

From the Chair Surgeon General Visits IU

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On behalf of the Department of Applied Health Science, it is a real pleasure for me to extend my heartfelt greetings to all students, alumni, and friends of the Department. It is a real joy to report that our Department continues the successful path which is due to our highly qualified faculty, staff, and students, and the support we receive from administrators of our School and University and especially our alums.

Our graduate programs have maintained their top rankings. Our MPH program is accredited by the Council on Education for Public Health and our undergraduate Dietetics program is accredited by the American Dietetic Association. Our other programs continue to make an impact in educating future practitioners and leaders in their respective fields. Four of our faculty received a Trustees Teaching Award this past year and one of our faculty received the first ever Outstanding Early Career Research Award from the School of Health, Physical Education, and Recreation. Our faculty continue to assume leadership roles at the national and international levels and to receive accolades and recognition in teaching, research, and service. Additionally, our faculty have an impressive list of manuscripts published in national refereed journals in their respective areas of specialization.

Some of our students have received awards from national organizations and continue to present at national conferences and publish their research in national journals.

We are very proud of our faculty, staff, and students and welcome any assistance and input from our alums and friends of our Department. Please stay in touch.

Mohammad R. Torabi, Chairperson



Acting Surgeon General Kenneth Moritsugu and Dr. Mohammad Torabi

Admiral Kenneth Moritsugu, Acting US Surgeon General, came to Bloomington on Nov. 28th and 29th in celebration of Applied Health Science and the School of HPER's 60th year. The celebration included a reception at HPER and a public presentation at Wittenberger Auditorium. There he shared the stage with our state's chief health officer, Dr. Judith A. Monroe, Indiana Health Commissioner. He spoke to a packed crowd of students, faculty and community members.

In his opening comments Admiral Moritsugu said, "I am impressed by the leadership I see in this room and throughout your great state to make a difference to protect the health, vitality, and economic prosperity of all Hoosiers." He appealed directly to the students who are "the future of our health care system in America."



Surgeon General, cont.

Fact: Seven out of ten deaths in the US are from chronic diseases.

Moritsugu: “Our failure to protect health has resulted in an epidemic of chronic disease that threatens the health and economic viability of Indiana, the nation, and the world.”

Fact: US spends more than 2 trillion dollars a year on health care, more than 16% of our Gross Domestic Product, and by 2015 it will be 4 trillion dollars (20% of our GDP) Yet, in 2002 citizens in 28 other developed countries had better health than US citizens.

Moritsugu: “We must focus on primary prevention whenever and wherever we can so that we have less to do downstream to repair the damage.” “We must elevate public health as a discipline and engage in new learning partnerships with leaders in business, informatics, and other fields in order to look at health issues in fresh and innovative ways.”

Fact: We as a nation spend as much as 95% of our health dollars on medical care and biomedical research.

Moritsugu: “and yet the benefits of our current investment in health care are inaccessible to many due to lack of insurance or access to services.”

Turning to Indiana, Admiral Moritsugu followed up on Dr. Monroe’s assessment that “ours is one of the least healthy states in the nation.” (According to Dr. Lloyd Kolbe Indiana ranks 46th in the nation in leading health indicators).

“We can make the healthy choices the easy choices.”

- Moritsugu

“We can work toward health literacy. Today we are largely a health illiterate society, yet health literacy is essential to every prescription, every treatment and every recovery.”

- Moritsugu

Fact: Hoosier smoking has increased from 25% of adults in 2004 to 27% in 2005.

Fact: More than 62% of Hoosiers and more than 29 % of our high school students are overweight or obese.

Fact: While there are 115 public health workers for every 100,000 people in the US, there are only 56 public health workers for every 100,000 Hoosiers; we have the lowest ratio of any state in the region and it is lower than almost every other state in the nation.

Moritsugu: “We need professionals in epidemiology, research, program planning and delivery. I support IU’s Life Science Initiative Goal Number 7 which is directed toward preventing injury and diseases related to such lifestyle choices as nutrition, physical activity, smoking and drug use.”

“Each of us starting in our own sphere of influence as parents, teachers, employers, and community leaders can encourage and incentivize good healthy choices.”

Admiral Moritsugu’s presence on campus was inspiring and energizing. The students in the audience, from public health to premed; the medical practitioners in the audience, from dietitians to doctors; and the educators in the audience from a cross section of disciplines, were left with this challenge: “Keep asking the right questions—those that need to be answered, not just those that can be easily answered.” And Admiral Moritsugu also said, “The purpose of life is to have a life that has a purpose.” We hope that for some who heard his presentation that purpose will include public health initiatives in Indiana and beyond.



