

2017-2018 ACADEMIC YEAR

# THE PUBLIC HEALTH NEWSLETTER

*The official newsletter for Public Health*



## WELCOME TO OUR 2017-2018 NEWSLETTER

This issue features various poster presentations from our Master of Public Health students and Undergraduates students. We additionally highlight several student awards, and certificates. We also feature public health in action for National Public Health Week, a student project and a Health Science public health activity. Finally, we feature several of our past and current Master of Public Health students acceptance to Doctorate programs.



2017-2018 ACADEMIC YEAR

# IN THIS ISSUE



pg. 4  
FEATURED MEETING OF THE  
MINDS RESEARCH SYMPOSIUM

pg. 5  
MPH STUDENT  
PRESENTS AT APHA

pg. 6  
MPH POSTER SYMPOSIUM

pg. 7  
FEATURED BRITNNY BOL  
PRESENTATION FOR THE  
BETTER BREATHER'S  
CLUB

pg. 8  
FEATURED KARINA CORRAL  
PRESENTATION AT  
THE AMERICAN HEART/ STROKE  
ASSOCIATION

pg. 9  
PRESENTATION AT  
NEW ENGLAND SYMPOSIUM

pg. 10  
PACIFIC AIDS EDUCATION  
PRESENTATION AND BEST  
POSTER AWARD

pg. 11  
FEATURED PRESENTATION  
OF THE AMERICAN  
HEART/ STROKE ASSOCIATION

pg. 12  
FEATURED MARVA MOHAMED

pg. 13  
SCAG PRESENTATION AND  
BEST POSTER AWARD

FEATURED DOLORES MANCHA  
pg. 14

pg. 14  
FEATURED KARINA CORRAL  
CALIFORNIA ENDOWMENT  
SCHOLARSHIP THROUGH LCPH

pg. 15  
FEATURED CAROLINA  
GABALDON CSU TRUSTEES  
AWARD

# 2017-2018 ACADEMIC YEAR

# IN THIS ISSUE



pg. 15 FEATURED SHIKHA KAKKAR  
GRADUATE EQUITY FELLOWSHIP  
AWARD

pg.16 PUBLIC HEALTH BEST  
UNDERGRADUATE  
STUDENT AWARD

pg.17 OUTSTANDING GRADUATE  
STUDENT FROM THE COLLEGE OF  
NATURAL SCIENCE AWARD

pg.18-22 FEATURING PEER AWARDS

pg.22 FEATURED MELISSA ACUNA  
SERVICE COMMITTEE- PROJECT

pg.23 FEATURING BRANDON IGNATOWSKI  
FOR COMPLETION OF  
CERTIFICATIONS

pg.24 FEATURED STUDENTS ACCEPTANCE  
TO DOCTORATE PROGRAM

pg.26 2018-2019 MCANULTY  
DISSERTATION AWARD

pg.27 FEATURING OTHER PRESENTATIONS  
CERTIFICATES AND AWARDS

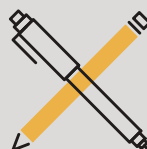
pg.28-29 FEATURING PUBLIC HEALTH  
ACTIVITIES

2017-2018 ACADEMIC YEAR

## FEATURED -MEETING OF THE MINDS STUDENT RESEARCH SYMPOSIUM 2018



At the Meeting of the Minds Student Research Symposium, CSUSB graduate, and undergraduate students have the opportunity to showcase their research through oral and poster presentations. This event has given Martin Ibarra, Xilonem Montoya, Cassandra Romero, Gema Gonzalez an excellent opportunity to present their research findings.



2017-2018 ACADEMIC YEAR

## FEATURING ROBERT AVINA- PRESENTATION AT AMERICAN PUBLIC HEALTH ASSOCIATION CONFERENCE 2017



APHA's Annual Meeting and Expo is the largest annual gathering of public health professionals and in 2017 it was held in Atlanta, Georgia. It is a conference where professionals with like-minded objectives share their passions about public health. This conference gives professional the opportunity to shine through presenting projects, and research. It provides students with network opportunities and with professional development. As such, Robert Avina had the opportunity to present on the HIV burden across our nation in November of 2017 among many of our public health professionals across our nation.

