

Inside This Issue

Faculty News	2-3
Alumni News	1
Center News	4
Student News	5-7
Staff News	7
Calendar	7

AHS Pulse Staff

Editor

Harriet Castrataro

Faculty

Millie Fleming-Moran

PRC/Alumni

JoBeth McCarthy-Jean

Staff

Mary Winburn

Students

Jeanie Alter

Natalie DeWitt

Rose Hartzell

Charlotte Horner

Send Questions or
Comments to

Harriet Castrataro

(812) 855-3627

or

hcastrat@indiana.edu



From the Chair

I wish to extend my warmest greetings to all students, alumni, and friends of the Department. I am pleased to report that we are experiencing another successful academic year, thanks to our highly qualified faculty and staff. Our enrollments are at an all-time high for both undergraduates (400) and graduate students (121). Listed below are specific newsworthy items:

- Recruited two outstanding female faculty members, **Susan Middlestadt**, Ph.D. and **Maresa Murray**, Ph.D. Each individual brings a wealth of research and educational experiences.
- In order to reduce instructor/student ratio, we appointed two Visiting Lecturers, **Lucy Lozano**, Ph.D. candidate, and **Shahla Ray**, Ph.D.
- We continue this year to have an all-time high number of applications for admission to our graduate degree programs.
- The number of research and scholarly activities has increased significantly. Our faculty have received honors for their research and service activities.
- Our faculty have continued to acquire a number of contracts and grants from agencies such as Indiana Department of Health; Indiana Family and Social Services Administration; Indiana Division of Mental Health and Addiction; Centers for Disease Control; U.S. Substance Abuse and Mental Health Services Administration; and others.
- We have on-going searches for the Executive Director position at our Indiana Prevention Resource Center and a faculty position in safety education.

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

Tips From a First Year Teacher



On October 19th, Tricia Harlow, a 2003 graduate of Indiana University's Health Education Program, visited IU to share some of her first year teaching experiences with Health Education students and faculty. Tricia's advice was impressive. In just over a year of teaching 8th grade health and PE at Central Middle School in Kokomo she has developed some wonderful classroom activities. Her open and observant teaching style made us chuckle as we listened.

Tricia's class created blood by adding mini marshmallows (white blood cells), red fruit loops (red blood cells), and broken fruit loops (sickle cells) to red fruit punch. Bones are toilet paper tubes, sponge, and play dough. "Snowballing" means having the students write review questions on a piece of paper, wadding it into a ball and aiming at a target in the front of the room (sometimes even the teacher). "Stoplights" is a system for keeping groups of students working together on a task by giving them a green card to start with and a yellow one if they get off the topic. Tricia says she has never had to go to red.

(Continued on page 5)



Faculty News

New Faculty



Dr. Susan E. Middlestadt

This fall our Department is pleased to welcome Dr. Susan E. Middlestadt to our Public Health faculty. Dr. Middlestadt holds a Ph.D. in Psychology from the University of California at Berkeley (1979) where she studied attitude theory and behavior change. She specializes in theory- and decision-based research to design and evaluate communication and behavior change programs in health. In her research, she explores the psychosocial and behavioral issues underlying a range of health behaviors including pregnancy prevention, immunization, school health, health care seeking, physical activity, nutrition and tobacco use. She has worked with many types of populations including adolescents, young adults, women of reproductive age, and older adults, in the United States and around the developing world.

Before coming to Indiana University, Dr. Middlestadt was Senior Vice President at the Academy for Educational Development (AED). AED is a private, non-profit organization that develops health, education, youth, and environmental programs in the US and in developing countries through grants and contracts from foundations and from federal, state, and local governments and agencies. It is one of the premier

organizations for social marketing and behavior change. At AED, she established and provided technical direction and management oversight to AED's Center for Applied Behavioral and Evaluation Research and helped design and evaluate behavior change programs of all kinds.

Dr. Middlestadt has worked in research design and support for a wide range of projects including HIV/AIDS prevention projects at local, state, national and international levels, efforts to improve care outcomes for those at high risk of gonorrhea and chlamydia, programs to develop nutrition and physical activity programs for low-income 60 to 74 year olds, and diabetes prevention initiatives for the Eastern Band of the Cherokee Indians. Dr. Middlestadt is asked to sit on expert panels and has held grants and contracts from such agencies as NIH, NIMH, NCI, USAID, CDC, USDA, and HRSA. Before joining AED, she was on the faculty of the University of Illinois, Champaign-Urbana and visiting scientist at the CDC. At IU, Dr. Middlestadt will be teaching Advanced Techniques of Public Health Education as well as Models and Theories of Health Behavior.

