AHS Pulse

The Applied Health Science Newsletter

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From the Chair

I wish to extend my warmest greetings to all students, alumni, and friends of the Department of Applied Health Science. I am pleased to report that we are experiencing another successful academic year, thanks to our highly qualified faculty, staff, and students. Our enrollments are at an all-time high and the number of both undergraduate and graduate majors has increased with over 400 undergraduate majors, 88 masters students, and 28 doctoral students. Listed below are specific newsworthy items:

- We appointed Dr. Kevin Slates as Visiting Assistant Professor Lecturer in the area of Safety Education. Dr. Slates' wealth of professional experience includes serving over eight years as a Senior Industrial Hygiene and Ergonomic Consultant for the Kentucky Environmental and Public Protection Cabinet Occupational Safety and Health Programs, Division of Education and Training. He has also taught occupational safety and health courses on the I.U. Southeast Campus.
- Dr. Ruth Gassman joined our faculty as Executive Director of the Indiana Prevention Resource Center and Associate Professor (part-time). Dr. Gassman worked at Rutgers University as an evaluator for a federally funded project that developed social work faculty in ATOD as well as on other major grants. She has also worked on other drug related grants here at I.U.
- Dr. Dong-Chul Seo joined our faculty in a School of Health, Physical Education and Recreation position as Assistant Professor of Applied Statistics. The Department of Applied Health Science is his home department. His teaching focus will be research methodology, measurement and evaluation, and statistics courses for graduate and undergraduate students at the School level as well as the Department of Applied Health Science.
- In order to reduce student/faculty ratio, we have continued to appoint Visiting Lecturers and Adjunct Faculty.
- We continue this year to have an all-time high number of applications for admission to our graduate degree programs.
- We continue to grow as a department. The number of research and scholarly activities has increased significantly. For example, 26 research presentations involving our faculty and students were presented at the American Public Health Association 2005 Conference. Presentations were also made at several national and international conferences during the past year. Our faculty have received honors for their research and service activities.
- Our faculty have continued to acquire a number of contracts and grants from a number of agencies, i.e., Indiana Department of Health; Indiana Family and Social Services Administration, Indiana Division of Mental Health and Addiction; Centers for Disease Control; U.S. Substance Abuse and Mental Health Services Administration; National Institutes of Health, and others.

As always, our Department's success is, in part, due to our distinguished alums who have served as ambassadors of our program throughout the world. Please know that we are very proud of our alums and friends of the Department of Applied Health Science and we count on your in-put, guidance, and support.

Best wishes to all of you for a happy and healthy 2006. Please stay in touch.

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

Editors Note: This issue features our new career website and the 2005 HPER Alumni Survey. Please see page 4 for details.

Faculty News

New PRC Director

Dr. Ruth Gassman

This fall our Department welcomes Dr. Ruth Gassman to the position of Executive Director of the Indiana Prevention Research Center. We are very happy to have a new Director and grateful to Dr. Torabi for serving as Acting Director for the past year and a half and to Dr. Barbara Seitz de Martinez for her help as the Deputy Director during this time.

Dr. Gassman is a native of Iowa City, Iowa, but has made Indiana her home. From 2000 to 2005, she served as an associate scientist in the IU Department of Sociology, directing two studies for the Indiana State Treatment Needs Assessment Project sponsored by the Substance Abuse and Mental Health Administration. She also brought with her to IU a research grant from the National Institute on Alcohol Abuse and Alcoholism, which she recently completed.

Dr. Gassman holds a Ph.D. in Social Work from Rutgers University. She also completed a postdoctoral research fellowship in public health at the University of California, Berkeley. At the University of Iowa she completed her BS in Psychology and her MS in Counseling Education.

Prior to pursuing her doctorate, Dr.Gassman served as a therapist in a private psychiatric practice in Iowa and as clinical supervisor of a hospital-based substance abuse program in Illinois. Her experience working with drug treatment patients led to her goal of making research as relevant as possible to the daily lives of practitioners.

Throughout her career Dr. Gassman's research and scholarship have focused on alcohol and drug health services, including screening and brief intervention for drug and alcohol abuse, evaluation of services, and education of health care professionals.

