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## From the Chair

It has been another exciting and challenging year for the Department of Applied Health Science. For the second consecutive year, our Master of Public Health Program in Community Health Education (MPH) has been ranked # 11 by the U.S. News and World Report. As I mentioned in the last Pulse issue, I believe our Department is the only Department in the country with both a masters and doctorate program highly ranked.

Our Department continues to enjoy its national leadership through active faculty who continue to conduct research and publish, to receive extramural funding, along with quality teaching responsibilities and professional service leadership at the local and national levels.

Our marketing initiative, through the publication of brochures for our various programs, has received praise and has been used as a model for other units within the University and beyond. I am pleased to report that our Department has a new Home Web Page. The framework was developed by faculty and staff. It was created and activated by one of our MPH/Ph.D. students. Our home page address is:

[www.hper.indiana.edu/ahs/](http://www.hper.indiana.edu/ahs/)

As a result of the brochures being used as a marketing tool, our Department has experienced an increase in recruiting high quality students. Also, our Department is fortunate to have recruited four outstanding faculty with strong research expertise along with experience in grantsmanship.

Our faculty have been working on a self-study document for reaccreditation of our Master of Public Health Program. A site visit is scheduled in the spring of 2002.

Our Department's Career Placement Office has been very successful in assisting our graduates in their job pursuits. It is not unusual for our doctoral students, even prior to graduation, to receive more than one job offer from academic institutions or public health agencies in the country.

We are very excited about many research initiatives, teaching activities, and externally funded projects taking place in our four Centers/Institute in our Department.

On behalf of the Department, I wish to extend my warmest greetings to all of our students, alumni, prospective students, and friends of our Department. Please stay in touch.

Mohammad R. Torabi

## Photo From One Of Our New Brochures



Angie Myers supervising athletes in a cooking class

# Faculty News

## New Faculty Joins AHS

### Graham Watts

This fall we are pleased to welcome Dr. Graham Watts to our AHS faculty. Dr. Watts, his wife Medra and their son Graham, Jr. have just moved to Bloomington from Tuscaloosa, Alabama, where Dr. Watts completed his PhD in Health Studies at the University of Alabama. He has Florida ties too, earning both a BS in Health and a master's degree in Health Promotion from the University of North Florida in Jacksonville. From 1987-1993, Dr. Watts served in the US Navy on the wardship USS Boone (FFG – 28). He says of that experience, “As a former US sailor who defended national policy abroad, I have an interest in seeing this nation remain strong. I would like to publish research that will influence policies which foster the development of all Americans.”

One focus of Dr. Watts' research here at IU will be health disparities among ethnic groups in the United States. In fact, this fall he is teaching a course entitled “Health Care in Minority Communities” at the undergraduate and graduate levels. He has research expertise in survey design and data analysis and health interests in family support structures and sexual activity in teens.



Jogging, calisthenics, and table tennis keep Graham active, and he likes cricket too. He says he used to wrestle a bit with Graham, Jr., but now that his son is 13, he might have to leave that wrestling business alone. He is also looking forward to singing with his church choir and settling into the Bloomington community.

### Millicent Fleming-Moran

We are pleased to welcome Dr. Millicent Fleming-Moran aboard this fall. She will be teaching courses in Epidemiology and Healthcare in Diverse Communities at the undergraduate and graduate levels.



Dr. Fleming received her Ph.D. in Epidemiology at the University of North Carolina-Chapel Hill's School of Public Health in 1988. Her training focus was on cardiovascular disease, and her doctoral research examined the effects of heading a household and job-related stressors on blood pressure levels of women in a biracial community sample of employed adults.

Since then, she has worked in a variety of health settings. These include aging research and needs assessment at IUPUI; clinical and community studies at the IU Medical Center on arthritis and knee replace surgery in elder hoosiers and diabetes interventions in minority

populations. She has published findings on changes in blood pressure in native Amazonian groups, and a vector-borne infectious disease control program in Brazil in international health journals. She helped design the interdisciplinary undergraduate minor in Medical Sociology for the IUB campus, and she is currently teaching graduate epidemiology courses in the MPH program at IUPUI.

