in a very real way. Thus, he is ready to become a Hoosier.

Our department is indeed pleased to welcome Dr. Goodman. We too are excited about his arrival at HPER. Dr. Mohammad Torabi, Chair, often describes him as a giant in the field of public health. Some of our faculty members have known and worked with Dr. Goodman for many years. Others have just met him this past fall. We all wish him the very best as he moves to Bloomington and the School of



Dr. Michael Reece receiving the 2007 Graduate and Professional Student Organization Faculty Mentor Award

Faculty News

Dr. Kathleen Gilbert co-chaired the 29th Annual Meeting of the Association for Death Education and Counseling. The theme of the conference was "Transformation and Creativity in Dying, Death and Bereavement," and it was extremely successful, attracting participants from across North America as well as from around the world.

Cheryl Holmes and **Dr. Kevin Slates** from our Safety faculty hosted the Indiana Department of Home Land Security Higher Education Advisory Board meeting on March 16, 2007.

Dr. Noy Kay will lead the second annual student travel study group to China and Thailand June 18-30. There will be a total of 15 people going on the trip including **Dr. Kevin Slates** and our webmaster **Ifeng Jeng**.

Dr. Lloyd Kolbe was recently recognized by the U.S. Centers for Disease Control and Prevention as the Division of Adolescent and School Health's founding director. The first annual Lloyd J. Kolbe Award for leadership in Coordinated School Health was

awarded to the Directors of Health Promotion and Education. This award is being inaugurated in 2007 to commemorate the 20th anniversary of the publication of a landmark article by Dr. Kolbe and **Dr. Diane Allensworth** that provided a widely accepted framework for coordinated school health

Dr. David Lohrmann is the recipient of a Certificate of Excellence from the American Cancer Society for his leadership and guidance as a Core Team member for the Michiana Coordinated School Health Leadership Institute. He also has received the School of HPER Outstanding Teacher Award, 2007 – 2009, and an American Cancer Society Great Lakes Chapter Certificate of Excellence, 2007. He published "Substitution of Marijuana for Alcohol: The Role of Perceived Access and Harm," in the *Journal of Drug Education* 36 (4) with R. J. Alter and R. Greene. His presentations include: "Sustainability," for the Michiana Coordinated School Health Leadership Institute. Indiana Department of Education, Michigan Department of Education, and American Cancer Society in January 2007 and "Health Promotion in Schools: The Future is Now!" for the Art and Science of Health Promotion Conference in March 2007. Dr. Lohrmann was promoted to full professor in April 2007 (see article p. 6)

Dr. Lesa Lorenzen-Huber was offered and has accepted the position of Clinical Assistant Professor in the area of gerontology in our Department. She has tremendous credentials and a wealth of experience in the area. She will be a wonderful asset to our department.

Dr. Cecilia Obeng directed a very successful conference entitled "Integrating Health Ideas into Children's Lives: Strategies for Educators" on April 14, 2007, for preschool and elementary teachers and health practitioners. She also received a Summer Faculty Fellowship for 2007 to examine the kind of health materials that preschool teachers present to their children and the possible outcome on the children's lifestyle.

Dr. Michael Reece is the recipient of the 2007 Faculty Mentor Award, presented by the Indiana University Graduate and Professional Student Organization. Dr. Reece also earned tenure and promotion to the rank of Associate Professor (see article p. 5)

Dr. Dong-Chul Seo received a grant from the U.S. Department of Education's Grant Competition to Prevent High-Risk Drinking or Violent Behavior among College Students. This grant is almost \$335,000 over two years. The grant focuses on a very significant public health issue dealing with alcohol use of college students. **Dr. Ruth Gassman** will serve as a consultant on this grant.