Dr. Gassman's current mission is to further broaden and enhance prevention efforts across the state. "I would like to see us build upon our primary prevention efforts that target nonusers, typically youth, to include secondary prevention, which targets those who have used drugs or are using them experimentally or socially. The aim of secondary prevention is to reduce substance use and thereby reduce related harm, including prevention of abuse and dependency. A benefit of promoting drug use reduction among adult populations is it encourages more protective, low-risk family environments for children. A good example of this is Bloomington's success in creating public smoke-free environments," commented Dr. Gassman.

In her spare time Dr. Gassman enjoys trail rides and dressage. She owns a mare, which is half Arabian and half American Saddlebred, and several cats. We are so pleased to have her (and her four legged friends) in our community, and we look forward to her leadership of the Indiana Prevention Research Center in the 21st century!

Faculty News

Dr. Trent Applegate and **Dr. David Lohrmann** are part of the Michiana - Coordinated School Health Institute sponsored by the American Cancer Society and the Indiana & Michigan State Board of Education.

Dr. Millicent Fleming-Moran and **Dr. Mary Shaw-Perry** received a grant from the Southeast/South Central Indiana Area Health Education Center to collaborate with the Bloomington Hospital, Office of Development and Training in an education and research initiative focused on "Building Bridges to Understanding: Moving Towards Cultural Competency." The first workshop was held on November 14 with featured guest speaker **Roberto Treviño**. Dr. Treviño's medical practice and research has focused on diabetes care, treatment, and prevention among Latino populations. MPH students, **Melody Poindexter, Jacqueline Terrell, Brandy Rollins,** and **Naomi Lane**, assisted with the design and implementation of the workshop.

Dr. David Lohrmann completed his two year term as President of the American School Health Association by leading the planning for and presiding at its Annual Conference held in Burbank, California, October 19-22, 2005. With the theme "Supersize Prevention: Obesity, Diabetes and Other Critical Issues," the conference drew over 750 people (the highest attendance on record). Dr. Lohrmann assumes the duties of Immediate Past President through 2007. In addition, he co-authored an article with IPRC Research Associate Jeanie Alter entitled "Building Support for Coordinated School Health Programs" that appeared in the Spring issue of *The Health Educator*.

Dr. Lisako McKyer was recently awarded a 3-year research grant from the National Institute of Drug Abuse (NIDA), one of the National Institutes of Health (NIH). The award (nearly $250,000 direct/indirect costs) will enable Dr. McKyer to focus on her research in child and adolescent health. She is joining a team led by three renowned senior researchers - **Dr. Jim Sherman** (IU Psychology), **Dr. Laurie Chassin**

Faculty News

and **Dr. Clark Presson** (Arizona State Univ - Psychology). Dr. McKyer said, "This is an opportunity of a lifetime to work with scientists of their calibre!" Her own project is on the structure and function of social support and other social psychological factors as they relate to smoking among youth.

Since summer 2005, Dr. McKyer has worked with undergraduate students, **Brittany Veal** and **Charlene Maddox**, on a study related to adolescent health risk behaviors. Ms. Veal and Ms. Maddox played critical roles in the data collection efforts. To date, survey data were collected from more than 800 Indiana 7th through 12th graders, and are currently undergoing analyses.

In March 2005 Dr. McKyer traveled to Japan as part of her funded research on cross-cultural comparisons of factors related to adolescent health risk behaviors. Along with **Dr. Mika Omori** of Ochanomizu University (Tokyo), she traveled to the cities of Tokyo, Sasebo, and Nagasaki, where she conducted several site visits to Japanese schools, and met with students, teachers and administrators. The study was funded by the Japan Society for the Promotion of Science.

Dr. Lisako McKyer and her family welcome their newest addition to the family. **Jada Shizumi McKyer** was born in Bloomington Hospital on December 20th at 4:02 pm. At birth, she weighed 9 lbs, 7 oz. and was 21 inches long. Dr. McKyer and her husband Jarvis have 2 other children: Areanna (14 yrs) and Koji (2 yrs).

Dr. Michael Reece recently received the Society Research Award from the Society for the Advancement of Sexual Health at their annual meeting in San Francisco. This award is given to someone in recognition of unique contributions to the further development of innovative research agendas in sexual health.

In August 2005, **Dr. Dong-Chul Seo** and **Dr. Mohammad R. Torabi** were awarded two grants totaling $75,494 from the American Institutes for Research to conduct a study on the effect of the Bloomington and Monroe County public smoking ban on incidence of acute myocardial infarction and to perform a secondary analysis of the Indiana Youth Tobacco Survey data set.

