

Mel & Enid Zuckerman COLLEGE OF PUBLIC HEALTH

DEAN'S REPORT 2009



Celebrating 10 Years of Excellence in
Public Health Education, Outreach and Research! *Page 28*



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*Public Health:
Your Life Depends On It*

Dean's Report

December 05, 2009
Mel and Enid Zuckerman
College of Public Health
(MEZCOPH)
University of Arizona
P.O. Box 245163
Tucson, Arizona 85724

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Investing in public health helps everyone, and the failure to do so exposes each and every one of us to increased risks from threats such as pandemic influenza, natural disasters and preventable health conditions. Public health is about making the world around us a healthier and safer place.

The U.S. faces a future public health workforce crisis.

According to The Association of Schools of Public Health (ASPH), 23 percent of the current workforce will be eligible to retire by 2012. Fewer public health professionals threaten our ability to meet the health needs of the U.S. and global population.

In response to the statewide need for public health education, the Mel and Enid Zuckerman College of Public Health is developing new technologies and retooling programs to expand outreach through online and service learning classes.

For example, we have created the graduate certificate in public health that is delivered online for easy access and effectiveness. In addition, we have expanded our Master of Public Health Program by offering a new concentration area in Public Health Practice, which will be offered in Phoenix and Tucson. The Public Health Practice program will ensure a properly trained and improved public-health workforce for the state of Arizona. (See page 5 for more information).

In response to the worldwide need for public health education and training, the college is creating the Global Health Institute (GHI). The Global Health Institute will promote the global reach and impact of the college and the university by increasing public health capacity in resource limited communities and countries. GHI is a unique partnership that promotes collaboration between the University of Arizona and partner universities and uniquely positions GHI in the arena of global health. (See page 22 for more information).

The college is providing new opportunities for undergraduate students. As of Fall 2009, University of Arizona undergraduates now have the option to pursue a Bachelor of Science degree with a major in Public Health. Our public health undergraduate degree will be an outstanding pre-professional degree that prepares students to enter graduate education in the fields of medicine, public health, pharmacy and other health related careers.

Furthermore, to be one of the outstanding schools of public health, we must create doctoral programs within all five of the foundation areas of public health. These doctoral students will be the future of public health and take leadership positions within academics and public health practice.

It is gratifying to see how our faculty, alumni and students have helped shape the field of public health over the years. In fact, On April 9, 2010, the college will be celebrating a very special milestone – its 10-year anniversary! We are already making plans for this historic occasion. Among those plans is a Gala Dinner which will be held on the evening of Friday, April 9, 2010. During the gala we will honor three extraordinary individuals: The benefactors and visionaries of our college, Mel and Enid Zuckerman; Dr. James E. Dalen, Dean Emeritus of the UA College of Medicine; and the legacy of Roy P. Drachman. Please visit the college's website (www.publichealth.arizona.edu) for more information. Gala updates will also be posted on the college's facebook page.

As we continue the surge of development and discovery at the Zuckerman College of Public Health, we thank you for your continued support and commitment to creating a healthier world.

Regards,

Iman Hakim, MBBCh, PhD, MPH
Dean and Professor
Mel and Enid Zuckerman Endowed Chair in Public Health

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College News

New Faculty

The University of Arizona Mel and Enid Zuckerman College of Public Health is honored to welcome the following new faculty members:

John E. Ehiri, PhD, MPH, MSc (Econ.)



joined the college as professor and division director of the Health Promotion Sciences division during the summer of 2009. Prior to coming to The University of Arizona, Dr. Ehiri

spent seven years at the University of Alabama at Birmingham (UAB) School of Public Health where he served as an associate professor in the Departments of Maternal and Child Health and Health Behavior. Originally from Nigeria, he received his Master of Public Health (MPH) in 1992 and doctorate (PhD) in 1997 from the University of Glasgow in Scotland. In addition, he obtained a Master of Science in Economics in Health Policy and Planning from the University of Wales, in Swansea, UK, in 1994. *For more on Dr. Ehiri, please see his story on page 16.*

Lynn B. Gerald, PhD, MA, MSPH,



came to the college in spring of 2009 as a professor of Public Health in the Health Promotion Sciences division and accepted the appointment as the Canyon Ranch

Endowed Chair in Lifestyle and Behavioral Health. Prior to joining the college, Dr. Gerald was the director of the Lung Health Center and a professor of medicine at the University of Alabama at Birmingham. Of her appointment, Dr. Gerald said, "I am excited about joining the faculty of the college and continuing my community-based studies in pediatric asthma. I am honored to be part of the college and look forward to working with both the college and the Arizona Respiratory Center."

Joe K. Gerald, MD, PhD, joined the



Division of Community, Environment and Policy in the Mel and Enid Zuckerman College of Public Health in March of 2009. Dr. Gerald is assistant professor and director of the undergraduate program in public health. His prior contributions to undergraduate education were recognized in 2001 as the recipient of the Ellen-Gregg-Ingalls/University of Alabama at Birmingham National Alumni Society Award for Excellence in Classroom Teaching. He currently teaches Health Care in the US and Health Economics and Policy at the undergraduate level.

With a degree in Health Services Administration, Dr. Gerald's research focuses on health outcomes, comparative effectiveness and economic research. His current work investigates the cost-effectiveness of interventions targeting children with asthma. He has recently completed a study evaluating the cost-effectiveness of population-based asthma screening and is currently investigating the cost-effectiveness of hand sanitizer in schools to prevent asthma exacerbations.

Angelika C. Gruessner, PhD, MS,



accepted a position as professor in the Epidemiology and Biostatistics Division in April of 2009. With a degree in Medical Computer Science and

Biostatistics, she has worked for over 20 years in surgical outcome studies with a special emphasis on whole organ and cell transplantation. Her interests are two-fold: first, the introduction of health informatics and the theory of efficient and timely collection of standardized information, and second, the analysis of large data sets. As the scientific director of the International Pancreas Transplant Registry, she manages a very large multinational database which collects information regarding

the frequency and the outcomes of different methods of β -cell replacement.

Dr. Gruessner works closely with several groups at the College of Medicine to develop standardized outcome databases and has several research projects for outcome studies. In addition, she works with physicians to support their research and to help them understand their research data.

Patricia Thompson, PhD, came to the college as an assistant professor in the Epidemiology and Biostatistics Division in the Spring semester of 2009. Dr. Thompson received her PhD in Immunology and Microbiology from University of Texas Health Sciences Center in San Antonio, TX. Her specialty is in the development of biologic markers and their application in epidemiologic and prevention studies. She currently is involved in projects relating to colon cancer prevention, breast cancer, sarcopenia in older women, and development of novel approaches to gastrointestinal cancer interventions and research, among others.

New Staff

The college welcomes new staff members who have joined us this year:

Jesus L. Aranda

Outreach Counselor

Michael Elsner

Research Specialist, Principal

Amy Glicken

Recruitment and Admissions Coordinator, Student Services

Gerri Kelly

Associate Director
Marketing and Communications

Barbara Miller

Outreach Counselor, Sr.

Yvonne Price

Manager, Academic Information Content
Office of Information Technology

Terrence J. Stobbe

Lecturer, Public Health

Nancy Stroupe

Associate Program Director
Research, Evaluation and Analysis

Staff Retreat



College staff at the annual retreat

The annual staff retreat was held at the Tucson Botanical Gardens the morning of April 23rd. Dean Iman Hakim gave the opening remarks and the staff toured the gardens. Representatives from the UA Life and Work Connections gave a presentation on "Building Resiliency in Challenging Times: Work, Life and You," in addition to strength building with stretch bands. After lunch, one of the highlights of the retreat was the opportunity to visit the Butterfly Magic Exhibit. Staff members left the retreat feeling relaxed and refreshed!



Susan Hanson, Kathleen Crist and Anita Foley (left to right)

Adopt-A-Family

The college's Staff Advisory Council Executive Committee voted to sponsor a family through the Salvation Army Social Services Department last December. The committee members will have the chance to deliver the gifts directly to the family assigned to the college. Two years ago the committee delivered many gifts in person to a family and all agreed the experience was the best ever seeing the family's faces when the items were unloaded under their tree. The committee will do it again this year!

Kelly Reynolds, PhD, MSPH, an associate professor, received the **International Leadership Award and Honorary Membership** from the Water Quality Association on March 18, 2009. Dr. Reynolds received



the Leadership Award in recognition of exceptional service given to the water quality improvement industry, and specifically, for her research of pathogens in water, and her contributions in *Water Conditioning and Purification Magazine*.

Additionally, in June 2009, Dr. Reynolds was awarded a 2009 **William B. Fritzsche Memorial Top 50 Award**, a national honor from *Water Conditioning & Purification (WC&P)* magazine, recognizing her contributions to the water quality field.

Lynda Bergsma, PhD, assistant professor, travelled to Washington, D.C. and was presented with a prestigious **National Cable Award** in May, 2009 in recognition of her achievements in media literacy education for health promotion. Dr. Bergsma stated that her work is "dedicated to empowering citizens of the media age to make better-informed, healthy choices." Accomplished educators, school administrators, college faculty, volunteers and community leaders were considered from across the nation for these awards.



In November 2009, Dr. Bergsma received the **2009 Delta Omega Award for Innovative Public Health Curriculum**. Delta Omega is an honorary society in public health that created this annual award in 2001 to applaud the important role public health graduate education plays in the development and maintenance of a strong, active and well-prepared public health profession.

Arizona Health Sciences Center Staff Advisory Council Outstanding Staff Awards



Jason Hollister received the 2009 Research and Technical Support Staff Award for Excellence. Jason is the Information Technology Support Analyst, Sr., in the Office of Information Technology. He provides the Information Technology (IT) support for more than 250 desktop computers and printers, as well as the student computer laboratory and numerous college computer servers.



Anita Foley received the 2009 Administrative Support Staff Award for Excellence. Anita is an Administrative Assistant in the Epidemiology and Biostatistics Division. In addition to her regular work, Anita is a member of the Staff Advisory Council for the college, and even helps others in their career development. "She is truly a great team player," said a supporter. Anita is known for helping faculty, students, staff, and appointed personnel throughout the college, not just in her division.

iTunes U!



MEZCOPH is on iTunes via the **University of Arizona's iTunes U** site! On the web, visit:

itunes.arizona.edu

Click on the big blue button that says *Go to UA on iTunes U*. Then click on *Health and Medicine*. Note: you need to have iTunes installed on your computer, a free download from Apple for Macs or PCs.

Chris Tisch Honored

Georgia Reynolds
Dedicated Service Award



The Mel and Enid Zuckerman College of Public Health is very proud to announce that **Chris Tisch, Assistant Dean for Student and Alumni Affairs**, was awarded the 2009 Arizona Health Sciences Center (AHSC) Georgia Reynolds Dedicated Service Award.

The Reynolds award recognizes individuals who have provided 15 or more years of dedicated service to the Arizona Health Sciences Center. Chris joined the MPH Program in 1995 and contributed to the establishment of the College of Public Health, after serving as an administrator in the Neurology Department for 8 years.

Chris directs the Office of Student Services and Alumni Affairs (OSSAA), which is responsible for the college's student recruitment and admissions processes, advising of the undergraduates, tracking students' academic progress, maintaining student data, coordinating scholarship awards and teaching-assistant (TA) assignments, planning and hosting academic events such as orientations and convocations, providing career services, as well as tracking and serving the college's alumni. Tisch says that, "My colleagues here in the OSSAA are truly dedicated student service professionals and they are all creative problem solvers – a skill that serves our applicants, students, and alumni well. Our ability to work as a team is paramount to our success in helping students."