Faculty News



Dr. Catherine Sherwood is working this summer on the Orange County Indiana Community Health Needs Assessment. She and MPH students **Lindsey Cook, Amanda Daughtery,** and **Nanci Ickes** presented information about the project at the 2007 Indiana Public Health Association Annual Conference in May. The title of the presentation was "Collaboration and Community Participation: Essential Requirements for Identifying Health Needs in Rural Indiana." The following colleagues and students are also involved in the Orange County project: Bloomington Hospital of Orange County- **Gene Perry**, CEO; **Candace Isom**, RN, COO; **Hanna Swayer**, RN Indiana State Department of Health, Office of Rural Health- **Jessica Granger Thomas**, MPH, CHES (MPH Alum), Hospital Program Manager Indiana University Faculty: **Lesia Lorenzen-Huber**, PhD MPH Graduate Students: **Ali Geshnizjani, Sungwook Han, Robin Meleski,** MPH and **Katie Wilkinson.**

She is also working on a sexuality survey of middle and high school with data analysis help from the following: MPH/MS Students: **Kristen Jozkowski, Courtney Stewart, Erin Triplett, Alayna Florman, Sarah Koch, Dawn Smith, Sally Pelto-Wheeler; Anna Saraceno, Jennifer Rafalski** PhD Students: **Dayna Fischtein** and **Nate Stupiansky.** Dr. Sherwood was promoted to the rank of Clinical Associate Professor this spring (see article p. 4)

Dr. Kevin Slates, along with several safety students attended the Indiana Governor's Safety and Health Conference February 13-14. The event included a variety of environmental, occupational safety and health educational sessions and workshops. In addition Dr. Slates, along with **Stuart Grande**, doctoral student, attended the 17th Annual Public Health Awareness conference sponsored by the Morehouse Public Health Institute.

The goal of the conference was to better prepare underrepresented minority students for entry into graduate schools of public health with special emphasis on the quantitative areas of public health such as biostatistics, epidemiology and occupational safety and health. This was a great opportunity for the Department of Applied Health to present itself to students who represent an elite group of motivated and dedicated professionals.

Dr. Mohammad Torabi and **Dr. Lloyd Kolbe** will serve as Co-Principal Investigators on an AmeriCorps Grant which was awarded January 1, 2007. The budget for this grant is nearly \$400,000 per year for a three-year period. Dr. Kolbe also serves as Project Director for this grant. The grant, "Improving Health Throughout Indiana" will bring enormous visibility to our Department. **Erin Cooperman**, J.D. has been hired as Project Coordinator. (See article on p. 10) Dr. Torabi also received a commendation from the International Council for Health, Physical Education, Recreation, Sport, and Dance, for outstanding contributions to the mission of the Council.

From the Editor

With this issue of the *AHS Pulse* we are expanding to eleven pages and initiating faculty and alumni profile articles. Our first faculty profiles are three professors who have just received promotions: Dr. Catherine Sherwood, Dr. Michael Reese, and Dr. David Lohrmann. In future issues we will highlight other faculty members and feature our alumni as well. Please feel free to contact me at hcastrat@indiana.edu if you are interested in providing an alumni profile story. We also welcome a new student newsletter assistant, Mary Reisert. Mary is a junior in the School of Journalism with a concentration in Kinesiology. As always, we are delighted to hear from you and would like to share your news with your fellow alums and colleagues.



Dr. Catherine Sherwood
by Mary Reisert

This spring Dr. Catherine M. Sherwood was promoted to Clinical Associate Professor. To receive the promotion, Dr. Sherwood had to prove excellence in teaching and/or service. She spent five years preparing for the requirements for the position by collecting student evaluations, peer evaluations, attending workshops and guest lecturing at the state and national levels. In 2004 and 2005, she received the Trustees Teaching Award at Indiana University.

Dr. Sherwood's excellent service and awards were also taken into consideration for the promotion. She serves as a member on several boards which include Bloomington Hospital Foundation, AKS (About Special Kids), and the Friends of Kinsey Institute. Dr. Sherwood has also provided consulting services to a number of local, state and national organizations which include WonderLab, Indiana Department of Education and the American School Health Association.

Her research interests focus on sexual health education and community health program planning. Most recently, Dr. Sherwood along with **Dr. Michael Reece** and **Dr. Tania Basta** completed a community-based project titled "Improving the Health Care of the Amish and the Elderly." The



Faculty News



(Dr. Sherwood, cont.)

project focused on health issues among the Amish and rural populations.

