

AHS Pulse

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Master of Public Health Program Ranked 11th in Nation

The Master of Public Health program (MPH) at IUB was developed by the Department of Applied Health Science over 30 years ago and is currently the only accredited MPH program in the state of Indiana. According to Dr. Nancy Ellis, the MPH program coordinator, "The curriculum meets the objectives required for accreditation by the Council for Education in Public Health (CEPH), the standards set by the Society of Public Health Educators (SOPHE), and the American Association of Health Education (AAHE). It is designed to provide the knowledge, skills, and practice necessary to address the contemporary health needs of the community at large."

A recent article in the *US News & World Report* ranked our MPH program as 11th in the nation in community health. This ranking was based on surveys sent to deans, faculty, and administrators of accredited graduate programs. Respondents were asked to rate the academic quality of the programs based on their own assessment of the curriculum, faculty, and graduates.

Dr. Mohammad Torabi, Chair of Applied Health Science, was not surprised to learn of

the MPH ranking. He said, "We always felt we should be among the top ten in the country. This ranking affirms the excellent program we have been offering." Dr. Ellis added, "I was very pleased and proud of my fellow colleagues, our staff, and our students. Our faculty are committed teachers and scholars; our staff work endlessly behind the scenes, and our students exemplify quality and determination."

The graduates of the MPH program have numerous job opportunities available to them upon graduation. "We have almost 100% placement and our students are hired by federal, state, and local health agencies as well as in the private sector, hospitals, pharmaceutical companies, insurance groups, major universities, and voluntary health organizations," says Dr. Torabi. Recent graduates are working at the Centers for Disease Control, the Georgia Tech University Health and Wellness Program, the National Cancer Institute, the March of Dimes, and at various state health departments. For further information on the MPH program at IUB, please contact the Department of Applied Health Science at 855-3627.

Written by: Sheila Petty and Courtney Stuhley

New Brochures Available



The Department of Applied Health Science has a whole array of new brochures available for prospective students. Potential graduate students now receive an 8-page, full color "viewbook", which features our students, our faculty, our facilities and the beautiful Bloomington campus. Each graduate program has its own brochure with detailed information on the course requirements and program's highlights. For undergraduates who are considering our

programs, there is also a colorful new booklet, with a handout for each individual major. Finally, we have a 4 by 9 pamphlet for general use in health facilities throughout Indiana with a post card which can be returned for more information. All of our new publications feature career and internship information and engaging photos of our students and faculty. Please let us know if you would like to receive any of these publications.

Faculty News

Dr. Michael Reece Joins AHS Faculty

The Department of Applied Health Science is pleased to announce that Dr. Michael Reece will be joining our faculty this coming fall. Dr. Reece is a mountain-biking, trail-running “certified dog freak” who brings to our department expertise in several emerging areas of community health. He is currently a post-doctorate fellow with the W.K. Kellogg Foundation’s Community Health Scholars Program at Johns Hopkins University. There he leads research on the role of community-based services for the homeless and for HIV prevention.

One of his primary interests is community-academic partnerships in health promotion. He has also focused on mental health issues for AIDS patients. Dr. Reece has served as a consultant, an evaluator, a manager and a teacher. Over the past ten years, he has lead initiatives in Arizona (where he managed the state HIV prevention office), at the University of Georgia (where he designed

research on teen smoking and multiculturalism in the curriculum), and at San Diego State University’s Student Health Services (where he coordinated peer health education programs). In addition, he has held leadership positions for many health planning coalitions throughout the southwestern and southeastern US.

Dr. Reece received his bachelor’s degree from the University of Georgia, his Master of Public Health degree from San Diego State University and his Ph. D. from the University of Georgia. Here’s hoping that this past winter in Baltimore was chilly enough to prepare him for whatever crazy winter weather we encounter in the upcoming school year!

This fall he’ll be teaching public health education courses at the undergraduate and graduate level. We welcome you, Dr. Reece, and we look forward to your contributions to our health education program for the new century.

From the Chair

It has been an exciting year for the Department of Applied Health Science. In addition to our doctoral program being ranked number one in the nation, we have recently learned that our Master of Public Health Program in Community Health Education has been ranked number eleven by the U.S. News and World Report. I believe we are the only Department in the country that has both a masters and doctoral program highly ranked. Of course, these accomplishments are due to dedicated faculty and staff and outstanding students and alumni. Our Department continues to enjoys its national leadership through active faculty who continue conducting research and publishing, receiving extramural funding, and providing leadership roles for national and state professional organizations. Also, our student organizations continue to be active.