Dr. Seo continued to publish his studies: "Correlates of attitudes toward a smoking ban in vehicles" in the *Journal of Public Health Management and Practice*, "An explicative model of unsafe work behavior" in *Safety Science*, "Indiana residents' perceptions of driving and lower blood alcohol concentration" in the *American Journal of Health Education*, and "Socio-demographic correlates of public perceptions regarding a smoking ban in bars and restaurants" (co-author with Dr. Torabi) in the Journal of Drug Education. In September, Dr. Seo made an oral presentation on "Determinants of safety behavior,"at the XVIIth World Congress on Safety and Health at Work jointly organized by the International Labor Office (ILO), the International Social Security Association (ISSA), and the National Safety Council (NSC).

During the summer, **Dr. Mary Shaw-Perry** and **Dr. Lisako McKyer** were invited to join the Minority Health Advisory Committee, which is part of the Indiana State Department of Health. Dr. Shaw-Perry will serve a special function as representative to the committee on behalf of the new AHS Department Center for Minority Health.

WOW - 26 Presentations!!

This year AHS faculty and students were involved in 26 research presentations at the American Public Health Association Conference Dec. 10-14 in Philadelphia. This is a record for us! For information on their presentations, please see our website www.indiana.edu/~ahs under "News".

Undergrad Student News

Human Development and Family Studies major **Jennifer Frasier** won a travel grant from the HPER Research Council for travel to Orlando, Florida in November, 2005.

Kristian Gibson, also a Human Development/Family Studies major, received a Distinguished Alumni Award.

Katherine Manis, **Chandra Yancey**, and **Alex Yoon** received the Joan Weinberg Wolf Scholarship for Dietetics for 2004-2005. This is a brand new sccholarship!

Safety major **Brandon Parker** has received a $1000 scholarship from the American Society of Safety Engineers.

Melinda Sieve received an award from both the Indiana Dietectic Association and the American Dietetic Association Foundation. **Julie Shertzer** also received two American Dietetic Association Awards.

Student News

www.hpercareers.com

It's here! HPER has a brand new interactive website accessible to current students, alumni and employers 24/7! Here's what that means:

For organizations who wish to hire HPER students for jobs or internships (and please help us with this, alumni!), it is simple to register, post an opening, and search resumes of jobseeking students and alumni. It's free too. Please spread the word through all your career networks. Just give interested organizations the website above so they can recruit with us. The very success of this website and our students' job searches depends upon expanding our employer base.

For students and alumni searching for jobs or internships, it is simple to register, upload your resume, search all jobs that fit your interests, receive email notices when new jobs/internships are announced, find HPER mentors, and keep up with career events on campus.

For alumni, it is an opportunity to mentor our current students by posting your contact information and advice. Just register as an alumni mentor. (Note: the IUAlumni Organization is seeking mentors to work with IU alumni, while we are seeking mentors to work with current AHS students. Please register with both if you are willing.)

Right now, www.hpercareers.com has over 400 students registered from our School (over 100 from AHS). There are nearly 300 organizations registered from 36 states. There are 210 positions posted (of which 138 are internships). Help us grow!

2005 Applied Health Science Alumni Survey

In 2005 our alumni who graduated from 2001-2004 participated in the largest HPER alumni survey ever! Thank you so much to all of you who filled out the survey! We received 232 responses, a 50% return rate. The survey addressed a broad range of issues and replicates earlier studies done in 1999 and 2002.

