AHS Pulse

The Applied Health Science Newsletter

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From the Chair

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INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
Bloomington

It is hard to believe that another fall semester has passed. With great pride and pleasure I send our Department's greetings to all alums and friends of the Department of Applied Health Science in the School of Health, Physical Education, and Recreation. It has truly been another exciting and thrilling experience for all of us as the Department has made another mark in fulfilling its mission and making a difference in research, teaching, and service related to the field of applied health science. As you may be aware, our School hired one of the most respected public health leaders as our Dean, Dr. Robert Goodman. In a short time frame he has provided excellent leadership in navigating the School of HPER in research and teaching at the state, national, and international levels. Our Department stands united in working with Dean Goodman.

I want to take this opportunity to first thank the Editor of the department's Pulse newsletter, Ms. Harriet Castrataro. She has provided excellent leadership in preparing and expanding the newsletter. It is so wonderful to hear so many positive comments about this publication and linking our Department's news to the outside world. Thanks also to Ms. Mary Winburn, Support Staff, who has been instrumental in the expansion of the newsletter.

During the past year we hired four new outstanding faculty members who have brought a wealth of experience and intellectual diversity to our department. This newsletter highlights three of the faculty; the fourth, Dean Goodman, was profiled in our Spring issue. Please join me in welcoming them.

After almost three decades of glorious and wonderful service to the department, Dr. Nate Shier, a master teacher and mentor, has retired. We wish him and Pat well as they begin a new phase in their life. Nonetheless, they will remain active and involved as a family member of the Department of Applied Health Science.

Our Center for Sexual Health Promotion, with almost $1 million dollars in external funding, was established. Our Rural Center for AIDS/STD Prevention had another successful year and sponsored a national conference this past spring. Our Indiana Prevention Resource Center has broadened its mission and has increased its external funding and moved to a new location at the Showers Plaza on campus.

Drs. Brian Dodge, Debby Herbenick and Michael Reece
For AHS's newest center, see page 6.

Our dedicated and hard working faculty continue to publish in national refereed journals in the field and to obtain external funding. I am very proud of their accomplishments. Teaching also has remained an important mission of our department. Five of our faculty received various teaching awards at the university and school levels. Our students have received numerous awards at the university, state, and national levels.

Other highlights of our department are noted throughout this newsletter. It has been an exciting year for me to continue working with our highly accomplished faculty, staff, and students. We welcome your input, suggestions, and support in any way. Please stay in touch.

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

Faculty News

Dr. Zobeida Bonilla

Dr. Zobeida Bonilla comes to us from working with the Boston Women's Health Book Collective (BWHBC) in community-based initiatives and advocacy, and from conducting qualitative evaluation of public health programs in the states of Massachusetts and West Virginia. We are so pleased to have her join our faculty here at IU. She received her BA in social sciences from the University of Puerto Rico in 1991, her MA in sociocultural anthropology from Colorado State University in 1994, her PhD in anthropology from the University of Florida in 1998, and her MPH in maternal and child health from Boston University School of Public Health in 2003.

Zobeida (pronounced zo-BAY-duh), a medical anthropologist and mother of twin boys, has focused on Latino women's health disparities, maternal and child health, the role of community health workers in health promotion, and the use of qualitative methodologies in program evaluation. As the Senior Program Manager for the Latina Health Initiative of the BWHBC, she transformed the Spanish language version of its classic women's health book – *Our Bodies, Ourselves*, - into the *Guía de Capacitación para Promotoras de Salud*, a training guide for community health workers. She was the tone of voice editor of the 8th edition *Our Bodies, Ourselves* and reviewer for the chapter on Cesarean Births in the forthcoming book *Pregnancy and Childbirth* (March 2008) also by the BWHBC.

Dr. Bonilla's work has been invaluable to the health and well being of the Latino community wherever she has worked. She has written newsletters for the BWH, NOW, and the CDC's Safe Motherhood Initiative. She is a trained medical interpreter for women's and children's health clinics. And she has studied and published in the following health areas: oral health, infant mortality, maternal depression, homelessness, and children with special health needs.

Zobeida says: "Several experiences have drawn me to choose a career that combines public health and anthropology. I re call sitting down under a mango tree next to a tomato field interviewing a woman during her lunch break for my dissertation. She was filling up large sacs with nice tomatoes. There was an irrigation canal next to the tomato field that hydrated the otherwise dry and rocky land in a southern province of the Dominican Republic. Mom reached into her bag, pulled out a bottle, and filled it up with water from the canal to give to her child who was under 2 years of age. The tomato fields had just been sprayed with agro-chemicals. This and other experiences reinforced what I already knew, that studying women's health, the globalization of food production, and the feminization of non-traditional agriculture had to be placed in the larger setting of women's lives, culture, environmental conditions, community, and public health."

