

AHS Receives 2002 National Honor Award from Eta Sigma Gamma

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Eta Sigma Gamma, a national health education honorary society, has never given its top honor award to a university department before. Past recipients have been organizations such as the American Cancer Society and the American Lung Association. Thus, the Department of Applied Health Science is especially honored to receive the 2002 National Honor Award "in grateful recognition of outstanding accomplishments in health education." The Executive Board recognized our Department's "contributions to and support of health education and Eta Sigma Gamma through its academic preparation programs, research endeavors and service activities." Our Department has served for more than 10 years as headquarters for *The Health Education Monograph Series* of the society, with Dr. Torabi as the editor.

On April 24, our entire Department celebrated the 2002 Eta Sigma Gamma National Honor Award by inviting Dr. Gregory Wilson, Commissioner of Health for the State of Indiana to speak on campus. Dr. Wilson's presentation "Chronic Disease Management in Indiana" was followed by a reception as we reflected on health issues for the 21st century.



Master of Public Health Program Receives 7 year Accreditation from CEPH

The Master of Public Health Program (MPH) at Indiana University Bloomington recently received the maximum 7 year accreditation by the Council on Education for Public Health (CEPH). The Council on Education for Public Health is an independent agency recognized by the US Department of Education to accredit public health programs. The accreditation procedures require that the school or program undertake a self-evaluation, submit a self-study document and host a team of qualified peer reviewers who validate the self-study during an on-site visit. Our Department's self-study was conducted by the MPH Program Committee made up of faculty and student representatives.

According to Dr. Nancy Ellis, the MPH Program Coordinator, "This accreditation reflects the caliber of the public health faculty and their commitment to high program standards and the success of their students. Furthermore, our curriculum meets the standards set by the So-

ciety of Public Health Educators (SOPHE) and the American Association of Health Educators (AAHE). Our program is designed to provide the knowledge, research skills, and public health practice competencies necessary to address the emerging contemporary health needs of the community at large."

The MPH program at IUB was developed by the department of Applied Health Science over 30 years ago. In 2001 the MPH program was ranked 11th in the country by *US News and World Report*. Graduates of the program have numerous job opportunities upon graduation. Recent graduates are working at the Centers for Disease Control, the National Cancer Institute, and various state organizations. For further information on the MPH program at IUB, please contact the Department of Applied Health Science at 812-855-3627 or access us on the web at: www.hper.indiana.edu/~aphealth/.

Written by: Desiree Goetze, MPH Student

Faculty/Department News

William J. Bailey and **Mark A. Pogue** are co-principal investigators on a new 3-year “Youth Problem Gambling Prevention Initiative,” funded by a \$389,722 contract with the Indiana Division of Mental Health and Addiction. This new contract will allow the Indiana Prevention Resource Center to expand its mission to include prevention of problem gambling. The initiative will include a comprehensive study of youth problem gambling in Indiana, an inventory of existing programs and strategies for prevention of problem gambling, and the development of a prevention strategy and lesson and work plans for implementing new prevention programs to reach Indiana youth.

The Indiana Prevention Resource Center provides technical assistance to Indiana organizations and individuals involved in alcohol, tobacco, and other drug prevention activities, and support to programs to reduce risky behaviors by youth. Its base contract has been extended for a 17th consecutive year, with annual funding exceeding \$1.3 million.

The Indiana Division of Mental Health and Addiction also has agreed to provide \$65,000 in one-time “seed money” for the Indiana Prevention Resource Center to begin developing a statewide “data warehouse” for public-health-related data that will be useful to researchers and community planners. This funding will allow implementation of a pilot program for selected communities to deposit alcohol, tobacco, and other drug-related data into a central repository.

Professors **Earl Blair**, **Noy Kay**, and **Michael Reece** were recipients of the 2002 Indiana University Trustees Teaching Award. This is a tribute to their commitment to excellence in the classroom.

Dr. Ruth Engs’ latest book, “Progressive Era’s Health Reform Movement: A Historical Dictionary” has been recently



published by Praeger Publishing Group: Westport, CT.

