

From the Chair

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I wish to extend my warmest greetings to all students, alumni, and friends of the Department of Applied Health Science. With highly qualified faculty and staff, we have had another extremely successful academic year. Listed below are a few newsworthy items that have contributed to our success:

- During 2005 our faculty made 77 research presentations, 61 pedagogical presentations; authored 33 research publications; and 10 pedagogical publications. An additional 18 research articles were accepted (in press) for publication. They also authored 2 books, 6 book chapters, and 2 monographs.

- With regard to grant activities: grants totaling over \$1.8 million dollars this year focusing in the areas of tobacco and other drugs, alcohol, nutrition, HIV/AIDS, and other areas.

- Our Ph.D program continues to enjoy the ranking of # 1 nationally among non-schools of Public Health and # 5 among all schools.

- Established and approved Center for Minority Health which has the mission of research, outreach, programming, and training with regard to health disparities.

- As a result of our effort, our enrollments in major and elective courses continue to rise and we have recruited top quality students to our various programs, both undergraduate and graduate. We continue this year to have an all-time high number of applications for admission to our graduate degree programs.

In an effort to further internationalize our program, the Department of Applied Health Science has established an Agreement of Friendship and Cooperation between Indiana University and Peking University for the purpose of promoting mutual understanding and academic, cultural, and personnel exchange.

Several of our faculty received major awards including:

- Four of our faculty have just received an Indiana University Trustees Teaching Award

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Editor's Note: This newsletter features AHS contributions at home and abroad, from hurricane relief to AIDS relief. We are indeed proud of the many ventures of our Department and our students in service to others.

AHS Senior Helps Found Student Organization for Hurricane Relief



Matt Morrow

Shortly after Katrina hit, several IU students began to think of ways they could help the victims of the worst natural disaster in US history. Ten IU students, including Nutrition Science major Matt Morrow, mobilized a student disaster relief effort that brought 200 students to Biloxi, MS, in December of 2005. At spring break another 60 volunteers headed down to clean up the coast. Finally, right after finals week, 100 students joined in the IU's 3rd effort.

They say entering the hurricane stricken region is like entering a whole new world. The devastation is beyond the scope of imagination. In fact, officials estimate that it will take upwards of 10 years to rebuild and repopulate the area. So, Matt and 9 others founded a new student organization at IU entitled Y'ALL (Youth Advocating Leadership and Learning) to ensure the continued support of IU students towards the Gulf Coast and any future disas-

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Faculty & Staff News

(From the Chair, cont.)

- One tenure track faculty member received the first time ever, HPER Young Researcher Award.
- One faculty member received the 2005 Society for the Advancement of Sexual Health Research Award.
- One faculty member was selected as the Robert D. Russell Scholar at Southern Illinois University.
- Two of our faculty serve as Past-President of two major national health organizations.

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

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

AHS Has New Advisor



Leila Dabbagh

The Department of Applied Health Science is very pleased to welcome **Dr. Leila Dabbagh** as a Visiting Lecturer and Academic Advisor! Dr. Dabbagh came aboard this February as our new advisor for the Human Development and Family Studies undergraduates. She is currently teaching Human Disease and Epidemiology, and in Fall 2006, she will teach our Human Development III course on Early, Middle and Late Adulthood.

Leila has taught a variety of courses, both undergraduate and graduate: at IUB, IUPUI, and at Western Kentucky University, where she also did some student advising. She has a doctoral degree in Public Health (International Health) from The University of Texas, an MS in Maternal and Child Health and Aging from Harvard University, and an MPH from Indiana University. Her research and professional work has focused on international health issues with an emphasis on maternal and child health, women's health and the health of the family and more recently environmental health.

She also worked at the United Nations for two years combining her interests in public health, socio-cultural and family systems, and medical anthropology. Leila's hobbies include gardening, reading, writing, beading, and cooking. We are delighted to have her at Woodlawn House, sharing her knowledge and skills with our students and colleagues!