CONSIDERING GETTING YOUR MASTER  
DEGREE

**HAVE YOU CONSIDERED THE MPH  
PROGRAM**



1. APPLY TO THE UNIVERSITY THROUGH CSU  
MENTOR
2. APPLY TO THE DEPARTMENT THROUGH  
[HEALTH.CSUSB.EDU/MPH](http://HEALTH.CSUSB.EDU/MPH)

# 2017-2018 ACADEMIC YEAR

## MPH POSTER SYMPOSIUM MARCH 2018!



The Master of Public Health Poster Symposium gave the opportunity to the 2nd year MPH Students to showcase their quasi-experimental study through their poster presentations. This study entailed survey development, data collection, pilot testing, data analysis, and data interpretation which took two quarters to complete.

# 2017-2018 ACADEMIC YEAR

## FEATURED BRITTNY BOL PRESENTATION AT THE BETTER BREATHER'S CLUB 2018



Brittny Bol represented CSUSB at the Better Breather's Club monthly meeting in May 2018. The purpose of her presentation was to discuss the signs and symptoms for heart disease, preventive measures, and lifestyle factors associated with improved heart health, especially among the elderly who have respiratory illness.

Are you looking for an Internship, Fellowship, Job, Conference, or Professional Development and much more? You will find that on Facebook.



Don't forget to like us on Facebook!



<https://www.facebook.com/CSUSB.HSCI/>



## 2017-2018 ACADEMIC YEAR

### FEATURED KARINA CORRAL PRESENTATION AT THE AMERICAN HEART AND STROKE ASSOCIATION WOMENS MINISTRY AND AARP



Karina Corral co-presented with Dr. Becerra at two American Heart and Stroke Association sponsored events in May 2018. The purpose of the presentations were to discuss preventative measures on heart disease and stroke and lifestyle changes to improve health outcomes.

#### PARTICIPANT COMMENTS

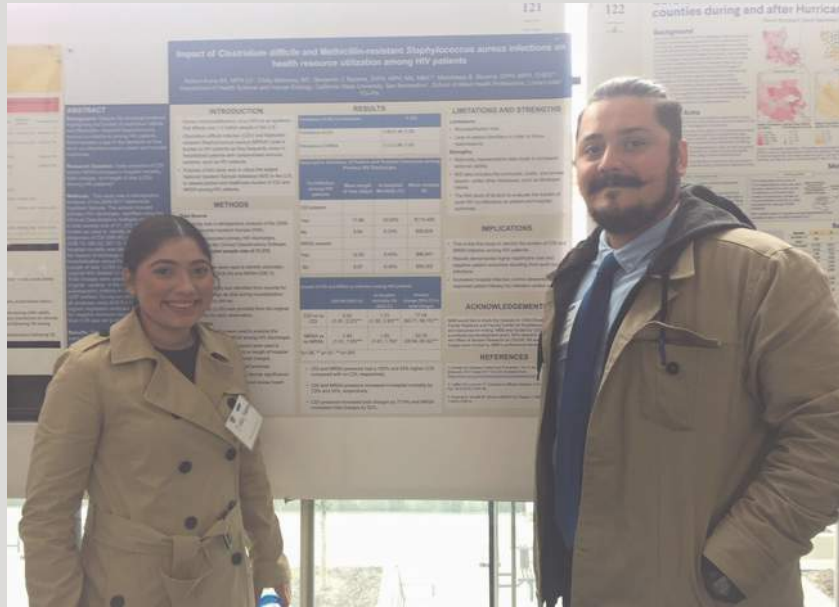
"It was a great presentation! Received many positive comments on your engaging manner!" -E. Joseph, Participant at American Heart and Stroke Association presentation on Heart Health for Women, May 19, 2018





# 2017-2018 ACADEMIC YEAR

## PRESENTATION AT THE NEW ENGLAND SYMPOSIUM 2018



The New England Science Symposium gives an opportunity for students in college (particularly for African-American, Hispanic/Latino and American Indian/Alaska Native individuals) to share their health-related research through oral or poster presentations.

Cindy Mahoney and Robert Avina had the excellent opportunity to present their research poster on patient and healthcare burden of CDI and MRSA among HIV patients.