Dr. David Lohrmann is participating as a core team member in a three-year American Cancer Society project to engage large urban school districts in Coordinated School Health Programs (CSHP). Seven school districts have committed to implementing CSHP including Los Angeles, CA; San Francisco, CA; Detroit, MI; Volusia County, FL; Fulton Co., GA; St. Paul, MN; and Las Cruces, NM. On March 6-9, Dr. Lohrmann traveled to San Francisco to participate in the first capacity building training for teams from these seven districts and served as a presenter and group facilitator. He is also a key member of the Evaluation Committee.

Dr. Catherine Sherwood-Puzzello,

Dr. Michael Reece, and **Tania Basta** are currently working on an evaluation project of the Washington County’s Rural Health Outreach Program. Dr. Sherwood-Puzzello is also working with **Dr. David Lohrmann** on a project that assesses needs related to physical fitness and nutrition of a middle school. Dr. Sherwood-Puzzello will make a presentation at the Indiana Public Health Association conference which is

Dr. Mohammad Torabi has been elected as President-Elect of the American Academy of Health Behavior, whose mission is advancing the profession through research in health behavior and education. He was the recipient of the 2003 American Association for Health Professional

Service to Health Education Award which was presented during the National Conference in Philadelphia. He continues to serve as Editor for the *Eta Sigma Gamma Health Education Monograph Series* and serves as Assistant Editor for Research for the *Journal of School Health* and Research Editor for the *American Journal of Health Behavior*. He continues to publish his research in national and international journals.

From the Chair

On behalf of the Department of Applied Health Science, I wish to extend my warmest greetings to all students, alumni, and friends of our Department. With the hard work of our faculty staff, and students, another milestone in the progression of our Department has been achieved. Listed below are examples of some of the Department’s accomplishments this past year.

- The Department received a 2002 National Honor award from Eta Sigma Gamma National Health Education Honorary. The award was presented during the national meeting in Charlotte, NC. Dean Gallahue and I received the award on behalf of the Department.

- Our Master of Public Health (MPH) program was re-accredited for the longest period allowed by the National Council on Education for Public Health. This program continues to be highly ranked at the national level along with our Ph.D. program which is ranked # 1 in the nation.

- Our faculty’s research areas, in one way or another, covers most of the 10 top causes of death and disability in the U.S., i.e., nutrition and obesity/fitness issues; HIV/STD; intentional and unintentional injury and bio-terrorism activity; emotional health; adoption; death

- and grieving; international health and chronic diseases; and family health,

Student News

including parenthood. Our faculty published (or have in press) 47 manuscripts in national and international journals.

- The number of student majors as well as enrollments in our elective courses continues to rise with a healthy trend. This past year our department generated over 30,000 credit hours.

- Our faculty and staff, through our Centers and Institute collectively generated nearly \$2 million dollars in grants and contracts during this past year. Our Indiana Prevention Resource Center and our Institute for Drug Abuse Prevention continue to contribute tobacco and other drug education and to collect baseline data to detect drug use in the State of Indiana. Our Rural Center for AIDS/STD Prevention and the National Rural Health Association co-sponsored a National Conference on HIV/STD prevention in rural communities on March 28-30 here on the IU Campus.

- Our faculty, students, and staff continue to receive national awards and accolades from major national and international organizations and from Indiana University.

I hope you are healthy and please do not hesitate to contact me if I can assist you in any way.

Mohammad R. Torabi,
Chairperson, Department of
Applied Health Science

AHS Students Receive Awards

The following students received awards at the HPER student honors receptions in April, 2003.

Opal Conrad Scholarship - Cassandra Dauenhauer, Amrita De, Alex Keohler, Shannon Lacy, Shannon Smith, Kellie Wills

Ruth Mary Griswold Scholarship - Leslie Donovan, Harmony Heflin, Sarah Lubbers, Molly Meinbresse, Nancy Owens, Olivia Price, Christine Smith, Leilani Soldner, Christina Starr, Ka-Man Lo

Pantaleoni Scholarship - Zachary Lichlyter, Roosevelt Ward, IV, Dong-Chul Seo, Matthew Thygeron

Crane Fund for Widows and Children Scholarship - Cassandra Dauenhauer, Koon-wai Kong, Qiana Miller, Dong-Chul Seo, Pitiyage Perera

American Association for Health Education Outstanding Undergraduate Health Education Majors of the Year Award - Erin Koers