In her words, one of the most defining moments of her career was “earning my doctorate. I was a first generation college student and the first person in my family to go so far.” She is also proud of receiving the promotion and the encouragement she has found within the department.

“The Department of Applied Health Science has always been supportive,” she said. “Dr. Torabi allows us to use our creative energies to do our work as long as it is within the mission of the department.”

Since coming to IU in 1992 as a doctoral student and now teaching at IU, Dr. Sherwood has seen many changes. She has seen a growth in the number of faculty and an increase in financial support. She has also noticed more diversity in race, gender and ethnic groups among the faculty, staff and students. Dr. Sherwood has worked with many students over the years, and she has noticed that there is a definite increase in the range of interests for students.

Many of Dr. Sherwood’s students have taken what they have learned in her classroom and applied it to real life experience. Some of her students have had internships with the American Cancer Society, Bloomington Hospital and the American Red Cross.

Now that she received the promotion and worked hard compiling her dossier, Dr. Sherwood-Puzzello is looking forward to spending time with her kids and enjoying the summer.



Dr. Michael Reece

By Mary Reisert

This spring Dr. Michael Reece was promoted to Associate Professor and awarded tenure at IU. In order to meet the criteria for tenure and the promotion from Assistant Professor to Associate Professor, Dr. Reece spent six years working on teaching, research and service. His emphasis, or area of excellence, was research. And in fact, last year he won the School of HPER’s first Outstanding Early Career Research Award. He also serves as the Coordinator for our Master of Public Health (MPH) Program.

One of his major accomplishments at IU has been to establish the Sexual Health Research Working Group (SHRWG). The SHRWG is a collaborative of faculty and graduate students that has as its mission to conduct research that is situated within a holistic and comprehensive sexual health framework. SHRWG also implements a range of education and training initiatives, including the annual sexual health research seminar series, which brings internationally known leaders in sexual health to the IU campus to talk with other faculty and students about their work..

This spring Dr. Reece received a university-wide award, the 2007 Faculty Mentor Award, presented by the Indi-

ana University Graduate and Professional Student Organization. The award is given to an outstanding faculty member who demonstrates excellence in helping graduate students succeed in their studies and research. “It was an honor to receive the Faculty Mentor Award,” he said. “I have tried to engage students in my work and to support their development as scholars. To be nominated for this award by my current and former students was a complete surprise and I was thrilled to be selected by the Graduate School.”

Dr. Reece has also done extensive research in Kenya. He helps with the partnership between IU and Moi University in Kenya known as the Academic Model for the Prevention and Treatment of HIV (AMPATH). In particular, Dr. Reece has worked with this initiative for 4 years to help them grow their psychosocial support programs and to conduct research to help understand the nature of HIV-related psychological distress in that country.

He led one of the first comprehensive studies that documented the mental health consequences of HIV infection among Kenyans, the results of which are currently in press at two international AIDS and mental health journals. Most recently, Dr. Reece, his doctoral student Ariane Hollub, and his Kenyan co-investigators at Moi University completed a study to better understand how to get men to be more involved in the prenatal and antenatal care activities of their wives living with HIV during and immediately following pregnancy.

At the beginning of July, Dr. Reece will make another trip to Kenya. This time, he is taking along 9 of the department’s graduate students who will spend two weeks working with him on his research and practice initiatives as part of a formal student exchange program that he has been working over the past 4 years to develop with the Moi University School of Public Health in Eldoret, Kenya.



Faculty News



Dr. David Lohrmann
By Mary Reisert

Dr. David Lohrmann was promoted to the rank of Full Professor in April 2007 by demonstrating excellence in one of the three areas of research, service and teaching (and competence in the other two areas). Like all those seeking promotion to full professor, he had to prepare a personal statement that documented his achievements. The promotion process included input by a panel of 12 external experts in school health as well as review by committees of the Department of the Applied Health Science, the School of HPER, and Indiana University.