Trumpets and Drums .The following members of the Applied Health Science faculty won Indiana University Trustees Teaching Awards: **Dr. David Lohrmann, Dr. Cecilia Obeng, Dr. Dong Chul Seo, and Dr. Catherine Sherwood-Puzzello.** These awards are given for continued and steadfast commitment to quality instruction. Congratulations to these master teachers!

Vicky Getty presented a poster at the COPSL (Community Outreach & Partnerships in Service Learning) Summer Research Institute on May 8, 2006. The poster focused on the service-learning partnership between the Dietetics program at IUB and the Monroe County Community School Corporation Transitions program for mentally challenged young adults. Every fall since 2002 we have run a six-week cooking class for the

Transitions students from MCCSC. In this class, lead by Dietetic Students, clients learn basic food safety and food handling principles. Our N401 students practice leading a hands-on class, and all our volunteers gain valuable experience interacting with a population of young adults with disabilities.

Dr. Lesa Huber is currently teaching a five-week online course offered at Beijing Sport University, China; it is called "Health Care of the Elderly: Medical Perspectives." There are 17 students in the class, and the online discussions thus far have been fascinating. A full transcript of the course will be made available. For information contact her at lehuber@indiana.edu. She will develop a new IU course "Entrepreneurial Opportunities: Health, Technology, and Aging" with funding from the Johnson Center for Entrepreneurship and Innovation in the Kelley School of Business.

The course is designed to be cross-listed in the Schools of HPER, Informatics, and Nursing. Also, for the Association for Gerontology in Higher Education's February 2006 meeting in Indianapolis she presented "Active Distributed Education Learning Environment." Finally, she had two competitive posters at spring telecommunication conferences and an article in the May/June *Indiana Alumni Magazine* which discusses the impact of diet and exercise over the lifespan.

Dr. Noy Kay is leading a summer travel study expedition to Beijing, Hong Kong, and Bangkok, June 18-July 1. Six undergraduate and 3 graduate students will learn about the health care systems, the public health challenges, and the cultural issues which impact health in China and Thailand.



Faculty & Staff News

Dr. Lloyd Kolbe was selected as the Robert Russell Scholar in Health Education at Southern Illinois University Carbondale. His lecture on May 2 at SIUC was entitled "Health Promotion in the 21st Century."

Dr. David Lohrmann was one of four experts chosen to review and provide feedback on the draft National Health Education Standards document. The Standards, Performance Indicators and support document are being revised for the first time since initially disseminated in 1995. He also represented the Department of Applied Health Science at the Third National Congress for Institutions Preparing Health Educators: Linking Program Assessment, Accountability and Improvement in February, 2006 and was a co-presenter of a workshop entitled "Impact of CUP Findings on Advanced-Level Professional Preparation and Development." Recent publications include "Process Evaluation For School Health Professionals" in the April, 2006 *Journal of School Health*, and "Long-term Impact of a District-wide School/Community-based Substance Abuse Prevention Initiative on Gateway Drug Use" with **Randi Alter**, **R. Greene**, and **T. Younoszai** in the 2006 *Journal of Drug Education*.

Dr. Lisako McKyer along with **Desiree Goetz** and **Jobeth McCarthy-Jean** of the Indiana Prevention Resource Center and **Murali Tangirala** of the Indiana State Department of Health (MPH, 2003) published an article entitled "Use of Tobacco Retailer Inspections to Reduce Tobacco Sales to Youth: Do Inspections Increase Retailer Compliance?" in the *International Journal of Consumer Studies* in May, 2006.



Martha Payne

Martha Payne from the Indiana Prevention Resource Center and a recent graduate from SPEA in Health Administration (BS May 2005) was selected as the Indiana recipient of the Substance Abuse and Mental Health Services Administration (SAMHSA)/Center for Substance Abuse Prevention's (CSAP) Prevention Fellowship Program (PFP). This is a highly competitive one- to-three-year fellowship designed to help Indiana cultivate and nourish an ongoing work force for prevention.