2002-2003 School of HPER University Fellowship Awards - Nancy Cahill, Kathryn Coffey, Sara Cole, Pitiyage Perera, Dong-Chul Seo, Krisha Thiagarajah

2003-2004 School of HPER Graduate Minority Student Achievement Award - Yeronimo Ciriaco

William L. Yarber Graduate Research Award - Robin Milhausen

Donald J. Ludwig Scholarship - DeAnna Hillery

Ruth Engs Graduate Research Award - Mi Kyung Jun

William L. Yarber Professorship Fellowship - Robin Milhausen

Ron Hall Scholarship - Matthew Thygeron

2003-2004 Educational Opportunity Fellowship - , Erica Ligon

2002-2003 John Edwards Fellowship - Robin Milhausen

J.K. Rash Scholarship - Dong-Chul Seo

Margaret Seberger Scholarship - Yeon Bai, Krisha Thiagarajah

Doctoral Degrees Awarded

Autumn Benner has received her H.S.D. degree and is employed at The University of Minnesota and Anoka-Ramsey Community College; starting August 2003, Autumn will be an assistant professor at Minnesota State University.

Upon completion of his Ph.D. Degree, **Brian Dodge** accepted an appointment as a post-doctoral research fellow at the HIV Center for Clinical and Behavioral Studies at Columbia University.



Student News

Transitions Cooking Class

Smiles were abundant Fridays in the HPER foods lab during Fall Semester 2002 as the Nutrition and Dietetics Club paired with the Transitions students of the Monroe County Community School Corporation for a six-week cooking class. The Transitions class consists of young adults aged 18 to 21 years old who are mild- to moderately mentally challenged.

Each class started with big hugs and excitement. Each Transition student was placed with an IU student volunteer for one-on-one interaction and guidance with cooking. Familiar faces brought a rush of questions and stories. The food safety lessons that began each class ranged from leftover food storage to safe knife handling. Then the recipe, chosen in advance by the students themselves, would be announced. In each of the six classes, one of the five Food Guide Pyramid food groups was the focus plus a final class spent baking and decorating holiday cookies. Favorite recipes included rainbow colored peanut butter apple crisp, broccoli casserole, and healthy homemade pizza.



The Transitions Cooking Class succeeded in every way. The students learned to follow recipe directions, mind food and kitchen safety, and apply important nutrition facts through the Food Guide Pyramid. Learning was not the only success, however; friendships were formed and smiles were seen for hours.

These classes brought joy to six students through the determination of Karen Thomas of the Monroe County Community School Corporation and Vicky Getty, Director of the Didactic Program in Dietetics at IU. The classes ran smoothly through the work of IU graduate student Ka-man Lo, for whom this was a service learning project for her N536 Community Nutrition class, and the faithful volunteers—Whitney Bevins, Megan Kelly, Ann Kincaid, Katie Martello, Angie Micinski, Jennifer Moore, Katie Nussbaum, James Shepherd, and Mindy Sieve. Plans are to continue this cooperative effort each fall semester.

By: Mindy Sieve, sophomore in dietetics



IUEMS Update

IUEMS has received further training as BLS Instructors through American Heart. This training was courtesy of Operation Heartbeat, a local AHA initiative that hopes to improve survival of sudden death. The IUEMS group plans to teach students and faculty CPR and the use of the automated defibrillator. They can be reached at iuems@indiana.edu. Applied Health Science is their department sponsor.

Alumni News

Alumni Survey Shows Salary Gains and Strong Academic Ratings

In the spring and summer of 2002 HPER conducted a survey of its 1998, 1999, and 2000 alumni. The purpose of the survey was to assess academic and career issues to determine the impact the School of HPER has had upon its graduates. AHS respondents (63 undergraduate and 25 graduate alums) provided their salary data, job titles, and opinions on their academic experience at IU.

Since this survey duplicated a 1999 alumni survey, it is possible to do a salary comparison. In 2002, we find a higher per cent of alumni from the Department as a whole, and a higher per cent of undergraduate alumni reporting salaries in the \$30,000 to \$40,000 range (42% for the Department as a whole and 51% of undergraduates as compared to 24% of the Department as a whole and 25% of undergraduates in the earlier survey). Furthermore, 57% of our graduate alumni report salaries in the \$40,000 and up range. Please see the accompanying chart.