Dr. Lohrmann's service to AHS includes helping to revise the secondary health education and PhD programs. In addition, he served as President of the American School Health Association as part of a six year commitment. Two of those years were spent as president-elect and the last two years as past president. In between, Dr. Lohrmann provided vision, leadership, and financial management and facilitated preparation of a five year strategic plan for ASHA. He currently serves as a consultant to the American Cancer Society, Association for Supervision and Curriculum Development, Indiana Department of Education, the White House for the Office of National Drug Control Policy Expert Panel on Evaluation,

and the Dutch Ministry of Health, Welfare and Sport.

A highlight of Dr. Lohrmann's extensive career was working as a health coordinator for the Troy School District in Michigan 18 years ago and finding the programs that he helped create still in use today. Another highlight is preparation of "Healthy School Report Card" and participation in the Michiana Coordinated School Health Program Leadership Institute. Through this program, school district teams from Indiana and Michigan attended seven workshops over three years to develop skills necessary to lead change efforts. Last year, these teams reported tremendous changes in health programming and one district with high poverty rates reported that no schools were on probation under No Child Left Behind.

When asked about any particular challenges faced during his career, Dr. Lohrmann related that growing up he had plans of becoming a physical education teacher and coach. The Vietnam War changed his plans once his draft number, 139, was called. Instead of taking a teaching job he had been offered in a Chicago-area private school, he enlisted in the Air Force. When his enlistment was over, no physical education teaching positions were available. Instead, Dr. Lohrmann decided to focus on health education.

"Everything I have done has been intended to benefit students by providing training and designing and evaluating programs," he said. "I enjoy being a part of the work of school health professionals who directly influence children." Now that Dr. Lohrmann is in the rank of Full Professor, he is looking forward to spending more time with his wife and two children.

Alumni News

Heidi Boruff (BS in Dietetics '04) is the President Elect of the South East Indiana Dietetics Association for the coming year. She will serve as the President during 2008-2009.

E. Lisako J. McKyer (PhD in '03, MPH '00) is completing her first year as an assistant professor at Texas A&M University in College Station. She is with the Division of Health Education, in the Department of Health & Kinesiology, College of Education and Human Development. Dr. McKyer's research interests focus on child and adolescent health issues utilizing socio-ecological/contextual approaches. Since arriving in Texas last summer, Dr. McKyer has been awarded two extramural grants – one from NIH (National Institute of Child and Human Development) and the second from the USDA in conjunction with the Texas Department of State Health Services. The funding totals over \$577,000 to date.

Marty Leik (MS '06 in Safety Management) will be featured on the Discovery Channel show entitled Extreme Engineering (to be renamed "Build it Bigger"). The show will feature a tour of the top 15 projects across the world. Marty is a project manager for safety at the Trump International Hotel in Chicago. The show should air in September.

Matthew Lee Smith (BS '02 in Public Health, MPH '04) is completing his first year as a doctoral student at Texas A&M University in Health Education. Matthew is a graduate research assistant and Marketing Chair at the Center for the Study of Health Disparities at Texas A&M University. His research interests include adolescent health risk behaviors, health disparities, human sexuality, ATOD prevention, and violence and injury prevention. He also hosts/produces a weekly radio show titled Brazos Valley Health, which focuses on various health issues and health disparities. He serves on the Graduate Student Council (as the Vice President), in the Alpha Pi Chapter of Eta Sigma Gamma, and as the Legislature Committee Chair for the Texas School Health Association.



Student News



Cara Berg at HPER Graduation

Graduate Students

Lindsey Cook, MPH student is a writer for the *American Public Health Association Student Assembly Newsletter*. Her spring article featured Students for a Common Sense Health Plan, an active organization on the IU campus which sponsors awareness raising events for universal health care coverage.

Natalie Dewitt, MS in School and College Health, has received the Crane Fund for Widows and Children Scholarship through ASH as well as the Donald J. Ludwig Scholarship.

Julia Eminger, MPH student has won three awards: American Public Health Association Student Conference Presenter Scholarship, HPER Student Research Award, and the Tobacco Control and Wellness Research Grant.

Stuart Grande and **Dr. Mary Shaw** are co-authors of a paper entitled, "Beyond Invisibility: Conversation About Health and Health Care with African-American Men" that will be presented at The 19th IUHPE World Conference on Health Promotion and Health Education; June 10th -15th, Vancouver, BC, Canada.