When asked what her guiding principles have been in building and maintaining a highly effective team, she responded, "If we want to bring out the best in people, we need to treat them with respect and dignity and acknowledge their contributions in our organization. Loyalty, trust, integrity and productivity amongst team members can flourish when these conditions exist. It's a wonderful compliment when your colleagues tell you they look forward to coming to work."

Tucson 40 Under 40 Award

Winners Include Two Members of
UA Zuckerman College of Public Health



Dr. Elizabeth Jacobs, Dean Iman Hakim, and Program Coordinator Kristen Pogreba-Brown at the awards breakfast October 15, 2009

Assistant Professor of Epidemiology Elizabeth Jacobs, PhD and **Program Coordinator Kristen Pogreba-Brown, MPH** in the University of Arizona Mel and Enid Zuckerman College of Public Health, are winners of the **2009 Tucson 40 Under 40 award**.

Dr. Jacobs' research focuses on the genetic, lifestyle and dietary factors associated with cancer risk. She was nominated by a colleague for her track record of success publishing research results in major peer-reviewed journals and obtaining national grants.

Kristen Pogreba-Brown is currently a Ph.D. student in the Epidemiology program and teaches a course in outbreak investigations and infectious disease at the college. She was nominated for her work as founder and coordinator of the Student Aid For Field Epidemiology Response (SAFER) program. The SAFER team is available to assist state and local health departments in the event of a public health emergency. The program has been so successful that it is now a required course for the MPH degree in Epidemiology.

Visit us on facebook



Join the Mel and Enid Zuckerman College of Public Health facebook group for news and updates about the college and the 10th Anniversary Gala on April 9, 2010

ACADEMIC PROGRAMS

Douglas Taren, PhD, is the associate dean for academic affairs and professor of public health. Dr. Taren has expertise in global maternal and child health and nutrition.



Public Health Practice

A new Master of Public Health concentration in Public Health Practice was approved this past year and will be offered in both Phoenix and Tucson starting fall 2010.



Phoenix Biomedical Campus

This concentration is an interdisciplinary program that will prepare students to develop the public health skills needed to work in a variety of governmental and non-governmental settings including the local, county and state departments of health, the Indian Health Service, Medicaid and Medicare programs, hospitals, and community health centers. Students learn to work effectively as part of multidisciplinary teams to develop, manage and evaluate public health programs that are appropriate for decreasing health disparities between and within diverse populations.



Phoenix Biomedical Campus

The Public Health Practice concentration is geared toward students in Phoenix and Tucson who are able to enroll in courses that utilize a combination of distance and in person teaching modalities. Students will also gain practical experience by completing field-based courses and internships with various local, state, national and international agencies. The availability of this program for students in Phoenix was praised by Mayor Phil Gordon as he stated, "We are thrilled to see the continued development of the Phoenix Biomedical Campus with the addition of the UA Mel and Enid Zuckerman College of Public Health expanding into downtown Phoenix. This program complements the offerings for students pursuing the health field in downtown and helps to meet the needs of our state for more health-care professionals. It puts us closer to our goal of having training for all areas of health care in the heart of our city."

Undergraduate Program in Public Health

Beginning Fall 2009, a new Bachelor of Science with a major in Public Health became available to students entering the University of Arizona. The curriculum for the degree is based on recommendations of the Association of Schools of Public Health taskforce on undergraduate education and includes courses in the health care system of the United States, epidemiology, biostatistics, global health, program planning and evaluation, and health disparities. In fact, the Institution of Medicine has recommended that "all undergraduates have access to undergraduate public health education."

Joe Gerald, MD, PhD, serves as the program's director. "A particular strength of the program is a public health internship that places students in the community during their last year of study," said Dr. Gerald. "As active participants, students will gain valuable experience and will have the opportunity to apply the knowledge gained in the classroom. Ultimately, students will have the skills to develop novel public health interventions and programs aimed at solving many of today's problems, including obesity, rising health-care costs and infectious diseases such as the current H1N1 flu pandemic."



In addition to responding to the public health challenges of the 21st century, the new undergraduate public health program will also significantly contribute to solving the public health workforce shortage that is present in Arizona and the nation by having an undergraduate professional degree to prepare students for health careers in medicine, nursing, public health, or pharmacy.

ACADEMIC PROGRAMS

The Eller School of Management and the James E. Rogers College of Law Team up with UA Zuckerman College of Public Health to offer Dual Degrees

Two new dual degree programs are now underway in the college:

- **Juris Doctor degree (JD) from the James E Rogers College of Law and a Master of Public Health (MPH) can be completed in four years.**
- **Master of Business Administration (MBA) from the Eller School of Management and an MPH can be completed in three years**

These two coordinated and integrated curricula allow students in these programs to shorten their plans of study by one-year and enter the workforce quicker. Students in both of these programs are able to specialize in any of the public health areas of studies that are offered in the MPH program.

The JD-MPH dual degree program is a perfect opportunity for those students who have an interest in public health and law. Student internships for the JD-MPH students can cover many areas including environmental health issues, the use of epidemiology and statistics for making a case, and the development of health policy.

MBA-MPH students will be able to obtain specialized training in public health management but also study issues related to environmental health and the development of health promotion programs.

The private and public partnerships that result from these dual degree programs will serve our community well. Alumni will advance laws that protect us and create innovate programs that will promote and support public health practices.

MS/PhD in Environmental Health Sciences

Progress and advances in our nation have been accompanied by increased exposure of people to a host of hazards including natural agents and chemicals, synthetic chemicals used in agriculture and industry, radiation, and biological and chemical agents intentionally deployed to harm our population. The MS/PhD degree program in Environmental Health Sciences, which will admit its first students in Fall 2010, prepares individuals to evaluate and control health risks posed by chemical and biological contaminants and physical exposures in occupational and non-occupational environments. Advanced courses in a variety of specialty areas allow students to tailor the program to their specific interests. Areas of specialization

include Climate and Health, Environmental Contaminant Modeling, and Occupational Health and Safety. The new MS/PhD program is unique in the state of Arizona as it focuses on the preparation of environmental health professionals to evaluate the impact of environmental contaminants and changing conditions on the health of individuals and communities.

New Health Policy Course Offering

As classes began this Fall semester, students had a new global health course to choose entitled, “**Changing Health Policy: Cultural Understanding and Epidemiology Analysis.**”

The course is being offered by **Burris “Duke” Duncan, MD and Kacey Ernst, PhD**, faculty members



from the Sections of Family and Child Health and Epidemiology, respectively. They created the course in response to students’ request to find ways to help change health care policies in low



income countries. However, according to Dr. Duncan, as foreigners they cannot effectively change the representing government the way a citizen can, so they need to work with local residents and agencies and to teach them to develop political change.

The course will use three cases studies from three diverse countries on different continents: Kenya, Peru, and Indonesia. Information from these countries will be used to teach students how to analyze health care data and formulate meaningful policy changes. An integral part of the course includes having students talk to people who have worked in these countries and to study information from the databases that exist.

Dr. Ernst will lead the database approach to this course in order to provide an evidence based approach to prioritizing policy changes. At the end of the course, Dr. Duncan has organized a hands-on legislative experience for the students. Each student team will present to legislative representatives from the country that they have studied in a forum similar to a U.S. Senate hearing. Students will be required to make an opening statement, then the “legislators” will grill them, and students will have to defend their policy change plans.

Legislative representatives will include esteemed individuals such as: **Phil Lopez**, the representative from District 27 in the Arizona State Legislature, **Professor John Ehiri**, the new director of the college’s Health Promotion Sciences Division and a maternal and child health expert who is originally

from Nigeria, and **Zelda Harris** from the University of Arizona James E. Rogers College of Law and director of the UA's Domestic Violence Law Clinic.

Diné College and Zuckerman College of Public Health Provide Public Health Certificate Program

On Thursday, May 7, 2009, officials from Diné College, the Institution of Higher Education of the Navajo Nation, and the University of Arizona Mel and Enid Zuckerman College of Public Health bestowed the first Certificates in Public Health awarded jointly by both institutions. The commencement ceremony at the headquarters campus



*Jaqueline Jim-Shorty (right) receives her CHR certificate from (left to right): Dr. Ed Garrison, Ferlin Clark, EdM and Doug Taren, PhD.
Photo Credit: Ed McCombs, Diné College*

of Diné College at Tsaile, Arizona marked an academic achievement that has been more than seven years in the making for both colleges. **Douglas L. Taren, PhD**, associate dean for Academic Affairs and professor of Public Health, represented UA Zuckerman College of Public Health at the event. Nine Native American students were awarded the new joint Certificates in Public Health. All of the students are currently working full-time as Community Health Representatives (CHRs) for the Navajo Nation.

The Navajo Nation comprises the largest Native American reservation in the United States and provides a wide range of public health services in their community. Community Health Representatives (CHRs) are important health care workers who typically live and work in their own communities. They provide hands-on health care and information services on current health topics with a special focus on wellness and prevention activities. Although the CHRs receive training on the services they provide to their communities, the certificate program provides them additional training on how to implement theories of public health into their practice and programs. The Navajo Nation faces many health care services challenges, since much of the population lives in remote areas where access

to health care services is difficult. Many tribal members, especially the elderly, do not speak English, which can make communications with non-native health care providers more difficult. The CHRs help meet the needs for increased basic health care and health information in Navajo homes and communities. Sometimes serving as “change agents” in their own communities, the CHRs foster greater community involvement in their own tribe’s health programs and more participation by tribal members in the identification and solving of their health problems.

Education Through Service Learning

Mel and Enid Zuckerman College of Public Health is breaking new ground in public health education with its emphasis on service learning, which allows students to gain valuable field experience throughout their academic programs. In these times of budget cuts and an emphasis on increasing class sizes, the service learning courses at the college continue to provide students with the small classroom environment and everyday access to faculty members that has been a cornerstone of graduate education. Service learning occurs in many types of settings inside and outside of the classroom.



Installing an irrigation system for a vegetable garden (Marana, Arizona)

- *Service Learning occurs on the first day of class for students who take the introduction course on Maternal and Child Health. Students in this course have worked with counties throughout Arizona to conduct needs assessments that are used for annual and five-year planning documents.*
- *Students in the biostatistical consulting class provide direct services to researchers on data management and analyzing data using the skills learned in didactic courses and applying them to answer cutting edge questions on how to improve the health of individuals and communities.*
- *Students on the Student Aid for Field Epidemiology Response (SAFER) Team continue to work closely with faculty as they support county health departments investigating infectious disease outbreaks.*

Service learning is an important niche for the college as it provides college students the education to prepare them to work in the field of public health.

Steps Forward for Families

A Partnership Of

Mel and Enid Zuckerman College of Public Health
Canyon Ranch Center for Prevention and Health Promotion
The Canyon Ranch Institute

The Steps Forward for Families Project began in 2007 with the goal of targeting the prevention of chronic disease in children and their parents. By focusing on behavioral interventions with families from vulnerable, low socioeconomic populations this project is trying to impact parental behavior which will result in healthier role models for their children. Research supports that by positively changing the major influences that children are exposed to, children will be encouraged to engage in healthy behaviors. The project works directly with Child-Parent Centers, Inc (the administrative entity for Southern Arizona Head Start Centers), Pima Community College Family Literacy Program and the Cochise Community College Family Literacy Program.