2017-2018 ACADEMIC YEAR

## PRESENTATION AT THE PACIFIC AIDS EDUCATIONS TRAINING 2018



The Pacific AIDS Education and Training Center (PAETC) is a member of a national AIDS Education and Training Center network of 8 regional and three national centers. Robert Avina and Co-Author Karina Corral had the opportunity to present their research project among many public health professionals. Their research examined the outcome of Co-Infections among HIV patients among the NIS sample database. As such their hard work paid off they won the best poster award too. Congratulations!



2017-2018 ACADEMIC YEAR

**FEATURED PRESENTATION  
OF THE AMERICAN HEART/ STROKE  
ASSOCIATION 2018**



The American Heart Association is an organization dedicated to fighting heart disease and stroke. Carolina Gabaldon had the opportunity to present on keeping your heart healthy to The City of Riverside employees. Dr. Lap Le was presented with the opportunity to talk about the benefits of a plant-based diet for the prevention of hypertension to The City of Riverside employees.

# 2017-2018 ACADEMIC YEAR

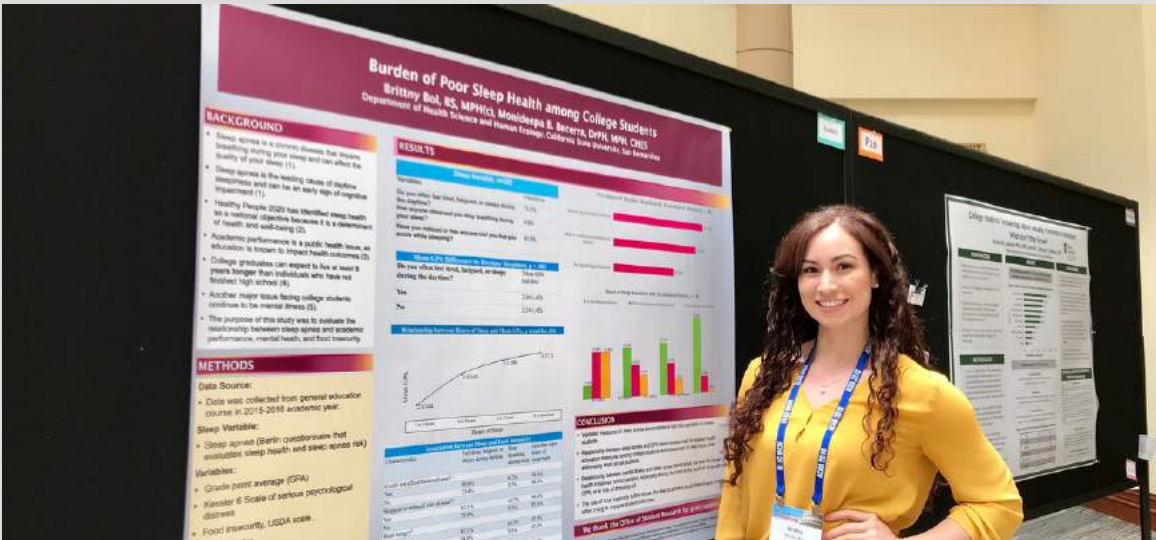
## FEATURED- MARWA MOHAMED POSTER PRESENTATION AT THE LILLY CONFERENCE



Marwa Mohamed: Co-author on poster presentation with Dr. Becerra and Prof. Onley on CEPH-accreditation standards and course-redesign at the Lilly Conference, Anaheim, CA .



## FEATURED-BRITTNY BOL POSTER PRESENTATION AT THE ACHA CONFERENCE



Brittney Bol: Poster presentation at American College Health Association Annual Conference on the negative impact of poor sleep health among college students.

# 2017-2018 ACADEMIC YEAR

## FEATURED-SCAG PRESENTATION AND BEST POSTER AWARD 2018



SCAG is a planning organization, representing six counties. SCAG handles multiple planning and policy initiatives to encourage a more sustainable Southern California now and in the future. Carolina Gabaldon, Carolina De Leon, Maylen Jackson, Caress Baltimore and Kanale Rodrigues were competitively selected to compete for the sustainability planning poster at the regional SCAG conference in Palm Desert, California. After presenting their poster the next day during the plenary the student winners were announced and their poster was selected as the winner with a monetary prize of \$1,000. Congratulations everyone!



