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From the Chair

Warmest greetings to all students, alumni, and friends of the Department of Applied Health Science. We have had another highly successful academic year due to the hard work of our highly qualified faculty, staff, and students. The success of our Department is also due, to a great extent, to the strong support from Dean Robert Goodman, Executive Associate Dean Jerry Wilkerson, Associate Dean David Koceja, and Assistant Dean David Skirvin. Listed below are a few newsworthy items that have contributed to our success:

We are in the process of hiring three new faculty members in the following positions: Epidemiologist, with emphasis in Nutrition Science; Epidemiology, with emphasis on chronic disease and injury prevention; Biostatistician, with emphasis on Public Health Biostatistics.

During 2007 our faculty made 101 research presentations, 81 pedagogical presentations; authored 37 research publications; and 4 pedagogical publications. An additional 50 research articles were accepted (in press) for publication.

With regard to grant activities, grants totaled nearly \$3.5 million dollars this year focusing in the areas of tobacco and other drugs, alcohol, nutrition, HIV/AIDS, community building through healthy living, and other areas.

Under the leadership of Dr. Michael Reece, we have established a Center for Sexual Health Promotion; under the leadership of Ms. Cheryl Holmes, we have established the Heartland OSHA Education Center; under the leadership of Dr. William Yarber, funding for the Rural Center for AIDS/STD Prevention has been renewed.

Under the leadership of Dr. Ruth Gassman and Dr. Barbara Seitz, the Indiana Prevention Resource Center continues to expand its mission with additional funding.



Cheryl Holmes, Executive Director of The Heartland OSHA Training Institute Education Center, see page 5.

As a result of our effort, our enrollments in major and elective courses continue to rise and we have recruited top quality students to our various programs, both undergraduate and graduate. Currently we have over 450 student majors pursuing the bachelor's degree, 90 masters, and 34 Ph.D. students.

We have had successful travel study courses under the direction of Dr. Noy Kay and Dr. Michael Reece.

Four of our faculty received an Indiana University Trustees Teaching Award.

It has been another great year for the Department of Applied Health Science. The above are but a few of the accomplishments during this past year. I hope you are healthy, and please do not hesitate to contact me if I can assist you in any way. Please stay in touch.

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



Staff & Faculty News



Joyce Arthur - Now

Joyce Arthur Celebrates 45 Years With AHS

Joyce F. Arthur, our Applied Health Science Assistant to the Chairperson and Director of Business and Budgetary Affairs, has served our Department for 45 years. This spring we celebrate with her and congratulate her on winning the prestigious HPER Professional Staff Service Delivery Award. Her strength of purpose and her incredible energies have played a major role in the successes of our Department and the individual members of the AHS community. We all thank you, Joyce, for helping us to be the best that we can be.

Joyce grew up on a farm doing chores which contributed to her family's well-being. At the age of 17,



Joyce Arthur - Then

she lost her father and began work for AHS. Her mother was a very special part of her life from that time until her death in 2000. Joyce has worked with all 5 Chairs: Dr. J. K. Rash, Dr. Donald J. Ludwig, Dr. John R. Seffrin, Dr. James W. Crowe, and our current Chair, Mohammad R. Torabi. She believes that the habits of her early childhood farm life and her opportunity to work with these health leaders have inspired in her the commitment she has to our Department.

That commitment reaches wide and deep. Dr. Torabi says, "She is most helpful to everyone, especially younger faculty who need her professional advice as they build their dossiers. Her diligence in pursuing every avenue of new development in budgetary management as well as her knowledge of past history have made her an invaluable resource to our Department and School. Simply put, she is a 'walking encyclopedia' for our students, staff, and faculty." At the university level Joyce has received two Staff Merit Awards, one in her earlier career in a Support Staff role and one during her Professional Staff role.

When asked about the major change in the Department, Joyce answers, "Growth. When I started in 1963, the Department consisted of 6 faculty members with a handful of majors. Today, we have a faculty of nearly 40 with undergraduate majors in excess of 400 and 125 graduate students." Reflecting on her job, she says, "The most challenging part of my job is to assist the Department Chair in meeting the everyday demands of a large and diversified faculty, staff, and students. The most rewarding is helping students prepare for their chosen field and assisting faculty and staff to meet their goals."

You are probably wondering if Joyce ever has any time for outside interests, and in fact, she does. She and her husband Larry have built a second "get away" home that looks like a dutch

barn with wrap around porch. She is active in her church work, and she enjoys gardening and occasional travel with Larry.

I'm sure all of us would agree that the Department is never very far from Joyce's thoughts. Dr. Torabi puts his appreciation of Joyce this way: "Ghandi said that, 'there are those who work and those who take credit for it.' Ms. Joyce F. Arthur is one of those people who has done the work without wanting to take the credit." Though none of us can ever fully repay Joyce for her efforts on our behalf, we as a Department pay tribute to her stalwart service with this issue of the AHS Pulse.