Graduates from the Steps Forward for Families Program with Griselda Martinez (fifth from right) and Sonia Medina (fourth from right)

The intervention targets parents as role models using a behavior change and health education curriculum, Pasos Adelante/Steps Forward. The Spanish language curriculum is based on the National Institutes of Health, National Heart Lung and Blood Institute's Su Corazon, Su Vida, but has been adapted by college faculty and staff and Arizona community partners. The Pasos Adelante curriculum consists of twelve, 2-2.5 hour sessions that include physical activities, sharing recipes, presentation of health information, interactive demonstrations and discussions.

Outside of class, participants are encouraged to walk with other participants and project staff up to three times a week or participate in some other physical activity of their choosing. More than 1200 people have participated in the program in multiple Arizona border communities and in projects in Colorado and Pennsylvania.

Participants have demonstrated improved physiological and self-reported outcomes associated with diabetes and cardiovascular disease risk reduction.

Prior to this demonstration project, the Pasos curriculum primarily targeted middle to older aged adults. For the Steps Forward for Families project, the Pasos curriculum was modified to incorporate a greater focus on parental role modeling and to increase the awareness of the impact of unhealthy behaviors on children. The goal of the curriculum is to help parents be more effective role models of positive behaviors such as healthy eating and exercise. By modeling healthy behavior parents can help children set lifelong foundations for health that will reduce their risk of developing chronic diseases.

Together we are working to set up the mechanisms for long term sustainability of these programs. Upon completion of the coming year we hope to have a model that can be utilized by both Head Start and Family Literacy programs throughout the country and thus have an impact nationally to improve the health and well being of children and parents that participate. These are indeed exciting times!

Rural Health Professions Program



Service Learning - Dengue prevention in a neighborhood in Nogales, Sonora



Service Learning - Packing food boxes at a community food bank in Nogales, Arizona

It has been an exciting year for the Rural Health Professions Program at the Mel and Enid Zuckerman College of Public Health. With a goal to increase the number of public health students who practice in rural and underserved communities in the state of Arizona, the college has partnered with the Arizona Area Health Education Centers (AHEC) to develop a comprehensive menu of service learning courses, internships and fellowships for MPH and DrPH students.

Henkel Corporation

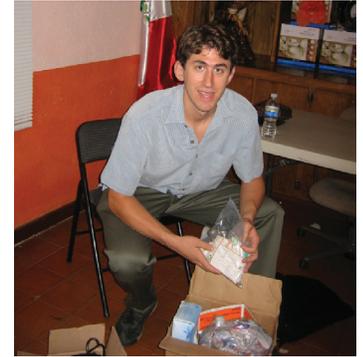
Researchers from the Mel & Enid Zuckerman College of Public Health partnered with The Henkel Corporation to introduce 5th graders, from underrepresented populations, to the science of microbiology and disease prevention. The event took place on January 16, 2009 as part of a series of commemorative Martin Luther King Day celebrations.

Dr. Kelly Reynolds, associate professor, and Jonathan Sexton, PhD candidate, provided an overview of what germs are and how they contribute to odor, infection and disease. Hands-on demonstrations allowed the students to become “germ detectives” and monitor simulated transmission routes in the environment using fluorescent dyes. More than 100 students from Yavapai Elementary School attended this important community event and voted the UA Zuckerman College of Public Health demonstration their favorite activity of the day. Events such as these highlight the significant public health and educational contributions that can evolve from collaborations between academia and corporations.

In recognizing the importance of public health scholarships to students in need, Henkel, the name behind some of America’s best-known brands, from Dial® soaps to Purex® laundry detergents, is generously supporting the college’s 10th Anniversary celebration and scholarship benefit on April 9, 2010.

UA Zuckerman College of Public Health wishes to thank Henkel for its generous support and its collaboration through the college’s Division of Community, Environment and Policy.

The Service Learning Initiative utilizes a method of experiential education that allows for students to actively participate with communities in response to their identified needs and concerns. Service learning is a vehicle for strengthening partnerships between health profession schools and communities. It builds a strong commitment to community service and social responsibility and equips health professionals with community-oriented competencies necessary to practice in today’s changing world.



Internship student Myles Stone sorting through supplies and materials for the En Común Health Outreach Program in Nogales, Sonora

The Rural Health Professions Program offers four service learning courses for students. Each course includes specific activities that are accompanied by structured individual and group reflection. The week long courses take place in the community and students receive one graduate academic credit. Course work is planned and implemented collaboratively with community based organizations.

“I was inspired by working in the Navajo community. As compared to my work with underserved communities in the Peace Corps, the Navajo Nation had a great deal more resources and were quite progressive in their public education capacity. There were familiar challenges related to poverty but the infrastructure and savvy were far beyond my previous experience. I felt that with support and encouragement, the family planning counselors at the organization had the potential to make a significant difference in the lives of women on the nation.”

—Deborah Curley, internship student

Service learning courses provide wonderful opportunities for faculty and students to develop strong partnerships with community organizations. They have energized students, faculty and community partners to develop long term visions for partnering to eliminate health disparities throughout Arizona. Today, the concept of service learning is being expanded beyond these week-long immersion experiences to include service learning opportunities for students in their core MPH courses.

Arizona
Area
Health
Education
Center

Yuma Regional Health Professions Training Initiative

The University of Arizona Area Health Education Center (AHEC) is partnering with the UA allied health sciences schools of Pharmacy, Medicine, Nursing and Public Health to enhance health professions education and training opportunities in the rural and urban underserved areas in the Yuma County region.



Program participants working together

In addition to benefiting the rural and underserved areas in Yuma County, the initiative provided UA Zuckerman College of Public Health students an opportunity to receive training on the various aspects of conducting a community assessment.

Dr. Rosales and her team look forward to contributing to the successful development and implementation of locally relevant training programs, which ultimately will serve to alleviate health care provider shortages and improve health care access for all residents living in the Western Arizona Area Health Education Center geographic region.

Cecilia Rosales, MD, MS, is an associate professor in the Community, Environmental and Policy Division at the Mel and Enid Zuckerman College of Public Health.



Yuma Regional Medical Center

The **Interprofessional Arizona Area Health Education Center (AHEC): Yuma Regional Health Professions Training Initiative** is funded by the AHEC to develop a community-based and academic partnered program, and to strengthen educational partnerships between Yuma Regional Hospital, the University of Arizona, AHEC, and rural and underserved health care providers. The training initiative will also strive to alleviate health care provider shortages, and improve health care access for rural, underserved, minority, and residents living in the Western Arizona AHEC geographic region by developing locally relevant training programs for health care professionals in these settings.

The initiative provided a propitious opportunity for the UA Zuckerman College of Public Health to build a strong team of faculty, academic professionals and students that are focusing on the issues of health promotion and disease prevention in the Yuma region. **Dr. Cecilia Rosales** assembled the team from across college divisions. The team was tasked with conducting a community assessment of the region, as well as identifying assets such as health promotion and disease prevention programs.

Raytheon

Raytheon Missile Systems is the largest private employer in southern Arizona. The Tucson-based business of Raytheon Company specializes in defense and public safety technologies for markets in the United States and throughout the world. The Mel and Enid Zuckerman College of Public Health and Raytheon share the goal of improving the safety of the public and of public safety employees. Technology developed by Raytheon has potential applications to improve the safety of the flying public, firefighters, and law enforcement and corrections officers. For example, Raytheon has developed a directed energy system with the objective of diverting shoulder-fired missiles from striking airborne aircraft.

UA Zuckerman College of Public Health and Raytheon recently partnered on a research grant application to the U.S. Department of Homeland Security to determine the effects of the directed energy fields on implanted medical devices such as pacemakers and internal defibrillators. The college and Raytheon will continue to explore new opportunities to adapt Raytheon technology for public safety uses.

For more information about outreach programs, please visit:
<http://www.publichealth.arizona.edu/outreach>



UA Holds First Drive-through Flu Clinic

Organizing the distribution of 500 flu shots in three hours takes planning, resources and people. On Oct. 3, 2009, University of Arizona students and employees received their seasonal flu shot at a drive-through clinic on campus. Faculty, students and staff of the Mel and Enid Zuckerman College of Public Health, played a key role in making this happen.

In addition to protecting the campus population from seasonal influenza, the clinic was also a test drive of the University's mass dispensing plan in the event of a public health emergency.

"We used the drive-through clinic to evaluate our capacity to distribute a vaccine or antibiotics to the university population," said **Professor Howard J. Eng, Dr.P.H.**, of the Community, Environment & Policy Division. "The drive-through clinic successfully accomplished its goal of vaccinating 500 individuals within a three hour period. We also learned what we need to do better if we are going to implement another drive-through clinic that covers more people and for a longer period of time."

This was a large scale operation involving more than 100 volunteers from 15 different university departments, the University Medical Center, and four community partners. The entire operation was conducted under the guidance of the UA Pandemic Influenza Mass Clinic Planning Group.

Flu shots were free to UA employees and only \$15 for students. Cars began lining up at Park Avenue and Second Street about 15 minutes before the clinic opened at 9 a.m. The first 200 people to show up received a free flu prevention kit.

"The convenience of a drive-through clinic allows people to remain in their cars from start to finish," said **Kristen Pogreba-Brown, MPH**, program coordinator in the Epidemiology and Biostatistics Division. "And it minimizes exposure to anyone else who may be sick."

Participants had to pass through five stations to complete the process. The first three stations handled distribution and collection of vaccine consent forms and payment for students. Station four was the actual vaccination site and the fifth and final station served as a check point for negative reactions to the vaccine.

According to **Mona Arora, MsPH**, senior research specialist in the Community, Environment, and Policy Division, public health students were also involved in pre-promoting the event. "They were out talking to fellow students in sororities and fraternities reminding people to get a flu shot. Faculty

and staff provided their expertise with the evaluation component of the University's emergency mass dispensing plan which is based on federal guidelines."

"The drive-through flu clinic is a good example of public health in action. We provide the plan and infrastructure behind public service programs that are designed to protect a community of people from the spread of viruses like the flu and disease," said Dr. Eng. "It's just one of the many jobs that fall under the umbrella of public health."

Dust in the Wind

Like death and taxes, there is no escaping dust. No matter how often you clean, it always comes back. A new study by scientists at the Mel and Enid Zuckerman College of Public Health finds that most indoor household dust that collects on furniture and floors actually comes from outdoors. The research could help communities determine how to clean up contaminated waste sites, which release particles that can end up in dust.

Adjunct Professor David W. Layton, PhD and Assistant



Professor Paloma I. Beamer, PhD in the Community, Environment & Policy Division, created a new computer model that can track the spread of contaminated soil and airborne particulates from outdoors that migrate into a household.

In a recent paper in the journal *Environmental Science & Technology* (Nov. 1, 2009), Dr. Layton and Dr. Beamer calculate the proportion of dust from indoor sources against the amount from outdoor sources. The model accounts for the formation of house dust as a mixture of organic matter such as dead skin cells and pet dander, organic fibers like soil tracked in on footwear, and outdoor air particles. Dust can include anything from sulfates and acid aerosols to lead and arsenic.



"Understanding the ratios is important because it can provide us with a way to measure the potential exposure people have in their houses when they live near a toxic waste site," said Dr. Beamer.

The study, "Migration of Contaminated Soil and Airborne Particulates to Indoor Dust," has generated national media interest since it first appeared in the journal. Since then Dr. Beamer has been interviewed by NPR's "Morning Edition" and *LiveScience* magazine.