Dr. Michael Reece has been selected as the recipient of the School of HPER's first Early Career Faculty Researcher Award. This is a wonderful honor! Also, Dr. Reece and the Sexual Health Research Working Group received two grants recently, one for \$375,000.00 from The Patty Brisben Foundation, to study sexual function among women recovering from breast cancer and gynecological challenges, and one for \$34,000.00 from the Marion County Health Department, to study correlates of syphilis-related behaviors among men who have sex with men in greater Indianapolis. Dr. Reece recently published work in *The Journal of Sex Research*, *AIDS Care*, *The Journal of HIV/AIDS and Social Services*, *The American Journal of Sexuality Education*, and has a book chapter forthcoming in the volume *Sex and Sexuality*, to be published this summer by Praeger Press.

Dr. Barbara Seitz-De-Martinez just completed a 7-city speaking tour representing the Indiana Prevention Resource Center (IPRC) in conjunction with the Department of Education, Safe and Drug-Free Schools Program headed by Jeff Barber. She went to Jasper, Charlestown, Indianapolis, West Lafayette, Highland, Greencastle and Fort Wayne. At each workshop she gave three presentations, one on how the services of the IPRC can make the life of school administrators and counselors easier, the second on "What's New from the IPRC PREV-STAT Service," and the third on "The Impact of Methamphetamine on Schools and What is Being Done about It." In July, Dr. Seitz-De-Martinez has been invited by the Department of Education to present a session on meth at the School Service Providers Institute in Indianapolis.

In May, 2006 **Dr. Catherine Sherwood-Puzzello** gave a presentation at the Indiana Public Health Association conference in West Lafayette with MPH graduates **Kristin Hobson** and **Nicole Smith**: "Children's Museums: An Innovative Approach to Delivering Health Education." **Dr. Susan Middlestadt**, MPHS students **Surya Kondapuram**, **Sri Pillarisetty**, and **Sailaja Rayaprolu** also assisted with the project. Dr. Sherwood also gave a poster presentation at American College Health Association conference in New York, June, 2006 with graduate students **Scott Butler** and **Rose Hartzell** entitled "Peer Educator's Self Performance Assessment."

Dr. Nate Shier's daughter **Emily** was married to **Mr. John Hammargren** in Beck Chapel on May 27, 2006. Congratulations to the young couple and to Nate and Pat!

Dr. Mohammad Torabi was selected to present the Guest Scholar's presentation at the International Council for Health, Physical Education, Recreation, Sport, and Dance Conference, in conjunction with the 121st National Conven-



Student News



(Faculty News, Cont.)

tion and Exposition of the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT, April 25, 2006. His presentation was entitled, "Prevention is the Cure: Challenges and Opportunities in Health Education." He was appointed for a two-year term as Co-Director of the Health and Health Education Commission of the International Council for Health, Physical Education, Recreation, Sport, and Dance. Dr. Torabi continues to publish research in major journals in the field of health behavior and promotion.

Dr. William Yarber, Director of the Rural Center for AIDS/STD Prevention, reports the following: The Rural Center for AIDS/STD Prevention received a five-year, \$1.2 million renewal of its cooperative agreement with the national Centers for Disease Control and Prevention. The renewal began on March 1 and allows the Indiana University-based center to continue its work as the only organization in the country that focuses solely on rural prevention efforts for HIV/AIDS and other sexually transmitted diseases. This brings federal funding for the 12-year-old center to more than \$3.5 million.

Congratulations to Our New PhDs!!

Randi (Jeanie) Alter (May 2006)
Belisha Perera (August 2005)
Swati Raychowdhury (August 2005)
Enbal Shacham (May 2006)
Krishna Thiagarajah (August 2005)
John Yannessa (August 2005)

Editor's Note: Please see the AHS website under "News" for winners of HPER scholarships. The following list includes other student honors that we know of.

Eta Sigma Gamma News

Kelley Bishop-Alley was the speaker for the Eta Sigma Gamma Nu Chapter Spring 2006 initiation ceremony. Ms. Bishop-Alley is the new Vice-President on the ESG Board of Directors.