This year Dr. Bonilla is teaching two undergraduate courses: Health Care in Diverse Communities, and Research Methods and Evaluation. She will be able to share her knowledge and experience with our students and help them as they strive to become sensitive and competent leaders in public health.

Dr. Fernando Ona

This fall we welcome to our faculty Dr. Fernando Ona with teaching, research, and community expertise in environmental health, social epidemiology and the sociomedical sciences. Dr. Ona received a PhD from University of California, San Francisco/Berkeley, an MPH from Tulane University School of Public Health and Tropical Medicine and a bachelors degree from Boston University.

When you meet him, he is likely to tell you, "I'm a farm boy." He grew up on an apple and pear farm in the hollers of the New England Green Mountains. His parents, grandparents and siblings are farmers, and he co-owns three farms located in the United States and Europe.

How does he combine his role as a farmer of rambutan, lychee, sprouts, apples, pears and beets with a career in public health? Perhaps the answer lies in his focus on food and the environment at the local and community level, right where people have their kitchens or shop for their food.

Dr. Ona was a Medical Anthropologist and Sr. Health Planner for the City and County of San Francisco from 2000 to 2006. There some of his research projects focused on "Community Based Participatory Food Assessment," "The Health Impact of Green Business Interventions in the City and County of San Francisco," and "A Survey of Food

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Security among Childcare Providers in the City and County of San Francisco."

In Vermont where he worked as the Director for the Office of Minority Health and Health Disparities in 2006, he worked on a research project on "Health Assessment of Vermont Farm Workers," and he has had field experience with migrant dairy farmworkers.

Fernando also focuses on health disparities and international health. He has been a consultant for the UN World Health Organization and UN Environmental Program, and he has an extensive list of research presentations which range from agriculture in the Philippines to rodent control in San Francisco's Chinatown.

Fernando's interests include renovating houses, skiing, and kyacking, and he is learning to quilt and to play the ukele. He is currently teaching epidemiology and environmental health science and settling in to Bloomington. "The Midwest is the only region of the country that I have not lived in, and I am excited to explore the many cultures and environments of my new home!" We too are very excited to have him plant some roots here.

LaDonna BlueEye

This semester we are very happy to welcome LaDonna BlueEye as a lecturer in our department. She has expertise in community health and health issues for Native Americans. Ms. BlueEye received both her BA in Journalism from the University of Central Oklahoma and her MPH from the University of Oklahoma Health Sciences Center. While there, she was the Project Director with the Native American Prevention Research Center and the Director of Project TITAN: Tobacco Industry Tactics Aimed at Native Americans. She was also a paratrooper in the 82nd Airborne Division of the US Army and most recently received a Citizen Award from the City of Oklahoma City for providing aid to an officer in imminent danger.

Ms. BlueEye found her calling in health prevention while working in pain management with terminal cancer patients. After losing so many of her patients, she realized that she wanted to affect people's lives earlier, to create health initiatives and programs that will make a difference. Thus, her research has focused on smoking, maternal and child health and the perception of health issues in Native American tribes and communities. When we consider that native languages do not even have words for diabetes, coronary heart disease and obesity, three of the major health risks they face, we understand the context of her mission a little better.

LaDonna is an enrolled member of the Choctaw Nation and speaks her native language. Choctaw is still spoken in several communities in rural Oklahoma. So she is in an excellent position to help with Native Americans' health initiatives. She feels that there are enough broad similarities in the tribes across the country to create and pilot health intervention initiatives on a large scale. She has presented or conducted training throughout the United States and internationally.

Bloomington already seems like home to LaDonna, who likes the small town, pastoral atmosphere here. In fact, she was rooting for IU at the Insight Bowl. We are delighted to have her on our team.

Dr. Nathan Shier Retires
By Dr. Alice Lindeman

"To teach is to learn twice." *Anonymous.* Nathan Shier has embraced a lifelong love of teaching and in turn, learning about nutrition. Born to Mildred and Maynard Shier on October 20, 1943, in Lansing, Michigan, Nate was the younger of two sons. His interest in food and nutrition as well as his attention to detail may well have been innate – his dad was a journeyman meat cutter for Swift and Kroger for over 30 years. Maynard Sr. (dad) was well known for his fine cuts of meat and poultry and ability to present them in such a way as to enhance customer appeal. And oh, the feasts the Shiers would have at home!