## 2017-2018 ACADEMIC YEAR

### FEATURED-DOLORES MANCHA POSTER PRESENTATION 2018



Dolores Mancha presented Friday, June 1st at the National American College Health Association, Annual Meeting. Her presentation was on Stress Management. Using Stress Management to Enhance Learning and Moderate "Post-Conference Letdown"

### FEATURED KARINA CORRAL- CALIFORNIA ENDOWMENT SCHOLARSHIP 2017



The mission of the Latino Caucus for Public Health (LCPH) is to advocate for healthcare access and health promotion of the Latino community, both within and outside the American Public Health Association (APHA). Through funding of the California Endowment LCPH awards scholarships to undergraduate and graduate students enrolled in a California University. Karina Corral had the awesome opportunity to be awarded one of the few scholarships.

## 2017-2018 ACADEMIC YEAR

### FEATURED CAROLINA GABALDON CSU TRUSTEE AWARD 2017

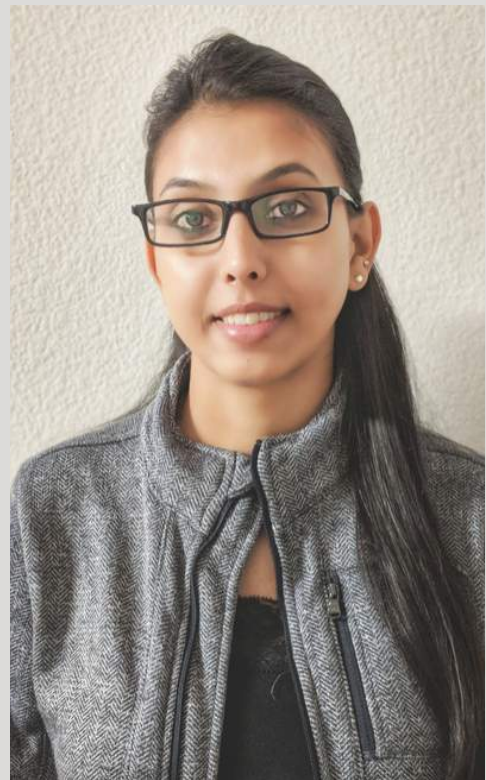


For the first time in a long time a Health Science and Ecology student won the CSU Trustee Award. This is CSUSB highest recognition of success and is only given to students who demonstrate excellent academic performance, personal accomplishments, community service and financial need. Carolina is a well-deserved recipient of this award as she has faced many challenges throughout her life that could of completely deter her from achieving her academic goals.

Congratulations!

### FEATURED SHIKHA KAKKAR GRADUATE EQUITY FELLOWSHIP AWARD

"I am honored to receive the Graduate Equity Fellowship award of \$1000 for the 2018-2019 academic year. The fellowship will support and boost my confidence for completing my master's degree in public health at CSUSB and will also keep me motivated to pursue further for the doctorate degree. It motivates me to focus more on my current schoolwork and future endeavors. I take this opportunity to thanks CSUSB and Public health program for awarding this fellowship."



# 2017-2018 ACADEMIC YEAR

## FEATURED- PUBLIC HEALTH BEST UNDERGRADUATE STUDENT AWARD



### MARTIN IBARRA

**Dr. Verissimo says** " Martin Ibarra has been a wonderful student to work with. He makes strong contributions in the classroom and is a solid researcher. I know he will continue to excel in graduate school. I look forward to seeing what his future contributions will be to the communities he is passionate about serving including the Latinx community and first-generation college students."

### BIOGRAPHY

I am a proud first generation immigrant and college student, and I am beyond excited to say that I will be graduating this June. After 5 long years, I will be receiving a Bachelor's degree in Public Health Education, a minor in Chicano(a)/Latino(a) Studies, and a certificate in Health Equity and Health Disparities.

Throughout my time as a student in the Health Science department, I have gained many valuable experiences. Such as, being able to do research over the summer with Dr. Verissimo and three other students and then presenting our findings in the annual symposium, Meeting of the Minds. I was also able to attend the annual 3-day Sacramento Trip with Dr. Henley other students where I got to network and learn more about the field of health policy.

Additionally, I got to do my internship in the Corona-Norco school district and work in their Tobacco Use, Prevention and Education program.