Congratulations to the incoming ESG Nu Chapter initiates **Vanessa Assibeh-Mensah, Jenna Deckard, Kyle Dietz, Danielle Hart, Maegan Ionoff, Michelle Klein, Robin Meleski, Lyssa Rebholz, Rebecca Roberts, Stacy Rupert, Diana Zaato.**

Student Honors

Vanessa Assibeh-Mensah (Public Health student) has been accepted into IU's McNair Scholars Program. This program prepares students for study at the doctoral level through funding of research opportunities and mentorship.

Sarah Belcher (HDFS Student) planned a mission trip with Hannah House, a crisis pregnancy house, to the Ukraine over spring break.

Lindsey Brown (BS May 2006) won the American Association for Health Education Outstanding Undergraduate Health Major of the Year Award for School Health, and **Ashley Loehmer** (BS May 2006) won the award for Public Health.

Traci Jerkins (BS May 2006) won the 2006 Indiana Dietetics Association Award.

Meredith Lane (HDFS Student) was awarded a Hutton Honors College grant for her study abroad in Wollongong, Australia in Spring 2006.

Eric Nehl, a doctoral student in our program, won the prestigious Will Rogers Institute Fellowship from the American Association for Health Education. He is one of two recipients to receive this prestigious fellowship.

HDFS Student Helps With Katrina Cleanup By Amber Knowlton

I went to New Orleans alongside 130 other IU students with Campus Crusade for Christ. We stayed in New Orleans at Camp Algiers, a naval base open to Katrina Relief volunteers. After Katrina hit, the residents filed orders with Samaritan's Purse requesting help with restoring their houses. Each day, the students went out in groups of 10 to work on a house from that list. We would call the family and let them know that help was available. They would often fight back tears, as they gratefully accepted our assistance. Over the period of one week, our group touched hundreds of lives as we brought hope back into a devastated community. This experience was certainly life-changing. In the photo below you can see one of our crews. I am the one in green.



Amber Knowlton and cleanup crew.



Student News



Gina Forrest and Lillian Casillas

What Can I Do With a Public Health Minor?

Students interested in health often ask themselves this question. **Gina Forrest** has the answer. Gina decided to get a BS in General Studies when she returned to IU. She wanted to major in Public Health and become a health educator, but she needed flexibility in her scheduling with two young sons, and she needed her degree quickly so she could move on with her life. Therefore, she chose a Public Health Minor and took a few extra health courses. Most important of all, Gina did an internship.

Under the guidance of **Dr. Catherine Sherwood-Puzzello**, AHS, and **Shelia Evans** at the Bloomington Hospital's Community Health Education Department, she worked out a schedule, goals and projects for her spring internship. According to Gina, "This was a great opportunity that became even better! When a grant was awarded to Bloomington Hospital to educate our community about Lead Poisoning & Prevention, I was hired for the position!"

Now Gina is communicating with individuals throughout Bloomington to spread the word on prevention of

lead poisoning. Her email address is gforrest@bloomhealth.org. Here are some tips:

- There is lead in some crayons, even those given out at restaurants, some sidewalk chalk, some jewelry, and of course in older paints.
- Have your kids wash their hands after playing with these things and don't give the baby your keys because they may have lead in them.
- A simple pinprick test will let you know if your child or infant has elevated lead levels (which could lead to hearing loss, ADD, kidney problems).

Gina's story has one more happy development. She is now admitted to the AHS master's program for Health Promotion. Her secret? Gina says, "When I was 19, if someone in academics told me 'No', I would just stop. Now I say, 'Why not? It says right here in the black and white that it can be done'" She has taken ownership of her education and forged a career in health from a Public Health Minor. In the photo above, Gina is shown with **Lillian Casillas**, Director of La Casa Latino Cultural Center, after a conversation on ways to reach the Latino community in Bloomington. Thanks go to Lillian for her great insights into the health needs and communication channels of Bloomington's Latinos. And congratulations to Gina, a returning student who found her niche in health!