We have been successful in recruiting top quality faculty who will begin their tenure at Indiana University in the fall of 2001.

On behalf of the Department, I wish to extend my warmest greetings to all.

-Mohammad Torabi



Faculty News

Kathy Gilbert is the proud grandmother of Zachary Shawn Ellerthorpe, who was born on Dec. 2. Zachary is the son of Kathy’s daughter Kim, and her husband Shawn. When she is not knitting, Kathy has been busy producing a book, *Emotional Nature of Qualitative Research*, and the 2000-2001 *The Annual Edition of Marriage and the Family*.

Congratulations to Ron Hall for his longstanding devotion and outstanding work! He was recently honored for his 20 years with IU.

Mohammad Torabi was selected as a “Scholar in Residence” at Ball State University for the spring semester. He will be making several research presentations to faculty, staff, and students.

Greta Claire Stephenson has an office in Poplars which she shares with her mother, Maria Schmidt. Greta now has one tooth and has adopted rolling as a temporary means of transportation until she masters those crawling skills.

Catherine Sherwood has been involved in a number of community initiatives including working with Susan Stone to evaluate the Teen Options program for

preventing teen pregnancy, helping to establish a permanent cancer support group through Bloomington Hospital’s Oncology Unit and training 8 AHS students as Fresh Start facilitators for American Cancer Society’s smoking cessation program.

We also want to congratulate Dr. Dennis Daniels for his new position as Deputy Director of Population/ Personal Health and Clinical Services with the Fulton County Department of Health and Wellness in Georgia. We will miss you Dr. Daniels.

Alumni & Staff News

AHS Club News

Congratulations to the new IU Student Section of the **American Society of Safety Engineers** and its officers Chad Jung, Brad Freeman, Kristi Hurst, Melinda Bricher, Jason Catron, and Ilona Bissmann. Our local chapter was founded on February 5, 2001. Anyone interested in joining should contact Dr. Earl Blair (ehblair) or Chad Jung (cajung). The final meeting of the year will be on April 17 at 8:00 pm.

Eta Sigma Gamma, an honorary society for AHS majors and minors, is holding its initiation on April 22 at 7:00 pm in the Oak Room of the IMU. Congratulations to all the new members for their volunteer service and dedication to the health professions.

New Courses

Men's Health: HPER H317 (4:00-5:15 TR) focuses on the dynamics of male health issues and the patterns of men's health behaviors and risks, the ways that men perceive and use their bodies, and men's psychological experience of health, wellness, and illness.

Complementary and Alternative Approaches to Health: HPER H350 (9:00-9:55 TR plus a discussion) considers the traditional health practices which are used as primary health care by 65-85% of the world's population, such as acupressure, acupuncture, aromatherapy, biomagnetic applications, chiropractics, herbology/botanicals, homeopathy, meditation and naturopathy.

Mechanisms of Nutrient Action in the Body: HPER N317 (9:30-10:45 TR) an advanced study of current topics in nutrition biochemistry, including immune response to food allergens, detoxification and protective functions of nutrients and the relationship between nutrients, and various diseases.

The **Dietetics Club** had a very successful booth at the Health Fair and sponsored a variety of volunteering projects throughout the year. The final meeting will be the election of officers on April 18 at 6:00 pm in the HPER Lounge.

The **IU Student Council on Family Relations (IUSCFR)** helped out at the HPER Career Night and plans to elect officers in the fall.



Gino Martino graduated in May of 2000 with a BS in Occupational Safety. Since graduation he has been working in the Chicago area in safety management. Currently, he is employed by Kajima Construction Services, which is doing a huge project converting the Donnelley Co. Lakeside Press building into the Lakeside Data Center, a "carrier hotel" that will house telecommunication and Internet equipment.

The project is fast paced and demanding with an incredible amount of conduit and electrical work. Gino is the site safety director and they have just won the Jobsite of the Year award from the National Safety Foundation for 275,000 man-hours without a lost-time accident. Just to give you an idea of the scope of this reconstruction, there are nearly 500 workers on various projects in the building and the cost will run about \$200 million. Congratulations Gino on the award and your leadership in construction safety!