Furthermore, I am currently an intern with Planned Parenthood of the Pacific Southwest. For over a year now, I have worked in their Community Engagement Department and I get to put into practice everything I have learned as a Public Health student.

After graduation, I will be attending San Diego State, where I was recently accepted into their MPH in Health Promotion and Behavioral Science /MA in Latin American Studies dual degree program. My long term goal is to eventually obtain my PhD in Global Health and work with the Immigrant and Latinx community.



# 2017-2018 ACADEMIC YEAR

## FEATURED- MAYLEN JACKSON BEST GRADUATE STUDENT OF THE YEAR FOR THE COLLEGE OF NATURAL SCIENCE



Dr. Salome Mshigeni-

"Maylen is a very dedicated and disciplined student. She has a strong desire in continuing with graduate school education. She has and continues to touch the lives of many here on our campus community as an inspirational mother and student."

Professor Amber Onley-

"Maylen is very easy to work with, a quick-learner and a hard working student."

Dr. Angie Verissimo-

"Maylen Jackson has been an exemplary undergraduate and graduate student. She is a joy to have in the classroom, is an incredible public health professional, and an inspiration to all that have the pleasure of knowing her."

## BIOGRAPHY

Hello everyone I am a second-year MPH student. Very excited to be graduating this June 2018. During these last two years, I have been working very hard preparing myself and learning many public health skills to use in the community at large after graduation. During the MPH program, I had the opportunity to intern at The American Lung Association where I learned so many useful skills. Interning there provided me with important steps to advocate for health issues in our local communities. As a graduate accreditation coordinator, I was given the opportunity to engage students through social media to provide them with resources for internships, fellowships, job posting, webinar's and other important public health issues.

During National Public Health Week, I was given the task of organizing, developing, implementing the 1 billion step challenge. Currently, I am an intern with the Latino Caucus for Public Health working on projects in preparation for the November 2018 APHA conference. After graduation, I plan to gain some more experience in a wide area of health issues affecting the Latinx community in the Inland Empire. I am also very honored and proud to have been nominated the Outstanding Graduate Student of the department and the College of Natural Science.



## FEATURED- BRITTNY BOL PEER AWARD



Being a first-generation student, graduating from a four-year university has been one of my biggest accomplishments thus far. It wasn't until my professors encouraged me to pursue a master's degree that I began to believe in myself and push myself even further. Having them behind me and pushing me towards a new goal made me confident in my skills and abilities as a student. I have been able to travel and present my research because of their support and encouragement. I am currently considering pursuing my PhD, and my ultimate goal is to become a director program or open my own non-profit. What I like about CSUSB's MPH program is that it has a multidisciplinary approach to public health and it prepares students to become a well-rounded individual for the job market. I have learned that what you put into this program is what you get out of it. As for a recommendation that I have for improvement, I suggest that this program included a leadership development class; a class to teach students about their own leadership style and how to help others develop their skills. I have found the MPH content to be valuable in my workplace, and I look forward to the classes we are taking next year and using those skills as well.



## FEATURED- NIANI COKER PEER AWARD



Hi, my name is Niani Coker and I am a current MPH student graduating in Spring of 2019. Upon graduating I am open to the wide array of jobs available in the public health field. A few job titles that have recently piqued my interest are Community Health Educator and Community Benefit Health Manager. My love of interacting with my local community and public speaking would make either a great fit! The MPH program is a collaborative program that prepares students to perform leadership roles in the public health field. The main selling point of CSUSB's MPH program is the wonderful hands on faculty. The nature of this program makes it easy to interact with and be mentored by a brilliantly diverse group of faculty experts. The majority of faculty members hold an active position in the field allowing them to bring current, practical, real world knowledge and advice into the classroom. I recommend the program incorporate professional mixers for students to network with people in their perspective careers. The MPH program content has been very helpful in my current internship with Kaiser of Riverside. Learning program planning, implementation and assessment directly correlates to my internship duties now.

# 2017-2018 ACADEMIC YEAR

## FEATURING ERICH BONILLA PEER AWARD



Hello, my name is Erich and I am coming to the end of my 1st year as an MPH student. I am currently working as an EMT in Riverside County and hoping to use my education to transition into a position where I can help improve the health outcomes of whole communities.