The 36th Annual Rural Health Conference

Coming Out of the Recession Stronger and Healthier:
Opportunities, Solutions and Collaborations



The 36th Annual Rural Health Conference drew over 130 people to Flagstaff, Arizona, August 3-4, 2009. The conference provided an energetic environment for networking and disseminating information among health professionals and community members interested in improving rural health in Arizona and nationally.

Participants were drawn from community health; environmental and behavioral health; service providers; hospital and clinic administrators; health policy makers; students; tribal organizations, and academic institutions. Conference topics focused on Health Information Technology; Health Reform; and Workforce and Workplace Solutions.

Two distinguished nationally renowned speakers articulated ideas and issues that are shaping the current rural health agendas and promoting collaborative efforts to make positive change.



Alan Morgan

Alan Morgan, CEO of the National Rural Health Association delivered the Bruce Gullede Memorial Lecture with a presentation titled, "Rural Health - A National Perspective." Mr. Morgan discussed current rural health policy challenges, particularly focusing on healthcare delivery disparities between rural and urban systems, rural health facilities financing, and healthcare reform. Mr. Morgan was recently named one of the nation's most powerful rural health advocates on Capitol Hill.

Dena Puskin, ScD, Director of the Office for the Advancement in Telehealth at Health Resources and Services Administration, is the seventh presenter to deliver the Andrew W. Nichols Rural and Border Health Policy Lecture titled "Health Information Technology and Telehealth: Converging Priorities." Dr. Puskin's creativity and authority has enabled her to re-shape technological innovation in health care to improve access to quality health care in remote areas of the country.



Dena Puskin

Five outstanding individuals and projects were honored during the conference by the major conference sponsors—Arizona Rural Health Association, the Arizona Health Facilities Authority, and the Rural Health Office. **Senator Carolyn Allen** of the Arizona State Senate was named Legislator of the Year. **James Dixon**, CEO of Copper Queen Hospital was named Rural Health Professional of the Year. **Mary Riordan**, a long-time Arizona Rural Health Association contributor and librarian with the Arizona Health Sciences Center was named Volunteer of the Year. The **Libre de Violencia Program**, and the **Southern Arizona Battered Immigrant Project** were co-recipients of the Inspiring Rural Health Program of the Year award.

Conference co-sponsors were acknowledged for their important contributions. They were The University of Arizona AHEC Program (Tucson, AZ), North Country Healthcare/Northern Arizona AHEC (Flagstaff, AZ), Eastern Arizona AHEC (Globe, AZ), Cerner Corporation (Kansas City, MO) and Humana (Phoenix, AZ).



Jefferey L. Burgess, MD, MS, MPH, is a professor and the director of the college's Community, Environment and Policy (CEP) Division

\$2.3 Million in Funding to Reduce Firefighter Injuries

Jeff Burgess, MD, MPH, has been awarded \$2.3 million for two national research grants to study and prevent injuries among firefighters.

Dr. Burgess, director of the college's Division of Community, Environment and Policy, has been awarded a **\$1 million grant from the Federal Emergency Management Agency (FEMA)** to conduct a three-year international comparison of fireground injuries and standard operating guidelines among fire departments in the United States, the United Kingdom, and Australia.

According to Dr. Burgess, firefighters have a high risk of work-related injuries but little research exists to evaluate policies and strategies for reducing accidents in this stressful and physically demanding occupation. An international comparison of firefighter injuries and protocols will help identify best practices for fire departments from around the world.

"Firefighters put their lives on the line for us every day," said Dr. Burgess. "It's an honor to be able to help them find methods for carrying out their duties in as safe a manner as possible."

Additionally, Dr. Burgess has received a **\$1.3 million grant from the National Institute For Occupational Safety and Health (NIOSH)**, a division of the Centers For Disease Control and Prevention. The money will be used to conduct a four-year study to evaluate the effectiveness of a risk management approach to reduce injuries among Tucson Fire Department firefighters.

The NIOSH grant is based on work completed by Jerry Poplin, currently working on his doctorate in Epidemiology at the college. In his research, Poplin found the introduction of risk management regulations was associated with a reduction in work-related injuries in Australian mining operations. Dr. Burgess and Poplin hope the introduction of the risk management process will help reduce firefighter injuries in three high-risk areas: physical exercise/drilling, transporting of patients and fireground operations.



For more information about this grant, please visit: www.publichealth.arizona.edu/news/firefighters

Personal Electronic Health Records

Health Information Technology Hits the Road



Alison Hughes, a Policy and Management concentration lecturer at Mel and Enid Zuckerman College of Public Health, has been promoting the adoption of Electronic Health Record (EHR) systems among the State's critical access hospitals for about five years. Hughes' newest venture in the Health Information Technology (HIT) field is to promote consumer's aggregation of their

health records into an electronic format using one of several portals available on the Web.

Current White House policy is to see an electronic health record in place for every patient by 2014. Hughes is doing her part to educate Tucson residents about electronic Personal Health Records (PHR). Lecturing to consumer groups in and around Tucson, she introduces them to the benefits of taking control of their health records and shows them how to create their own electronic PHR system.

A PHR is an online journal that documents the patient's medications and medical problems, and allows individuals to monitor physician appointments and health. The PHR allows the consumer to store their medical information in one place and control the health information loaded into that record.

The White House is not alone in promoting electronic health records. A Medicare pilot project currently underway in Arizona and Utah is encouraging Medicare recipients to enroll in a PHR system that connects to their Medicare health records. CMS (Centers for Medicare & Medicaid Services) has enlisted Hughes to partner with their staff members to promote this effort in Arizona. In addition, Hughes was featured in an October 2009 AARP Bulletin and Website article on personal electronic health record management.

As a proponent for personal electronic health records, Hughes maintains her own PHR. She believes that it has empowered her as an informed consumer, and enables her to communicate more effectively with her health care provider. Hughes said "having access to an online medical record of your own is handy no matter where you are in the world." She also pointed out the element of personal control noting that "you can decide who has access to the information."

Thanks to Hughes, the college is joining the White House and Medicare in exploring the benefits of PHRs. Hughes recently spoke with a gathering of college faculty, staff and students who were interested in creating their own PHRs. On hearing about the possibilities, many of the participants were excited about starting their own PHR systems. The mothers in attendance were particularly excited about a new method of tracking their children's health records.



Zhao Chen, PhD, MPH, is a professor and the director of the Epidemiology and Biostatistics Division. She also serves as the director of the Healthy Aging Lab.

\$3 Million Study to Investigate Genetic and Environmental Contributions to Maintaining Skeletal Muscle Mass in the Elderly

Loss of skeletal muscle mass occurs in older populations with normal aging. Even body builders are experiencing muscle loss when they are over certain age. Many chronic diseases and conditions, such as cancer and rheumatic diseases, may further accelerate aging related muscle loss and increase a person's risk for sarcopenia. Sarcopenia is a reduced skeletal muscle mass and quality which may lead to impaired physical functioning, disability, poor quality of life, increased risk for osteoporotic fractures and loss of independence in older age. The cause of sarcopenia is poorly understood.

Dr. Zhao Chen, professor and director for Division of Epidemiology and Biostatistics, has been leading the study "Biomarkers and Genetic Factors Related to Sarcopenia in Older Women," a multi-million dollar research project supported by the National Institute on Aging (NIA). In this study, multiple catabolic inflammatory factors and anabolic hormonal factors as well as genes coded for these factors will be measured. Whether these factors and genes are associated with an accelerated or slower rate of skeletal muscle loss will be studied in 2800 women.

Co-investigators at the UA on this project include Drs. Duane Sherrill, Patricia Thompson, Walter Klimecki, Scott Going, Chengcheng Hu and Tamsen Bassford. Preliminary results from this study have suggested that multiple inflammatory factors are related to low skeletal muscle, and higher levels of growth factors in the blood circulation may be associated with increased skeletal muscle mass.

In conjunction with this NIH funded project, Dr. Chen has led an inter-study workgroup using data collected from studies within the United States and in Europe to investigate factors associated with muscle loss and to discuss how to better define sarcopenia with scientists from different nations.

One of the findings from these collaborative projects has indicated that when older women lose weight they will lose both muscle and fat mass, but when they gain back the weight more fat mass will be put back and muscle mass will still fall short.

This finding suggests that yo-yo weight loss may increase muscle loss and risk for sarcopenia in older women.

Dr. Chen has also been involved with an international consortium for a genome-wide association study on genetic variations linked with low muscle mass in participants from more than 10 US and international studies. To date, a number of genes have been identified to be associated with muscle mass. The consortium group is finalizing the analysis and validating the findings before publishing these results.

Collectively, these international collaborations help to better identify genetic and environmental factors that may be important for maintaining skeletal muscle mass in the aging population.

Ultimately, the work done by Dr. Chen's research team will contribute to developing preventions and treatments to slow down muscle loss with aging.

Grant Awarded to Study Benefits of Vitamin D



Cancer epidemiologist, Beth Jacobs, PhD, has been awarded a three-year grant to study the effects of vitamin D on breast cancer recurrence and survival. The new Arizona Cancer Center study will test whether high levels of serum vitamin D could mean good news for breast cancer survivors.

"This grant is straight up, old-school epidemiology," says Jacobs, "We want to go in and answer the initial hypothesis, which is, does vitamin D status effect breast cancer recurrence or not. Period."

Jacobs, with **co-investigator Cynthia Thomson, PhD**, will dive back into a large pool of data from the Women's Healthy Eating and Living (WHEL) study, the largest national randomized clinical trial to assess the influence of diet on the recurrence of breast cancer. Investigators at Mount Sinai Hospital's Samuel Lunenfeld Research Institute in Toronto have recently shown that being in the highest category of vitamin D serum levels is correlated with reduced breast cancer mortality. Dr. Jacobs hopes to see a similar trend with breast cancer recurrence.

Article taken from AZ Cancer Center's Newsletter, Signalling Pathway, October, 2008.



Swine Flu Prevention and Control



Kacey Ernst PhD, MPH,

is an assistant professor whose research focuses on examining the links between environment and environmental change and infectious disease transmission.

Pandemic influenza has been talked about for years and finally came in the form of the “swine flu” or H1N1. Early on in the epidemic community partners had serious concerns about their safety. **Dr. Kacey Ernst** worked with other college partners (**Cecilia Rosales, Jill de Zapien, Brenda Granillo and Lisa Staten**) to provide a risk assessment for the U.S. Federal Public Defenders Office working with Operation Streamline, the process by which people crossing the border illegally are prosecuted in a fast-track manner. As members of public service working in close contact with people coming directly from Mexico they were concerned for themselves and for the detainees who congregated in close quarters. Dr. Ernst and the team wrote a report outlining points for potential exposure that occurred in the system. One critical issue learned, was that some key players have been left out of the loop in preparedness training and planning. The college’s affiliation with the Arizona Center for Public Health Preparedness (AzCPHP) helped the US Federal Public Defenders office make some connections for future planning development.

Community awareness and training are critical in pandemic situations. Dr. Ernst will be working with AzCPHP to deliver training to medical, public health personnel, law enforcement and first responders to teach them about tracking the disease through surveillance, investigating cases, and preparing their community.

Several research projects are under way that Dr. Ernst hopes will shed some light on the transmission dynamics of the virus. One project aims to determine why some children have had severe cases of H1N1 while others have had few symptoms. Working with undergraduate student **Lauren Heller** and staff at the Pima County Health Department, a case-control study is being developed to compare factors in those with severe illness to those with mild illness. Due to the age differences in those impacted with H1N1 versus seasonal flu, there may be other factors associated with more severe outcomes.

