

Fall'16 & Winter'17

PUBLIC HEALTH NEWSLETTER

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Welcome

Welcome to the Department of Health Science and Human Ecology's Public Health Newsletter, Fall 2016 and Winter 2017.

Our goal is to feature current and past public health students to celebrate their accomplishments, as well as highlight several public health-related events!

This Newsletter we also feature **Public Health in Action**, which provides a snapshot of the various public health-related activities our students are involved in!

We are proud of our students and are excited to have you all as part of the Public Health family at CSUSB!

We are also getting ready for **National Public Health Week!** Interested in learning more or participating in events? Contact Dr. M. Becerra (mbecerra@csusb.edu) or Prof. Amber Olney (aolney@csusb.edu) to get involved, share ideas, and be an active member of Public Health!

**THIS IS PUBLIC
HEALTH**

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Applying to the Master of Public Health Program?

Apply to the University through CSU Mentor.

Apply to the Department through health.csusb.edu/MPH

Upload resume, statement of purpose, writing sample, and emails of three references.

NO GRE REQUIRED!

Deadline: May 15, 2017 end of day

Some content on this newsletter have been edited for clarity and space. For questions, comments, or interest in being featured, or about the MPH program application process, please contact Dr. M. Becerra, newsletter coordinator, for details: mbecerra@csusb.edu



Featured Faculty Professor Amber Olney

Professor Olney is an Adjunct Faculty, Assessment Coordinator, and Accreditation Co-Coordinator.

I graduated from CSUSB in 2007 with my BS in Health Science, concentration in communication health education and promotion with **University honors**. I completed a research project with Dr. Kim Clark, which allowed me to also graduate with **Departmental honors**. I also received the Health Science and Human Ecology's **outstanding student award**. Soon after graduation and for the following **10 years I worked as a health educator at various community-based and government organizations**. My main focus' of prevention education include reproductive health, vector control and food safety.

I created health education programs, served as the **STD Community intervention program coordinator** for San Bernardino County, which included STD education capacity building program for youth-serving agencies. I also **developed and managed a reproductive health peer-to-peer health education program**, created and provided prevention education materials and presentations to various at-risk populations, co-ran collaborative meeting with community agencies, and served as a preceptor for CSUSB interns.

I currently work as a Lecturer in the Health Science (HSCI) department and teach various courses for the Public health education undergraduate degree. My other work projects include being the HSCI Assessment and Accreditation co-coordinator. HSCI Accreditation Co-Coordinator activities include co-authoring the self-study documents and coordinating professional development workshops for the community.

HSCI Assessment Coordinator activities include working with department program coordinators to develop assessment plans in accordance with each program's accrediting agencies guidelines. Providing student learning outcome (SLO) requirements to faculty to assess and, if needed, providing guidance to faculty on writing assessment report findings. Collect and analyze completed SLO data, enter into a database and analyze data to write the end of year Assessment report for the college.

I just accepted a position to be the College of Natural Sciences Assessment coordinator, which includes a similar scope of work but includes all programs within the College of Natural Sciences. I also serve as a preceptor for MPH students and provide guidance with their health education program plans in accordance with CEPH guidelines.

I create surveys using Qualtrics and analyze data collected from the surveys for the CEPH self-study reports. I have located d Ph.D. program in L.A. that sounds very interesting to me, but I am trying to figure out how to juggle the various facets of my life!



Featured BS, Health Science, Public Health Education Student: **Amanda Jackson**

The month I spent in Fulda Germany was nothing short of amazing. I met a number of new friends from all over the world, most of whom with very different backgrounds. One of the classes I participated in was International Health Aspects of Stress Management taught by Dr. Coleman. This class was highly relatable to public health education because it focused on stress in our daily lives. Numerous tips and suggestions were given in order to reduce and manage a healthy stress level. By studying and practicing these suggestions, I was able to manage my stress while in Germany, as well as since I have been home. This class not only helped me on a personal level, but it has also given me a foundation in order to help others in my life and in the

community who need assistance with stress management. My short-term career goals are to graduate from the CSUSB PHE program, and to gain acceptance into an occupational therapy graduate program. As for my long-term career goal, I want to obtain a Master's Degree and become an Occupational Therapist. I would love the opportunity to work with the elderly in either the clinical or home health setting. Beyond that, I cannot say. Perhaps I will continue my education and earn a PhD in occupational therapy. At that point, I would be able to teach at the university level.



The PHE program has more than prepared me for this endeavor. I feel that I have put in countless hours of time and dedication in order to succeed. I know that obtaining my Master's degree will be even more intense than my Bachelor's degree, and I feel that the PHE program has helped to transform me into the dedicated student that I am. One of the major strengths of the PHE program is the diversity of the offered courses. I think it is wonderful that in any given quarter a student can take a class on drug addiction, health policy and law, and or teaching methods in the public health field. All of these classes give the student a broad understanding of the public health field, yet they are similar enough to build upon each other.