Nate stayed in Lansing for college, with a B.S. in animal physiology (1965) at Michigan State, followed by an M.S. in biology (1969). During his master's work, Nate became less interested in a career as a physician to treat illnesses, and began to consider the role of prevention in medicine to preserve health. This change in thought was at the time that links were made between cigarette smoking and lung cancer (1964), warning labels were placed on cigarettes (1969) and Senator George McGovern (WI) was being presented with infor-

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(Dr. Shier, cont.)
mation linking blood cholesterol levels and heart ailments (1968.) The late 1960s was a time of great change in many ways in the U.S., including attitude toward nutrition as prevention. Nate was directed to his doctoral mentor, Dr. Olaf Mickelsen. Under Dr. Mickelsen's guidance, Nate developed the skills to apply nutrition science principles gleaned from the classroom into the laboratory, so that students could self-discover their own health/nutrition status through examining blood and urine assays.

Yet, Nate Shier is not one to abandon a dream. Mid-way in his doctoral studies he was invited to interview for admission to Marquette Medical School. He deliberated the offer but declined, as he and his wife, Patricia, had started their family with the birth of their first son, Christopher. Family has and will always come first for Nate, and he recognized that school plus surgical residency would mean six or more years of too many hours away from his family. He happily stayed at Michigan State, finishing his Ph.D. in human nutrition in 1975.

Nate's first academic position was at Wayne State University (Detroit) as an assistant professor from 1975-1979. There he taught in the nutrition science program as well as the medical school. In 1979 he moved his family to Bloomington, accepting the position of associate professor in nutrition science in the Department of Home Economics at Indiana University.

It is said that change is good; that being said, Nate has many "good" experiences at I.U. In 1984 he received tenure and the nutrition science and dietetics programs moved from the College of Arts and Sciences to the School of Health, Physical Education, and Recreation's Department of Applied Health Science. In 1987, during construction of the Sample Gates (at Kirkwood and Indiana Avenues) a truck filled with pea gravel crushed the gas line supplying the foods and nutrition laboratories in Wylie Hall. A decision was made to permanently disable this line. Oops, there go the gas ranges and Bunsen burners for classroom work and lab research. Always one to adapt, Nate worked diligently to assure that students' current and future educational experiences were not compromised. Finally, in the mid 1990s the nutrition and dietetics move to HPER was complete, with the foods and nutrition labs move from the 2nd and 3rd floor of Wylie Hall (no elevator) to the ground floor in HPER, where they currently reside.

Nate has a love for teaching and working with students. He has always been a student advocate both undergraduate and graduate. His efforts in teaching earned him in 1985 the Distinguished Independent Study Award for Human Nutrition, given by the National University Continuing Education Association, and in 2007, the Teaching Excellence Award from the School of Continuing Studies at Indiana University.

As his colleague for 22 years, I am acutely aware of Nate's tireless devotion to his teaching and to his students. He taught introductory nutrition courses to those exploring nutrition for the first time, pouring over newspapers and magazines for current events relevant to the day's nutrition topic. Seniors in Nutrition Science and Dietetics always looked forward to Dr. Shier's advanced nutrition class, marveling at his experiences in the lab and knowledge of metabolic pathways. Graduate students appreciated his gentle guidance with their laboratory work in nutrient assays of foods indigenous to Latin American or Western African diets.

During his tenure at I.U., Nate chaired or served on 18 doctoral committees, chaired 16 and served on 8 masters theses. As Nate notes, "Our job is one you just cannot leave at 5:00. Every evening, Saturday and Sunday, I think about it and what I need to do to make it better for these students…"

Nate was also a notable mentor to colleagues. Junior faculty recognized his attention to detail and ability to view situations objectively. Those of us who have worked closely with him appreciate his wit, textbook knowledge of nutritional biochemistry, and willingness to help whenever asked. We will miss visiting Nate in his office of many plants, be they dracaenas, philodendrons, Norfolk Island Pines, or his newest addition, a 7' pineapple propagated from a fruit he purchased a year ago. In your retirement.

Nate, enjoy your passion for gardening, traveling, and spending time with your wife Pat, and your three grown children, Christopher, Emily, and Timothy. We know you'll continue to stay physically active, cook a lot, and continue to read, read, read. I.U. was so fortunate to have Nate Shier as a faculty member for 28 years. Now, we can have him as an Emeritus!

"Dr. Shier is one of my greatest influences in nutrition and is one of my all-time favorite teachers. He brought out the best in me academically. As a professor today, much of what I teach is based on what I learned from Dr. Shier and the way that he taught it. I owe Dr. Shier a deep debt of gratitude for all that he has done for me and wish him a happy retirement."