Kim Hieftje (MS in HDFS), **Lori Robakowski**, **Rebecca Roberts**, **Catherine Shepherd**, (all MS in Nutrition Science), and **Julie Shertzer** (PhD student) have received the Ruth

"There is no doubt in my mind that it takes a special kind of person to be a HPER major. We are people who care about people, and about bettering the world. Let us work every day to bring health and happiness to those around us – be they family, friends, those we do not know, or, perhaps the most challenging of all, ourselves."

- Cara Berg,
Student Graduation Address

Mary Griswold Scholarship through AHS. Catherine has also received the Donald J. Ludwig Scholarship.

Shubhangi Kulkarni MS in Nutrition Science student and **Jaume Padilla**, Ph D student received the Margaret Seberger Scholarship through HPER. Shubhangi also received the Ruth Mary Griswold Scholarship through AHS.

Jayme Levy, MPH, won an Educational Opportunity Grant from the Indiana University Graduate School

Sharon Nejfelt, MS in Safety Management had a poster abstract accepted for the American Society of Safety Engineers Conference for June 24-27, 2007 Orlando, Florida. Her session is entitled, "Buffering Factors of Social Support on Daily Stress of Older Workers: An Analysis of Literature Review." She is also presenting for the Indiana Public Health Association's Spring Conference, May 8 and 9, 2007.

Eta Sigma Gamma - Nu Chapter received a grant for \$350 from Baxter International Foundation in recognition of **Rebecca Robert's** involvement with the honorary. Rebecca is the current treasurer of the chapter and a masters student in Nutrition Science.

Brandy Rollins, **Tana Wells**, **Susan Jackson**, **Mercedes Murray**, and **Charlene Maddox** collaborated with Dr. Mary Shaw and the Center for Minority Health to host the inaugural Healthy Lifestyles Conference for African-American Women at the Neal Marshall Black Cultural Center on January 27, 2007.

Jaesin Sa, MS in Safety Management student, received the Ron Hall Scholarship through AHS.

Dawn C. Smith, MPH, was 2nd place for School of HPER Minority Student Achievement Award.

Amanda Tanner, PhD, was the William L. Yarber Professorship in Sexual Health Fellow for 2006-2007.

Dana Umschied, PhD candidate, has received the J. K. Rash Scholarship through AHS.

Undergraduate Students

Jeanette Bauer-Westrick, and **Cara Berg**, both Human Development and Family Studies, have won Hutton Honors College Undergraduate Professional Experience Internship Grants. Cara is also the winner of the Dean's Senior Recognition Award.

Gwenavere Beck, **Justin Brown**, **Kara Curry**, **Lindsay Fountain**, **Marrissa Goodman**, **Jordan Hollander**, **Megan Kelly**, **Elizabeth Lemmon**, **Victoria Parry**, **Nicole Pirau**, **Renee Rogers**, **Tiffany Swartzentruber**, **Elizabeth Taylor**, **Jenna Terwiske**, **Kristen Vavra** and **Alison Vollmer** all Dietetics or Nutrition Science majors, received the Opal G. Conrad Nutrition Scholarship through AHS. Elizabeth Lemmon also won the W.W. Patty Scholarship through HPER.

Linsey Booth and **Alise Echele**, Dietetics, **Heather Gray** Public Health, and **Amanda Robbin**, Human Development and Family Studies, have won Hutton Honors College International



Student News



Experience Grants for study abroad. Linsey and Heather are traveling to Australia, Alise is going to Ghana, and Amanda to Italy. Linsey also received the Opal G. Conrad Nutrition Scholarship through AHS. Alise also received the Joan Weinberg Wolf Scholarship through AHS; Heather also received a Returning Student Scholarship through the IU Credit Union.

Jesse Bussan, Kari Frields, Jamie McFerran, and Shana Sporman, Dietetics students, and **Jacob Rider**, Nutrition Science, won the Ruth Mary Griswold Scholarship through AHS.

Marica Coduti, Dietetics, received the Indiana Dietetic Association Scholarship. She also received an Opal G. Conrad Nutrition Scholarship through AHS.

