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From the Chair

I wish to extend my warmest greetings to all students, alumni and friends of our Department. This spring marks the conclusion of another successful academic year thanks to the contributions of our highly qualified faculty, staff, and students. We continue to grow as a department with over 400 undergraduates, 81 masters students, and 32 doctoral students. Here are some items of note:

- Our faculty have won national awards, such as the Award for Excellence from the American Cancer Society. They have made 56 research presentations and 68 pedagogical presentations and authored 32 research publications and 7 pedagogical publications. Two of our faculty have served as president for a major national health organization.
- We have grants totaling over \$1.9 million this year, focusing on tobacco and other drugs, alcohol, nutrition, HIV/AIDS and other areas.
- We have established a Center for Minority Health which has the mission of research, outreach, programming and training with regard to health disparities.
- Our graduate students are enjoying a growing presence at the state and national level as evidenced by the articles in this issue.
- Our undergraduate students have held key leadership roles and academic honors at the School and University level including the Board of Aeons, the Chancellor's Scholar, and the Dean's Senior Recognition Award.

I wish you all a rewarding and healthy summer. Please stay in touch!

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

Gerontology On the Web



Today nearly 13% of the US population is sixty-five or over; by 2030 that will climb to about 20%. Thus, gerontology is a growing field within all areas of health and life sciences. Our Department, and the School of HPER have made significant contributions to this emerging discipline.

On January 28, the School sponsored the Indiana University Conference on Aging and Living Well at IUPUI. With topics like nutrition, pharmacology and Alzheimer's disease, the conference was attended by over 150 people in a wide range of professions. The Department of Applied Health Science's gerontology specialist Dr. Lesa Huber gave a presentation on "Strategies for Improving Your Memory."

Dr. Huber also developed our Department's new 15-credit-hour minor in gerontology, available to all IU undergraduate students. Soon we will have an 18-credit-hour graduate certificate. Both the minor and the certificate are a combination of innovative classroom-based and web-based courses.

(continued on page 6)





Faculty News



William James Bailey
November 5, 1947 – January 30, 2005

Our Department is saddened to have lost a tremendous colleague, an excellent teacher, and a prolific grant writer, William James Bailey. “Bill” joined the department as a Research Associate and Lecturer in 1980, was promoted to Associate Professor in 1994, and served as the Executive Director of the Indiana Prevention Resource Center from 1991 until his retirement in 2004. Bill’s impact upon the department, the university, the state, and the field of prevention is impressive. His list of publications and accomplishments is over 55 pages long! Although he was ill for the past few years, Bill led a very fruitful and inspiring life. He kept his incredible mind and wit until the end.

Faculty Updates

Dr. Ruth Clifford Engs (Emeritus Faculty) has a new book, *The Eugenics Movement: An Encyclopedia* which will be published by Greenwood Publishing Co.: Westport, CT in June.

Dr. David Lohrmann has recently received an Award of Excellence from the American Cancer Society for his dedication and commitment to the

Bill’s contributions are immeasurable: publications – dozens; graduate students taught and mentored – hundreds; undergraduate students taught in H318 (Drug Use in American Society) – thousands; grant dollars brought in – millions; impact – priceless.

From my first meeting with Bill, the most knowledgeable and funny professor I had ever encountered, through my early career at University of Notre Dame, where Bill served as my reference, and up until he passed away, he was one of the two wonderful mentors in my life. The other was my father, who passed away a week before Bill. Bill’s faith as a life-long Catholic never wavered, and it was a great source of comfort for him in his last days.

One of Bill’s strongest commitments was to adolescents. In a program entitled Operation SmART Decision he was able to pair college students with high school students to teach the high school students about tobacco, alcohol and drug use. Thus in 1987, two days after hitting the winning shot in the NCAA tournament, Keith Smart told local high school students what he thought about smokeless tobacco. Needless to say, there was not a single incidence of tobacco use after that. Bill also served as the faculty advisor for BACCHUS on campus and nationally, where they dubbed him “Dr. Know.”

professional growth of school health leaders who have a true and lasting impact on the future of school health and ultimately the health and well-being of children and youth. He was also selected in April to give the Dora A. Hicks Lecture at the University of Florida in Gainesville. The title of his presentation was “Leadership Lessons Learned.”

Bill did much to further the cause of drug prevention in Indiana. He helped refine a survey of drug use by Indiana school children and adolescents and convinced the state government to focus its efforts where they would have the greatest impact-on programs for 10-14 year olds during the after school hours. Millions of dollars are currently channeled to direct service providers to reduce drug use rates in our state effectively.