Ms. Jackson was nominated by Dr. Coleman. Here's what she had to say about his valuable mentorship:

I took my first two classes in with Dr. Coleman during the fall 2015 quarter. I quickly found him to be a motivating instructor who got me to look at things from a different perspective. I can remember a challenging group project during one of his classes. He told me that it was a life lesson and that I was preparing myself for working in the field, because I would always encounter problems. His advice, combined with looking at things from a different perspective than I am used to, have helped me through countless projects, papers, and challenging situations at work. When I feel overwhelmed, I have learned to take a step back and think about how the problem I am facing fits into the bigger picture. I have found that a simple evaluation of the problem allows me to decide how it will affect me. As I come closer to applying to graduate programs, I have kept these concepts in mind. I truly feel that I will use these tools during the next chapter in my life. I feel very fortunate to have had Dr. Coleman as a professor and mentor.

Featured Master of Public Health Student: Caress Baltimore



I am a United States Air Force Veteran currently pursuing a Master's Degree in Public Health (MPH) with expected completion in June 2018. Upon graduation, I hope to continue educational pursuits as a medical student in order to one day become a physician. Having witnessed first-hand the holistic and educational approach to patient care provided by physicians with MD/MPH backgrounds, I aim to provide a broadened approach to patient care utilizing an MPH degree. I graduated Cum Laude from Hawai'i Pacific University with a Bachelor of Science Degree in Biology-Human Health Sciences in May 2014, and also hold a Bachelor of Science Degree in Criminal Justice obtained from the University of Maryland University College in May 2011. Currently, I am employed as a contractor with the Department of Defense and provide Army soldiers with simulated intelligence training. During spare time, I volunteer as a medical scribe at a local Obstetrics-Gynecology (OB-GYN) clinic.

Ms. Baltimore was nominated by her MPH cohort.

Check out Ms. Baltimore's MPH portfolio here: <http://caressbaltimore.weebly.com>

Want to be featured in the next Public Health Newsletter?

There are several ways:

1. Ask a faculty to nominate you.
2. Get nominated by your cohort.
3. Send a short description of your involvement in public health-related activities to Dr. Becerra.

Check out details on our Facebook page.

Featured Master of Public Health Student: Shadia Adham



I have a bachelor's degree in health and wellness. I chose this program due to my passion for public health and the passion to change our communities toward better and healthier communities. This program offered all the classes, expertise, and resources I need to further my education and knowledge.

So far, this program has motivated me and erased all doubts I had prior to attending this program. It made me see the positive impact I can make to my community and my environment. It also made me feel welcomed, part of a strong and professional cohort. The program itself offers many resources, help, guides, and extremely well knowledge and well-educated professors. The only thing I

would change in this program, since its public health based program, would have a healthier option for food during seminars or meetings.

I have been through many devastating tragedies in life. Every time I fall, I get back and start my journey all over again just to fall back again. I know life is full of struggle, battles, and challenges. However, I do believe it's up to us to fight the battle in order to fight for what we believe in and for the right cause. I fight for a healthier community and a healthier overall environment. I want to help others and I use my love for physical activities and running toward spreading awareness and raising funds. I run marathons domestically and internationally to make sure my passion continues to motivate others and give hopes for others who are suffering every day. I'm very motivated and have the skills to motivate, help, implement, and execute plans to help others and help them in overcoming their health and physical struggles.

Ms. Adham was nominated by her MPH cohort.

Considering the MPH program?

1. Apply to the University through CSU Mentor
2. Apply to the Department through health.csusb.edu/mph

Details provided on the website. Deadline: May 15, 2017

Meet our Public Health Workforce Development Intern: **Kaitlin Brehaut**



My name is Kaitlin Brehaut and I currently hold a Bachelor's degree from CSUSB in Health Science with a concentration in Health Care Management, and have changed the focus for my Master's degree to support my boundless passion for impacting health literacies. I chose the MPH program because of my desire to implement public health programs. I would love to emphasize on the college student population due to their ever-changing minds and behavior.

This program provides me with the tools and knowledge I need to pursue my goals. This program has given me the opportunity to intern within the Health Science Department with Dr. Monideepa B. Becerra and Professor Amber Olney to collaborate on projects, research, and leadership opportunities. A scope of improvement for the program would be to create more opportunities to work closely with outside health partners.

To my cohort- thank you for inspiring me to be a better student with each and every class and remember: the one who falls and gets up is so much stronger than the one who never fell.