Dr. Noy Kay

Dr. Noy Kay Champions Global Health

Dr. Noy Kay was already the Chairperson in the Department of Health and Physical Education at Chiang Mai University, Thailand when she decided to come to Bloomington to work toward her doctoral degree in health in the early 1980's. Because she could not go further with her education in Thailand, she came to IU where her mentor **Dr. Vorasak Pienchob** had studied in HPER. We are so very glad that she chose IU because she has since earned her Doctorate of Health and Safety here and become a champion of global health issues as a Clinical Associate Professor in our Department.





Faculty News

In Thailand, health education and physical education go hand in hand. All children K-12 take both health and physical education 1 hour per week for each class. Noy liked both areas in school with running and swimming as her favorite sports. She still likes to play sports, primarily tennis and golf now, and she is the advisor for the IU Ballroom Dance Club. Yet it is international health issues that have become her professional focus.

Her long list of publications includes articles and presentations on HIV/AIDS prevention, breast self examination, nutritional supplements, smoking, and suicide, and many of her studies examine these issues cross culturally or in other countries such as China, Taiwan, Costa Rica or Thailand.

Teaching and guiding students are Dr. Kay's strongest passion. When you ask her what she wants to do most, she will tell you that she hopes "to share the world with her students." And in fact, she is such a master teacher that she has received 4 recognition awards, most recently the Trustees Teaching Award in 2007. She currently teaches International Health and Social Issues, Death and Dying, Health Promotion and Travel Study at both the undergraduate and graduate levels for our Department.



Dr. Kay at the Great Wall of China

Noy's eyes light up when she talks about the travel study course which she leads each summer. This is truly sharing the world with our students as they meet with prominent members of the academy, with medical providers, with foundations and with young people in China, Hong Kong, and Thailand. Here are some of their comments: "Thank you for all your hard work and planning. I know that you wanted us each to gain a valuable and personal experience, and I can confidently say that this trip exceeded all of our expectations and wildest dreams." "I learned so much on this trip. I feel as though I did gain a global perspective on health around the world." "The trip really gave me a hands-on view of Asian health care systems and Eastern medicine." "The memories and experiences I gained on the trip to China/Hong Kong and Thailand are definitely going to stay with me for the rest of my life."

One of Dr. Kay's most recent efforts to share the world with her students is a new videoconferencing plan. In 2008-09 her International Health students will be video conferencing with health officials and professors from China, Hong Kong, and Thailand. Through technology, our IU students will have a window to learn of global health issues as they sit in their classroom right here in Bloomington. And in December, she will be teaching courses at Chulalongkorn University in Thailand through an IU grant. Dr. Noy Kay is truly a teacher who bridges cultures and brings the best global practices in health to the US and Asia. We are grateful for this caring, knowledgeable and devoted member of the Applied Health Science faculty.

**Did you know?
The mandatory retirement age in Thailand is 60 except for a few professors who get special permission to work until 65.**



Dr. Kevin Slates

Dr. Kevin Slates, AHS Industrial Hygiene Specialist

Dr. Kevin Slates is a Clinical Assistant Professor in the Safety Program of the Department of Applied Health Science. He teaches Ergonomics, Incident Investigation, and Industrial Hygiene (beginning, advanced and the lab) at the undergraduate level and Occupational Risk Management and Managing Occupational Health Programs at the graduate level. Dr. Slates is also our AHS Coordinator of Minority Recruitment and Retention and the Undergraduate Advisor for our chapter of the American Society of Safety Engineers. We are so grateful for his contributions to our Safety Program, especially in the areas of student recruitment and the development of our new Industrial Hygiene Lab.

Dr. Slates received a BS in Biology/Chemistry from Eastern Kentucky University, an MPA from Kentucky State University and an EdD from Spalding University. His family has always focused on education. In fact, he and 3 of his siblings were in college at the same time, and he and his brother and sister graduated the same semester on the same day.



Faculty News

From 1997 to 2005 Dr. Slates served as a Senior Health and Safety Consultant to the Kentucky Environmental Protection Cabinet Occupational Safety and Health Program. There he handled a wide variety of responsibilities including comprehensive safety and health risk assessments in a number of industries; statewide training sessions for various stakeholders; monitoring, evaluating and controlling occupational safety and health hazards; and investigating injuries, illnesses, and fatalities to determine OSHA compliance. This extensive “to do” list gives you an idea of the impact Dr. Slates has had in the State of Kentucky.

However, he has always wanted to teach and train safety professionals. So, when asked to teach in our AHS New Albany Safety program, Kevin was ready to add academics to his repertoire. As an adjunct instructor during the evening after a full day’s work, he taught our safety students in the Louisville area. Then in 2005 we were very fortunate to convince him to become a Hoosier.