- Mark Kern, PhD, RD, CSSD
MS in Nutrition Science '91
Professor of Exercise and Nutritional Sciences
San Diego State University

Faculty News

Dr. Torabi receiving Presidential Citation

Dr. Earl Blair is being named in Workplace HR and Safety magazine's first annual edition of *Who's Who among Safety Professionals*. This recognition is based on his accomplishments and contributions to the safety field.

Conversations in the Abbey: Senior Monks of Saint Meinrad Reflect on Their Lives, by **Ruth Clifford Engs**, Prof. Emeritus, is coming out in early January. Dr. Engs interviewed 11 monks, born before 1931, who discuss their early years at the monastery, their work and spiritual experiences, and their view of various changes in society over the past sixty years. In addition, three historical essays discuss the work of the abbey including Abbey Press, agribusinesses, and finance and development efforts. (Saint Meinrad Archabbey, 2008)

Dr. Lesa Huber is a co-investigator on an $821,491 grant from the National Science Foundation entitled, "Privacy in Home-based Ubicomp." This grant is in collaboration with the School of Informatics. The grant project will examine ubiquitous computing in the homes of elders with an emphasis on design and evaluation for privacy. Dr. Huber's primary role is in leading the research with the older subjects at a "Living Lab" which will be located in a house across from the Informatics building on Woodlawn Ave as well as a longitudinal ethnographic study at Meadowood Retirement Community.

Dr. Noy S. Kay received the HPER Trustees Teaching Award in Spring of '07.

Drs. **Michael Reece** and **Debby Herbenick** have been awarded a research grant in the amount of $1.1 million from The Patty Brisben Foundation as core support for the Sexual Health Research Working Group. This funding for 2007-2013, will be used to continue their research related to women's sexual health and to strengthen the SHRWG's infrastructure and its partnerships both domestically and abroad. The funding agency noted the culture of the department, its commitment to academic freedom, and the quality of graduate students. (See article on p. 6)

Dr. Dong-Chul Seo received the HPER Trustees Teaching Award during Spring '07.

Dr. Nathan Shier is the recipient of the School of Continuing Studies Teaching Excellence Award for 2007. This award is in recognition of outstanding teaching and recognizes creative time and energy devoted to nontraditional learners over many years. These teaching duties are beyond his regular teaching responsibilities for the Department of Applied Health Science. (See article on p. 4)

Dr. Mohammad Torabi received a Presidential Citation from the American School Health Association during the Annual Conference of the Association in July, 2007. The Presidential Citation states, "In recognition of the ongoing exceptional support you have provided for the American School Health Association and your contributions through scholarly research and institutional support for the health and safety of children and youth."

Dr. Dong-Chul Seo's New Study

A new study, "Reduced Admissions for Acute Myocardial Infarction Associated with a Public Smoking Ban: Matched Controlled Study" (published in Journal of Drug Education in November 2007), conducted by **Dong-Chul Seo**, Ph.D. and **Mohammad R. Torabi**, Ph.D. has drawn international and national attention. The major finding was aired by more than 30 TV and radio stations, including CNN, CBS, ABC, NBC, and FOX, and featured in more than 50 newspapers and online news.

The study shows that strong smoke-free workplace laws result in immediate and significant improvements in heart health, particularly in nonsmokers. The study found a 59% net decrease in hospital admissions for heart attacks, also known as acute myocardial infarction (AMIs), in nonsmokers with no prior cardiac history, hypertension, or high cholesterol. It was done in Monroe County, Indiana during the study period which tracked 22 months prior to and following the implementation of a smoke-free law.

According to **Cynthia Hallett**, Executive Director of Americans for Nonsmokers' Rights, "The Monroe County, Indiana Study is groundbreaking because it is the first to examine the impact of a smoke-free workplace law on the heart health of nonsmokers, rather than the general population."

Center News

New Center for Sexual Health Promotion Advances HPER's Commitment to Global Sexual Health

The fall semester of 2007 saw unprecedented growth for sexual health researchers in the School of Health, Physical Education and Recreation in Bloomington when **Drs. Michael Reece** and **Debby Herbenick** received a $1 million research grant from the Patty Brisben Foundation. The grant provided core support for the creation of the new Center for Sexual Health Promotion. The new Center reflects the growth and evolution of the Sexual Health Research Working Group, founded five years ago by Reece, who will serve as director of the new center. "The Center offers a comprehensive and coordinated effort to facilitate partnerships between various researchers and clinicians to advance sexual health research, education, and training, not just at IU but across the globe," said Reece, an associate professor in the Department of Applied Health Science. As its core mission, the Center will focus on progressive, community-based participatory sexual health research, the training of future sexual health scholars and practitioners, and providing education on sexual health topics to students and community-based entities.