Dr. Middlestadt loves the outdoors. She enjoyed swimming and boating on the Chesapeake Bay while she was growing up. She has backpacked in the Sierras, hiked in the Appalachians, skitoured in Norway, and trekked the Annapurna Circuit in Nepal to celebrate her 50th birthday. With her English cocker spaniel, Sunshine, she has already discovered some of the trails in Indiana.

When asked what brought her to Bloomington, she said, "David Lohrmann sent me the job announcement. I had been wanting to have more time to think and write, so I applied. I liked the faculty I met. IU graduates that I talked with enjoyed their experience. The program was ranked the highest in

health education. I was impressed by the interdisciplinary nature of the faculty and the many opportunities for applied behavioral analysis. So here I am."



Dr. Maresa J. Murray

We are pleased to welcome **Dr. Maresa J. Murray** to our Applied Health Science faculty in the Human Development/Family Studies unit. She was raised in Cincinnati, Ohio, where her parents still happily reside. A decade ago, she came to IU to pursue a double-major in Speech Communication and African American Studies with a Human Development/Family Studies minor. Her interest in families was piqued while conducting undergraduate research on ethnic families here in Bloomington.

This led her to Michigan State University where she earned both an M.A. and Ph.D. in the Department of Family and Child Ecology. Dr. Murray wrote her dissertation on "Religiosity/Spirituality as a Mediating Strategy Between Family Cohesion and Maternal Depression in African American Mothers of School Age Children with Special Needs." While she was at Michigan State, Dr. Murray taught a variety of courses on family community services and ethnic minority families. She developed an innovative course entitled "Mass Media and the Family." It examines historical components and trends of depiction of African Americans and Caucasians in media, from the release of *Birth of a Nation* in 1915 through the present. This spring, IU



Faculty News, cont.

students will be able to take her course and study the ways families are shaped by a range of media including film, television, and computer technology.

Upon completion of her PhD, Dr. Murray became Associate Dean of General Education at Baker College in Owosso, Michigan. Within four months, she became the Dean of General Education. In this role, she was responsible for a department of over 40 recruiting faculty, representing her campus in curricular initiatives and helping to build an inclusive academic environment.

Having explored an administrative track in academia, she has returned to her scholastic core at IU in teaching and research. Her research areas have included socio-cultural influences on minority child-rearing and health factors, trends with the *digital divide* as it relates to American families, and the relationship between health knowledge and HIV/AIDS prevalence in Zimbabwean families. She also hopes to explore child loss in the lives of African American couples.

Outside the classroom, Maresa (pronounced like “Mother Theresa” subliminal saintly association) is a major music buff with a varied musical palate from chamber music to African ensemble music. She loves to travel and to be with family and friends whenever she can. This fall she is settling into Bloomington and becoming reacquainted with IU’s academic community. She is excited about joining the league of research scholarship that already exists in the Department of Applied Health Science, and facilitating the vital bonds of collegiality for which Indiana University is known.



Dr. Noy Kay presented a paper entitled, “School Policy and Environment: Hong Kong, Singapore, Taiwan, and Thailand,” at the American School Health Association Conference, which was held October 13-16, 2004, in Pittsburgh.

Dr. Lloyd Kolbe received the U.S. Department of Health and Human Services Secretary’s Award for Distinguished Service, for his service as a member of the working group that developed the National Public Health Action Plan to Prevent Heart Disease and Stroke. He also was appointed by the National Academies, Institute of Medicine, to a second committee: the Committee on Food Marketing and the Diets of Children and Youth; and he was appointed by The Chinese University of Hong Kong, Faculty of Medicine, to serve as an External Evaluator for its Center for Health Education and Health Promotion.

Dr. David Lohrmann has met with school health educators from around the globe to found the International School Health Network. Working through the IUHPE, this network will facilitate exchange of school health research and programming worldwide.

In July, Dr. Lohrmann presented workshops on “Process Index and Portfolios” and “Behavioral Marketing” at the American Cancer Society Coordinated School Health Program Urban Institute in New Orleans and a workshop entitled “Evaluation for CSHP Improvement” at the New England CSHP Leadership In-

stitute in Hartford, CT. In August, he facilitated an all-day workshop entitled “Healthy School Report Card—1st Steps in Planning” for teams from ten Indiana school corporations and eight Michigan school districts during the Michiana Coordinated School Health Leadership Institute held in Kalamazoo. Finally, during the 11th Annual Summer Institute of the American School Health Association held at the Harvard School of Public Health in Boston, MA, he presented “The ASCD Healthy School Report Card.”