Here at IUB Dr. Slates has developed two new courses which all of our undergraduate Safety students take: Advanced Industrial Hygiene and Industrial Hygiene Sampling and Analysis, our hands-on lab where students use state-of-the-art equipment. In June 2007 he traveled overseas collecting data to support his research interest in globalization and worker safety and health.

Kevin is very proud of our Safety students’ accomplishments. He will tell you with a big smile about our two students who just received internships at the Indiana Department of Homeland Security, where he serves as the Chair of the Research subcommittee in the Department’s Higher Education Advisory Council.

When he is not teaching, advising, or traveling, Kevin enjoys spending time with his new 2-year-old niece Morgan and his friends and family in Kentucky. He considers himself a CNN and CSPAN junkie, and his favorite TV programs are reality shows.

His commitment to the AHS students, to the safety of our state’s workers, and to the cause of workers everywhere make Dr. Kevin Slates a leader in our AHS faculty. He is indeed a treasured member of our IUB community.

Faculty Updates

Christopher Fisher received a research grant-in-aid in the amount of \$1000 from the School of HPER for his Growing Up LGBT in Indiana study. He also recently had a paper accepted in the Journal of LGBT Youth, titled “Queer youth experiences with abstinence-only until marriage sexual-education: ‘I can’t get married so where does that leave me?’”

Debby Herbenick and Brian Dodge were promoted to Assistant Research Scientist. **Brian Dodge, Debby Herbenick, Laurie Legocki and Dayna Fischtein** all received the Emerging Professional Award from the Society for the Scientific Study of Sexuality

Dr. Noy Kay took 2 doctoral students and 8 master students, and 5 bachelor students to China, Hong Kong, and Thailand from June 17 to June 29th. Also, Dr. Noy Kay and **Kaigang Li**, doctoral student presented a paper entitled, “Using WHOQOL – BREF in Predicting Suicidal Behaviors,” at the 30th Annual Conference of the Association for Death Education and Counseling, in Montreal, Canada.

Dr. Lloyd Kolbe was selected to receive the 2008 AAHPERD Research Consortium Scholar Award. He delivered the 2008 Research Scholar Lecture— Health Promotion in the 21st Century— at the 123rd AAHPERD National Convention, in Ft. Worth, TX, on April 10, 2008.

Dr. Kolbe was selected by U.S. DHHS Secretary **Michael Leavitt** to help develop the National Health Promotion and Disease Prevention Objectives for 2020. Dr. Kolbe serves as a member of the Subcommittee on Developmental Stages, Life Stages, and Health Outcomes.

Thirdly, Michael Leavitt also appointed Dr. Kolbe to Chair the Board of Scientific Counselors for the U.S. Centers for Disease Control and Prevention’s Coordinating Center for Health Promotion. For the next four years, Dr. Kolbe will Chair a 15-Member Board of the nation’s top scientists to advise the DHHS Secretary and the CDC Director about strategies and goals for programs and research within the national centers that comprise the Coordinating Center, including: the National Center on Birth Defects and Developmental Disabilities, the National Center for Chronic Disease Prevention and Health Promotion, and the Office of Genomics and Disease Prevention. The Committee will conduct peer reviews of scientific programs, and monitor the overall strategic direction and focus of the national centers.

Dr. David Lohrmann gave five presentations in May, three in Arkansas at state level initiatives on healthy schools, one in Chicago, IL on “MICHIANA CSHP Leadership Institute: A National, State and Local School Health Collaborative” and one in Indianapolis entitled “Health Promotion in Schools: The Future is Now!” for AmeriCorps Improving Health Throughout Indiana Presents: Health Bound Indiana. In June Dr. Lohrmann



Faculty News

presented “Using the Process: Creating a Healthy School Using the Healthy School Report Card” (with **Theresa Lewallen**) at the Wellness Policy Evaluation Project School District Leader Workshop in Santa Fe, NM

Dr. Lesa Lorenzen-Huber, Dr. Cecilia Obeng, Dr. Dong-Chul Seo, and Dr. Catherine Sherwood received a 2008 Trustees Teaching Award. Dr. Huber also gave a presentation entitled “Fit & Strong: Increasing Older Adults’ Physical Activity” at the AmeriCorps Improving Health Throughout Indiana Presents Health Bound Indiana conference in May.

Dr. Maresa Murray has been named a recipient of an Indiana University Summer Instructional Development Fellowship.

Dr. Cecilia Obeng is the recipient of a School of HPER Faculty Research Support Program grant. The funding was given in support of her work on “Injury Prevention among Children.”



Students and Dr. Slates in our Industrial Hygiene Lab

Dr. Kevin Slates has been appointed Chair of the Indiana Department of Homeland Security High Education Advisory Board research committee. He also has had the following abstracts accepted to the American Society of Safety Engineers National Conference 2008 in Las Vegas: “Learning models

and theories: Enhancing teaching through experimental learning, Globalization and worker health: A travel study to China”.