On January 7, 1997, Bill was recognized and commissioned as a Distinguished Hoosier by then Governor Bayh, in recognition of distinguished citizen service for the design of the State’s prevention services delivery system. Today, thousands of Indiana’s young people are making better decisions, especially about not using drugs because of Bill’s leadership.

Bill’s legacy will live on, through the lives of those he touched with his many works. We will all remember, in our own way, Bill’s wonderful contributions: to his family, to his loved ones, to the field of prevention and drug education, for the vision he gave to the university and departments he served, and simply as a man of faith. Let’s all live our lives with as much purpose and meaning as Bill did with his life.

By Mark A. Pogue

On April 15 at the Sixth Annual Symposium Highlighting the Research of Faculty, Staff, and Students of Color (IUPUI) **Dr. Lucy Lozano** and **Dr. Mary Shaw-Perry** gave a presentation entitled “Teachers’ Perceptions of School Climate.”



Faculty & Student News

Dr. Mohammad Torabi was awarded the Monica R. Wild and Doris E. White Scholar Award at the University of Northern Iowa on March 30 in recognition of individuals whose contributions have significantly advanced the causes of health, physical education, or recreation. This is the first time the honor has been bestowed to a health educator. Dr. Torabi made several presentations to students, faculty, administrators, and to the community-at-large.

Doctoral Degrees Completed This Spring

Kathryn Coffey successfully defended her dissertation entitled “Selected Factors Related to a Woman’s Decision to Remain Childfree and Her Self-identified Sexual Orientation” on May 26, 2005.

Mi Kyung Jun completed her doctoral degree on May 7, 2005. Her dissertation topic was “Effects of Survey Mode, Gender, and Perceived Sensitivity on the Quality of Data Regarding Sensitive Health Behaviors.”

Rebecca Nagle Nichols also completed her doctoral degree on May 7, 2005. Her dissertation topic was “Spiritual and Physical Health Habits in Middle-Aged Religious Women.”

Lisa J. Woolsey successfully defended her dissertation on June 3, 2005. Her dissertation topic was “Impact of Professional Preparation on Physicians Assistant Students’ Expressed Intent to Work with Geriatric Patients.”



IPHA 2005 Annual Meeting Comes to Bloomington

The annual meeting of the Indiana Public Health Association came to the IU Bloomington Campus May 18-20, and involved many AHS faculty members and students. The conference “Extreme Public Health: Preparing for All Eventualities” was the best attended in recent history and included state notables such as Representative Peggy Welch; IU Vice Chancellor Charles Bentz; Dr. Virginia Caine, recent past president of APHA; Dean David Gallahue of HPER; Mr. Michael Mauer of the State Economic Development Corporation; and Dr. Judith Monroe, new State Health Commissioner. Conference participants were hosted by Dr. Torabi during an evening reception to welcome them to Bloomington and the IUB campus.

The MPHA student organization President Leslie Craft and other members welcomed all student attendees to the first-ever student-faculty mixer held by IPHA. It’s a tradition that IPHA hopes to continue. It was attended by some 25 students from the IUB and IUPUI campuses, AHS faculty members Fleming-Moran, Kolbe, and Reece, IPHA Board members and President Mary Beth Riner and Jerry King IPHA Executive Director. In addition to conversation and refreshments Jerry King took the opportunity to ask the students about their perceptions of the conference, and what they thought IPHA might do to attract more student members and participation. Students offered several suggestions regarding dues, conference fees, information about internship and employment opportunities, and participation on the IPHA Board and committees. The discussion continued as participants adjourned to Nick’s for dinner.

The Department and the Indiana Prevention Resource Center had exhibits at the conference, and multiple oral and poster presentations were offered by both faculty and students (as listed below).

Presentations were given by graduate students: **Mary Alexander, Tania Basta, Erin Brown, Kate Coffee, Debbie Herbenick, Laurie Legocki, Kim McBride, Michelle Miller, Enbal Schacham, and Amanda Turner.** Faculty presenters included **Dr. Maresa Murray, Dr. Michael Reece, and Dr. Catherine Sherwood-Puzzello.** Posters sessions were given by graduate students: **Leslie Craft, L’erin Harmon, Jennifer Hoffman, Priya John, Martha Payne, Tara Wargel, and Stephanie Woodcox.** The joint poster by **Leslie Craft and Martha Payne** won second prize for a cash award. Congratulations to Leslie and Martha and to all the AHS participants.