Dr. Maria Schmidt has become a Certified Family Life Educator through the National Council on Family Relations.

The department welcomes **Arch Tinsley** as our new EMT instructor. Arch has been an EMS instructor for the last twenty years, and he is excited to start teaching this semester for our department.

Dr. Mohammad Torabi has been appointed by the Governor to serve a second term on the Tobacco Use Prevention and Cessation Executive Board. He also serves as a member of the National Advisory Committee to the CEO of the American Cancer Society. He continues to author research manuscripts published in professional journals.





PRC News

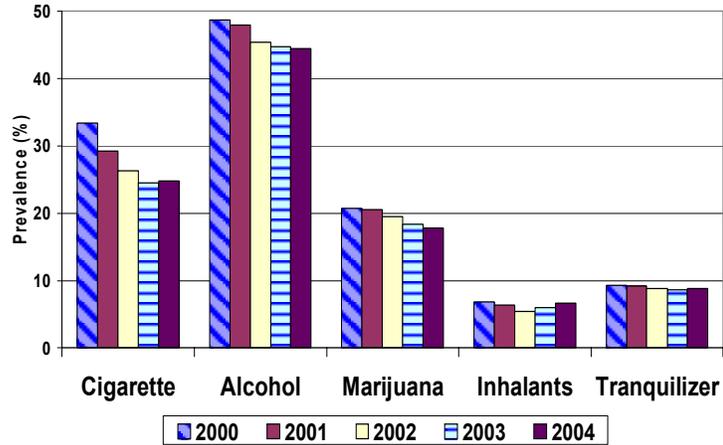
Indiana Prevention Resource Center

ATOD Drug Use among Indiana Adolescents, 2000-2004

Recent data from the Indiana Prevention Resource Center (IPRC)'s annual Alcohol, Tobacco and Other Drug Use (2004) survey revealed that for the most part, Hoosiers can celebrate reduced consumption of alcohol, tobacco, and other drugs by their children and adolescent population. However, rates in most categories remain higher than the national average. Thus, our prevention efforts are still crucial.

In partnership with the Department of Applied Health Science, the IPRC works closely with state and local agencies and the communities they serve to reduce substance abuse among Hoosier youth. Affiliated with the Institute for Drug Abuse Prevention, the IPRC received its first contract with the Indiana Family Social Service Administration, Division of Mental Health and Addiction in 1987. Clients served by the Center are practitioners, researchers, educators, parents, administrators, policy makers and volunteers. With an annual budget of over \$1.2 million, the IPRC provides the following services: survey development, data collection and analysis, research and publication, library reference services, grant writing support, education and training, program planning, and technical assistance.

In 2003 the IPRC staff tailored its outreach and publication initiatives to align with the prevention needs of the state, publishing over 170 technical reports, articles, and peer-reviewed journal submissions and sponsoring more than 30 presentations and workshops. IPRC technical assistance extends across all 92 Indiana counties, resulting in over \$1 million in grant funding to communities for substance abuse prevention and capacity building programs.



Source: Indiana Prevention Resource Center, 2004

Afternoons R.O.C.K. in Indiana, a program partly administered by the IPRC, has continued to offer healthy and engaging activities between the hours of 3:00 and 6:00 P.M., when youth are more susceptible to experimenting with alcohol, tobacco, and other drugs. From 1997 through 2003, approximately 500 Afternoons R.O.C.K. in Indiana programs were offered, serving over 55,000 middle school youth.

The IPRC helps administer the Tobacco Retailer Inspection Program (TRIP), a statewide tobacco retail compliance and enforcement program funded by the Indiana Tobacco Prevention and Cessation Agency and the Indiana State Excise Police. Since 2000, TRIP teams have conducted over 25,000 retail inspections, achieving a non-compliance rate of 13.6% for 2003 (compared to 40.9% in 2000).

According to Dr. Mohammad Torabi, Chair of the Department of Applied Health Science, "The IPRC is viewed at the national level as a model for what a prevention resource center should be. Its comprehensive, evidence-based

prevention research and services to Indiana's citizens and supporting agencies is critical to the health of our children, communities, state and nation."

For further information on the Indiana Prevention Resource Center, see their website:

<http://www.drugs.indiana.edu>

By JoBeth McCarthy-Jean
Coordinator for External Affairs at the IPRC.



Children attending Afternoons R.O.C.K.