In Dr. Slates’ new S411 Industrial Hygiene Sampling and Analysis course students conducted several occupational and environmental health risk assessments on campus and in the community. Safety Science majors utilized technical equipment and instrumentation to quantify exposure and determine the potential for health risk.

Dr. Mohammad Torabi received the 2009 Alliance Scholar Award, which is the highest honor for research bestowed by the American Alliance for Health, Physical Education, Recreation and Dance. Each year only one Alliance Scholar is chosen from within the organizations that form the Alliance: the American Association for Health Education, American Association for Physical Activity and Recreation, National Association for Girls and Women in Sport, National Association for Sport and Physical Education, National Dance Association, and the Research Consortium. Torabi is only the fifth health educator to receive this honor.

Dr. Torabi’s research focus has been in the area of measurement and evaluation of school and public health education programs and factors associated with health behavior. His research extends into health promotion and key factors related to individuals’ decisions in the prevention of drug abuse, cancer and HIV/AIDS infection. He will be giving Alliance Scholar presentations during the ‘08-’09 academic year.

Heartland OSHA Training Center
by Cheryl Holmes

In the last two years you have heard about our Department’s two new centers, the Center for Minority Health and the Center for Sexual Health Promotion. With this issue, we introduce to you our newest outreach program, the Heartland OSHA Training Institute Education Center.

Our IU Safety Program, partnering with University of Wisconsin-Whitewater, has been chosen to lead this training center for the federal Occupational Safety and Health Administration (OSHA). Senior lecturer Cheryl Holmes is the Executive Director for the new Center, which will serve the OSHA training needs of federal and private employees, employers, and safety and health professionals from Michigan, Ohio, Indiana, Illinois, Wisconsin and Minnesota. Additionally, the Center may offer contract training classes to students all over the United States, as well as the world.

Last year three of our Safety faculty members, Cheryl Holmes, Dr. Earl Blair, and Dr. Kevin Slates attended OSHA training sessions where they heard about the establishment of new centers for OSHA’s Outreach Education Program in construction and general industry standards. They realized that IU was in a position to develop such a center. All the ingredients were in place: strong teaching faculty with experience in industry; a full range of degrees offered from Certificate to PhD; a long history of providing similar training to the U.S. Navy; and a satellite program established at IUS in New Albany. So upon their return Holmes and Blair presented the idea to Dr. Torabi. Then things began to happen fast.

Holmes attended a pre-proposal conference at the OSHA Training Institute (OTI) in Arlington Heights, IL in Au-

***Congratulations,
Dr. Torabi!***



Center News

Heartland Center, cont.

gust, 2007. Holmes then contacted **Dr. Andrew Kapp**, a faculty member at the excellent safety program at University of Wisconsin-Whitewater. Dr. Kapp was excited about partnering with IU and worked tirelessly with Holmes to develop the application package.

October 1, OSHA sent representatives to IU for a site visit. **Dean Goodman, Drs. Torabi, Blair, Slates, Seo, and Lohrmann** participated along with Holmes, IUS safety faculty **Jody Grizz**, and **Kim Fulford**, an IUB safety senior. Dr. Kapp was involved through teleconferencing. IU was notified January 2, 2008, that the joint application was accepted, and the Heartland OSHA Training Institute Education Center was born. It is one of 27 nationwide and the first in Indiana or Wisconsin.

As lead organization, IU is carrying out the majority of organizational activities for the Center. Taking an entrepreneurial approach, the Center is focusing on partnership forms of business expansion. Holmes creates service-based training products to meet the needs of clients and to provide them with professional, effective and high quality value. She will network with peer institutions and safety organizations to develop win-win business relationships.

In addition to offering OSHA's Outreach Education Program in construction and general industry standards, Heartland can expand to address other safety and health topics. The schedule for 2008 is available on the website.

"It's been recognized that safety, productivity and profitability go hand in hand for businesses," said Cheryl Holmes. "By increasing the safety knowledge of workers, we're adding to their desirability as employees." Please check out the Heartland website periodically to monitor the growth and success of the Center at www.indiana.edu/~hrtland/

Significant New Partnership with Trojan Condoms to Advance the Nation's Sexual Health

By Michael Reece

To address critical sexual health issues facing citizens across the United States, the Center for Sexual Health Promotion has entered into a unique 3-year agreement with one of the world's leading sexual health products companies, Church & Dwight, maker of Trojan brand condoms. The agreement establishes the IU center as a strategic research, education and consulting partner with Trojan.

Through the partnership, faculty in the Center have received approximately \$500,000.00 in funding for 2008, which has had a significant impact on the capacity of the department's newest research center.

According to Michael Reece, director of the Center for Sexual Health

Promotion, "Given Trojan's significant influence on condom use trends in the United States and the range of sexual health experts on Indiana University's faculty, this partnership truly represents the manner in which academic and corporate entities can come together in a participatory way to have a significant influence on the nation's health."