Tanah Combs, Jennifer Kinder, and Kevin McCarty, Safety Majors, received the Pantaleoni Scholarship through HPER. Tanah also received the Ron Hall Scholarship through AHS.

Suzie Crouch, the director of the Coordinated School Health Programs division at the Indiana Department of Education spoke at this year's Eta Sigma Gamma initiation. The new officers are President - **Sue Dai**, Vice President - **Kayla Stockert**, Treasurer - **Emily Erdmann**, Secretary - **Jenny Mann**, Historian - **Michelle Nardine**.

Lacey Hall, Dietetics, received the Mary Hebenstreit Memorial Award through the Indiana Dietetic Association.

Matt Morrow, one of the founding members of Y'ALL a student organization for disaster relief, recently completed his 6th trip for the Katrina recovery effort. (A total of 600 IU volunteers have participated and provided over a quarter million dollars worth of labor.) Matt will be at IUPUI next fall earning a masters degree in health, and he hopes to start a Y'ALL chapter there.

Adeyinka Okunade, Nutrition Science, received the Archie M. and Eleanor Williamson Koon Scholarship through AHS.

On February 23rd, **A.J. Rose**, CPS, hosted IUB faculty (Dr. Slates), graduate and undergraduate students during plant tour of the faculties at Daimler-Chrysler Transmission Plant in Kokomo Indiana. Safety students were able to see what it was actually like to work in the field after graduation. For many of the students this was their first time seeing the operational component of heavy manufacturing environment. Before the tour both union and management officials at DaimlerChrysler discussed the importance of integrating safety performance into production, quality and organizational culture.



Mike Thompson
Outstanding Undgraduate Major
for School Health

Mike Thompson won the American Association for Health Education Outstanding Undergraduate Major of the Year Award for Health Education-Secondary Teacher Preparation.

Wendy Youngvorst, Human Development and Family Studies, won the Crane Fund for Widows and Children Scholarship as well as the Ruth Mary Griswold Scholarship through AHS and the Carter Littell Memorial Scholarship through HPER.



Anna Saraceno
Outstanding Undgraduate Major
for Public Health

Anna Saraceno won the American Association for Health Education Outstanding Undergraduate Major of the Year Award for Public Health.

Faye Stokes, Nutrition Science, has won the Jesse H. and Beulah Chanley Cox Scholarship this year through the IU Foundation.

Shelby Sutton, Nutrition Science, received the Margaret Seberger Scholarship as well as the Ruth Mary Griswold Scholarship both through AHS.

“I learned how to equip youngsters with the skills and knowledge they need to become healthy, productive individuals. I became proficient in interpersonal communication, health advocacy, the functioning of the human body, and a number of other transferable concepts and skills that will help me be an effective health educator.”

- Mike Thompson's Reflections on His Preparation to Teach Health



Student News



Community Supported Agriculture

By Julie Shertzer (PhD student) and Amanda Tanner (PhD May '07)

Looking for a creative way to increase the amount of fruits and vegetables you eat? Enroll in a community supported agriculture (CSA) program. CSA consists of a community of individuals who pledge support to a farm operation with the farmers and consumers sharing the risks and benefits of food production. CSA is a fairly new concept in farming with origins in Europe and Japan. Today, over 1,000 CSAs exist in the United States with about 30 spread across Indiana.

Last spring, we pledged our money to Core Farms to receive fresh fruits, vegetables, and herbs on a weekly basis for the next six months. We were not disappointed as our bushel basket was filled with sweet fruits like melons, pears, blackberries, and strawberries, as well as tasty vegetables like green beans, asparagus, tomatoes, sweet corn, garlic, and potatoes. There was even an occasional surprise of a sunflower, honey, or newly pressed apple cider. The average cost was about \$8 a week per person.

What Julie has to say...

I like fruits and vegetables, and as a registered dietitian I understand their role in improving my health and preventing disease. Yet I do not always eat enough. The CSA helped me increase the amount and variety of produce in my diet. I discovered how delicious Asian pears tasted and ate the newly-introduced red okra.