Admiral Moritsugu, Rose Hartzell, PhD Student, and Dean David Gallahue

HPER is 60 this year!



Dr. Trent Applegate has been appointed Lecturer in Safety and School Health Education for our Department. He teaches First Aid and Emergency Care, as well as Coordinated School Health Programs.

Dr. Kathleen Gilbert was a visiting professor at the International Islamic University in Malaysia in July and August. While there, she presented an invited talk at the Ministry for Women, Families and Community Development (their version of the Department of Health and Human Services). Dr. Gilbert is recognized by colleagues for her leadership in the publication of the [Annual Editions](#) on The Family 07/08.

Dr. Lloyd Kolbe has been selected to be included in ISIHighlyCited.com website for the ISI Web of Science because of his exceptional citation count in the field of Social Sciences.

Dr. David Lohrmann has been appointed to the External Review Group for evaluation of community alcohol and drug abuse coalitions for the Office of National Drug Control Policy.

Ms. Willena Pearson has been appointed Lecturer in Health Promotion/Comprehensive School Health for our Department. She teaches our high enrollment courses in Women's Health and Men's Health, and she also mentors our student teachers in the secondary schools.

Dr. Shahla Ray has been appointed Lecturer in Health Promotion and Nutrition for our Department. Dr. Ray teaches Human Nutrition, and Obesity and Health.

Dr. Dong-Chul Seo's article published in 2005 and entitled "An explicative model of unsafe work behavior," has been selected as one of the Top 25 most downloaded articles published in the *Safety Science Journal*.

Dr. Mary Shaw, along with PhD student Stuart Grande, headed up the Center for Minority Health Research's Roundtable Discussions this fall.



Alumni panel:
Colleen Rose, Suzanne Wade, Sarah Childers, and Heidi Boruff

Alumni Panel Provides a Valuable Insider Look at the Job Market in the Health

On November 14th four outstanding young alumni shared their experiences with students in our Research and Evaluation Methods class taught by **Yeon Bai**. This class is usually taken by seniors who are beginning their job or graduate school search. **Heidi Boruff**, R.D. (BS in Dietetics '04), **Sarah Childers**, CHES (BS in Public Health '04), **Colleen O'Rourke Rose** (BS in HDFS '05) and **Suzanne Wade** (BS in HDFS '03) provided insights about the transition from college into professional positions. Their presentations were rated by students as "reassuring," "extremely beneficial," and "wonderful."

Heidi works for IU's Residential Programs and Services right here in Bloomington. Her job includes meeting with students living in the dorms who have allergies and other nutrition concerns as well as working with the food service staff. Sarah coordinates the Tobacco Treatment Program at HealthNet, Inc. which is a branch of Clarian Hospital in Indianapolis. Colleen has had an Americorps*VISTA position with the service-learning office at IUB and will begin a newly developed position with the university as Coordinator of Civic

Engagement this January. Suzanne works for Easterseals Crossroads in Indianapolis assisting individuals with disabilities in obtaining and maintaining employment. All four are engaged and prospering in their careers.

Students took home these lessons from the event: graduates do use the knowledge and skills learned in their IU classes (including research capabilities), gaining certificates related to your field is a good way to stand out from other job applicants, networking and internship contacts are so important in the job search, and you do not have to go to graduate school right away — you can find a good job in health with a bachelors degree. Finally, the students learned that you shouldn't be afraid to shoot for your dream job. Special thanks to our committed alums for this successful career presentation!

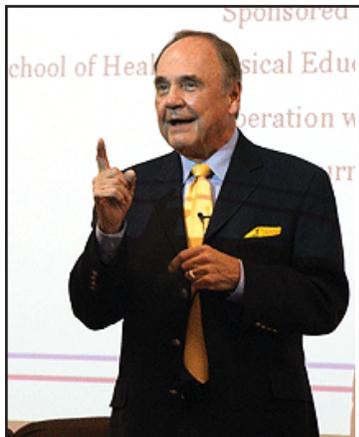
Alumni Panel:
"Don't be afraid to shoot for your dream job right away."



Alumni News



Alumni News



Dick Enberg (HSD '62) at HPER's 60th year celebration.