Exploring the severity of outcomes is also the goal in a project being conducted in partnership with **Donna Wolk**, a research professor in Bio5, and doctoral student, **Kristen Pogreba-Brown**. A review of medical charts for those hospitalized with H1N1 is planned to determine what underlying conditions or co-morbidities such as MRSA may have led to a more rapid progression of the disease.

Several other projects are being considered, but timing is critical. Research on an emerging infectious disease, particularly one that moves as quickly as H1N1, can be difficult. Timeliness of research is essential and sometimes funding is not available to carry out the most interesting projects.

The Story of the Sleep Heart Health Study

The Sleep Heart Health Study (SHHS) was initiated in the mid 1990s by the National Institutes of Health, after earlier research had reported remarkably strong associations between disordered breathing during sleep (“sleep apnea”) and cardiovascular disease. The study has capitalized on the infrastructure of several cohort studies by adding several sleep measurements. The sleep structure of over 6,000 participants was recorded in their homes, using a portable sleep monitoring device.

Over the years, dozens of articles have emerged from the study. The main results, however, awaited a follow up of the participants for 10-15 years. Some key results were published in the past year, whereas others will show up in print in the coming months. A longitudinal analysis found a modest association of sleep apnea with mortality (up to two-fold probability in people with severe disorder), and especially in people under the age of 70 years. Much of the previously reported relation between sleep-disordered breathing and hypertension was accounted for by obesity. (In other words, the effect is small.) Forthcoming manuscripts will describe the findings for coronary heart disease, heart failure, and stroke.

Research is often understood better when the evolution of knowledge is examined in retrospect. From that point of view, the Sleep Heart Health Study offers the following thoughts: First, early research sometimes reports stronger causal relations than later research, perhaps because early research is pioneering work, by definition: small studies with less rigorous control of possible sources of bias. Second, replication is an essential component of all of science. Theories rise and fall on attempted replications. Third, no “final word” is expected to emerge from science. Even though the Sleep Heart Health Study was superior to many previous studies of sleep and cardiovascular disease, it was not weakness-free, either. Fourth, the key question is not whether disordered-breathing during sleep affects the cardiovascular system, but how strong of an effect it has. Given the estimated effect size, people with mild or moderate levels of the disorder should not lose too much sleep over this matter. On the other hand, severe, symptomatic sleep apnea is a different story.

Eyal Shahar, MD, MPH, is a professor and one of the Principal Investigators of the Sleep Heart Health Study (SHHS)



Welcoming New HPS Division Director John Ehiri



The Health Promotion Sciences division of The University of Arizona Mel and Enid Zuckerman College of Public Health (MEZCOPH) welcomes a new director, **Professor John Ehiri, PhD, MPH, MSc (Econ.)**.

Dedicated to improving the health of women and children throughout the world, he is a man with a ready smile, lots of ideas, and an international education coupled with

global experience in maternal and child health.

Prior to coming to the University of Arizona, Dr. Ehiri spent seven years at the University of Alabama at Birmingham (UAB) School of Public Health where he served as an associate professor in the Departments of Maternal and Child Health and Health Behavior.

Before joining UAB, Dr. Ehiri spent four years at the Liverpool School of Tropical Medicine in Liverpool, England, where he was the director of the Master of Community Health Program in the Division of International Health and as a lecturer in international health.

Originally from Nigeria, he received his Master of Public Health (MPH) in 1992 and doctorate (PhD) in 1997 from the University of Glasgow in Scotland. In addition, he obtained a Master of Science in Economics in Health Policy and Planning from the University of Wales, in Swansea, UK, in 1994.

“I work hard to be an engaging teacher,” said Dr. Ehiri, who won a prestigious teaching award from the President of UAB, and he is looking forward to meeting and working with MEZCOPH students. Teaching and inspiring the next generation is the greatest contribution that he and other faculty can make to public health, he says.

Dr. Ehiri's Hopes for HPS

When asked what his hopes are for the Health Promotion Sciences Division at the UA Zuckerman College of Public Health, Dr. Ehiri answered that his main goal is to lead a “cohesive, vibrant division.” He wants faculty to be proud to work here, and for students to consider it their first choice for a public health education. “I want to make this Division one of the strongest not only in the college but in the country.”

As anyone knows who has ever tried to quit an addictive substance, or even who has tried to make a major change in behavior, it is a hard road and unbelievably gratifying when you finally succeed, which is how our video project at the Arizona Smokers’ Helpline came to life.

Since time immemorial, story-telling has helped human beings make sense of their world. Stories offer cautionary advice, morality training, and life lessons all in the context of an enjoyable activity. The listener is transformed by the experience and the teller is altered by the connection and the opportunity to inform.

Many health care providers are recognizing that being able to tell one’s story is integral to a patient’s healing. While the field is still in its infancy, Narrative Medicine is perhaps the next, more formalized step of the recognition that people have a physical need to relate their experiences.

We serve an extremely diverse group of people, ethnically, socio-economically, linguistically, and yet we serve less than one percent of the tobacco-using population of Arizona. We hope that in presenting client stories, real-life people with their very real-life experiences, we can encourage more people to use our service with a goal of reaching the Centers for Disease Control and Prevention’s (CDC) recommended six percent of tobacco users. Formative research has shown that many tobacco users are reluctant to call a tobacco quitline because they don’t know what it is or who is helping them. While storytelling offers the client another way of making sense of his/her own experience, it also lets others see and hear about other people’s tobacco and quitting experiences and hopefully will encourage them to use the ASHLine.



Patricia Williams, client (left) and Laila Halaby, outreach counselor

As a coach, I have always felt honored when a client decides to share his or her story with me. As I participate in this video project, I again am struck by the privilege I have to be invited into someone’s home, into someone’s story, and really, into someone’s life. The clients are immensely proud of their achievements and gracious for the help they got to attain them. They are also genuinely encouraging of others who are thinking about quitting.

Our hope is that other tobacco users will watch these videos and realize that calling a quitline can be a good thing, that they will feel encouraged to try their hand at it.

Laila Halaby, Outreach Counselor

For more information about ASHLine:
1-800-556-6222 or <http://www.ashline.org>

Canyon Ranch Center for Prevention and Health Promotion

Canyon Ranch Center for Prevention and Health Promotion is proud to announce that effective September 30th, the center received five more years of funding, approximately \$3,950,000, through the Centers for Disease Control and Prevention's (CDC) research program.

Initially funded in 1998, Prevention Research Center (Canyon Ranch Center for Prevention and Health Promotion) focuses on working closely with communities to address chronic disease prevention and control in underserved populations along the US-Mexico border. The Center team consists of multidisciplinary faculty and staff from all three Divisions of the college and Community Action Board. The Board has members from four Arizona border counties, two tribal nations, as well as representatives from several state level agencies.

Key components of a Prevention Research Center are collaboration and partnership, training, evaluation, and research. One new research project, *Acción Para La Salud/Action for Health*, engages community health workers in Cochise, Santa Cruz, and Yuma counties in community-level advocacy to empower communities to address root causes of chronic disease. This community-based participatory research project was developed by Center staff and community partners in recognition of the importance of addressing the social determinants of health to overcome health disparities in chronic disease.

Acción focuses on the effectiveness of integrating community advocacy into community health worker outreach and education activities to increase community-driven policy change related to chronic disease prevention within organizations, systems, and the overall environment. The project will result in the creation of an evidence-based community health worker model for community advocacy training and tracking, including indicators for measuring progress.

A few of the additional activities the Center will be working on include developing and providing trainings both locally and nationally on interventions that were conducted during the previous funding cycle. The *Pasos Adelante* curriculum, which is highlighted in the Outreach section (page 8), is one example.



Dr. Staten is an associate professor of public health and the principal investigator at the Canyon Ranch Center for Prevention and Health Promotion, a Centers for Disease Control and Prevention (CDC) Research Center.

In addition, the Center is working with partners in Douglas, Arizona to repeat a household survey done in 1996 looking at diabetes rates and risk factors. The community and the college have worked very hard to implement programs and services related to diabetes over the past 10 years and this survey will provide an opportunity to see whether the college is having any impact on diabetes rates and risk factors.

The TEA Team Update

Beneficial Effect of Green Tea on Smokers' DNA Damage

The Tea Team

The MEZCOPH "Tea Team" is a group of researchers studying the preventative effects of tea. Their research has been fundamental in investigating tea's potential to prevent skin cancer; lung damage from heavy smoking, coronary heart disease, and also shows promise in preventing other conditions related to oxidative stress and DNA damage.

Study Update

The study "Modulation of Oxidative Damage by Green & Black Tea" looked at the association between consuming green tea and black tea and its effects on oxidative stress. Oxidative reactions have been implicated as important modulators of human health and can play a role in both disease prevention and disease development. The long-term goal of the study is to develop a safe and feasible clinical research approach to serve as a model for the chemoprevention of a wide range of tobacco-related diseases. The immediate goal was to determine the effects of high tea consumption on biological markers of oxidative stress that mediate lung cancer risk.

The Tea Team's data show that although women have a significant lower pack per year of smoking history compared to men, they have significantly higher DNA damage. At the end of the intervention, female smokers in the green tea group showed a 35 percent significant decrease in DNA damage while female former smokers in the black tea group showed a 35 percent significant decrease in lipid damage. This data confirms previous findings related to the beneficial effect of green tea on DNA damage among smokers.



Professor Iman Hakim is the Dean of MEZCOPH and Principal Investigator for the Southeastern Arizona Tea Studies research.

To read more about Tea Team research please visit:
www.publichealth.arizona.edu/divisions/hps/teastudies/SoutheasternArizonaTeaStudies.aspx



Awards & Honors

Likins Inclusive Excellence Award



UA Zuckerman College of Public Health students and faculty celebrate Inclusive Excellence Award win. From left to right: Former UA President Peter Likins; College of Public Health Students Kari Koerner, Hannah Hafter, Keisha Robinson, Martin Cisneros; UA President Robert Shelton.

For the second time in three years, students at the University of Arizona Mel and Enid Zuckerman College of Public Health have won the prestigious **Peter W. Likins Inclusive Excellence Award**. Students **Kari Koerner, Hannah Hafter, Keisha Robinson** and **Martin Cisneros** were honored with the award in recognition of their efforts to plan and host the college's annual Social Justice Symposium. The focus of the symposium is to encourage diverse perspectives on campus and to provide a welcoming and supportive climate through education. The theme of this year's Symposium was, "In Solidarity: Paving Paths to Action." Nearly 200 people attended the conference with 40 percent coming from the local community, demonstrating the students' ability to draw a diverse audience.

MPH student Chandra Jennings-Jackson in the Family and Child Health section has received the prestigious **Masters Centennial Award**. The award recognizes outstanding achievement and contributions of minority graduate students at the University of Arizona. The Centennial award is given to one male and one female graduate student working at the master's and doctoral level during the current academic year. It provides financial assistance and recognition to encourage these students to complete their graduate studies.



Nicole Wright, MPH and PhD student in Epidemiology, was awarded the **2009 American College of Rheumatology Research and Education Foundation Medical and Graduate Student Achievement Award**. The award recognizes medical and graduate students for significant work in the field of rheumatology. Nicole is a research specialist in the Healthy Aging Lab of the Division of Epidemiology and Biostatistics.