What Amanda has to say...

The CSA helped me explore the resources of the Bloomington community. We enjoyed meeting the CSA operators—Andy and Amy Hamilton, and their daughter Grace, and the potluck held at the orchard was a pleasant and delicious way to interact with other CSA members. In addition, the surprise of each week's bounty added a new level of creativity to our cooking. We devoured soy and honey-glazed butternut squash, tomatillo salsa, honey apple cake, and orchard chutney (recipes often provided by Amy).

Want to experience a CSA for yourself? In Bloomington, Core Farms operates out of Musgrave Orchard. Their CSA uses a network of local farmers devoted to natural growing methods. For more information or to sign up for next year, call 812-360-3328 or www.musgraveorchard.com.

Dietetics Update

Twenty-eight seniors and two master's students completed their dietetics requirements during the 2006-07 school year. Twenty-six of the 30 students applied for dietetic internships, a necessary step to become a Registered Dietitian (RD). Twenty (77%) received an internship placement. Of those placed 68% received their first or second choice. (The overall placement rate for our program since 2000 is 92%.) Of the students who received internship placements, 3 will go to the Ball State dietetic internship, 2 to IUPUI, and the rest to internships scattered throughout the country.



Safety Students Weighing Back-

Safety Research Aids IU Students

On April 17th-18th IUB American Society of Safety Engineers and Safety Science students conducted a backpack weigh-in activity at bus stop locations on campus. This membership activity promoted student awareness of personal safety and ergonomic related injuries or illness associated with improper backpack usage. Student volunteers weighed backpacks on a scale and obtained demographic data such as style of backpack, respondent gender, year in school, number of days each week students carried their backpack, residence location, and respondent discomfort.

Health care specialists are increasingly concerned about the issue of student health and safety with their backpacks. As practical as backpacks are, they can strain muscles and joints and may cause back pain if they're too heavy or are used incorrectly. According to Dr. Drummond of Drummond Chiropractic in Bloomington, functional scoliosis, which develops when the spine is twisted because the muscle on one side of the shoulder is stronger than the other, may develop due to improper backpack usage.



CSA Produce



Grant News



This summer the data will be analyzed and reported in the IDS this fall, and the study will continue with several more weigh-ins next year. Water bottles were given to all participants of the activity along with recommendations on how to reduce the likelihood of soft tissue injuries related to back pack usage. This activity was supervised by IUB ASSE faculty advisor Dr. Kevin Slates with assistance from the following Safety Management and Safety Science students: **Travis Otte, Joe Michelini, Brian Nifong, Sharon Neifelt, and Donna Jacques.** For further information contact Dr. Kevin Slates (kslates@indiana.edu)



Safety Students Weighing IU Student Backpacks

AHS Receives AmeriCorps Grant

By Mary Reisert

The Department of Applied Health Science recently received a grant entitled “AmeriCorps Improving Health Throughout Indiana” from AmeriCorps Indiana. AmeriCorps is an organization that often has been called the domestic Peace Corps. It works at the local, state and national levels to improve the lives of American citizens.

Because 62% of adults in Indiana are overweight or obese, the grant was provided to help the Indiana State Department of Health and IU Bloomington jointly implement the Indiana Obesity Prevention Program (INOPP). As part of Governor Mitch Daniels In-Shape Indiana, funding was provided by the Governor’s Office of Faith-Based and Community Initiatives.

The grant allows 75 AmeriCorps members, 36 in Bloomington and 39 in Indianapolis, to work with a wide variety of agencies to help Hoosiers reduce obesity, and consequent serious medical problems and exorbitant costs to treat them. Drs. Lloyd Kolbe and Mohammad Torabi are Co-Principal Investigators for the grant; Dr. Kolbe also serves as Director, and Ms. Erin Cooperman, J.D. serves as the Grant

Coordinator. The budget approaches \$400,000 each year for a three-year period. The program will incorporate the goals set forth by AmeriCorps and INOPP. The primary goals of the program are to improve nutrition and physical activity as a means to reduce obesity.