The Children's Door

Dr. Robert Billingham of AHS is the Project and Research Director for a new and much needed service in Bloomington called the Children's Door. The Children's Door is a strategic partnership between AHS and the South Central Community Action Center Head Start Program. It is a service for divorced, separated, and never married parents to exchange their children for scheduled parenting time under neutral supervision in a safe, child-friendly environment.

We serve a 20 month old girl, who for the first time, is transferred between parents without having to hear her parents argue and say mean things to, or about, the other parent. Of course, both parents have thanked us for providing the service which protects the child from "the other parent's" anger.

We serve beautiful two year old twin boys who now happily go between their parents, all because we keep the parents in separate rooms; and thus, keep the anger away from the children. Again, both parents have thanked us for "lowering the volume" of the other parent.

Children's Door would like to begin these services: visitation services, parent education programs, post-divorce education programs, and education programs that promote alternatives to litigation.

Please see the Children's Door website www.indiana.edu/~childdoor for ways that you as an alumni or student in the Department can support Children's Door.



Student News



(Cont. from Page 1)

ters. Leaders of Y'ALL will organize disaster relief trips every winter, spring, and summer break with a 3-year commitment to Hurricane Katrina relief efforts. Here are Matt's words:

Each trip has been unique unto itself, a real adventure and far from glamorous. On the most recent trip (May 7-12) we stayed in tents, the weather was hot and humid, and the mosquitoes were horrible. Any complaints about the conditions quickly subsided after people began to realize the extent of the destruction. During the hurricane, the water surge from the gulf was 30ft high in the area where we stayed. Nearly every building/home had been leveled, with only foundations left as evidence.

The work on the trips has consisted of mainly debris cleanup to rebuilding of some homes. We came across hundreds of personal items, including computers, TV's, drivers license, birth certificates, photo albums, and even high school/college diplomas. On the first trip, someone even found a wedding ring. While digging through the rubble, we found it very hard to comprehend that these people had lost their homes and personal possessions, but it was even more chilling to imagine that many of the people had lost their lives as well. This really put our own lives and the things we possess in perspective for us.

Fortunately, many of the hurricane victims did survive, and have a story to tell about it. One of the most common was from the people who found themselves in the attics of their homes forced to hack a hole in the roof to escape drowning. We also heard stories about the looters after the storm, and how people had to sit on their roof with a shotgun in order to protect what was left of their homes.

As you can imagine, the experience is extremely powerful. Although our contribution may seem minimal amidst the vast devastation, the volunteer work completed by IU students on the three trips this year has saved the victims of Hurricane Katrina roughly \$350,000 in manual labor costs! Along with the economic benefits, our presence has provided moral support for the victims. The returning trips have proven to the people of Biloxi and Gulfport, MS that Indiana University students really do care and wish to continue making a difference in lives of the victims of the worst natural disaster in U.S. history. For further information, contact Matt Morrow (mmorrow@indiana.edu)

Internship in Cancer Prevention by Nicole Smith

As an MPH student, I had the privilege of completing my internship experience at the Olcott Center for Cancer Education as part of the Bloomington Hospital Regional Cancer Institute. I planned and implemented cancer prevention programs for the Bloomington community and surrounding areas. One such program was "CoCo" the Colossal Colon, which came to Bloomington College Mall on February 2-5, 2006. CoCo is a 40 foot replica of

the human colon, designed to travel across the United States and to educate the public about colon health, disease, and colorectal cancer. Over 3,500 visitors came to see CoCo in Bloomington. Three thousand went home with free colorectal test kits. My roles included educating the public, collecting data, and coordinating volunteers. I loved encouraging visitors of all ages to crawl through and experience CoCo for themselves. The Colossal Colon was my favorite activity during my internship.

The second program that I completed was a free Skin Cancer Screening for IU students. The screening took place on February 16, 2006 at the Indiana Memorial Union. Participants received free sunscreen, educational materials, and a fun skin cancer quiz to help keep them safe during spring break. Sixty students were screened in total, and 17 students were recommended for further treatment, including 9 for biopsy and other procedures. The doctors identified one melanoma during the screening, and the student was referred for immediate treatment.