Check out Ms. Brehaut's MPH portfolio here: <http://kaitlinbrehaut.weebly.com/>

Want to be a public health workforce development intern?

1. Send your resume to Dr. M. Becerra (mbecera@csusb.edu) **and** Prof. A. Olney (aolney@csusb.edu) expressing your interest.
2. You will be interviewed for the position, if needed.

Featured Event: MPH Student at Research Competition

Connie Marmolejo, MPH second year student, presented her research findings on mental health and sleep disorder among college students at the 31st Annual CSUSB Student Research Competition, on February 24th, 2017. Several MPH students attended the conference in support of Ms. Marmolejo's presentation.

Her study results showed that nearly 76% of student participants reported feeling tired, fatigued, and sleepy during daytime and 88% reported less than 8 hours of sleep. She also found that 17% of students reported serious psychological distress and the two were significantly related to each other; highlighting a growing burden among college students.



Featured Event: Graduate Student Panel

My name is Alexa Reyes I am a MPH student at CSUSB. January 2017 I had the honor in representing CSUSB's graduates in the Graduate Student Panel. It was surely an astonishing experience. As a panelist I was able to share some of the barriers graduate students face on campus, such as little to no access to food, library services, and Health Center services, especially related to hours of operation since several graduate programs are late night classes only. Another barrier we face is not having flexibility on the times and day's classes are offered each quarter. We hope that our concerns were heard and that our campus leaders can assist us in improving our education as well as granting us access to services that are crucial in helping create future leaders (Alexa Reyes is second from the left in the picture).



Featured Event: Public Service Announcement Competition

In Fall 2016, HSCI 611 (Public Health System Organization and Delivery) utilized service-learning pedagogy. Dr. Becerra, in collaboration with the student health center, identified the need for public service announcement (PSA) topics for the CSUSB campus. As part of the course, students created PSAs that were then evaluated by the student health center. Only winning PSAs received an A for the assignment. The competition was well received by the department, with sample student feedback noted below:

"I learned how to make information short and to the point to get my message across."

"The process taught me to be very concise."

"The essence of competition made us...push ourselves to make a better PSA."

And the winners are!

First place. Daniel Loli, Emir Merzeci, Nooshin Naim, Sarah Patterson, Bill Van Dyke

Food safety: <https://www.youtube.com/watch?v=SgldxJ8n2-l>

Second place. Melissa Acuna, Brailyn Bray, Carolina Gabaldon, Abigail Lopez

College stress: <https://www.youtube.com/watch?v=cH4mMfTRFS8>

Third place. Robert Avina, Brandon Ignatowski, Kanale Rodriguez, Anthony Olivar

Prescription drug abuse: <https://www.youtube.com/watch?v=bboqWzlyujQ>



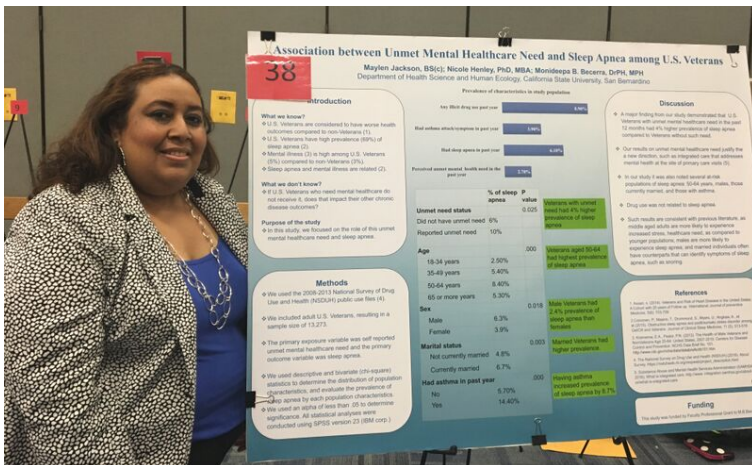
Featured Event: Run Like A Mother 5K Run/Walk

The First Annual CSUSB Run Like A Mother 5K Run/Walk took place on Saturday, November 5th 2016. Nearly 200 attendees, including CSUSB students and faculty along with community members, came together to volunteer and participate in this important event. Over \$1,500 was raised for Time for Change Foundation and Soul Food For Your Baby, two incredible non-profit community organizations working towards improving the lives of mothers. Nearly 150 participants ran or walked 5 kilometers of our beautiful campus in honor of the incredible work these organizations do. This is public health in action! Our Health Science students from Eta Sigma Gamma and HSCI 404: Women's Health Issues did an excellent job planning and implementing this event alongside Dr. Nicole Henley and Dr. Angie Verissimo, who both served as the faculty coordinators.