"The Patty Brisben Foundation has been committed to facilitating more holistic and comprehensive approaches to sexual health research and education," said Herbenick, one of the associate directors of the new Center. "They have long been impressed with the vast resources at IU that are focused on sexuality and wanted to play a role in creating a new center that was focused exclusively on the health-related aspects of sexuality," remarked Herbenick, who is also a long-time staff member of The Kinsey Institute for Research in Sex, Gender, and Reproduction.

"The new Center and its partners at IU are shining examples of why students and scholars from around the world flock to IU to conduct work related to sexual health," said Dr. Brian Dodge, who himself recently returned to IU to serve as an associate director of the Center following postdoctoral faculty positions at Columbia University Medical Center and the University of Florida. The Center will also carry on the mission of strong mentorship and training of graduate students which began under the auspices of the Sexual Health Research Working Group. "As a doctoral student studying sexual health, the Center provides amazing opportunities to do research and work with communities to promote positive change that are not available elsewhere," said **Christopher Fisher**, a research coordinator for the Center.

The Center held its inaugural event on October 22, 2007, when it hosted the Indiana Sexual Health Summit in Bloomington. The event brought together sexual health leaders from across the state of Indiana to discuss and debate more participatory approaches to research, education and practice in the area of sexual health. This past November, faculty and students from the Center conducted over 20 research presentations at the annual American Public Health Association Conference held in Washington, D.C. and nearly 10 research presentations at the annual Society for the Scientific Study of Sexuality conference held in Indianapolis. Additionally, to commemorate World AIDS Day 2007, the center sponsored the 2nd Annual Latexhibition event which promotes sexual health through art, and a seminar by Emory University School of Medicine faculty member **Dr. David Malebranche** entitled, "Black Bisexual Men and HIV: Time to Think Deeper."

For more information about the Center for Sexual Health Promotion and its partners, you can visit their website: www.sexualhealth.indiana.edu

Dr. Brian Dodge Returns to IU
By Mary Reisert

This fall Dr. Brian Dodge returned to our department as a Research Associate and Associate Director of the Center for Sexual Health Promotion with Drs. Michael Reece and Debby Herbenick. We are so pleased to have him return. He earned his B.A. in psychology at the University of Michigan in 1995 and his Masters of Science in International and Comparative Education at Indiana University in 1999. In 2002, he received his Ph.D. in Health Behavior here at IU with **Dr. WilliamYarber** as his mentor.

Brian then completed his postdoctoral training in the Behavioral Sciences Research in HIV Infection Fellowship in the HIV Center for Clinical and Behavioral Studies at Columbia University

(Dr. Brian Dodge, cont.)

Department of Psychiatry and the New York State Psychiatric Institute (sponsored by the National Institute of Mental Health, NIMH). The experience grounded him in solid research training in sexuality and HIV research, particularly in pursuing external and federal funding. He then served as an Assistant Professor in the College of Public Health and Health Professions at the University of Florida for two years.

This past fall Brian taught T590 "Introduction to Research" for graduate students in all three departments of HPER and he currently teaches the graduate course "Intervention Design in Public Health." Brian has two current research projects that he is wrapping up. The first project is a pilot study in New York City funded by the National Institute of Mental Health (NIMH) which focuses on mental health and HIV issues among Black bisexual men. The second project involves the first statewide assessment of sexuality education in Florida's public schools. He and his co-investigator, **Dr. Michael Reece**, surveyed over 2000 teachers in Florida with the results shaping The Healthy Teens Act, which the Florida legislature is considering this spring.

Last August, Brian and his wife Eriko visited Bulgaria, where he had the opportunity to meet with officials from the Bulgarian Ministry of Health to discuss the potential for partnerships for sexual health research. The interview was filmed and broadcast on a Bulgarian national news network. Brian is also a recipient of a U.S.-Russia Global Healthcare Award (from Indiana University and the U.S. Department of Education) - including a $5000 grant and a two-week public health travel study in Russia in May! With his research initiatives, passion for teaching, and global vision, Brian is a most welcome addition to our Center.

New Home for the Indiana Prevention Resource Center

By Jasynda Lacy

The Indiana Prevention Resource Center (IPRC) has a new home in downtown Bloomington, 501 N. Morton, Suite 110 in the Indiana University Research Park. This move came as a result of the destruction of the Creative Arts Building to make room for IU's new super computer system, named "Big Red."

In looking for a new location, we selected the IU Research Park as the perfect location for bringing visibility to the center and collaboration with other life science initiatives located within the building. By choosing this location, the IPRC became close neighbors with the National Center on Accessibility, the Eppley Institute for Parks and Public Lands; the President's Challenge Physical Activity and Fitness Awards Program; and the Updyke Center on Physical Activity. The IU Research Park is located in downtown Bloomington, just west of the Courthouse and a few blocks from IU's main campus.