When she is not commuting to Indianapolis, she enjoys the gardening challenges of the Midwest, listening to music (especially Latin American music) and eating ethnic cuisines with her husband Emilio and daughter Emily, who just left for U. of Michigan this fall.

# Alumni & Staff News

## Faculty News, Continued

**Dr. David Birch** has taken a position as Chairperson for the Department of Health Education and Recreation at Southern Illinois University in Carbondale. He is looking forward to the challenges and responsibilities there. We'll miss you, Dr. Birch, and your enthusiasm for school health will be carried on by the students you taught in Bloomington.

**Dr. Deborah Fravel** has become a Certified Family Life Educator, which requires documented competencies in 10 family life substance areas. She is a Content Specialist for the recently funded \$850,000 grant awarded by the Department of Education to Dr. Barbara Hawkins at IU's Center on Aging and the Aged.

**Dr. Thomas Tai-Seale** has left us for the Lone Star state. He is currently at Texas A & M. We'll miss you Dr. Tai-Seale and your contributions to community health courses.

**Dr. Alice Lindeman** has developed Complementary and Alternative Approaches to Health, a course for all IU students to help them learn about health practices from around the world. She is also working with a bariatric surgeon - researching the effects of weight loss on morbidly obese people.

In April, 2001, **Dr. Mohammad Torabi** delivered the Scholar Address at the Annual Conference of the American Association for Health Education, "Paths for Successful Health Education Scholars: Research and Teaching."

He has also published in major referred journals and been Co-Investigator of a funded research grant.

## Prevention Services for Indiana: A Great Place to Work for AHS Students, Faculty and Alums

The Indiana Prevention Resource Center at Indiana University is a statewide clearinghouse for prevention technical assistance and information about alcohol, tobacco, and other drugs for the State of Indiana. Prevention professionals, volunteers, and government officials have been using its services since 1987. It is also an excellent place for AHS students and alumni to launch their careers:

AHS students employed at the PRC are working toward their masters and doctoral degrees. **JoBeth McMcCarthy-Jean** is pursuing an MPH degree. She works with the Tobacco Retailer Inspection Program and assists with the "Drug Use in American Society" class on campus. **Tammy Wynard**, who will complete her Masters in School and College Health degree this year, works on the Alcohol, Tobacco, and Other Drug Prevalence Survey.

Doctoral students at the PRC are **Lisako Jones**, **Mi Kyung Jun**, and **Pitiyage Belisha Perera**. Lisako was born in Japan, raised in southern California, and has graduate training in child health psychology and community health. Mi Kyung was born in Seoul, Korea and has a BS and MPH degree from Ewha Womans University. She is interested in using computer technology in public health. Belisha is from Sri Lanka. He has training in science and graduate training in statistics and health promotion. Our doctoral students lend their expertise to many of the statistical surveys done at the PRC. Dr. Graham Watts, featured in this newsletter, is also on the PRC staff.

Finally, we are fortunate to have Steve Porter, who received his MPH degree in May, 2001 as a full time staff member at the PRC. Steve has some thoughts to share as he looks back at his degree program:

"Currently, I am a Research Associate for the AHS department and serve as Operations Coordinator for the Indiana Tobacco Retailers Inspection Program (TRIP). Funded by money from the tobacco settlement, it is dedicated to year-round enforcement of the Indiana laws against the sale of tobacco to minors.

I feel the education I received in pursuit of the Master of Public Health degree was on-point in preparing me for this position. I prepare and distribute publicity materials, recruit youth assistants, maintain databases, and coordinate 50 employees spread all over the state.

My suggestion to MPH students is to find someone in your department whose research resembles your interests. The bottom line is that you have 15 to 24 months to learn as much as you can. I feel my education was excellent, particularly because I had the opportunity to work with a couple of world-class professors."