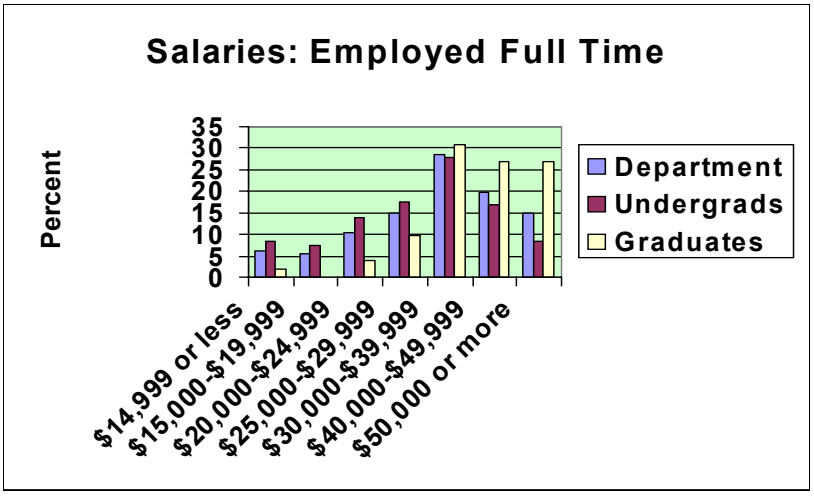
Academics

Our alumni continue to rate their academic experience in HPER very highly. Satisfaction with the quality of instruction is cited at 94% for bachelors alumni, 85% for masters alumni, and 92% at the doctoral level. Other strong endorsements were faculty availability outside of classroom (86% agreement), faculty respect for student opinions and judgment (87% agreement) and faculty treating students fairly and without bias (86%). Ninety per cent consider their courses well organized, and 79% agree that appropriate technology was used in the classroom (up from 69% in 2002).

Two questions included for the first time on this survey were "exposure to different international cultural aspects in a number of my classes" with 46% agreement and "having been introduced to international programs for possible participation" with 18% agreement. Graduate students gave slightly higher ratings to these categories with 59% of them agreeing that they had been exposed to different international cultures and 22% indicating they had been introduced to international programs. These are areas we can work to strengthen in upcoming years in order to broaden our influence on health worldwide.

Careers

Career concerns are a key component of the HPER Alumni Survey. Please see the chart below for salary figures for all the respondents who are working full time. The salary ranges reported for undergraduate alumni in 2005 are not quite so solidly in the $30,000-$39,999 range as they were in the 2002 survey. Some undergraduate alumni have slipped to the lower salary ranges; however, there is a higher percentage of undergraduate alumni in the $40,000-$49,999 range. Graduate alumni salaries show a slight improvement over the salary data collected in 2002.



Student News

(Alumni Survey, cont.)

When asked whether they were employed in a field that relates to their major, 67% answered positively. This is a slight increase from the previous survey in which 65% reported employment in a field related to their major.

Alumni were asked how long it took to obtain work in their major. Of those who found work in their major, 41.5% reported finding that first job in less than a month, and 40.7% reported finding their first job within 1-6 months. Only 7.6% took 7-12 months to find their first job in the major and only 10% took longer than a year. These figures indicate that some of our alumni took a little longer to find their first job in their major in the 2005 survey than they did in the 2002 survey.

We also asked our alumni about the resources they used to find their first job in their major. The Internet has increased significantly since the 2002 survey (from 6% in 2002 to 26% in 2005), while newspapers and trade publications have decreased accordingly. Personal contact is still the most widely used resource. We asked students to identify any other sources that were not listed, and many indicated that they found their first job through their internship.

Finally, we asked our alumni about their further education since completing their degree: 25% have enrolled in or completed a master's program, 5% a doctoral program, 7% a professional program (e.g. medical, dental, legal), and 5% a second undergraduate program. The total of these percentages (42%) is slightly up from the previous survey. Perhaps this reflects our alumni's decisions to go on for further schooling rather than enter the work force during a slow economy. Fortunately, 91% of our alumni who chose this path considered themselves well prepared for further education.

Conclusion

Highlights of the survey:

- Continued high ratings for academics
- Slightly higher salaries for grads; some gains, some losses for undergrads
- Significant rise in Internet use for first job, personal contact still best resource
- More alums attending graduate school

Thank you once again to everyone who participated!

Newsworthy

by Dr. Perry and Dr. McKyer

The ALANA Health Research Working Group (formerly Minority Health Research Working Group) is committed to cross-cultural research and service that supports the goals and objectives of the Eliminating Health Disparities Initiative. **Dr. Mary Shaw Perry** and **Dr. Lisako McKyer** are committed to working with students who have an interest in preventive health and/or health care issues that focus on one of the following groups—African Americans, Latinos, Asians, and Native Americans. The term ALANA is an acronym for these ethnic groups.