Public Health in Action: Students Making an Impact

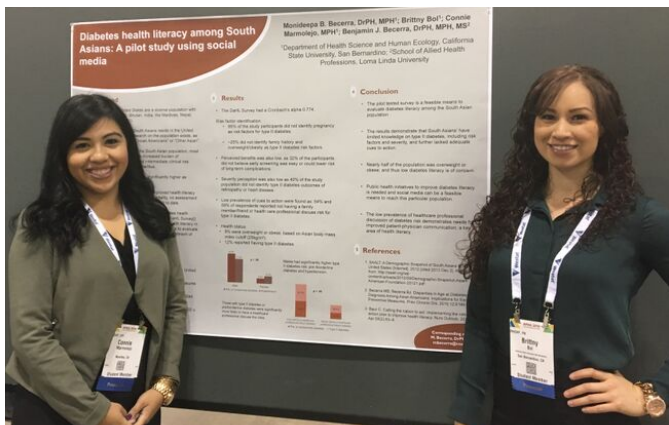
Sleep Apnea among Veterans



Maylen Jackson, a current MPH student and graduate of the BS, Health Science, Public Health Education major from CSUSB, recently published a peer-reviewed article on the burden of sleep apnea among U.S. male veterans. Ms. Jackson served as the primary author of the paper, with Dr. M. Becerra as the principal investigator/faculty supervisor. Co-authors included other MPH students, including Connie Marmolejo, Robert Avina, Health Science and Human Ecology faculty Dr. N. Henley, and research collaborator from

Loma Linda University, Dr. B. Becerra. Ms. Jackson began this study as part of her honors project during her undergraduate program and continued to complete the data analysis during early MPH program. The article will be published in *Preventing Chronic Disease*, a peer-reviewed journal by the Centers for Disease Control and Prevention.

American Public Health Association (APHA) Presentation



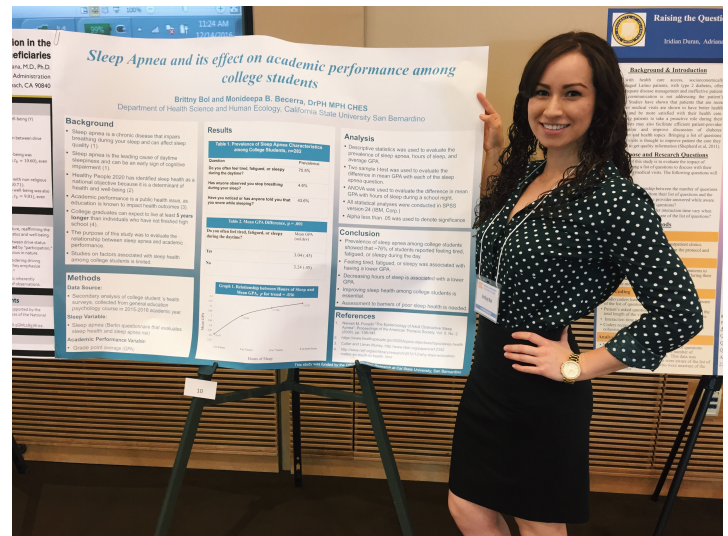
Connie Marmolejo

Brittany Bol

Brittany Bol and Connie Marmolejo presented at American Public Health Association (APHA) Annual Conference, Denver, Colorado, November 2016. Ms. Bol was the primary author and presenter on understanding the diabetes literacy among South Asians, with Dr. M. Becerra as the principal investigator/faculty supervisor. The study results show low diabetes knowledge among South Asians in the U.S., potentially indicative of the reasons for high rates among the population.

Southern California Public Health Association (SCPHA) Presentation

Brittany Bol attended Southern California Public Health Association Conference in 2016 to present her findings on the relationship between sleep behavior and grade point average (GPA) of college students recruited from CSUSB. Her results showed that average GPA significantly lower among those who reported daytime sleepiness and sleeping less than 8 hours or less. Ms. Bol is planning on pursuing her Master of Public Health and continue her research aimed at address health concerns of college students.



American Public Health Association, Latino Caucus for Public Health Representation



Robert Avina, current MPH student and HSCI 120 Teaching Associate, was competitively elected in 2017 as the Communications Chair for American Public Health Association's Latino Caucus for Public Health. As the Chair, he is responsible for communication between the Caucus, membership, community partners, and stakeholders in order to ensure compliance with Caucus activities, coordinate board and committees, in addition to use social media platforms to disseminate Caucus information. Thanks to Mr. Avina's work, the MPH program and the department has a strong representation at the largest public health organization in the US.

Find out more about Latino Caucus for Public Health at:

<http://latinocaucus-apha.org>

<https://www.apha.org/apha-communities/caucuses/latino-caucus>