The biggest strength of the MPH program is that it teaches us how to work in groups, even if there is differing opinions of the subject or methodology to complete the assignment. Learning to develop relationships and then cultivating them to accomplish a common goal has allowed many of the MPH students to succeed.

The one item I would like to see improved is the integration of current event topics into the lesson plans. This assist us in understanding how modern-day problems can be addressed using the theories and approaches we are learning. It would also provide a forum where debate could be encouraged so the MPH students to exchange ideas and point of views.

The content in the MPH course has been valuable in my current workplace in that it allows me to better understand the policies that are in place with regard to patient care.



## FEATURED PEER AWARD

### Abigail Lopez



Hi, my name is Abigail Lopez, a second year MPH student. After graduation this June 2018, I plan to advance my career and gain more experience in mental health working with adolescents and or low-income populations. Ultimately, my long-term goals include working with programs, community partners, and the general community to address mental health issues. I am so proud to have been part of the MPH program at California State University, San Bernardino (CSUSB). The department has an extremely supportive staff and has so much opportunity for professional advancement, which are two of the many strengths of the program. I currently work full-time at the Services to Students with Disabilities (SSD) Office at CSUSB. The SSD office provides accommodation services to students with various disabilities (i.e. physical, psychological, cognitive, and learning) to allow equal opportunity for academic success. I've found that many key concepts discussed in the MPH program such as health literacy and health communication have been valuable at work.

## FEATURED PEER AWARD LOREN LANDEROS



My life has been molded by many experiences both positive and negative. My educational career started in 2013, when I decided to return to school to finish my education. Going back to school as a non-traditional student was nothing short of difficult; however, I was tenacious and wanted my children to have a positive role model in their life. Through hard work and perseverance, I was able to achieve my Bachelor of Science degree, my RDN license and now I will be receiving my MPH. The MPH program is compacted with a sundry of courses that enhance an individual's interpretation of various practices that can be applied in the workforce. A key feature of the MPH program is each module is structured to build on the previous course, which aids in fostering a student's competencies to a much grander level. My recommendation is while following the accreditation guidelines, possibly working with the community of MPH students both past and future to determine the curricula they would like to have as part of the program. Overall, the education I have received from the MPH program is extremely valuable and has developed my skills in courses such as biostatistics, epidemiology, and Cross-Cultural Aspects of Health and has been influential in the direction of my career.



# 2017-2018 ACADEMIC YEAR

## FEATURED MELISSA ACUNA SERVICE COMMITTEE- PROJECT



### Melissa speaks about her project:

As part of the service committee, our goal was to provide students with opportunities for networking and professional development.

This included fellowships, internships, and volunteer opportunities. For this particular project, the objective was to create a quick fact sheet students could reference to help them get started in their searches. The four main components include: Tips when searching, useful sites and resources, important skills to have, and Do's and Don'ts. To ensure the highest quality of information was given, the flyer was created in conjunction with a Career Center counselor.

To the left you will be able to see a part of her project.

For additional internship assistance, speak with your faculty, or make an appointment with the Career Center in UH-329



### NEED AN INTERNSHIP?

HELPFUL TIPS TO LAND YOUR NEXT PUBLIC HEALTH INTERNSHIP

<b>When Searching:</b> <ul style="list-style-type: none"><li>-Identify your career interests</li><li>-Make sure your resume/CV is updated</li><li>-Utilize your network. This includes professors, peers, family members, former employers, school counselors, etc.</li><li>-Use field specific language when searching</li><li>-Identify opportunities that will contribute to your professional growth and overall experience</li></ul>	<b>Useful Sites/Resources</b> <ul style="list-style-type: none"><li>-CSUSB Handshake</li><li>-Indeed</li><li>-LinkedIn</li><li>-USA Jobs</li><li>-American Public Health Association</li><li>-COPE Health Scholars</li><li>-CSUSB Career Center</li><li>-Attend career, internship, and any professional development fairs</li></ul>
<b>Important Skills to Have</b> <p>Focus on NACE Core Competencies for Career Readiness:</p> <ul style="list-style-type: none"><li>-Critical Thinking/Problem Solving</li><li>-Oral/Written Communication</li><li>-Teamwork/Collaboration</li><li>-Digital Technology</li><li>-Leadership</li></ul>	<b>Do's and Don'ts</b> <p><b>Do:</b></p> <ul style="list-style-type: none"><li>-Have someone review your resume/cover letter/letter of interest</li><li>-Reach out to companies and organizations of interest</li><li>-Apply to multiple internships</li></ul> <p><b>Don't:</b></p>

**FEATURING BRANDON IGNATOWSKI FOR  
COMPLETION OF CERTIFICATIONS**



We want to congratulate Brandon Ignatowski on his completion of 7 certificates while in the MPH program. A certificate in global health in antimicrobial resistance part 1 and 2, course on improving health care quality, another on blood-borne pathogen and a couple more.