Alyssa Bittenbender received a **2009 Katie**



Evans Memorial Scholarship, a national honor, which will enable her to evaluate an indigenous food project in Pohnpei, FSM (Federated States of Micronesia), during the summer of 2009.

Carmella Kahn-Thornburgh was awarded a **national research fellowship** from the Community Forestry and Environmental Research Partnerships (CFERP).



Fellowships

Omar Contreras and **Kristina Valenzuela, MPH** Epidemiology graduates (May 2009), were awarded **Centers for Disease Control and Prevention (CDC) funded fellowships**.

Omar's fellowship, jointly sponsored by the Association of Schools of Public Health (ASPH) and the CDC, is located in Atlanta and focuses on Secular Trends in Risk Factors for Obesity: the Bogalusa Heart Study.



Kristina's fellowship, sponsored by the Hispanic-Serving Health Professions Schools (HSHPs) in partnership with the CDC, entails a community assessment of two cities in the Lower Rio Grande Valley, Alamo and San Juan. She is evaluating the cities' economic and education aspects, and features of the built environment, to support the Electronic Network for Latin American Careers and Employment (ENLACE), which is a National Institutes of Health funded project to improve physical activity among Latinas.

Special Recognition

Felina Cordova, MPH student in the Family and Child Health section, completed a research assistantship, where she authored four manuscripts in the areas of obesity, addiction, and reproductive systems.



Graduate students, Spring 2009, pictured with (from left to right) Chris Tisch, Duane Sherrill, Dean Iman Hakim, Jill de Zapien, Doug Taren.
Group photos: UA Biomedical Communications

Convocation May 2009

MEZCOPH honored twenty Bachelor of Science candidates, fifty nine Master of Public Health candidates, one Master of Science candidate, and one Doctor of Philosophy candidate during its May 2009 Convocation Ceremony at the Temple of Music and Art. **Dr. James Ranger-Moore**, former Director of the college's Epidemiology and Biostatistics Division,



and basic biostatistics instructor to the majority of MEZCOPH students, delivered the commencement address. He used the occasion to teach one last lesson about the 'tipping point' to graduating students. His message to the graduates was, that while on any given day the probability they will be

the person that changes the course of history is low, over the course of a lifetime, the probability increases almost exponentially. Dr. Ranger-Moore challenged the graduates to remember this concept as they begin their public health careers and to perform each day as if it is the day that will make the difference.

ΔΩ Honorees

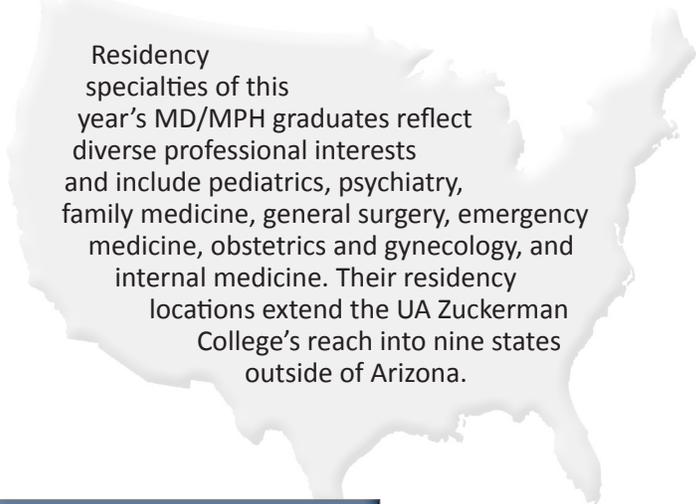
Twenty-one public health professionals were elected to the **Alpha Nu Chapter of Delta Omega** at the Mel and Enid Zuckerman College of Public Health in 2009. Delta Omega, the public health honor society, was established in 1924 to recognize individuals who have made outstanding achievements in and show great dedication to the field of public health. There are four categories of membership – students, alumni, faculty, and honorary.

Our new Delta Omegans include 2009 graduates Martin Cisneroz, Sereti Fifield, Katherine McInnis, Alan Nyitray, Keisha Robinson, Sarah Updegraff, Valerie Van Brocklin, and Lua Zawacki; alumni Gita Bewtra, Katherine Careaga, Sean Clendaniel, Dafina Dobрева, Roberta Duncan, Roxanne Erath, Adeline June-Tsosie, Anna Maria Lopez, Rod Norrish, Holly Page, and Tara Radke; faculty member, Kathryn Coe; and honorary member, David McEvoy (see page 27).

Record Number of MD/MPH Graduates in 2009

The May 2009 graduating class included a record number of dual degree MD/MPH graduates – twelve in all. The MD/MPH graduates are: Kendall Allred, Leah Bennett, Rachel Brownstein, Daniel Buffington, Katherine Caldwell, Jane Davis, Amber May, Megan Moore, North Noelck, Jayni Parikh, Jessica Reedy and Minerva Romero-Arenas.

Since the first class of students was admitted to the MD/MPH Program in 1997, thirty two individuals have graduated with both their medical and public health degrees. The five-year MD/MPH curriculum requires students to take a significant portion of public health and medical school courses concurrently, in addition to completing a twelve-unit internship experience.



Residency specialties of this year's MD/MPH graduates reflect diverse professional interests and include pediatrics, psychiatry, family medicine, general surgery, emergency medicine, obstetrics and gynecology, and internal medicine. Their residency locations extend the UA Zuckerman College's reach into nine states outside of Arizona.

Employment Outlook

The job scene for MEZCOPH graduates continues to be a busy one. The college reports annually on the percentage of graduates who are employed one year post graduation. For the past three years, nearly ninety percent of recent graduate alumni are employed in the field of public health or are pursuing further graduate training. This is in contrast to many fields who are experiencing significant job losses.

Research & Grants Update

Overview of 2009 Accomplishments



“The College of Public Health faculty continues to be among the best at the University and in the nation in terms of their research accomplishments.”

*—Professor Duane Sherrill, PhD,
Associate Dean for Research*

During this past year, faculty at the UA Zuckerman College of Public Health collectively published over 100 scientific articles in peer reviewed public health and basic science journals. That is an average of three published articles per faculty member, a truly outstanding achievement.

Continuing with their excellent track record for receiving funding through federal and private sources, college faculty received 33 newly funded grants totaling more than \$5 million last year. Consistent with the college mission, primary areas of research focus on improving public health in the state of Arizona with special emphasis on Southwest, Border, and Native American communities.

The college faculty has been instrumental in establishing and implementing public health policies throughout the state and have conducted critical studies that include monitoring exposures from pesticides to the environment, the effects of tobacco smoke, and water contamination in our communities and homes.

Dr. Beth Jacobs Recognized for Outstanding Contributions in Research



Dr. Beth Jacobs, Assistant Professor of Epidemiology, is the recipient of this year’s Award for Outstanding Contributions in Research. Dr. Jacobs received four grants

this year in the areas of vitamin D and breast cancer, assessing the role of vitamins and wheat bran fiber on colorectal adenomas, and studying how genetics affect vitamin D metabolism.

New Grants

Environmental Health

Dr. Jeff Burgess, Professor, and Dr. Mary Poulton, Professor

Science Foundation Arizona (SFAz) and 15 partners from within the mining industry awarded the University of Arizona \$17.7 million over the next four years for development and sustainability of mineral resources.

The grant will fund a cooperative project among the Department of Mining and Geological Engineering (MGE), the Mel and Enid Zuckerman College of Public Health, and the Department of Geosciences.



Dr. Burgess

Maternal and Child Health

Dr. John Ehiri, Professor

The Health Resources and Services Administration awarded a \$900,000 grant to provide training in Maternal and Child Health (MCH) epidemiology

to Indian Health Service regions and Appalachian counties. The isolated populations of these regions and counties have disproportionately worse MCH outcomes than national averages.



Dr. Ehiri

The grant project, “Foundations of Maternal and Child Health: Assessment, Policies, Programs, and Leadership-A University-Community Partnership for Graduate Training in Maternal and Child Health,” is a collaborative project between The University of Arizona and the University of Kentucky. The goal is to provide a 15-credit graduate certificate. The certificate training is aimed at increasing the capacity in MCH epidemiology of MCH workers serving in rural, isolated, and underserved Indian Health Service regions and Appalachian counties.

Current Research Projects

Heart Benefits of Pycnogenol

Dr. Ronald Watson, Professor

Heart failure affects half a million new patients every year with 50 percent dying within five years. There is no pharmaceutical treatment. Several years ago Dr. Watson and his team found that Pycnogenol, a widely sold, over-the-counter dietary supplement, prevented heart failure in mice. According to Dr. Watson, research showed that Pycnogenol had good properties to reduce risk factors for heart disease in diabetics by lowering glucose, HgA1C, and blood pressure. Thus it has the basic properties to slow heart failure in early systolic heart disease patients.



Dr. Watson

Pycnogenol has been sold for over a decade around the world and has essentially no side effects. Over the next year, Dr. Watson will begin testing the benefits of Pycnogenol on heart patients. He is looking for subjects to participate in the study. If interested, please call Dr. Jie Min or Dr. Zibadi at (520) 626-6001.

Asthma Treatment

Dr. Lynn B. Gerald, Professor

Dr. Gerald in the Health Promotion Sciences division, has been named principal investigator of the American Lung Association Asthma Clinical Research Center (ACRC) at the University of Arizona. The ACRC is the largest network of not-for-profit clinical research centers in the country dedicated to asthma treatment research. ACRC is a collaboration between MEZCOPH and the Arizona Respiratory Center.



Dr. Gerald

Aging and Osteoporosis in Women

Dr. Zhao Chen, Professor, Dr. Duane Sherrill, Professor, Dr. Scott Going, Professor, and Dr. Tamsen Bassford, Professor

Researchers in the Healthy Aging Lab are studying the risk factors for hip fractures in women. Reduced bone strength is an indication of osteoporosis and higher risk for fractures. Results from the study thus far have demonstrated that taking calcium and vitamin D supplements and using female hormones can significantly improve bone strength. While higher body weight is associated with stronger bone, it is the skeletal muscle rather



Dr. Chen

than the fat mass found to be most important for bone strength. The impact of muscle loss on bone strength is part of the study.

Dr. Chen's research has also found racial differences in bone strength are evident. African Americans have the strongest bones compared to Hispanic whites and non-Hispanic whites. These advantages in bone strength in African Americans are more likely due to genes rather than environmental impacts.

Tuberculosis in US-Mexico Border Communities



Dr. Reinschmidt

Dr. Kerstin M. Reinschmidt, Research Scientist, Dr. Cecilia Rosales, Associate Professor, Jill de Zapien, Associate Dean for Community Programs, and Dr. Kacey Ernst, Assistant Professor



Dr. Rosales

Tuberculosis (TB) on the US-Mexico border is a major public health issue. Within the migrant population, Mexico's indigenous peoples are even more vulnerable.

Being a highly mobile population, they also pose a significant risk for the wider U.S. and Mexico.

This study will yield socio-cultural and epidemiological data to help state and local health agencies more effectively address the needs of the Mexican indigenous communities in the US-Mexico border.



Jill de Zapien



Dr. Ernst

Infectious Disease

Dr. Kelly Reynolds, Associate Professor

Dr. Reynolds is studying the molecular epidemiology of food contaminated with the bacteria *Clostridium difficile*, often called (C. *difficile*). She is studying the role of foods from animal origin in the transmission of C. *difficile* infection in humans. C. *difficile* is a bacterium that can cause symptoms ranging from diarrhea to life-threatening inflammation of the colon. Illness from C. *difficile* most commonly affects older adults in hospitals or in long term care facilities and typically occurs after use of antibiotic medications.