## Staff News

**Harriet Castrataro** attended a conference in Ottawa, Ontario Oct. 11-14, joining 1700 other advisors from all over the US and Canada. Some of the highlights included presentations on advising and the web, advising communication, and interview skills. Harriet has a new baby granddaughter, **Megan Nicole**, born June 19, 2001.

Congratulations to **Mary Winburn** who has worked for Indiana University for 10 years.

# Student News

## Calendar

**December 10-14** Final Exams  
**December 15** Graduation  
**January 7** Spring Semester Begins  
**January 21** Martin Luther King Day  
**March 4** Second 8 Weeks Begins;  
Summer 2002 Registration Begins  
**March 7** Last Day to Drop a Course  
With An Automatic W  
**March 9-17** Spring Break  
**April 1** Fall 2002 Registration Begins

## AHS Fall 2001

The Department of Applied Health Science currently has 282 students pursuing bachelors degrees, 43 students pursuing masters degrees and 14 students pursuing doctoral degrees.

Students range in age from 18 into the 50's. This past year AHS students volunteered over 1000 hours of their time at 30 local organizations. Here are some updates on our undergraduate programs:

Dietetics: Our Didactic Program in Dietetics is accredited by the Commission on Accreditation for Dietetics. Last year all of our graduates who applied were accepted into the competitive internship programs required for certification as an R.D.

Health-Secondary Teacher Preparation: Many students in this program elect to get a second certification in Physical Education or another area. New state standards emphasizing performance-based skills will be incorporated in the curriculum beginning in 2002.

Human Development/Family Studies: The curriculum now includes three in-depth developmental courses, a career course and an internship. Students are graduating with strong experience that equips them for the job search or for graduate school.

## Health Fair

Two successful health fairs were conducted this fall. The first; M403/H502 students set up on Tuesday, October 16, in the SRSC. The second; H414 students set up on Wednesday, October 17, at the College Mall.

Nutrition Science: Many students in this major are preparing for medical school, dentistry or physician's assistant programs while gaining expertise in nutrition. Others pursue a career in pharmaceutical sales, nutrition education or public health.

Occupational Safety: Occupational Safety students are now doing three-month internships in hospitals, industry or university settings. This year they founded a local chapter of the American Society of Safety Engineers.

Public Health Education: Public Health Education students have a strong background in community health, health education techniques and media applications. They also do internships in local, state or international health related organizations.

About our MPH program: In the last 5 years, all of the students admitted to the MPH program have completed the degree. Over this period the program succeeded in achieving greater diversity than ever, enrolling between 25 and 47% of its students from minority populations; and another 7-10% as international students. In the last academic year, students took an average of 4.4 semesters to complete their degrees and the majority found professional placements shortly after graduation.

## Student News

On September 7, 2001 **Xinia Elena Fernandez Rojas** successfully defended her dissertation and completed all the requirements for her Ph.D. Her dissertation topic is "The Effects of Processing, Hybridization and Blending of Various Oil Types on the Fatty Acid Composition of Costa Rican Crude Palm Oil and Derivatives Used For Human Consumption." Dr. Fernandez Rojas and Dr. Nathan Shier, her Dissertation Chairperson, also presented a paper on this topic at the American Oil Chemists Society in Minneapolis this past summer.

Doctoral student **Lisako Jones** presented a paper at the recent meeting of the American Public Health Association. She and her faculty colleagues, **Professors Torabi and Bailey**, analyzed data concerning adolescents' survey responses concerning risk taking and alcohol use.

Our MPH students' summer and fall internships are as follows:

**Jennifer Conner**- Marion Co Health Department

**Gwen Devins**- National Cancer Institute

**Dalana Johnson**-Office of Women, Dept of Health and Human Services (Washington, DC)

**Ieshia Jones**- U.S. Department of Health Resources and Administration, HIV/AIDS Bureau - Office of Policy and Program Development (Maryland)

**Sheila Petty**-Health and Wellness Education, Indiana University

**Matt Riley**- Hoosier Uplands

**Omar Shariff**- Miami County Health Department (Ohio)

**Courtney Stuhley**- Sarasota Health Department (Florida)