Robert M. Goodman, Dean of the School of HPER, agrees, saying that "Our working arrangement with Church & Dwight further illustrates how leading universities such as IU can partner with industry for the betterment of the public's health. The Center and this partnership are a fine example of our dedication to the prevention of sexually transmitted infections and other prominent public health concerns."

To learn more about the work of the Center for Sexual Health Promotion, visit the website:

www.sexualhealth.indiana.edu



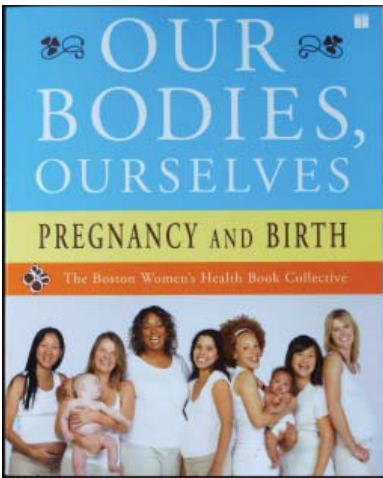
Returning Alumni Panel February 19: Desiree Goetz (L) Sarah Elder, and Larisa Niles-Carne



Returning Alumni Panel February 25: Kristin Hobson (L), Melissa Abram, Kelli Odell, and Heidi Boruff



Center News



**Just Published, Our Bodies
Ourselves: Pregnancy and Birth**

**Our Bodies, Ourselves,
Our Communities**

*By Mallory Metzger
and Dr. Leila Dabbagh*

On May 13 at the Monroe County Public Library in Bloomington, the Boston Women's Health Collective in collaboration with the Department of AHS presented the new book *Our Bodies Ourselves: Pregnancy and Birth*. The *Our Bodies Ourselves* books are world renowned for giving accurate and comprehensive information about women's health, and this book follows that tradition. The content of the evening was divided into three sections: why birth matters, health disparities in birth, and a discussion of the book itself.

The subject of why birth matters was tackled by **Julie James**, who teaches family courses in AHS and **Georg'ann Cattelona**, Executive Director of the Bloomington Area Birth Services. James challenged the media's depictions of birth with a beautiful slide show of birth photos which she has taken as a doula over the last 5 years. Her goal is "to provide viewers with a positive image of birth, especially natural birth." The slideshow captured the strength, support, and community that can go

along with the experience. Cattelona gave a passionate plea for women to be treated with kindness, respect, and dignity during birth for that process shapes the mother/child relationship for life.

AHS professors, **Dr. Cecilia Obeng** and **Dr. Leila Dabbagh** provided insight on cultural practices in other areas of the world and how they affect our immigrant populations. Obeng showed a spirited video of an African community ceremony to welcome a new baby. The video explained how children are considered to belong to an extended family and ultimately the entire community in some cultures. Dabbagh discussed the immediate loss of family and community support for some immigrant mothers, the need for culturally relevant psychological counseling, and the consequences of practices such as female genital cutting.

Professors **LaDonna BlueEye** and **Dr. Zobeida Bonilla-Vega**, the event organizer, shared information on the health disparities of Native Americans and Hispanic populations in regard to pregnancy and birth. BlueEye described some Native American practices, such as sacred smoking, that must be recognized and respected when developing public health interventions. Bonilla cited the need for multilingual health services for the increasing Hispanic population of the US and Indiana. **Mindy Mayes** and **Monique Hill**, MPH students in AHS, gave startling statistics of health disparities among African American women, such as higher incidence of fetal, neonatal, parental and infant mortality.

Judy Norsigian, the Executive Director of the Boston Women's Health Collective did an excellent job of presenting the book. She chose to highlight some topics such as continuous fetal monitoring, which can lead to the likelihood of a caesarean section; vaginal births after caesareans which are not generally allowed by physicians; and

the use of nitrous oxide for pain relief, which has become common in countries such as Australia, New Zealand and the UK.

There was new information for everyone. People left excited to share what they had learned and eager for more. Much of the audience stayed for the reception and asked questions of the speakers. It was an honor to host Judy Norsigian and hear her speak along with the amazing and passionate women from Indiana University making a difference in the health of all people and those generations yet to come.

New Eta Sigma Gamma Members

Eta Sigma Gamma is an honorary organization dedicated to promotion of the discipline by elevating the standards, ideals, competence and ethics of professionally prepared men and women in Health Education.

Our local Nu chapter has recently initiated the following members, who spent many hours in volunteer activities during the '07-'08 academic year: **LaDonna Jessie BlueEye, Lisa Marie Braun, Kavonjalia D. Brown, Shannon Lee Cameron, Jill A. Kays, Sharon Nejfelt, Rebecca Prokopiak, Phillippe Andrew Seib, Jylana L. Sheats, Kristin Suzanne Skala, Shellie Marie Strange**. Congratulations to all of you for your professional commitment and service!