To celebrate the new location and to commemorate twenty years of prevention services, the IPRC hosted an open house and anniversary celebration on November 15, 2007. IPRC staff was on-site to guide visitors through service departments, the extensive library and other special project areas. Community members, HPER faculty, students, prevention professionals and funding agency representatives attended the event. Highlights of the open house included delicious food, fatal vision goggle demonstrations, take away information about IPRC projects and service areas, a showcase of marketing materials, and community and campus networking.

The IPRC was established in 1987 to assist Indiana based alcohol, tobacco and other drug (ATOD) prevention practitioners improve the quality of their services. The primary target audience of the IPRC is the community of prevention professionals and volunteers, and government officials who are providing or monitoring delivery of ATOD and problem gambling prevention and treatment services to Indiana residents. The IPRC enables prevention and treatment professionals to deliver evidence based programs, policies and practices to the general public.

In its twentieth year, services include Afternoons ROCK in Indiana, an afterschool drug prevention program for youth; the Tobacco Retailer Inspection Program, a state government program designed to systematically monitor the effectiveness of tobacco retail compliance; the Indiana Problem Gambling Awareness Program which provides support for the gambling treatment and prevention efforts of the state; an extensive library housing drug information and prevention resources. Prevention professionals in Indiana also use the IPRC for local data. These resources include Prev-Stat, a planning tool that creates a "statistical picture" of a community for planning purposes and the annual survey of alcohol, tobacco and other drug (ATOD) use by children and adolescents in the state of Indiana. The IPRC staff can provide grant consulting, prevention information, evaluation services, capacity building and assessment services, as well as assistance with data collection, analysis and interpretation. For more information about the IPRC, visit www.drugs.indiana.edu.

Student News

Allyson O'Connor, AAHE Outstanding Undergraduate Health Education Major of the Year, teaching young Dominican Republican children about nutrition.

The following students represented Applied Health Science and the ESG Nu Chapter at the 2007 SOPHE/ESG national convention in Alexandria Virginia: **Sue Dai, Emily Erdmann, Emily Forsyth, Michelle Nardine, Chelsea Sipes, Stephanie Weeks, Kristin Skala, Shannon Cameron, Dana Umscheid, and Jylana Sheats,**

Christopher Fisher, doctoral student, has had his abstract, "Sexual Health of Same-Sex Attracted Male Youth: Impacts of Abstinence-Only Education," selected to receive this year's School Health Education and Services (SHES) Section Student Award by the American Association for Health Education.

Rose Hartzell, MS in Health Promotion '05 and doctoral student, has become certified as an American Association of Sexuality Educators, Counselors and Therapists (AASECT) Certified Sexuality Educator.

Lindsay Hattendorf, BS in Secondary Health '07, has been awarded the American Association for Health Education's Outstanding Undergraduate Health Education Major of the Year for IU in school health.

Kristen Jozkowski , doctoral student, has a manuscript entitled "Evaluation of a Weight Loss Intervention Program among College Females" published in Eta Sigma Gamma's *The Health Education Monograph Series* for Nov. '07.

Two of our Master of Public Health degree program students, **Jayme Levy and Katie Wood**, have been elected to serve as campus liaisons to the Student Assembly (SA) of the American Public Health Association (APHA) for Indiana University.

Allyson O'Connor, Public Health student, has been awarded the American Association for Health Education's Outstanding Undergraduate Health Education Major of the Year for IU in Public Health.

Adeyinka Okunade, Nutrition Science student, was one of the 6 finalists for the IU's Internal Wells Scholarship for '07.

Jacob Rider, Nutrition Science student, has been admitted to the IU School of Dentistry.

MPH student, **Tana Wells** is the Epidemiology AmeriCorps member for 2007-2008 at the Indiana State Department of Health.

Lindsay Hattendorf, AAHE Outstanding Undergraduate Health Education Major of the Year for School Health, counseling at a summer camp.

AHS Graduate Students in Kenya

Kenya Update

This summer, graduate students from the Department of Applied Health Science traveled with **Dr. Michael Reece** and **Dr. Debby Herbenick** to Eldoret, Kenya in the inaugural formal student exchange between the School of Public Health at Moi University and the School of HPER at Indiana University. While the universities share an existing collaboration between medical schools, both institutions hope to initiate a long-term, collaborative relationship between the public health programs. The experience provided students with the opportunity to develop as public health professionals through student collaboration, implementation of public health practices, and opportunities for cultural understanding.