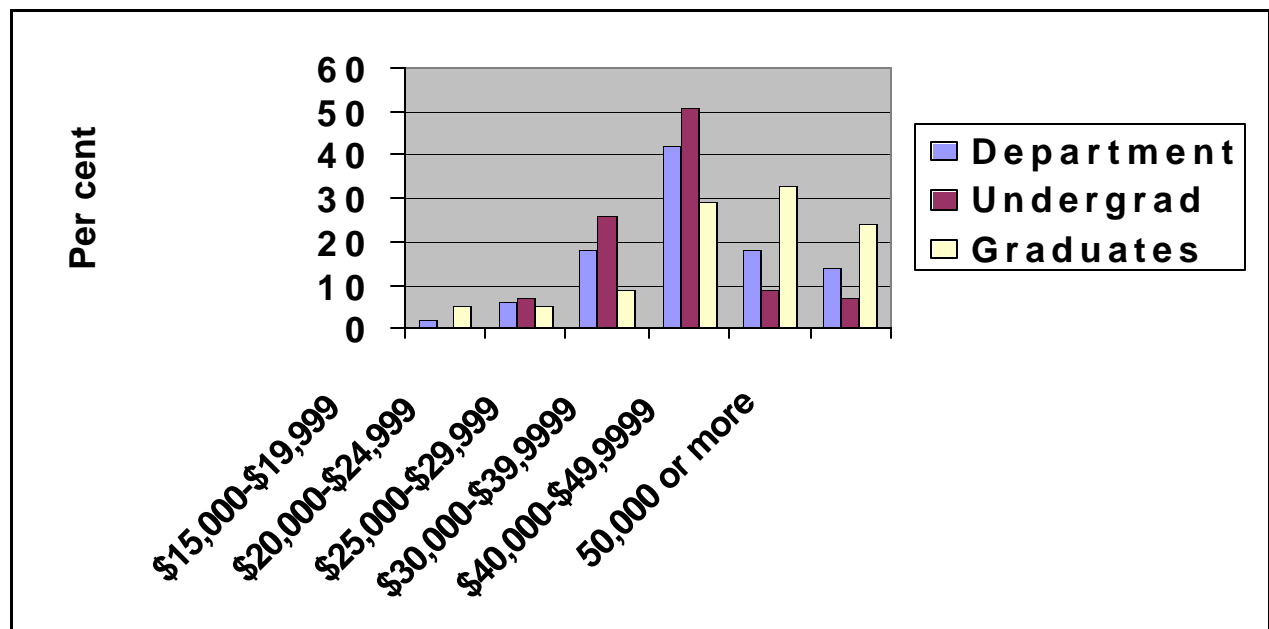
We are also experiencing gains in alumni finding jobs in health-related fields. In 1999, 54% reported finding jobs related to their major, while in 2002, 65% indicate employment in their major. Alumni continue to find jobs quickly. Of those who found work in their major, 42% report finding their first job in less than a month, and 47% found their first job within 1-6 months. When asked how well their HPER major prepared them for their current job, a solid 88% say they are adequately to very well prepared.

A significant number of AHS alumni seek further education: 19% report going on to their master's degrees, 5% to doctoral work, 3% seek a second undergraduate degree, and 10% are accepted to a professional program in law or medicine. Preparation while in HPER for further education was very highly rated with 95% indicating they were adequately to very well prepared.

Perhaps the cornerstone for the strong career and educational preparation is our teaching itself. Here the survey showed outstanding ratings. 90% of our undergraduates and 92% of our graduates reported satisfaction with the quality of instruction. In this era of large classes and students-as-numbers, 87% of our undergraduates and 84% of our graduates agree that faculty were available outside of class to help on course-related material. Also, 81% of our undergraduates and 84% of our graduates feel that faculty encouraged and supported their academic progress.

Finally, there is a wide range of job titles reported by our students. Here are a few samples: Renal Dietitian, Child Protection Family Case Manager, Safety Administrator, Pharmaceutical Sales Representative, Physical Therapist, Associate Director of Health Promotion, and Associate Professor.

Current Annual Salary



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