Staff News

Kathy Finley, who has been with the Department since 1996 as a student, an instructor, and an administrative secretary will be leaving to take a position as an Environmental Health and Safety Specialist with the University's Department of Environmental Health and Safety. Thank you, Kathy for your strong dedication to our students, our faculty, our staff and to the mission of better health for everyone!

Alumni News

Dr. Hugh Jessop, who is currently the Director of the IU Health Center, received his H.S. D. from our Department in 1985. He came to IU from Miami-Dade Community College South for what was supposed to be a one-year commitment and stayed on to study and eventually lead at IU. Dr. Jessop has spoken at AHS workshops and this year he has graciously agreed to let some of our Public Health Education students do a video project presentation on his career. With Dr. Jessop's commitment to IU, our Department and our School, it is no surprise that he won HPER's John R. Endwright Alumni Service Award.

The W.W. Patty Distinguished Alumni Award is presented by HPER to graduates who have demonstrated outstanding personal and professional achievement. Dr. **G. Daniel Howard** who received his Ph. D. and H.S.D. from our Department in 1976 has served as Dean of Research and Assistant to the President of University of North Alabama. He has also served as Interim Vice President for Advancement, and Dean of Enrollment Management. In September of 1998, he was promoted to Provost, while retaining his title as Vice President for University Advancement. Congratulations Dr. Howard.



From School Bell To Factory Bell— Our Young Teens Are Vulnerable

It's no surprise that the afternoon hours between 3pm and 6pm are the ones in which kids get themselves into trouble. Old adages tell us that our kids need to be active ("Idle hands are the devil's playground") and supervised. However, the research gathered by AHS's Indiana Prevention Resource Center, highlights just how vulnerable our kids are during the late afternoon hours if they are on their own.

-Data from the FBI's National Incident Reporting System confirms that on school days, youth crime increases dramatically at 3:00 pm and that the hours between 3:00 pm and 6:00 pm are when the greatest risk exists for both juvenile crime participation and juvenile victimization.

-Middle school youth left unsupervised after school are 4 times more likely to have gotten drunk in the past month, and 3-5 times more likely to use cigarettes, marijuana and inhalants.

-Other data suggests higher rates of depression, dropping out of school, and teen pregnancies for teens who are unsupervised after school.

-Most of the studies indicate that these data hold true regardless of family structure, sociodemographic status and other risk factors.

In fact, the late afternoon hours are dubbed "critical hours" by many researchers. So, what do we do to safeguard young teens when parents cannot be at home? One answer is after school programs with structured, adult-supervised activities (e.g.

athletics, Boys and Girls Clubs, and YMCA). A major study done in 1995 found that even a few hours per week of adult supervised leisure time after school was associated with a reduction in the use of illegal drugs. Other benefits can include improved academics, new social skills and fewer risk taking activities (especially if some focused prevention activities are included in the program).

We asked our Human Development/Family Studies faculty to comment on the after school hours and to provide some practical ideas and overviews. Here's what they said:

Dr. Kathleen Gilbert: The other side of it is that children in America are overscheduled, which can work against building personal responsibility and creativity in their lives. I believe that children and adolescents need at least some free time and the ability to make their own choices during that time. Of course, parents need to be involved in the development of their child's personal responsibility, and to be aware of their children's need for structure and guidance from early childhood. The ideal is that parents provide consistent and affirming structure for their children, so that the children have the confidence and internal discipline to create their own structure and take on responsibility for themselves.

Dr. Deborah Fravel: It's a misconception to believe that only "bad" children get into difficulty when unsupervised after school. Even a "good" child, when faced with a situation that requires a quick

decision or standing up to peer pressure, can choose a less desirable or dangerous alternative.

Another important point for parents to consider is that age is not an absolute marker of a child's or teen's ability to do anything, or to reason in a certain way. Therefore, parents do well to assess their own specific child's abilities, rather than making decisions concerning after school care, based on age alone.

Dr. Maria Schmidt: The only thing I would add is that children who stay home alone need information and resources to keep themselves safe and a wide network of adults with whom they can find support in time of need.

We hope that these thoughts will generate an ongoing dialogue about our children's needs, and we invite you to send you comments to the editor.

Calendar

Apr. 2-27: Fall Registration via the Web

Apr. 5: HPER Undergraduate Honors Reception 12-1:30 pm University Club

Apr. 6: HPER Graduate Honors Reception 12-1:30 pm University Club

Apr. 18: AHS Recognition Luncheon

May 5: Graduation, 10 am