Dawn C. Smith, MPH, one of the students who attended, said, "I sincerely hope this opportunity persists for future Indiana University public health students. Working in Kenya improved who I am as an individual and as a public health professional. I hope to return in the near future."

During the exchange, the students collaborated with the psychosocial support group program of the IU-Kenya collaboration known as AMPATH (Academic Model for the Prevention and Treatment of HIV/AIDS). Students had the opportunity to learn from Kenyans about the challenges of managing the

Student News

(Kenya, cont.)
HIV epidemic and understand the complexity of issues like medication adherence and managing side effects, stigma, family planning, and increasing condom use and safer sex negotiation skills. Students worked with Dr. Reece and the support group program to help with the development of a comprehensive evaluation tool to help track the program's growth and outcomes. During the course of the past 4 years, membership in these support groups has increased from 2,000 participants to over 21,000 across ten clinic sites throughout Kenya.

Students also attended classes being taught by Drs. Reece and Herbenick in Kenya and worked together with their student peers in the Moi University School of Public Health. Students discussed public health issues in Kenya such as malaria, poverty, and tuberculosis, and worked together to construct possible program designs and comprehensive solutions. The experience of cultural exchange between students of Indiana University and Moi University allowed the students to explore complex issues from fresh and different perspectives. In addition, Moi University students provided insight to culturally appropriate considerations for the implementation of programs.

"The field activities and site visits allowed us to learn about Kenya's unique public health issues and needs."
- Erick Amick

The opportunity to travel to Kenya this past summer was an enriching experience that broadened the students' understanding of public health at the international level.

"The trip to Kenya this summer was a significant marker in my advancement as a public health professional."
- Erin Triplett, MPH

Voices from Abroad

Many of our AHS students study abroad. In this issue we asked several to tell us about a pivotal experience. Here are their replies:

Thailand, China, and Hong Kong

By Gina Nuzzo

Note: Applied Health Science, under the direction of Dr. Noy Kay, sponsors a summer travel study trip to Thailand, China, and Hong Kong. The program will be available again this year June 16-28. It will focus on health programs. For more information, contact Dr. Noy Kay (noyskay@indiana.edu).

IU Students at Chulalongkorn University School of Sport Science

Thailand provided the best academic experience of our travel study trip last summer. The School of Sports Science at Chulalongkorn University was very interesting. We were able to communicate with students and ask them questions about their curricula and lives in general. We formed strong bonds with the students and have kept in contact with them since returning to the States. Visiting an actual campus and experiencing how their universities compare to ours was very interesting.

Australia

By Heather Gray

I am planning to use my public health background to become a pediatrician. This past summer I had the opportunity to travel to Australia to be a delegate in Medicine with the International Scholar Laureate Program. When this opportunity presented itself, I had to seize it and learn more about how medicine is practiced around the world. During the program I attended lectures and visited clinics and hospitals, including Sydney's Children Hospital. There a pediatrician walked us through the Intensive Care Unit and told us about each case. While I was walking on the ICU floor and learning about the different cases, I was truly in my element. I did not want to leave the hospital. I wanted to keep learning more about the patients and figure out what type of care they needed. At that moment I knew I was on the right path. I have never felt so much passion for anything in my life. I know that if you find something that you love to do, you will be great at doing it, and I know that one day I will make a great pediatrician.

Ghana

By Alise Echele

As I approached the street preparing to cross on my way to Twi Lecture, a Ghanaian student stopped next to me and immediately asked, "Will you write good things about us when you return?" I began to think about his question, but before I could answer, he said, "You thought we lived in trees, didn't you?" I was so dumbfounded by his comment that at least a minute or two passed until I responded.

After the initial shock subsided, I explained that I never believed Ghanaians lived in trees. I could tell from his non-verbal cues that he doubted my response. He insisted that many Europeans believe that Africans live in the trees like uncivilized people.

(Ghana, cont.)
Honestly, I didn't believe one word he said.

About a week later, I met three Ghanaian students on the track, and we started talking. One of their pen pals from Germany had asked if Africans lived in trees. The three couldn't believe that their pen pal had this false perception. I few days later, I began to read, "Culture and Development in Africa" by A.K. Awedoba, who wrote, "Some Europeans...still believe that Africans live on treetops in jungles."

This was the first time that I experienced the reality of history. Oftentimes history was written by the conqueror, the victor, and the powerful. Because of this, reality was skewed. If in fact, this false notion still exists, that mindset is an offense against a great people.

As a developing country, Ghana has hardships to overcome. Nevertheless, from my experience, Ghana's culture is genuine, vibrant, and diverse with much to offer to the world. Not until these false notions are diminished and diverse cultures are embraced can we evolve as one people.