By Millicent Fleming-Moran

Eta Sigma Gamma

The new Eta Sigma Gamma initiates are **Krista Ariail, Cara Berg, Lauren Boyle, Jenna Deckard, Elise Eifert, Maya Frumkin, Megan Gainey, Cynecqua Goodridge, Lauren Howard, Laura Kinlaw, Amber Klenc, Lindsay Mallers, Amy Mann, Linda Martinez, Angela Miller, Brandi Miller, Kelly Noone, Mary Rothring, Elizabeth Taylor, and Liz Vincent.**



Student News



Delbert Oberteuffer Scholarship Awarded to AHS Doctoral Candidate

Randi Jean “Jeanie” Alter was awarded the Delbert Oberteuffer Scholarship by the American Association for Health Education (AAHE) at the recent American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) national conference held in Chicago Illinois, April 12th – 15th.

AAHE has over 5,000 members across the country with a focus on K-12 and college-level health education, worksite wellness, community health, and medical care.

Jeanie is a doctoral candidate in health behavior through Applied Health Science. She is also a graduate assistant and evaluation specialist at the Indiana Prevention Resource Center. When asked about her career goals, Jeanie states, “I’m enthusiastic to contribute to the overall knowledge and understanding of health behavior and to expand possibilities for sharing this knowledge.”

By Desiree Goetze
Research Associate
Indiana Prevention Resource Center



Jeanie receiving her award from AAHE President, Randall Cottrell.

Undergraduate Student Updates

Editor’s Note: Many of our students win honors and give presentations. The following list is not comprehensive. It includes only those students who have come to the attention of the editor. Please see our website for the list of students winning HPER scholarships.

Marisa Capell, a Human Development/Family Studies major with a Psychology minor, received a \$1,750 Overseas Study Scholarship from the Honors College for her spring semester 2005 in Wollongong, Australia.

Jennifer Frasier, graduating in May 2005 with a Human Development/Family Studies major and a Gerontology minor, won a \$1000 scholarship from the Home Economics Guild of Indianapolis.

Kim Kanney, graduating in May 2005 with a Human Development/Family Studies major and a Public Health Education minor, has been accepted into the Peace Corps. Kim will be working in South Africa on an initiative targeting a specific health concern such as AIDS or maternal health.

Sharon Nejfelt, an Occupational Safety major, has received a \$200 research grant from HPER for a poster session she will be giving this June in New Orleans at the American Society of Safety Engineers’ Professional Development Conference. Her presentation is entitled, “Looking to the Future: the Aging Workplace Community from a Safety, Health and Environmental Perspective.”

Archana Trivedi, one of our MPH students, has received a Certificate in Recognition of Outstanding Performance in the Health Communications Internship Program July-Dec. 2004.



Colleen O’Rourke was selected for the Dean’s Senior Recognition Award for 2004-2005. Colleen graduated in May with highest distinction with a major in Human Development/Family Studies and minors in Psychology, Sociology and Gerontology. She also gave the Senior Sendoff presentation at the HPER Graduation Luncheon.



AHS Student is HPER’s Chancellor’s Scholar

Munira Mehta, a junior majoring in Nutrition Science, will serve as HPER’s Chancellor’s Scholar for the 2005-2006 school year advising Chancellor Gros Louis on student issues. Ms. Mehta was born in Eldoret, Kenya. From the age of 5-16 she lived in Bombay, India. Then her family moved to French Lick, Indiana so that she and her sister could get an excellent education. Munira plans to attend medical school and become a pediatrician.



Student News

AHS Faculty Speak Out on Obesity

AHS faculty members Dr. Millicent Fleming-Moran and Dr. Lloyd Kolbe were featured in articles about obesity in the *Bloomington Herald Times* (June 6,7) and the *Indiana Daily Student* (June 6). Dr. Fleming-Moran's study based on data from the CDC's nationwide 2001 Youth Risk Behavioral Survey (see article on page 7) found that "TV viewing in and of itself is promoting obesity. Next to sleeping, TV watching is the lowest metabolic rate you can achieve." She noted that besides dropping one's metabolic rate, TV is a powerful influence with commercials that promote giant fast food burgers and sugary colas and concluded, "We may have to go the same way that we did with smoking, removing some of the messages."

Dr. Lloyd Kolbe, who was the founding director of the Division of Adolescent and School Health at the CDC, is well qualified to describe the scope of the problem: "People don't realize the magnitude or the economics of the problem. It's projected that by 2012, 18 percent of the gross domestic product will pay for problems caused by chronic diseases vastly increased by the obesity epidemic."