Student News



*(Tips from a First Year Teacher
continued from Page 1)*

Future teachers were inspired by Tricia's ideas about classroom management. She recommends starting out strict and then easing up. There are just two rules in her classroom: "Be kind and courteous to others, and do your best." Almost any student discipline issue, from tardiness to disrupting the class, can be applied to these guidelines.

Personal involvement with her students is crucial. She runs with them, walks with them and uses lunch time to chat if there is a problem. And she calls home with compliments when a student has improved. Sometimes, she provides alternatives to the standard paper tests, like reading the test aloud, and she strives to communicate with all types of learners.

Tricia reaches out to the larger community too by having her students make greeting cards for the elderly and for active-duty soldiers around the holidays. Her students, many of them on free lunch themselves, adopted a child in Thailand and learned about the effects of malnutrition on children. This gave them a new perspective on their own lives.

Harlow did an excellent job of sharing the do's and don't's she has learned in her first year of teaching. She even let us in on her most coveted secret in education: "High school kids still like stickers."

By Natalie DeWitt

Matt Smith (BS '02 and MPH '04) won first place for his poster presentation at the Indiana Rural Health Association Conference.

Jeanie Alter, Pitiyage Perera, Swati Raychowdhury, and John Yannessa received travel awards to attend the APHA conference in November, 2004.

Marion County Health Department Internships

This summer four graduate students from AHS had the opportunity to work with the Marion County Health Department's Division of Epidemiology. **Dr. Joseph Gibson** and **Dr. Miriam Garland**, from Marion County, and **Dr. Millicent Fleming-Moran**, our epidemiologist, along with doctoral students **Eric Nehl** and **Kaigang Li**, and MPH students **Charlotte Horner** and **Tara Wargel** analyzed some of the data from a survey of over 700 "Advantage" program low-income clients in the Marion County area. Advantage is a safety-net insurance program for those otherwise under or uninsured. This project was facilitated by a summer research mentorship grant from the office of the Associate Dean of Research.

The survey covered access to care, behavioral risk factors, and patient perceptions of need. Mr. Li evaluated some of the information on access to smoking cessation advice, and found that although most of these patients now had health coverage, and knew their primary care MDs, many of the smokers had not had a cessation advice session with an MD. Eric Nehl examined some of the demographic indicators of those who perceived they delayed or did not get needed care, and Charlotte Horner investigated the effect of communication problems in patients getting needed services. Fortunately, even though many expressed difficulty communicating with their physicians (not all of whom were minority or non-English speaking clients), the communication variable was less important than the length of time they had been in the insurance program. Finally, Tara Wargel looked at screening tests for women known to have cardiovascular disease for blood pressure or cholesterol control.

All the students presented their findings to the Epidemiology Division of the Marion County Health Department at the end of August, and have submitted abstracts to national and regional meetings on disparities in health care. Manuscripts are under preparation with our colleagues in Indianapolis.



The American Association for Health Education (AAHE) Outstanding Undergraduate Health Education Major of the Year Award for School Health goes to **Megan Baldwin** (above), and the award for Public Health Education goes to **Sabeen Pirani** (below). Congratulations Megan and Sabeen!





Student News

Two AHS Graduate Students Study Abroad

Jeanie Alter

For many students, the summer is a time to head home and take a break from academics. However, graduate students often take courses on campus, do internships, or work on their research projects. This past summer, Shayla Holtkamp and I took advantage of an opportunity to gain graduate credits and expand our personal and professional horizons through a travel study program in France.

From May 19th through July 5th, 2004 we attended the International Health Study Abroad Program in Europe through Miami University at Oxford, Ohio. Directed by Dr. Reginald Fennell, the program allows undergraduate as well as graduate students to live abroad and study at the Université de Bourgogne in Dijon, France. My fellow students consisted of 12 students from Miami of Ohio, UC-Berkeley, University of Oklahoma, and Indiana University.

The program consists of two courses *A European Perspective: Health, Social, Economic, and Political Impacts of Health Promotion* and *International Health: Global Perspectives* for a total of 8 credit hours. Throughout our time in Europe we read, discussed, and took exams just as we would in any other summer course. However, the program also gave us an opportunity to visit international health organizations like the International Federation of the Red Cross and Red Crescent Societies and the Global Fund to Fight AIDS, Tuberculosis, and Malaria in Geneva as well as the International Union for Health Promotion and Education and Fourth World Movement International in Paris.