2017-2018 ACADEMIC YEAR

## Featuring Students Acceptance to Doctorate Program 2018

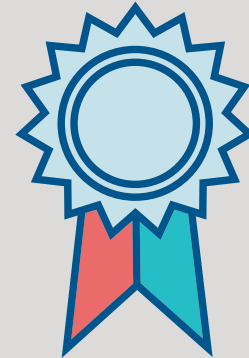


The Loma Linda University School of Public Health prepares its students for a fulfilling public health career. Therefore, they accept passionate individuals into their programs that seek to make a difference across our nation. During this year's acceptance period Robert Avina, Connie Marmolejo, and Brandon Ignatowski were accepted into the Loma Linda Public School doctorate programs in April 2018.

Congratulations!

# 2017-2018 ACADEMIC YEAR

## FEATURED EVANGEL SARWAR- MC ANULTY DISSERTATION AWARD



The McAnulty Dissertation Fellowship award is a competitive award for Doctoral students who have an approved dissertation proposal and are in the early stages of work on the dissertation may be eligible for the dissertation fellowship. Priority is given to students who have a particularly strong overall record in the areas of teaching, scholarship, and service; who have made sustained progress through the Ph.D. program; and who have demonstrated a commitment to Duquesne University's mission of Education for the Heart, Mind, and Soul. As such Evangel Sarwar participated in this competitive award selection and was chosen to receive this award. Congratulations!



# 2017-2018 ACADEMIC YEAR

## FEATURING PRESENTATIONS, CERTIFICATES AND AWARDS

Certificate of Achievement  
for Professional Speaking  
Engagement

Brittney Bol  
Carolina Gabaldon  
Karina Corral  
Carolina De Leon  
Kanale Rodrigues  
Maylen Jackson

Certificate of Recognition for  
Service To Profession.

Abigail Lopez  
Anthony Olivar  
Caress Baltimore

Certificate of Recognition for Service  
to The Health Science Department

Melissa Acuna

Certificate of Achievement for  
Service Research Presentation

Brittney Bol  
Cindy Mahoney  
Dolores Mancha  
Robert Avina  
Karina Corral  
Marwa Mohamed



# 2017-2018 ACADEMIC YEAR

## NATIONAL PUBLIC HEALTH WEEK AND 1 BILLION STEP CHALLENGE 2018 !



Once a year during the first week in April the American Public Health Association (APHA) brings together public health professionals, organizations, and communities to observe National Public Health Week.

This year we decide to join the 1 billion step challenge APHA organized. To make it a bit competitive for our two MPH cohorts, we decided to compete against each other.

Final Winners for the Cohort of 2018 were:  
Carolina Gabaldon and Melissa Acuna!

Final Winner for the Cohort of 2019 were:  
Dolores Mancha and Erich Bonilla!

Congratulations to all winners!

The Certified Health Education Specialist (CHES®) examination is a competency-based tool used to measure possession, application and interpretation of knowledge in the Seven Areas of Responsibility for Health Education Specialists.

For more information visit:  
<https://www.nchec.org/ches>



2017-2018 ACADEMIC YEAR

## FEATURING PUBLIC HEALTH ACTIVITIES- RED NOSE DAY



Red nose day is a global fundraising campaign with the goal of combating childhood poverty. Many celebrities join in effort to create awareness and donate for this cause. All donations go to partner charities that support the welfare of children in our nation.

Professor Hernandez Health Science 471 class wore their red noses in support of this campaign.



Want to be involved in events, projects,  
professional development?

Join Eta Sigma Gamma

For more information Contact Advisor

Dr. Nicole Henley

[nicole.henley@csusb.edu](mailto:nicole.henley@csusb.edu)