So what are we to do? Dr. Fleming-Moran's suggestions include passing laws that require physical activity in school and removing soda vending machines from school cafeterias. Dr. Kolbe says schools and pediatricians should work together to un-supersize America-community by community. But he also said, "We need to be careful about victim blaming. We do not want to create more stigmas for young people or adults who for many reasons may be overweight." Both Fleming-Moran and Kolbe see the K-12 schools and the communities as key players in obesity prevention.

IPHA "Pie Day" Legislative Event

Public health needs a piece of the pie! That was the catch-phrase for the public health students and novice advocates who visited the State House on February 8, 2004. IPHA had its greatest success to date in partnering with other public health organizations, engaging student members, increasing professional and student attendance, and providing educational programming.


The major partners in organizing the full day of legislative workshops and visits included the Applied Health Science Department, the Indiana Society for PH Education (InSOPHE), Indiana Latino Institute and the IUB MPH student association—all of which provided funding support for the event. Public health academic programs around the state were contacted and faculty and students came from at least 6 major universities. Over 80 persons attended (50 students and 30 professionals) for the legislative advocacy workshops (novice and advanced levels). These were presented by two professional public health advocates with state and national level experience. A lunch presentation was made by Lou Belch, public health lobbyist on the current legislative session.

Scheduled visits to legislators with our Pie Day message emphasized the need to keep funding for tobacco

prevention/cessation programs in Indiana. Of course, the traditional 6" apple pies and one-page, tailored messages were delivered that morning to all legislators. MPH students **Jon Agle**, **Elizabeth Andrews**, **Natalie Brown**, **Lesley Craft**, **Shana Duguay**, **Jessica Granger**, **Lerin Harmon**, **Kristen Hobson**, **Jennifer Hoffman**, **Megan Hollingsworth**, **Priya John**, **Long Nguyen**, **Brandy Rollins**, **Sonya Satsinsky**, **Sarah Vinson**, **Tara Wargel**, **Julie Wells**, and **Marsha Wheatcraft**; doctoral student **Neva Seid**; and AHS faculty **Lloyd Kolbe** and **Millicent Fleming Moran** attended the educational event.

Students also participated in the IPHA Policy Committee, headed by Dr. Fleming-Moran, by planning the event, contacting legislators for small group meetings, getting funding, and designing the workshop brochures. Through the Pie Day experience, they learned about how legislation gets passed, which committees handle public health legislation, and who tends to testify at committee hearings. Hopefully next year students can start monitoring introduced bills all the way through in Dr. Kolbe's Health Administration and Organization class!

By Millicent Fleming-Moran



Public Health
Needs a
Piece of
the Pie!



IPHA
Indiana Public Health Association



Student News

Opportunity of a Lifetime: A Unique Leadership Role in the Health Profession

██████████ and Maya Frumkin



██████████, (pictured left), Elaine Auld (pictured center; Executive Director of SOPHE), and Maya Frumkin, at mid-year conference in March 2005.

Note: ██████████ and Maya began their masters program in August, 2004. They both came to IU with experience in marketing/finance.

As we began our MS in Health Promotion degree, we looked for ways to professionalize our health careers immediately.

Eager to have learning experiences outside of the classroom, we joined the Nu Chapter of Eta Sigma Gamma (ESG) and planned to attend our first conference, the Society for Public Health Education (SOPHE) annual conference in Washington D.C in November. There we became the 2005 co-chairs of the Student/New Professional Caucus (SNP).

We've taken on our co-chair roles with enthusiasm and optimism—always searching for new ways to grow and improve the caucus—and work directly with the SOPHE executive board to

share ideas and contribute to decision-making. One of our primary goals is to increase membership in and awareness of SOPHE among students. Since January, we've developed an e-newsletter, SNP 'N Touch, which highlights SNP members and upcoming events. We've also met ESG nationally based faculty advisors, led mid-year conference sessions geared towards students, and encouraged participation in the mentor program.

In an effort to raise awareness about SOPHE on the IU campus, we presented our conference and leadership experiences to the NuChapter, designed a bulletin board in HPER, and distributed flyers among students. As the year continues, we look forward to being the voice of current and future SNP members.

For further information about becoming involved in the SNP Caucus, please contact ██████████ ██████████@indiana.edu or Maya Frumkin@indiana.edu.

(Gerontology on the Web continued)

The web courses have been made possible though a project called GET LINKS funded by a grant from the Fund for the Improvement of Post Secondary Education in the US Department of Education. The project's goal is to make distance learning a reality in the field of gerontology. Through our web-based courses we serve two distinct clientele: IU students, and health practitioners who work with the elderly.