Ms. Brandy Rollins and **Ms. Sarah Vinson** (2nd year MPH students) completed a summer long learning experience in Mobile, Alabama, working with the Mobile Youth Study through the Institute for Social Science (University of Alabama-Tuscaloosa). The summer research experience was under the supervision of Dr. John Bolland. Bolland has been conducting a longitudinal study (10th year) that examines "hopelessness and risk behavior among adolescents living in high poverty inner city neighborhoods. Brandy and Sarah assisted Dr. Bolland's team with administering the youth survey in low-income housing projects in Mobile. They learned about the culture of poverty by becoming immersed in the daily lives of the adolescents. Brandy stated that "I learned what I did not want to do as a researcher …take away from a community and not give back something that contributed to improving the quality of life for members of the community."

ALANA GRADS....Doing It....MPH STYLE

Charlotte Horner
2005 Health Program Coordinator with the Social and Health Research Center (San Antonio, TX)

Erika Ligon
2004 HRSA Program Officer (Washington, D.C) HIV SECTION

Jennifer McMillian, PhD, MPH, CHES
1997 Manager, Emergency Preparedness Dallas County Health Department. Dr. McMillian earned her PhD in Health Studies from Texas Woman's University in May 2004!

ALANA Intern
Naomi Lane

Alumni News

ALANA Interns

Two 2nd year MPH students, Brandy Rollins and Naomi Lane have worked closely with Dr. Mary Shaw-Perry to obtain exciting internships that support the research focus of the ALANA Health Research Working Group (cancer control and care; diabetes prevention and care) among minority and/or medically underserved populations. Ms. Rollins will begin her internship with the Center for Social and Health Research, under the direction of Roberto Treviño, MD in San Antonio, Texas. Brandy will work with Ms. Charlotte Horner, MPH (a 2005 graduate of our MPH program). She will be responsible for the development and implementation of NEEMA—a new diabetes control and prevention project for African American middle school children. Naomi Lane has been offered an internship with Linda Burhansstipanov. DrPH, MSPH, CHES of the Native American Cancer Research Group (Pine, CO). Dr. B is a nationally known cancer researcher who focused on cancer disparities among Native American populations. Best wishes to Naomi and Brandy as they seek to gain more experience with research that focuses on minority and/or medically underserved populations.

ALANA Intern
Brandy Rollins

AHS Dietetics Alum Whitney Bevins Joins Peace Corps

I received my assignment from the Peace Corps in May, a health volunteer position in the Republic of Kiribati. Soon I realized that going to Kiribati (K-ree-bus) would be an opportunity of a lifetime. How many people get to visit a country made up of atolls in the Central Pacific? Three months and a 20 hour flight later I had arrived at my new home for the next two years.

When stepping off the plane in Kiribati, there is such intense heat that it literally takes your breathe away. I was wondering why exactly I had told the Peace Corps that I was willing to work for $16,000 a year without air conditioning on an island the size of IU's campus. We trainees were greeted by current PC volunteers with flower garlands and moimotos (fresh coconut milk). Then I knew if other Americans could love it here, so could I.

I spent my first two months in Kiribati on a small outer island called North Tarawa. There I lived with a Kiribati family in a small village called Taratai. A typical day started at 6 am to the sounds of pigs, dogs, crying children, and men singing as they cut a local coconut drink called Toddy. In Kiribati the sun is up by 6 every day and so are the people, so there is no option for sleeping in. Every morning my host mother Kaiwaiteiti would tell me to "amwarake ao tebotebo" (eat and then shower). Breakfast was a delightful treat as it was the only meal that didn't consist of fish and rice. I happily consumed my homemade bread and spread. Then we trainees attended language lessons for 4 hours each day. A language full of vowels takes some getting used to, but after 2 months of intense training, I finally taetae teutana (speak a little).

Training days were an emotional and physical rollercoaster. I had to adjust to the heat, sleeping on wood, no privacy, digestive issues, language barriers, and on top of everything else being separated from family and friends without access to a phone, email, or a reliable postal service. So what keeps one in Kiribati? Perhaps it is that one can stand in the road and look right to see the clearest lagoon water in the world and look left to see the bluest Pacific waves as they crash onto a white beach. The people here are incredibly friendly and love to talk. Life is simple and most of Kiribati is untouched by Western society and materialization. People don't let work get in the way of living or family. Oh and the Kiribati people love to dance!