Next year's officers are **Kayla Stockert** (President), **Emily Erdmann** (Vice President/Treasurer), **Rebecca Prokopiak** (Secretary), and our wonderful faculty sponsor is **Dr. Trent Applegate**. Congratulations to the new officers and members!

**Students, join Eta Sigma
Gamma next year!
Show your professional
commitment!**



Student News



Graduate Certificate in Gerontology and Health

By Dr. Lesa Lorenzen-Huber and Mary Boutain

In Fall 2007 our Department approved a new Graduate Certificate in Gerontology designed by Dr. Lesa Huber, Clinical Assistant Professor in AHS. It is a flexible, web-based credential for graduate level students. And it can be earned by masters students at IU or elsewhere and by anyone who has completed a masters degree.

Our Graduate Certificate in Gerontology and Health will provide you with a deeper understanding of aging. The coursework and interactions with students and instructors can improve your knowledge and skills in serving and caring for older adults. The Certificate is 12 credits. There is one required course, HPER H524, Multidisciplinary Perspectives in Gerontology. Students can choose 6 elective credits from a list of suggested courses with content related to aging. In addition, there is a 3 credit practicum which can be earned concurrently with other required internships or field experiences. Courses are offered on-line and on campus.

The reality of our aging society is resulting in a demand for professionals with knowledge and expertise in aging. There are expanding career opportunities in many fields. From working with well elderly in the community to assisting frail elders in institutions, there is a demand in fields including health care, finance, housing, education, recreation, law and counseling. In addition, new technologies are changing the way people age. Many people are starting their own businesses to help people to age well and maintain their



independence. With such diverse opportunities, students with a credential in aging will be able to work in a variety of roles.

Mission Statement

The Graduate Certificate in Gerontology will provide graduate students, individual practitioners, and professionals working with the elderly a substantive foundation in gerontology coursework at the graduate level and an opportunity to apply knowledge through a practicum experience.

Program Requirements

The Graduate Certificate may be earned concurrently with a Master's degree or earned independently. Students earning an MS in Health Promotion at IU can earn the Certificate without taking any additional courses; MPH students at IU need only one additional course. Admission to the Certificate Program requires that the student be admitted to a graduate program at Indiana University or elsewhere or have a masters degree completed.

Admission

In order to apply for the program students must satisfy the following requirements:

- 1) Be currently enrolled as a graduate student at an accredited college or university or have completed a masters degree.
- 2) Provide a transcript of all previous coursework at a college or university.
- 3) Complete the Certificate application form and attach a resume with two letters of reference.

For more information or to apply contact:

Lesla Lorenzen Huber PhD., Clinical Assistant Professor, Applied Health Science
HPER 116, 1025 E. Seventh St.
Bloomington, IN 47405
Telephone: 812-855-1733
Email: lehuber@indiana.edu

For more information and the application form see:
www.indiana.edu/~gero



Gerontechnology: Texts and Nabaztag bunnies used for communication.



Student News

Student Updates

Editor's Note: Our students have achieved many accomplishments this spring. Listed here are the milestones we know about.

Ben Agly, Siqi Dai, Sally Pelto-Wheeler, and Gerald Pine represented our Department at a Career Focus Group sponsored by Dean Goodman and the HPER Alumni Board. They provided excellent suggestions regarding career directions for HPER.

Kavonjalia Brown, a Nutrition Science major, spent the month of May in Ghana through a Hudson Holland study abroad program.

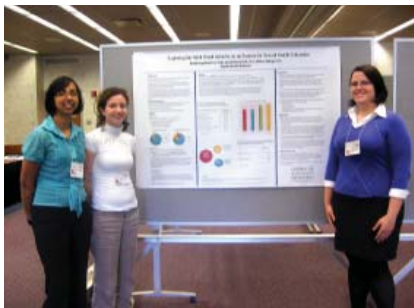
Kody Etheridge, a SPEA student in Dr. Ona's Epidemiology class, received an internship to the Jewish Hospital/St. Mary's Medical Care system in Louisville for the summer.

Lindsay Fountain is doing her Dietetic Internship next year in Atlanta, GA.

Lindsay Halperin, who is completing her BS in Public Health this summer, will be returning to our Department for her MPH in the fall.

Rose Hartzell, a doctoral student, received the Mid America Affiliate New Professional Award from the American College Health Association. This award recognizes ACHA members who have provided service to the field of college health for three years or less and who have made significant contributions to their institutions and/or affiliate. Rose won the award based on her work here on campus at the Health Center, the Office for Women's Affairs, and the research she has conducted surrounding college health while in HPER.

Natalie Ingraham, MPH student, has been accepted to the Summer Institute on Sexuality, Culture and Society at the University of Amsterdam. This is a great honor since she will be learning and working with a well-known faculty that has deep expertise in sexuality research in an international context.