Another wonderful program was "Check It Out". I traveled to high schools throughout Southern Indiana teaching sophomore boys and girls about breast and testicular self-exam. I feel privileged to have been part of the Olcott Center for Cancer Education initiatives.



Department News



Dr. Kevin Slates and Safety Commissioner Miguel Rivera

Safety Update

The Safety Program has had a very active year as seen in a new curriculum and numerous activities and events. The undergraduate safety curriculum has been changed from “Safety Management” to “Safety Science.”

The new Safety Science program will allow students to recognize, evaluate and control both safety and health workplace hazards. Please see the AHS website for specific requirements. Under the direction of **Dr. Kevin J. Slates**, we will have a state-of-the-art Industrial Hygiene Sampling and Analysis Laboratory. This facility will enable students to conduct health risk and exposure assessments of noise, ionizing radiation, muscular skeletal disorders, indoor air quality, flammables, combustibles, toxic gases, asbestos, lead and other contaminants. Also next fall **Dr. Trent Applegate’s** First Aid students will have access to a state-of-the-art emergency care program and first aid lab located in the HPER. Special recognition should be given to safety faculty members **Cheryl Holmes** and **Dr. Dong-Chul Seo** for their time and efforts in working to meet the academic needs of our students as well as working to expand the program. We expect great things in the near future from AHS’s safety program!

Events:

In February students members of the American Society of Safety Engineers participated in the Indiana OSHA Conference in Indianapolis. This event

provided students with the opportunity to obtain their 10-hour OSHA training card as well as network with local professionals and employers in the field of occupational safety and health.

In April students participated in an onsite visit to a hazardous waste facility in Indianapolis. Also, the Commissioner of Labor **Mr. Miguel Rivera** spoke to Safety students about political philosophy and its impact on regulatory compliance.

In June and July Dr. Slates will be traveling to China with **Dr. Noy Kay’s** Travel Study Group. The group will focus activities on health care systems and policy. In addition they will visit local universities, government agencies, hospitals and health departments Dr. Slates will also examine work related injuries and illnesses in the health care sector.

Student Academic Achievement:

In recognition of for their outstanding community service and academic achievement in the field of occupational safety and health the following students were awarded scholarships. The Ron Hall Scholarship went to **Travis Otte** and **Craig Tuckett** (from IU Southeast), and the Pantaleoni Scholarship went to **Tanah Combs**.

Kenya Update

Dr. Michael Reece and his graduate students have continued to work toward the development of a research agenda to complement the work of IU’s program in Kenya, the Academic Model

for the Prevention and Treatment of HIV/AIDS (AMPATH). Over the past three years, he and his students have worked closely with the Kenyan partners to develop research focused on the mental health impact of HIV. Since Spring 2004, when we first reported on Dr. Reece’s research (See AHS website under “news” and AHS Pulse) he has taken 5 trips to Kenya. In late 2005, the team, led by Dr. Reece and **Dr. Enbal Shacham** (a recent graduate of our department) conducted a study to explore the mental health status of those seeking HIV-related psychosocial services in Kenya.

The study, conducted in collaboration with faculty at Moi University, found results that are very similar to those found among individuals with HIV in the U.S. Dr. Reece said “the findings indicate that there is a need for the development of an HIV-related mental health infrastructure in Kenya. We found significant levels of psychological distress among individuals there that have been relatively undocumented.” The work was recently presented at the Annual Meeting of the Kenya Medical Association. Three presentations will take place at this year’s Annual Meeting of the APHA in Boston. Dr. Reece and his Kenyan partners are currently working on a series of publications that he says “will make significant contributions to our understanding of the mental health impact of HIV/AIDS in African countries.” For more information, contact Dr. Reece at mireece@indiana.edu.



Dr. Reece (far right) and the Kenya study team, including Dr. Owino Ong’or, Dr. Enbal Shacham, Dr. Otieno Omollo, and Claris Ojwang.