Dr. Reynolds

According to Dr. Reynolds, advanced molecular methods will be used to track cases of illness to environmental and food-related sources. Educational programs will be developed to inform food producers, practitioners, consumers and public health professionals on the importance of foodborne pathogens and safety procedures.

For more information about research at the UA Zuckerman College of Public Health, please visit:

www.publichealth.arizona.edu/research/grants.aspx

Global Health Institute



The Mel and Enid Zuckerman College of Public Health has recently established a Global Health Institute (GHI) to promote the global reach and impact of the college and the University by increasing public health capacity in resource limited communities and countries.



Dr. Chris Nuttman , Dr. Iman Hakim, and Dr. Christopher Shove

The GHI is dedicated to promoting the health of individuals and communities in Arizona and globally through excellence in education, research, and service. With a mission to educate tomorrow's global health leaders, GHI will emphasize the importance of well-designed research, evidence-based practice, and interventions that empower communities to produce lasting, positive change.

The new GHI will provide a focal point for public health education, scholarship, research, advocacy, and leadership training for the University of Arizona and global partner universities. The GHI will work closely with domestic and international partners to provide opportunities for educational programs and degrees, educational exchange and collaborative research, training, and public health projects. The GHI will be an effective, strong and innovative player in the struggle to address current global health challenges.

GHI is an innovative step towards global health education where teaching and training activities are not restricted to the physical classroom. As such, GHI will extend the UA Zuckerman College of Public Health and its teaching faculty into the world through distance learning modalities and collaborative partnerships with institutions of higher learning throughout the world.



Dr. Iman Hakim (Dean), Dr. Hilal Al-Sayer (Kuwait's Minister of Health), Dr. Meredith Hay (Provost), Dr. Abdullah Behbehani (VP of Health Science Center, Kuwait University)

We believe that promoting healthy lifestyles and nurturing healthier communities in Arizona and beyond will allow people to learn and work more efficiently and become the foundation of economic growth in their communities. It is clear that cooperation across countries is essential to dealing with those health problems that go beyond borders.

—Dean Iman Hakim

The James E. Dalen Lecture Series

The second **James Dalen Distinguished Visiting Lecture in Public Health Care Policy** was delivered on April 3, 2009, by **William H. Foege, MD, MPH**, in University Medical Center's DuVal Auditorium. Dr. Foege is the renowned epidemiologist who worked on the successful campaign to eradicate smallpox in the 1970s. Dr. Foege is also a former director of the Centers for Disease Control and Prevention (CDC). In September 1999, Dr. Foege became a senior medical advisor for the Bill and Melinda Gates Foundation. A senior fellow in the Gates Foundation's Global Health Program, he advises the Bill and Melinda Gates Foundation on global health strategies.



*Keynote speaker
Dr. William H. Foege*

Dr. Foege, a life-long friend of Dr. Dalen, stated that he came to the University of Arizona to "celebrate and honor Jim Dalen's legacy" and all of the beneficial things that Dr. Dalen has done for the medical center, The University of Arizona, the Mel and Enid Zuckerman College of Public Health, and the state of Arizona.

Dr. Foege's lecture, "Building Legacies: Everything Affects Everything," was received by an enthusiastic audience. He explained that leaving a positive legacy to the future, such as the one James Dalen has carefully constructed, requires thought and care. He followed by providing thoughtful advice to the audience for building a positive legacy. For a full story of the lecture please visit: www.publichealth.arizona.edu.



Dr. William H. Foege and Dr. James E. Dalen

To join or renew your membership in the Partners in Public Health or to make a gift to MEZCOPH, please contact:

Gail Hughley, Director of Development
(520) 626-5983
hughleyg@email.arizona.edu

Learn more about PIPH and MEZCOPH on-line at:
www.publichealth.arizona.edu/GiftsSupport

Partners in Public Health 2009 Luncheon



Keynote speaker Dr. Alan Pitt

The annual Partners in Public Health luncheon was held on April 24, 2009 at Hacienda del Sol. Partners in Public Health support the UA Zuckerman College of Public Health and are committed to improving the health of communities through advocacy, outreach and educational programming.

This year's keynote speaker was **Dr. Alan Pitt**, whose presentation was titled "Communities for a Cure." Dr. Pitt spoke about the establishment of patient-based electronic disease-specific registries that have been created to provide researchers with ready sources for investigations, and to give patients a forum for social networking, disease management and peer support. He provided samples of registries for multiple sclerosis, diabetes and Parkinson's disease. Dr. Pitt then showed how data is collected from patients, and analyzed and reported by researchers.

Patients, their families and providers can use tools for disease management through hand-held devices such as Blackberrys and iPhones. Dr. Pitt explained how the patient's hand-held device communicates with registries that provide information on each disease, clinical pathways for care, and care compliance. The aggregated data from the registries presents a rich repository for researchers, industry and government.

The presentation was a thought-provoking experience for the audience, bringing together the latest in web technologies along with a new twist on the implementation of the Personal Health Record (PHR). One of the projects showcased in Dr. Pitt's presentation was the Parkinson's disease registry which can be accessed at <http://www.maprc.com/home/info/registry.aspx>. Dr. Pitt can be reached at apitt@sniweb.net.



Scholarship recipients pictured with Chris Tisch (middle left) and Dean Iman Hakim (front center)

The Community Advisory Board's Scholarship Luncheon



Keynote speaker
Daniel A. Johnson

The Campaign for Student Excellence 2009 Scholarship Luncheon was held on October 23, 2009 at Tucson's historic Arizona Inn. The third annual event honored students, donors and benefactors of the Mel and Enid Zuckerman College of Public Health (MEZCOPH). Thanks to the continued support and generosity of our donors, 44 students were awarded scholarships this year.

Surrounded by the Western elegance of the Inn, students and friends of the college were able to connect a face to the name and complete the circle of giving. Many of the scholarship students have overcome challenging circumstances to get here. A few shared their stories as a tribute to their benefactors.

Dr. Iman Hakim, Dean of the college, welcomed everyone to the luncheon. **Richard H. Carmona, MD, MPH, FACS, the 17th Surgeon General of the United States**, delivered the welcome address. Keynote speaker **Daniel A. Johnson, executive director of the Wellness Council of Arizona** inspired guests with a lively talk about life goals and the motivation to achieve them. Six of the scholarship recipients shared the story of their personal journey on the road to pursue education and ultimately a career in public health.



Scholarship recipient
Ana Celia Hernandez-
Martinez with Mel
Zuckerman

Student Journeys



Keeping an eye on public health issues

As a Kenyan immigrant and the oldest of four daughters growing up in America, **Beatrice Abiero** has a passion for higher education inspired by her parents. Recently she traveled back to Kenya for the first time in 15 years and describes the experience as life-changing. "I learned that the lack of health care was part of a very complex web of cultural, political, health literacy, and social issues. My trip was a lens in which I could understand public health issues on a more global scale," explained Beatrice. A recipient of the General MEZCOPH Scholarship, Beatrice said the scholarship furthers her goal of becoming a health advocate. "If it were not for this scholarship, I would not have been able to pay for this semester. You have made a wise investment, and I will be sure to pay it forward."

Future Public Health Dentist

The oldest of three daughters, **Nicole Thurlow** is the first in her family to graduate from college. "When I think about public health, I think about my own experiences growing up. I think about the DES waiting room where my sisters and I would play while my mother waited her turn to see a case worker to discuss our health insurance, food stamps, and occasional cash assistance." Flash forward to present time and Nicole is a first year MPH student in the Maternal and Child Health program with an undergraduate degree in Political Science from the UA. Thanks to the MEZCOPH Community Advisory Board Scholarship, Nicole says she is able to participate in a service learning experience in Peru this winter conducting an oral health needs assessment of a rural pueblo outside of Arequipa. Nicole wants to attend dental school and work as a Public Health Dentist in her community.



“Every dollar given to support students makes an impact. Every donation opens doors. Every scholarship promotes a healthier world.”

—Scholarship student Victor Vallet



From left to right: Donna Knight, Elham Lahood, Iman Hakim, Sonia Armaleh, and Gail Hughley



Dr. Richard Carmona



From left to right: Melinda Johnson, Daniel Johnson, Iman Hakim, Mel and Enid Zuckerman, Amy Zuckerman and Morey Brown



Kim Bourn and Donna Knight



Gael Pullen and Gail Hughley

Education: A life-long dream



Abraham Deng Ater knows first-hand what it's like to live in a refugee camp. After four years wandering the deserts, mounts and rivers of the southern and eastern regions of Africa in search of food and safety, he spent nine years of his life in the Kakuma Refugee Camp in Kenya before reaching asylum in the U.S. Abraham is one of the 25,000 estimated “Lost Boys” to flee Sudan between 1983 and 2005. Today Abraham is a second-year MPH student in Public Health Policy and Management. “I chose this program because I wanted to go back home some day and teach people about disease prevention,” he said. Abraham was awarded the Maureen Mangotich Scholarship and the MEZCOPH Community Advisory Board Scholarship. He has a bachelor’s degree in physiology from the UA.

Committed to helping others

Building houses for Habitat for Humanity International and a stint as a Peace Corps volunteer led **Carolyn Beal** to pursue graduate studies in public health. “Serving as a Peace Corps Volunteer in Guatemala, I saw how many of the things that we were trying to do couldn’t happen without public health interventions like improved nutrition and health status of children and access to reproductive and maternal health care for women,” said Carolyn. A recipient of the Russell H. Swanson Public Health Scholarship, Carolyn is grateful for the financial assistance. “It has allowed me to become more involved in the college and to become engaged as a student leader.” Carolyn is a second year MPH student in the Family and Child Health program.



Be part of the solution



Arizona native **Victor Vallet** is a first year MPH student in the Family and Child Health International program. He plans to attend medical school upon graduation. “In my studies, I am constantly reminded of the outstanding needs in Sub-Saharan Africa and have been inspired to become a part of the solution.” As a recipient of the General MEZCOPH Scholarship, Victor will now be able to participate in an International Service Learning trip for three weeks in Tanzania this winter break. “I will be working on medical and public health issues with a team of doctors, nurses and public health practitioners. Without scholarship funds, this type of experience would have been out of reach.”

Family and community first

Brenda Zapata is a first-year MPH student in the Health Behavior and Health Promotion program. She was awarded the Hispanic Women’s Corporation/Canyon Ranch Latina Scholarship. The oldest daughter of Mexican immigrants, Brenda is the first member of her family to graduate from college. She currently works as a community health educator while attending graduate school. “The scholarship gives me the opportunity to continue my education so I can help create change and improve the health of my family and my community.”



How you can contribute

The goal for the Community Advisory Board (CAB) Scholarship endowment fund is \$3 million. Proceeds from the 10th Anniversary Gala on April 9, 2010 will go directly to the student scholarship fund. Contributions to the scholarship fund may be made directly through online giving at: <http://www.uafoundation.org>

Click on the “Make a Gift” tab and select the Mel and Enid Zuckerman College of Public Health Scholarship Fund.

Your generous support is greatly appreciated!