Our visits and coursework allowed us to examine the influence of culture, economics, and social justice on the

health of the world's citizens. In addition, we examined U.S. policies related to health. For example, topics included the U.S. ban on federal funding for comprehensive sexuality education and needle exchange programs as well as the speculation surrounding the U.S. government's intent to ratify the Framework Convention on Tobacco Control.

The academic component of the study abroad experience was intensive and rewarding. Equally important was immersion into the culture and language. We spent the first few days orienting ourselves to the city of Dijon, sampling French popular culture and cuisine, and overcoming language barriers. To enhance the cultural experience we visited the Picasso Museum and the Moulin Rouge in Paris. In addition, a one-week break allowed students some personal travel time.

The International Health Study Abroad Program in Europe was a unique and exciting opportunity that only

added to the incredible graduate training that I am receiving at Indiana University. Not only did the program allow me to view health-related topics from a global perspective, but it forced me to go outside of my personal comfort zone. As a result, I was enlightened and enriched. I have gained immeasurable knowledge and wonderful, life-long friends.

There are a variety of study abroad opportunities open to students in health-related fields. For example, the University of Northern Iowa School of Health, Physical Education and Leisure Services organized a 15 day, six city China study tour (<http://www.uni.edu/coe/hpels/china/index.htm>). For more information about the International Health Study Abroad Program in Europe through Miami of Ohio, visit <http://www.units.muohio.edu/eap/departments/phe/studyabroad.htm>



Indiana University students included AHS doctoral student Jeanie Alter (front row, far right) and MPH student Shayla Holtkamp (second row, right).



Student News



AHS Students at NCORE Conference

Rose Hartzell and Charlotte Horner

On June 1-5th, 2004, **Charlotte Horner** and **Rose Hartzell** attended the 17th Annual National Conference on Race and Ethnicity (NCORE) in Miami Beach, Florida. NCORE is an organization that attracts more than 1,800 people: deans, department chairs, representatives from state and national institutes and from community-based groups. It's the leading and most comprehensive national forum on issues of race and ethnicity in higher education. NCORE aims at assisting higher education institutions to create inclusive academic environments that will enhance success for culturally diverse, traditionally underrepresented populations.

Charlotte attended sessions including the Institute on Whiteness and White Privilege, Latinos & Racial Identity, and Enhancing the Quality of Life for African Americans and Latinos on a Predominately White Campus. These provocative sessions addressed the lack of awareness of white privilege, the issues facing students on majority campuses, and the racial identity issues among the Latino population.

Charlotte notes that parallels can be drawn between the disciplines of education and health. She says "although NCORE is not a conference that directly affiliated with public health, it can open the door for discussions of sensitive topics such as race, cultural competence, and cultural awareness on campuses that can ultimately be beneficial to both students and faculty."

Rose attended the Institute on White Privilege, and presentations including American Indians, Pacific Islanders, and blacks. The conference has inspired Rose to want to be a change agent on minority issues on her campus. "The conference was a real eye opener for me. As a white person it is easy for me to turn my back to the discrimination



Rose Hartzell and Charlotte Horner

that many minorities face on campus. After attending the conference I have realized how important ethnic and cultural awareness is, and I hope to use what I have learned at the conference both in school and as a health educator." Both Horner and Hartzell plan to do presentations on White Privilege around campus during the following year. They will also present their experiences to students enrolled in the H617 course on Race, Ethnicity, and Culture.

Spring 2004-05 Calendar

Classes Start - January 10
Drop/Add Via OneStart Ends Jan. 14
MLK Day - January 17 (no classes)
Spring Break - March 12-20
Registration for Summer Classes
Begins March 7
Registration for Fall Classes
Begins April 4
Classes End - April 30
Final Exams - May 2-6
Commencement - May 7

Staff News

The Indiana Prevention Resource Center (IPRC) is proud to announce the appointments of:

Jennifer E. Kelley, M.P.H., C.H.E.S., a graduate of Applied Health Science and former graduate assistant for the Tobacco Retailer Inspection Program at the IPRC, accepted the position of Community Prevention Specialist and Research Associate for the *Afternoons R.O.C.K. in Indiana* program in August, 2004.

Steve Turner, a graduate of Appalachian State University, Cum Laude, accepted the position of Computer Coordinator in September, 2004.

Robin Canfield, working toward a B.S. in Computer Science Information Technology from Franklin University, having earned two associate degrees from Ivy Tech State College, accepted the position of Database Coordinator and Receptionist in August of 2004.

Harriet Castrataro, AHS Academic Advisor, is the treasurer of the Bloomington Advisors' Council, an organization which represents all academic advisors on campus.

**Happy
New Year!
2005**