Distinguished Alumni Award Winners

On October 27, 2006 HPER awarded two AHS Distinguished Alumni Service Awards. **Dr. Robert Lubitz**, Executive Director of Academic Affairs and Research at St. Vincent Hospital in Indianapolis, received the John R. Endwright Award, and **Dr. David McSwane**, Professor in the School of Public and Environmental Affairs at IUPUI, received the W.W. Patty Award.

Dr. Lubitz is a graduate of the University of Cincinnati College of Medicine and received an MPH from our Department in 1992. He directs the Research and Research Regulatory Departments at St. Vincent, managing nearly 600 active research projects. He was elected President of the American College of Physicians in 1996 and has been honored as "Top Doctor" in the United States.



Dr. Torabi with Dr. Robert Lubitz, Indiana State Health Commissioner Dr. Judith Monroe, & the couple's son.

Dr. Mc Swane holds a Masters Degree in Public Health and a Doctorate in Health and Safety from Indiana University. He teaches courses in environmental health, food science and sanitation, epidemiology, environmental health policy, and environmental science at IUPUI. He has published widely in environmental health, public health and food protection, and he conducts food safety training programs throughout the United States. He has also won a number of awards including American Cancer Society's St. George Medal for distinguished service in cancer control.



Dr. Torabi with Dr. David Mc Swane, his wife, and daughter at the awards ceremony.

Elisabeth Catherine Andrews (MPH May '06) is working for IU Media Relations as a health communications specialist. She works with HPER and other schools to help communicate effectively with the media to share public health information and research.

Amanda Braun (BS Nutrition Science May '06) is at the IU School of Dentistry. She has received a health professionals scholarship through the Air Force that will pay for all of her dental school and then provide a job upon graduation.

Brian Dodge (PhD 2002, doctoral chair Dr. William Yarber) began his second year this fall as assistant professor in the Dept. of Behavioral Science and Community Health, College of Public Health and Health Professions, University of Florida, Gainesville. From 2002-2005, he was a postdoctoral fellow at Columbia University/New York State Psychiatric Institute HIV Center for Clinical and Behavioral Studies.

Kristin Hobson (MPH Dec. '05) is in the Asthma Program at the Indiana State Department of Health

Maggie McKittrick (BS in Human Development and Family Studies August '06) is working full time at St. Mary's Child Center, a not for profit early intervention center, in downtown Indianapolis.

Robin Milhausen (PhD in 2004, with doctoral chair Dr. William Yarber) this fall became an assistant professor in human sexuality and family relations at University of Guelph, Guelph, Ontario, Canada. During the past year she was a Social Sciences and Humanities Research Council of Canada Post-Doctoral Fellow in the Social Justice and Sexual Health Research Lab, University of Windsor, Ontario. During 2004-2005, Robin was a post-doctoral fellow, Rollins School of Public Health, Emory University, Atlanta, GA.



Student News



Summer Nutrition Internship in Peru

by Jamie McFerran

I have always thought studying overseas would enhance my college career. However, as a dietetics student, I found my fall and spring semesters full of required courses. Therefore, when Vicky Getty, our director, emailed information about an overseas summer nutrition program in Peru, I jumped at the chance.

Every other summer Iowa State University (ISU) and the Instituto de Investigación Nutricional (IIN) in Lima, partner to offer a four-week program called International Nutrition in Peru. It is organized into four two-week modules and a midway trip into the highlands of the Andes Mountains. Each student completes two of the four modules; I was assigned to Community Nutrition and Food and Water Safety.

My first module was fantastic. Our “field work” consisted of working directly with a Peruvian family. We interviewed the mother, observed one of the children, designed and implemented an intervention, and finished with evaluative procedures. All this in two weeks! The focus of our interventions was complementary foods, which are foods introduced as a baby’s first solid foods. Although breastfeeding is widely practiced in Peru, there is very serious growth stunting due to the improper consistency of these early foods.

Our mother Antonia and her one-year-old son Elias were very open with us. It was extremely rewarding to witness the immediate successes of our small intervention, and the IIN vowed to keep up with the family’s progress beyond our visits.



The highlands were absolutely beautiful with colorful hillsides, pristine glacier lakes, friendly people and endless quiet. We finally had three days of sun. This midway weekend was a lesson in the diversity among the people of Peru.

For the next two weeks we took samples of food and water and toured factories and farms in the region. Everything we tested, except for our hotel water, was full of *E.coli*. How lucky we are in the United States to have government institutions that work to keep us safe! Although there are laws in place in Peru, public health workers are stretched so thin that they cannot keep up with monitoring and enforcement.