Monroe County is one of the 200 poorest counties in the United States. The Bloomington-based program hopes to improve nutrition especially for low income families and for children. Senior citizens also will be given the chance to obtain fresh fruits and vegetables with vouchers. Since April, the program has provided support for organizations such as Stepping Stones, Bloomington Hospital, Bloomington Parks and Recreation and the Boys and Girls Club of America. “AmeriCorps Improving Health Throughout Indiana” will function at the state and community levels to decrease obesity and increase physical activity for all Hoosiers. Our department is proud to be in the vanguard of this initiative, and to have the opportunity to work with many caring and committed partners across the State of Indiana.

“I serve for the Indiana University Bloomington AmeriCorps Office. Thus far, I have written an AmeriCorps Improving Health Throughout Indiana newsletter and brochure, and planned and organized events for AIHTI.

My service has afforded me the opportunity to build my re-sume, learn valuable skills, and meet great people. I know that this program will benefit me, by giving me the tools and knowledge to succeed as a fu-ture health professional. It will also benefit many Hoosiers.”

**- Kate Gudorf ,
MS student in Nutrition Science**



Student News

Congratulations to Our New PhD's!!

Yeon Bai (June '07) with her dissertation entitled "Factors influencing continuation of exclusive breastfeeding for six months: an application of the theory of planned behavior". Yeon will be moving to New Jersey in the fall to teach at Montclair State College.

Debra Herbenick (Sept. '06) writing on "The Development and Validation of a Two-Component Scale to Measure College Students' Attitudes Toward Women's Genitals" Debby is a Research Associate and Lecturer, and Associate Director of the Sexual Health Research Working Group for the Department of Applied Health Science at IU.

Emily Nagoski (July '06) with this topic, "An Agent Based Model of Disease Diffusion in the Context of Heterogeneous Sexual Motivation"

Amanda Tanner (May 07) with the following dissertation "Social and Situational Factors Influencing Use of a Microbicide Surrogate: Implications for Young Women's Sexual Health"



On March 8, 2007, Emily Dutton, left, (BS HDFS, '00), Sheila Allen, center, (MPH, '01) and Erica Vagedas, right, (BS Dietetics '02) spoke to AHS students about their career paths.

AHS Students Respond to Virginia Tech Tragedy

by *Shana Rubenstein,*
Dietetics Student

April 16th 2007 began as any other Monday morning on the campus of Indiana University. Students kicked off the famed week of Little 500 with excitement and anticipation. However, by lunchtime a different mood around Bloomington was evident with the news of the Virginia Tech massacre. The first response was fear. Was this an isolated incident, or could our fellow students and faculty at Indiana University be victims as well?

After realizing that our campus was not in any imminent danger, fear gave way to compassion and empathy as the reality of this tragic event settled in. We soon found ourselves wondering how we would feel if 32 of our classmates and faculty were gunned down before our eyes. Would it have been a lab partner, an esteemed professor, or a best friend? One could only imagine the pain and anger that the Virginia Tech community was experiencing.

Feeling helpless and concerned, the Indiana University community began to think of ways to reach out to those affected by this tragedy. The students of Dr. Alice Lindeman's Medical Nutrition Therapy (MNT) class were

encouraged to write letters of sympathy to the MNT students at Virginia Tech.

Dr. Lindeman, deeply moved by such a horrific event, gave her students the opportunity to recognize the tragedy on a personal level, and offer support through their own words. The letters were sent shortly thereafter in hopes that we could offer some small comfort.

A few weeks later, we received a response from the MNT students and professors at Virginia Tech. "It shows a great deal of character about Indiana University to take the time and share your concerns with us," said one student. Other replies such as "We were deeply moved," and "It helps knowing we have supporters all over the country," gave the Indiana University MNT class pride and joy.

MNT is a class which helps prepare students to nurture and counsel patients. Bringing two classrooms together from different campuses with the same goals in mind helped personalize this message even further. While we can never truly feel what Virginia Tech has experienced, communicating our feelings gave us a great sense of satisfaction and hopefully, in some small way, helped start the healing process for all those affected by this tragedy.



Students in MNT Class writing letters to Virginia Tech MNT Students