Sofia Jawed-Wessel, Mallory Metzger and Natalie Ingraham presented their poster on sexual health at the Indiana Public Health Association Spring Conference that was held at Purdue University in West Lafayette.

Kristin King, who just completed her BS in Human Development and Family Studies With Distinction writes, "I officially have a career! I am going to do Medical Sales with Abbott Spine. I will be the sales representative in the Indianapolis area."

Abby Kraus (BS in Dietetics May '08) will be pursuing her Dietetics internship at IUPUI next year.

Melissa Lahn, Dietetics student, went to New Orleans in March '08 with Y'ALL to help with the ongoing cleanup from Hurricane Katrina.

Laurie Legocki, PhD student, was awarded a three-year postdoctoral fellowship in the University of Michigan School of Medicine's vulvodynia program.

Chris Lynch, who heads up the IU EMS (Indiana University Emergency Medical Service) writes, "We are proud to announce that as of May 2, 2008, the IU EMS student group has become a State Certified BLS Non Transport Service, the only all student staffed EMS Group in Indiana!"

Michelle Nardine, BS in Dietetics '08, received a Dietetics internship at Oregon Health and Science University.

Sonya Satinsky and Dayna Fischtein, PhD students, received the First Place Outstanding Research Award in the Social Sciences Division

at the 2008 Annual Women in Science Research Conference at IUB for a paper titled "Women's questions at in-home sex toy parties: examining the heterosexual script" (co-authors were Debby Herbenick and Michael Reece).

Nate Stupiansky, PhD student, was awarded an NIAID funded two year postdoctoral fellowship at the Indiana University School of Medicine, Section of Adolescent Medicine.

Rebecca Sussman, BS Human Development and Family Studies '08, will be going to Columbia University for her Masters of Social Work next year.

Amanda Tanner, Ph D student has received a very competitive post-doctoral fellowship at Johns Hopkins University. This Fellowship is through the Kellogg Health Scholars Program.

Jenna Terwiske BS '08 will be doing her Dietetics Internship at South Carolina's Department of Health and Environmental Control in Columbia, SC.

Dana Umscheid, PhD student, has accepted a position as an Assistant Professor of Health and Human Performance at Middle Tennessee State University for Aug '08.

Applied Health Science and HPER Scholarships

The following AHS students were recipients of Spring 2008 scholarships from our Department and School. Congratulations to all of you for your fine achievements!

Archie M. and Eleanor Williamson Koon Scholarship: **Adeyinka Okunade** and **Amanda Wood**

Carter Littell Scholarship: **Ritika Bhawal**

Crane Fund for Widows and Children Scholarship: **Krystal Adams, Lauren Boyle, Sara Haraughty, Kimberly Hieftje, and Kevin McCarty**

Dean's Senior Recognition Scholarship: **Christine Murdock**



Student & Alumni News

(scholarships, cont.)

Donald Ludwig Scholarship: **Brittany Bovenizer, Stacy Burmeister, Natalie Ingraham, and Sofia Jawed-Wesel**

HPER Alumni Board Scholarship: **Carla Brown**

J. K. Rash Scholarship: **Lauren Boyle**

Joan Weinberg Wolf Scholarship for Dietetics: **Linsey Booth**

Margaret Seberger Scholarship: **Rizwana Biviji and Yibin Liu**

Opal G. Conrad Nutrition Scholarship: **Kara Curry, Jordan Hollander, and Rachel Nolting**

William L. Yarber Professorship in Sexual Health Fellow: **Rose Hartzell**

W.W. Patty Scholarship: **Alise Echele**

Alumni News

Vanessa Assibey-Mensah (BS in Public Health '07) is pursuing an MPH in Environmental and Occupational Health Sciences at the University of Illinois-Chicago focusing on reproductive environmental health and specifically, pediatric environmental epidemiology. She has received a research assistantship with the CDC funded Illinois Public Health Research Fellows Program

Jennifer Hoffman (MPH '05) has accepted a position with the Regenstrief Institute Inc. as the Collaborations and Business Development Officer for the IU Center for Health Services Outcomes Research (IU CHSOR) <http://indyhsr.org/> and the VA Center for Implementing Evidence Based Best Practices <http://www.hsr.d.research.va.gov/> Together these two Centers are working to transform healthcare delivery systems using technology and research.

Charlotte (Horner) Woods (MPH '05) has recently moved to Nashville, TN, where she is working in the Family & Community Medicine Department at Meharry Medical College.

Christina Jagielski (MPH '04) has published this article: Greenman CG, Jagielski CH, Griggs JJ. "Breast cancer adjuvant chemotherapy dosing in obese patients: Dissemination of information from clinical trials to clinical practice." *Cancer* 2008;112(10):2159-65.