Many people have asked about my safety and the need to speak Spanish. Our hotel was in one of the most affluent areas in Lima called Miraflores, and it had all the comforts of home. We usually did go out in groups, but that is the case in any Big City, USA, too. We had access to everything we needed. As for the Spanish, the program does not require its participants to know a word of it. In our group of nineteen, only two spoke it fluently and the rest of us had varying degrees of knowledge.

I would highly recommend this program to anyone interested in overseas study in nutrition. It was a rewarding experience which helped to give me an even clearer picture of my interests in dietetics. ISU will be traveling back to Peru in 2008. Learn more at <http://www.fshn.hs.iastate.edu/peru/homepage.php>

Applied Health Science Sponsors Trip to China and Thailand

by Anna Saraceno

My trip to China and Thailand last summer with the Department of Applied Health Science was a rush of images and memories. We went to Beijing, Hong Kong, and Bangkok in 15 days. Each day was packed with activities. Usually we started by attending lectures and discussions about local and national health care systems with doctors, professors, students, health educators, and volunteers. Afterwards, we soaked up the local culture.

Our first destination was Beijing. We met representatives from the Chinese Academy of Medical Sciences, Peking University Health Science Center, and FuXing Hospital. We learned the status of HIV/AIDS in China, the strengths and weaknesses of the Chinese health care system, and the impact of culture on lifestyle and behaviors. Tourist attractions included Summer Palace, Tian’an Men Square, the Forbidden City, and the Great Wall. My favorite activity in Beijing was a discussion with Chinese students in the Peking University School of Public Health. This discussion made the densely populated city seem smaller and more familiar.

Next, we flew to Hong Kong. We attended lectures at the Chinese University of Hong Kong, Hong Kong AIDS Foundation, and a youth volunteer organization called Healthy Young Ambassadors. The Hong Kong AIDS Foundation addresses the HIV/AIDS epidemic just as we do. They provide case work, resources, education, and outreach. The Healthy Young Ambassadors program was like many student volunteer opportunities in Bloomington. We even face the same challenges: abstinence-only versus comprehensive education, the dissemination of knowledge to minority groups, and various forms of discrimination.



Student News



(cont. from page 5)



AHS 2006 Travel Study Group at Peking University Health Science Center

Our final destination was Bangkok; we met with representatives from Dr. Noy Kay's alma mater: Chulalongkorn University. They had a recently developed School of Sports Science (similar to IU's School of HPER), and discussed health education and health services in schools, colleges, and universities. Afterwards we went to the Thai Traditional Health Promotion Center at Asomsilp, where we got to observe traditional massage, exercise, and Thai fighting. The rest of our time in Thailand was spent enjoying the gorgeous country. We drove to Hua-Hin, a coastal city, had a seafood dinner, and strolled on the beach. The next morning

a group of us went to a local spa, where we got traditional Thai massages! It was a perfect ending to an action-packed trip.

What an eye-opening experience! It helped me realize the importance of being culturally sensitive in the field of health care. It also allowed me to step outside of my comfort zone, and explore new places. My experiences in China and Thailand will last a lifetime, and play an essential role in my Public Health career.

Editor's Note: Dr. Noy Kay will be leading another trip to China and Thailand in June 2007. For more information contact her at: noyskay@indiana.edu

Safety Science at IUB and IUS

by Cheryl Holmes

Did you know that Indiana University's safety program is available at IUB and Indiana University Southeast? Currently students on both campuses can complete Certificates, Associate degrees, and Bachelors degrees. Students at IUB may pursue an MS in Safety Management and a Ph.D. in Health Behavior with a major in safety management. And now students at IUS may take graduate courses.

While the IUB safety program goes back decades, the IUS safety program is a much newer addition. In 1997, IUS was approached by Louisville Gas and Electric Co. about extending the IUB safety program to IUS to benefit students from southern Indiana, and Louisville, KY. Thus, a new and unique partnership was formed. IUS would provide courses in the social sciences, humanities, business, math, and science. IUB would hire faculty to teach the safety courses. Additionally, a Bloomington faculty member would visit IUS on a regular basis to recruit

and advise students. Nine years later, the IUS program is flourishing! Growing from modest numbers of students in the early days, the undergraduate program now boasts 50 majors.