Since the courses are available online, they can be taken by IU students who are at home for the summer or working a 40 hour week. Online students benefit by hearing from fellow students in other cultures, where there may be dif-

ferent approaches to aging. Their discussion forums are thoughtful and stimulating since everyone has a chance to reflect upon the topic before responding.

Students value these courses and find them life changing: "This has been one of my favorite classes at IU. It really did change my attitude toward aging and also influenced my career objectives." "Although it was online, I never felt confused." "Before this class I did not know anything about Social Security and Medicare" "I'm really loving this field and these classes are great!"

The sketches on this page show a student's impression of an older person before and after the course. Students no longer think of seniors as frail and weak when they learn of their competitive sports, and they realize that seniors are not always isolated when they learn of seniors' volunteer activities.

Thus, through these courses we reach a broad base of individuals who will someday work with the elderly. We offer a cooperative learning experience in an online environment, and we provide a much needed body of knowledge to people who wish to be in the vanguard of gerontology studies. For further information on these courses and how to sign up, contact Dr. Huber (lehuber@indiana.edu) or see <http://www.indiana.edu/~getlinks/>.



Ryan Dill "Picke of an old person"



Misc. News

Rural Center for AIDS/STD Prevention Conference



Research Presentation on Youth Risk Behavior Surveys



The Department of Applied Health Science's Rural Center for AIDS/STD Prevention (RCAP) conducted its fourth national conference, "HIV/STD Prevention in Rural Communities: Sharing Successful Strategies IV," at the Indiana Memorial Union, on the Bloomington campus, April 7-9, 2005. The goal of the conference was to present model rural HIV/STD prevention education programs, with emphasis on information exchange and lessons learned. Over 150 rural HIV/STD specialists from 24 states attended.

People diagnosed with AIDS who live in rural areas now account for 8 percent of all cases nationwide, up from 5 percent in 1996. Despite these growing numbers, most AIDS control strategies have been focused on urban communities. "AIDS in rural America is often isolated and forgotten. As a consequence, rural prevention efforts do not receive adequate attention," said William L. Yarber, RCAP senior director, professor of Applied Health Science, and senior research fellow at The Kinsey Institute at IUB. The conference featured over 40 presentations addressing critical issues such as HIV risk for homeless women in rural Alabama, sexual risk among older African American women in rural communities, rural methamphetamine use and HIV risk, a Native Alas-

kan village's experience with AIDS, implications for HIV prevention in hidden sexual communities among MSM in rural Pennsylvania, and culturally-contextualized interventions for rural persons living with HIV/AIDS.

RCAP, in its eleventh year of operation and headquartered at IU, is the only prevention center in the U.S. to exclusively address HIV/STD in rural communities and is a joint project of Indiana University, Purdue University, and the University of Colorado funded by the U.S. Centers for Disease Control and Prevention. "Our unique center fills a void in AIDS/STD prevention and research," Yarber said. The next RCAP national conference will be April 5-7, 2007, at Indiana University, Bloomington.

Staff News

Dr. Carole Nowicke had an article published in the October, 2004 *International Trumpet Guild Journal*, "Walter F. Smith: The Star of the Band," Smith was a cornet soloist from Schoolcraft, Michigan who played in the Marine Band and with John Phillip Sousa. She also gave three lectures on April 13-14 for students at the University of Central Florida based on use of primary source material: personal papers, archival records, sound recordings, oral histories, photographs and other graphic images.

Mary Winburn's daughter Ashley graduated from Edgewood High School. Ashley will be at Ivy Tech this fall.

On April 21, AHS hosted a seminar by **Dr. Laura K. Kann** entitled "Everything You Need to Know about How to Acquire & Use YRBS, GSHS, & SHPPS Data." Dr. Kann is a CDC Distinguished Fellow and Chief of the Surveillance & Evaluation Branch in the Division of Adolescent and School Health at CDC, and she is the principal architect of these three major public health surveys. She received her PhD in Health Behavior from the Department of Applied Health Science at Indiana University in 1987.

The Youth Risk Behavior Survey was established by the Centers for Disease Control and Prevention in 1990 biennially to monitor among high school students (in each state and across the nation) those risk behaviors that contribute to the leading causes of illness, injury, and death. The Global School-based Student Health Survey was established by the World Health Organization in 2001 similarly to monitor critical health behaviors among students in various interested nations worldwide. The School Health Policies & Programs Study was established by CDC in 1994 periodically to monitor eight components of school health programs across the United States.



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