I'm now in the capitol, South Tarawa, living in a small concrete house with a local family. I work in the National Nutrition Centre with the country's only dietitian Tinai Metai. She is an amazing lady and has done a great job of tackling all of Kiribati's many nutrition problems with little support or resources. Every day is different. I do clinical work in the hospital, I do nutrition presentations, I hold cooking workshops with women's groups, and I also do work with UNICEF and WHO on getting funding for future projects. There is plenty to do to keep me busy until 2007.

I'm starting month five here in Kiribati, and every day I find the culture more incredible than the day before. Even though Kiribati doesn't make it on to some maps, it will definitely leave a mark on my world.

Student News

Elin Grimes Served Two Years in Peace Corps

A current AHS Student, Elin Grimes, who is pursing a MS in Nutrition Science, has also spent two years in the Peace Corps. Here is her report:

I served in the Peace Corps for 27 months in 2001-2003, the standard volunteer assignment. I had the good fortune to be placed in a small, rural village in northern Burkina Faso, a sub-Saharan landlocked country in West Africa. I taught natural science for two years in the village middle school; the grade levels were approximately equal to the US's 6th-10th grades, but my students ranged from 12-22 years old. French is Burkina Faso's national language, and as such is the only language allowed in the school outside of foreign language classes. Outside of the classroom, however, at least three local languages (of the 68 spoken in Burkina, a country slightly larger than Colorado) were heard.

I lived in a cinderblock and cement house in the middle of the village, surrounded by the sounds of women pounding grain, roaming domesticated animals (donkeys, pigs, guinea fowl, etc.), children playing, men relaxing over tea, and a jumble of other sounds my memory can no longer parse. It was an incredible experience.

Editors Note: We applaud our students and alumni who have given so much to the health of the world's people through service in the Peace Corps.

Lessons Learned in Our First Aid Class

The following email message is from Matthew Dan, a student in our First Aid and Emergency Care class to his professor, Dr. Trent Applegate. It provides a glimpse of the importance of this AHS class in teaching skills that save lives. The student who wrote the message is a Biology major at IU. He is planning to take our EMT course this spring.

Hi Dr. Applegate,

I just came from work at a local restaurant, and about two hours ago, a couple of co-workers and I were talking about your class. In the middle of our conversation, the dishwasher came quickly running around the corner gasping and holding his throat.

Honestly, I didn't think anything of it. I didn't stop in conversation. It just didn't click...for about a second. One of my co-workers said, "He's choking." She called the manager and told him he was choking. When I heard those words, "he's choking"— it just clicked. He was coughing, so I urged him to keep coughing, and assured him he was okay. He was by this time holding himself up at a sink. All of a sudden, he stopped coughing. I almost instantly went behind him and performed the Heimlich maneuver. On the first thrust, a huge chunk of potato popped right out. It was crazy because throughout the semester, learning all the steps and things to remember for emergencies, I thought for sure it would all be too overwhelming in the actual situation. I was wrong. I just got in this zone and it was like clockwork. I thought you might find that interesting to know. I really enjoyed your class this semester and am really glad I took it.

Matthew Dan

AHS Returning Alumni Program

In October 2005, alumni from our Department participated in panels for our current students who are enrolled in the H494 Research and Evaluation Methods course. On Oct. 26th, Heidi Boruff , Forest King, and Jasynda Lacy shared their experiences since graduating from IU. Heidi is a 2004 graduate of our Dietetics program (and a recent RD), and both Forest and Jasynda have MPH degrees. All three said they used research as an integral part of their jobs. For example, Heidi keeps up on food allergy research since she works for the Halls of Residence at IU consulting with students who have allergies and checking recipes for dorm food offerings. Jasynda, who is a Community Support Specialist, keeps up with HIV/AIDS research.

On Oct. 27th, Tania Basta (MPH, currently earning her doctorate at University of Georgia, Lisa Parsley (BS in HDFS and Educational Liaison & Recruitment Specialist at Bloomington Hospital), Heidi Boruff, Kristi Kilgore Cheek , Drew Richardson, and Alissa Byers (all three employees of Molloy Wellness and recent grads in Public Health and Exercise Science) gave their tips to our graduating seniors. Almost everyone on the panel said that students should apply for their "dream jobs," even if they do not have all the qualifications listed. For example, organizations may consider applicants' internships and volunteering as the required experience. Both alumni panels were well evaluated by our students, who were able to connect with professionals in the field. Special thanks to all our returning alumni panelists!