Alise and her good friend Sefakor Agbesi, who is a twenty-year-old student studying insurance at the University of Ghana, Legon. Alise ran with Sefakor on a cross country team in Ghana.

Alumni Profile

Heidi Boruff, RD, in One of IU's Dining Halls.
By Mary Reisert

Heidi Boruff always hoped to return to IU after graduating in 2004 from AHS with a major in Dietetics. When a position became open right after her Dietetics internship, she applied even though she already had another job lined up. Just one month later, after an extensive interview process, Heidi returned to IU to begin her dream job as a Registered Dietitian for IU's RPS Dining Service.

Her job responsibilities include writing the menus and working with the food service staff for the Iron Kettle and IU's traditional dining halls. Another primary responsibility is working with students who have food allergies or health concerns and recommending food choices in nearby dining halls. She has office hours daily to assist students in residence halls. Students often want to find ways to cut out fat or calories and avoid the "Freshman 15" weight gain. Her service is free for all students living in the residence halls. She also serves as a guest speaker for HPER-H 263 Personal Health and teaches a unit on nutrition in a class for students living in the Briscoe Wellness Center.

When she is not at IU, Heidi regularly visits Bloomington High School South to educate students on food safety and nutritional information. As a student as BHS, Heidi was inspired by her foods teacher, **Teresa Tresslar**. This eventually led to her passion for dietetics.

Heidi currently is the president-elect of the Southeastern Indiana Dietetics Association (SEIDA).Next year she will serve as acting president. Heidi is in charge of planning and putting together the first meeting. She hopes to teach at the meeting about food allergies with the approval of the Center for Dietetic Registration (CDR).

For now, Boruff is working on plans for her upcoming wedding this August. She is also working on putting accurate and useful nutritional information on the website of the Residence Halls Dining Services. In the future, she hopes to open her own consulting business.

Alumni & Grant News

In September, 2007 we sent update postcards to all of our alumni. Over 90 of you replied with news of your careers and family. We are most grateful for your replies and have posted this news on our Applied Health Science website in the news section. Please keep in touch and go to our website for news of your classmates.
www.indiana.edu/~aphealth

Christina Jagielski, MPH '04 will be giving a podium presentation entitled "Who Considers Herself a*Survivor* of Breast Cancer?"at the American Psychosocial Oncology Society annual conference in Irvine, CA in February.

Liliana Rojas-Guyler, PhD, CHES, has just started a new position as a Research Associate & Health Education Specialist for Harmony Garden in Cincinnati. She is also the recipient of the 2008 American Association for Health Education Horizon Award.

Erin Cooperman
Coordinator of AHS AmeriCorps Improving Health Througout Indiana

Erin Cooperman recently began working for the Department of Applied Health Science as a Program Coordinator for AmeriCorps Improving Health Throughout Indiana. Erin graduated from Indiana University in 2001 with a Bachelor's in English and a teaching certificate. After college, she returned to her hometown of Toledo, Ohio, to work as a teacher and social worker for the YWCA. Erin received her Juris Doctor from the University of Toledo College of Law in 2006 and passed the bar exams in Ohio and New York. In law school, Erin served as Chairwoman for the Moot Court Board, interned with Court Appointed Special Advocates and worked for a small estate-planning firm. She is most proud of her service with the Domestic Violence Clinic and General Legal Clinic at the University of Toledo which provide free legal services to low-income clients. Before returning to Bloomington, Erin was working for the Public Defender's Office in Toledo Municipal Court.

Erin recalls, "I accepted the AmeriCorps position because I wanted to work for a large public service organization and I hoped that working at IU might lead to the opportunity to teach. In fact, I will begin teaching my first class, Legal Issues in Health Promotion, this Spring. It is a seminar class that will revolve around student discussion on the legal and ethical tension between protecting public health and preserving individual liberties. I am really excited about this class and, with Dr. Kolbe's help, I hope to make improvements every semester."

Erin Cooperman

So far, the highlight of working as the Program Coordinator for AmeriCorps for Erin has been hearing about the Members' experiences. They often tell her that AmeriCorps had provided them with opportunities they couldn't have received anywhere else. And, of course, the Host Sites where these AmeriCorps Members work really appreciate their energy and abilities. Erin feels grateful to be at the heart of this major effort to improve health of all Hoosiers.

Erin's other interests include running, reading, and photography. We are indeed glad to have her aboard in our department as she coordinates the Americorps program and teaches our graduate students about legal issues in health promotion.

AHS Fall Returning Alumni Panel: (From left) Megan Kelly '05, Colleen (O'Rourke) Rose '05, Betsy Flores '04, Brandi Jones, '01, Jamika Jones, '01