Each semester 4-6 undergraduate safety classes are available at IUS. Six local safety professionals teach as adjunct instructors at IUS while holding key safety positions in the Louisville/New Albany area: **Barry Spurlock** from Midwestern Insurance Company, **Mike Gibson**, **Jody Griz** and **David Gilliland** from Louisville Gas and Electric, **Karen Shaffer** from General Electric and **Amir Mousavi** from Utica/New Chapel Fire and EMS. This year, for the first time, IUB faculty, **Dr. Earl Blair**, **Dr. Kevin Slates**, and **Dr. Trent Applegate** offer graduate courses to IUS students through distance learning.

The Indiana University Safety program is a dynamic program on two campuses. Both have active student chapters of the American Society of Safety Engineers; both campuses offer a variety of courses and programs. And each year we receive more paid internship and job offers than we have students to fill them. With the extension of web-based classes to the Southeast campus we anticipate continued growth for students and faculty. For further information contact IUB faculty member **Cheryl Holmes** (812-855-9490, clholmes@indiana.edu) or Lee Bennett at IUS School of Continuing Studies (812-941-2315). Please watch for exciting announcements as our program grows and develops.



IUS Students Craig Tuckett, Cory Hurst, and Martin Ignacio with Jack Dobson, Past President of ASSE.



Center News



Center for Minority Health

Dr. Mary Shaw, AHS faculty and Co-Director of our new Center for Minority Health writes: “During the summer 2006, two of our students traveled with me to a conference, *Disparities in Health in America*, in Houston, TX. **Stuart Grande**, doctoral student and **Michelle Hathaway**, MPH student, spent one week at the Center for Research on Minority Health at the MD Anderson Cancer Center. The following article by Stuart Grande highlights the learning experiences and the importance of the Center for Minority Health. The Center is committed to developing a new breed of scholars from various racial/ethnic backgrounds who will utilize transdisciplinary approaches for solving the complex problem of health and health care disparities.”

Disparities in Health in America

By Stuart Grande, PhD Student in AHS

I am an invisible man. I am invisible, understand, simply because people refuse to see me... When they approach me they see only my surroundings, themselves, or figments of their imagination - indeed, anything and everything except me.

- Ralph Ellison, *Invisible Man*, 1947

Health disparities exist despite legislation to create a system of parity. These disparities continue to cost the Federal, state and local governments billions of dollars collectively, not to mention the incalculable social costs associated with loss of dignity and individuality – the most precious currencies in the United States. In order to address the social injustice in a health system that caters to insurance margins and depends upon



Stuart Grande (at left), with AHS faculty and students at a Minority Health Research Roundtable.

emergency rooms, public health professionals must be leaders. We must forge initiatives to overcome health injustice wherever it appears. It was Ellison who demonstrated the debilitating effects of social invisibility; years later we, as researchers and community leaders, may have a chance to make manifest the experiences of all people.

Health Disparities in America: Working Toward Social Justice was the 4th annual summer workshop sponsored by the Division of Cancer Prevention and Population Sciences, Department of Health Disparities Research, and Center for Research on Minority Health at the University of Texas. This 4-day event, attended by students and professors from a diverse selection of national campuses, provided a comprehensive approach to health disparities.

One of the most memorable presentations was from Dr. Richard Jackson from University of California, Berkeley, who provided a multi-dimensional perspective including policy, the environment, and individual concerns. He spoke about his work with Governor Schwarzenegger to address the obesity issues affecting California. He noted that practitioners must show how programs will affect the bottom line. For example, by reducing blood lead levels by 10 µg/dL in children, we will raise their IQ by nearly 2.6 points. He closed by suggesting that both multi-dimensional and multi-disciplinary per-

spectives must be utilized in order to achieve these goals. Only through partnerships and a concerted effort to address health disparities from many points of interaction can society and communities hope to effect real change.

The Health Disparities Workshop successfully provided a venue where people from many backgrounds could convene and interact. It provided inspiration for participants to return to their respective institutions knowing that partnership and community research are the best mechanisms for change. Additionally, successful institutions are not *siloing* themselves for purposes of individual advancement. Marrying oneself to a model or a theory may provide a mechanism for rapid publication production, but this work ethic only succeeds at the cost of the community.

In the end, disparities exist, and we must begin the next chapter of the story by moving past unilateral thinking. Using only epidemiology for data collection and analysis leaves out many important qualitative factors like culture and race. Conversely, using only qualitative mechanisms for investigation leaves out important longitudinal and outcome effects. With a mixed methods approach as well as a multi-disciplinary perspective, researchers can develop interventions that have long term and sustainable benefits for both the community and the researcher.