E. Lisako McKyer (MPH '00, Ph D '05 and AHS past faculty member), assistant professor in the Department of Health and Kinesiology at Texas A&M, is the founder of the new Child and Adolescent Health Research Lab (CAHRL), a research arm of the Department of Health and Kinesiology at Texas A&M. The lab will generate and disseminate new knowledge contributing to the promotion and improvement of health status, well-being and quality of life of children and adolescents

Robert M. Schmidt, the Director of the Monroe County Health Department and an alumnus of our Department passed away on January 11, 2008. Dr. Torabi provided these words, "I am deeply saddened by the passing of our alum, colleague and friend, Robert Schmidt. This is a great loss to our community as he was a highly devoted public servant and wonderful human being." Amy Richard who worked under him paid this tribute: "Bob made innovations and improvements that made Monroe County a leader in the arena of public health and private citizens able to benefit from his work. He helped so many people and made an impact on many lives through the health department, Indiana University and the community of Bloomington where he will be greatly missed."

Matt Smith's (MPH '04) poster, "Perceptions and school-related factors contributing to adolescent marijuana use" won that "Student Poster of Distinction" award at the recent American Academy of Health Behavior Conference. **Dr. Lisako McKyer** (MPH '00, Ph D '05 and AHS past faculty member) and **Mi Kyung Jun** of the IPRC were also authors on the presentation.

Sarah (Childers) Strawbridge (BS Public Health '04) has a new position as Program Coordinator for the Diabetes Prevention and Control Program at the Indiana State Department of Health.

Renee Weatherspoon (BS in Public Health '04) is working toward her masters degree in Gerontology with the University of Indianapolis. She's also working at LifeMasters, which is a disease management program in Indianapolis.



Letter from Nick Correll, BS in Safety Management

Hello, Applied Health Science Colleagues! I recently graduated in December '07, and began working for UPS on January 14. My job title is Health & Safety Director for the Hebron, KY "campus". This is a position that went unfilled for several months because they were seeking an energetic individual with a qualified background in Safety. I was told there was a lack of applicants overall. This is great news for current and prospective Safety students. I found that the job market was outstanding. However, with it being an applied occupation - Safety professionals with 5 or more years of experience have even more impressive opportunities.

I oversee around 300 associates (mostly Cardinal fans) in three facilities in the warehouse environment.



Alumni News

My job description consists of:

- * Implementing and maintaining H&S policies and procedures
- * Establishing a Safety Committee
- * Leading in accident investigations
- * Conducting periodic audits
- * Determining facility compliance
- * Coordination of training
- * Maintaining H&S documentation
- * Tracking injury rates which are presented monthly

Here are the things I like about the job:

- * Flexible schedule
- * A sense of fulfillment by helping people and company
- * Own office!
- * Management status
- * Great salary
- * Excellent opportunities to advance
- * Great benefits
- * A work cell phone

Thanks and take care!!

Nick Correll

“I feel that the curriculum at IU prepared me for these dynamic responsibilities. I have received very positive feedback from management and owe that to the staff at IU.” - Nick Correll

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Students in the new
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Elia Hoekstra at the ground breaking ceremony for her new clinic

From Nutrition Science Major to Physician’s Assistant

In Spring 2004, the *AHS Pulse* featured Ms. Elia Hoekstra (then Figueroa) who was completing a BS in Nutrition Science and heading to a graduate Physician’s Assistant program at St. Francis University in Loretta, PA. Elia is now a Physician Assistant in a Family Practice and Urgent Care clinic in rural Northwest Illinois. The photo above shows her (2nd from left) at a ground breaking ceremony in Sept. ’06 for the new building for her clinic, the Morrison Family Care Clinic. They moved into the new building in May ’07.

Elia has definitely found her calling in becoming a PA. Here’s how she describes her role at the clinic: “We are a rural health care clinic and are open 8a-8p daily 361 days a year. I work with two full-time doctors, and I start my day either at 8am or 9am daily. I work 42 hours a week and begin seeing patients immediately in the clinic.” She sees patients who consider her their primary care physicians and also walk-in patients. Elia says, “I love this variety because my days are never the same, yet I get to build a relationship with my patients who see me regularly.” And she is central to the well-being of the pa-

tients: “Our clinic in rural Illinois is a cornerstone for health care here!”

We asked Elia about her graduate PA program and what she did at IU to prepare for it. She said that her major in Nutrition Science prepared her well because of the high emphasis on biology and chemistry: “Attending a graduate Physician Assistant program is very rigorous and challenging. It’s a full time job being a PA graduate student.”

Where will she be five years from now? Elia would like to be right there at her clinic. Someday she may want to teach in a PA program. Yet right now, she finds her career very rewarding. Her advice to students who want to become PA’s: “Be sure this career reflects your character and enjoy the journey.”

“I definitely felt very prepared for my PA studies with my Nutrition Science degree, hands down. I would not change a thing about my undergraduate preparation for PA school.” - Elia Hoekstra