Community Advisory Board Members

The **Community Advisory Board (CAB)** is the driving force behind the **Mel and Enid Zuckerman College of Public Health**. The board's mission is to increase awareness of health promotion and prevention strategies through community collaboration, fund raising and advocacy activities. The current CAB members are:

David A. McEvoy, JD, Chairman of the Board: Partner of McEvoy, Daniels, and Darcy, PC

Larry Aldrich: President and CEO at University Physicians Healthcare

Bruce I. Ash, Co-Chair of the CAB Scholarship Committee: President and CEO of Paul Ash Management Company, LLC

Jennifer Bonnett: Executive Director, Arizona Public Health Association

Kim Bourn: Community Relations, Bourn Companies

Gary Frost, PhD: Special Advisor to the Chairman and Vice Chairman, Canyon Ranch Health Resort

Robert Guerrero, MBA: Office Chief at the Arizona Department of Health Services-Office of Border Health

Marilyn Heins, MD: Pediatrician and Arizona Daily Star Columnist

Will Humble, MPH: Acting Director, AZ Department of Health Services

Evelia Martinez: Community Partner

Scott Moffitt: Senior Vice President and General Manager, Personal Care at Henkel, Scottsdale

Halla Moussa: Researcher, Adobe Gastroenterology, PC

Lupita Murillo: KVOA News 4 Reporter

Mercedes Sanchez, PMP: Founder, President, and Principal Consultant of Intravisions Consulting Network

Jay A. Stern: Product Line Chief Engineer, Raytheon Missile Systems

Scott Van Valkenburg, MD, Chief Medical Officer: Saguaro Physicians, TMC Healthcare

Hank Walker: Partner in Andrade/Walker Consulting, LLC

Mel Zuckerman: Founder, Developer, and Chairman of the Board of Canyon Ranch

Quail Creek Welcomes

Healthy Aging & Wellness Lecture Series!



Quail Creek is an active senior community nestled in Green Valley, AZ about 40 minutes south of Tucson

Green Valley's Quail Creek residents welcomed the Mel and Enid Zuckerman College of Public Health to provide a series of health and wellness talks for the 2009 Spring Semester.

The lecture series included the following topics:

- **Cancer Prevention & Citrus Peel** *Dr. Iman Hakim*
- **Exercise by Highly Active Older Adults** *Dr. Peter Giacobbi*
- **Valley Fever** *Dr. Mary Kay O'Rourke*
- **Tai Chi** *Dr. Zhao Chen*
- **The Healthy Effects of Green Tea** *Dr. Iman Hakim*
- **Benefits of The Mediterranean Diet** *Dr. Iman Hakim*
- **Body Mass Index – Does It Lie to You?** *Dr. Zhao Chen*
- **Pandemics and Swine Flu** *Dr. Iman Hakim*
- **Eat Chocolate Be Happy – Dark Chocolates' Properties** *Dr. Doug Taren*
- **Health Information Technology – Senior Citizens Lead the Charge!** *Alison Hughes, MPA*

Dr. Hakim's Green Tea lecture filled the room as the audience sipped a variety of teas while she emphasized its benefits. The lecture series soon became so popular that a larger room was needed. Dr. O'Rourke's Valley Fever lecture drew an overflow crowd of more than 100. Not surprisingly, Dr. Taren's 'Eat Chocolate' drew a large group. Guests were treated to samples of chocolate while Dr. Taren spoke about the antioxidant and other health benefits.

Back by Popular Demand

The college wellness and health promotion series will return starting with the spring semester in January 2010. The talks will continue to be held at the spacious Quail Creek Madera Clubhouse, but will also be open to the general public in Green Valley. RSVPs by phone or email are requested and strongly recommended to ensure adequate space and seating for those wishing to attend.

Plans are laid to expand the Healthy Aging Lecture Series during the spring 2010 semester to other groups of seniors and to a public library in the Tucson area.

For additional information on the next series topics please visit www.publichealth.arizona.edu or call (520) 626-2948

Gail V. Hughley, Director of Development and coordinator for the Quail Creek Lecture Series



Meet Mrs. Therese Velasco Berg...



Tucson native **Therese Velasco Berg** established the **Charles Clifford Hinman Fellowship in Environmental Health** in memory of her son. Created in 1998, the endowment provides funding to young investigators in the Zuckerman College of Public Health and students studying environmental hazards, including the studies of pesticides and contaminant exposures in Arizona.

Mrs. Berg has dedicated her life to educating young people. For 40 years she served students in the Arizona school system as a classroom teacher and guidance counselor. She is a member of the UA Founder's Society, the exclusive donor group that recognizes individuals, corporations and foundations who have contributed \$1 million or more to the University.

Berg's gift to the Zuckerman College of Public Health is a testament to her belief that good can come from tragedy.



Charles Clifford Hinman (1963) at the age of 16

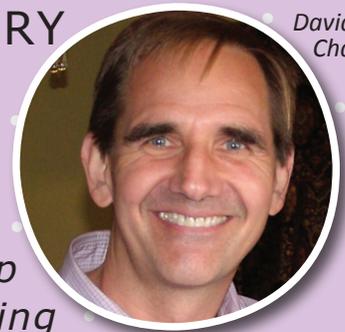
Mrs. Berg's son was a senior in Aerospace Engineering at the UA when he died of cancer in 1968 at the age of 21. She believes that his cancer is the direct result of exposure to the pesticide DDT. Mrs. Berg's link to the college springs from a belief in taking care of the environment for generations coming after. "Our only hope is to keep funding scientists who are working on research to identify and prevent future environmental disasters," said Berg.

Thank you Mrs. Berg for helping students in the Zuckerman College of Public Health continue the mission to protect, educate and improve the health of Americans and the global community for generations to come.

For the complete story on Mrs. Berg please visit:
<http://www.publichealth.arizona.edu/GiftsSupport/Donors/Berg>

The COMMUNITY ADVISORY BOARD

David McEvoy
Chairman



*Leadership
Broadening
and Expanding its Impact*

The Community Advisory Board (CAB) is continuing to broaden its fundraising, community awareness, and advocacy roles by expanding to include a diverse group of individuals that recognize the mission of Public Health and its many components as a major priority for our Regional, National and Global community.

As David McEvoy, partner in McEvoy, Daniels and Darcy, PC, takes the helm for a second time as Chairman of the CAB, he is embracing new marketing approaches that include engaging corporate friends of public health as well as individual citizens. The CAB is also looking to the Phoenix business community in support of the UA Zuckerman College of Public Health's expansion to the Downtown Phoenix campus. McEvoy, along with past Chairman Larry Aldrich, helped establish the CAB Scholarship Endowment Campaign for the college. While stressing that the importance of private scholarship support remains, McEvoy will also focus the CAB on fundraising for additional areas of major public health interest and research that contributors strongly value and may also wish to support.

In recognition of his contribution to the establishment and nurturing of the college, Mr. McEvoy has been elected to membership in Delta Omega, the public health honor society. Dave has served on the CAB since its inception, presiding as its first Chair. His interest in public health is based on the idea of personal responsibility of individuals to make dietary, exercise and lifestyle choices that will promote health and prevent disease.

Community Advisory Board members continue to show their commitment to public health awareness through their membership, giving, and support for the Partners in Public Health circle which promotes important public health initiatives and draws attention to the mission, purposes and work of the college.

Kick-Off Party for 10th Anniversary Gala!

The Mel and Enid Zuckerman College of Public Health



Hosts Halla and Sam Moussa



Left to right: Sonia Armaleh, Dr. Watson, Anita Watson and Dr. John Ehiri



Mr. An and Htay Hla



Left to right: Lupita Murillo, Mr. An, Kim Bourn and Gail Hughley

Nearly a hundred excited guests attended the kick-off party for the Mel and Enid Zuckerman College of Public Health's 10th Anniversary Gala celebration. The event, which is a major fundraiser for student scholarships, will be held on April 9, 2010.

The beautiful home of Dr. and Mrs. Sam and Halla Moussa provided the perfect setting to rally volunteers who will work with the college's Development and Communications offices to produce the gala. The Moussa's, who are the consummate hosts, welcomed a luminous group of MEZCOPH supporters who enjoyed a sumptuous fare of cuisine prepared almost entirely by Halla herself.

The gala commemorates the college's first ten years of creating a healthier and safer society for residents of the Southwest and our entire global community.



Dr. Ruth Mondshein and Dean Iman Hakim



Chris Tisch and husband Jordan Misner



Elizabeth Wilson and Donna Knight

A great big THANK YOU to the Moussa's for hosting a hugely successful kick-off party!

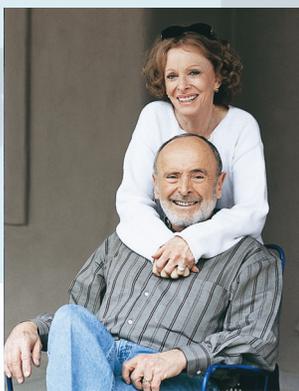
Volunteers Needed for 10th Anniversary Gala

The Gala is shaping up to be the highlight of the Tucson Spring social season. With that in mind, we need your help. The UA Zuckerman College of Public Health is looking for volunteers in the following categories:

- Sponsorship Committee
- Logistics Committee
- Ticket Sales, Invitations, Mailing Committee
- Volunteer Coordinator/Committee
- Marketing and Public Relations Committee
- After Party Committee
- Thank you and Follow-up Committee

For more information about volunteering, purchasing a table or registering your guests' names, please contact Donna Knight in the Development Department at (520) 626-6459, knight@email.arizona.edu

Gala Celebration to Mark a Special Milestone!



Mel and Enid Zuckerman

*Excitement is building on the threshold of a very special milestone...
The Ten-Year Anniversary of the Mel and Enid Zuckerman College of Public Health!*

A gala celebration on April 9, 2010 will commemorate the College's remarkable first decade!

"The Gala will celebrate 10 years of education and service in Public Health, honor the benefactors and visionaries who helped establish the college, and raise funds for scholarships to ensure opportunities for current and future students to continue addressing major public health issues of our global society," says **Dr. Iman Hakim**, Dean of the college.

Honorary Co-Chairs for the gala are **Amy Zuckerman-Brown** and **Nicole Zuckerman-Morris**.

In addition to raising needed scholarship funds, the gala will honor **Mr. and Mrs. Mel and Enid Zuckerman**—Founders of Canyon Ranch—as the generous benefactors who helped establish the only College of Public Health in a 12-state Western Region.



Amy Zuckerman-Brown and Morey Brown



Dr. James E. Dalen

Also being honored are **Dr. James E. Dalen**, Dean Emeritus at the UA College of Medicine, and "the legacy of **Roy P. Drachman** for their foresight and invaluable roles in the establishment of the college.

"I can't believe it's been ten years!" is a frequent refrain from long time staff, faculty, and friends considering the college's first decade of creating a healthier, safer environment for Southwest residents and our entire nation.

Those who were 'here from the beginning' in 2000, when *The Arizona Graduate Program in Public Health* became *The Arizona College of Public Health*, remember the school's early days.



Roy P. Drachman

The Zuckerman's leadership gift brought the college together under one state-of-the-art roof for the first time. Upon completion of construction of Drachman Hall in 2003, the college was officially named after Mel and Enid Zuckerman.



Nicole Zuckerman-Morris and Kenneth Morris

But the 10th Anniversary Gala is not about looking back. Dr. Hakim also plans to use the occasion to announce the college's newly-minted Mission Statement and to cast her vision for the next ten years, launching the UA Zuckerman College of Public Health as a 21st Century institution capable of serving the public health education needs in Arizona and worldwide.

Now is the time to save the date on your calendar for the gala celebration. Stay tuned to college website at publichealth.arizona.edu/ for a monthly countdown to April 9, 2010!

Save the Date!

Tickets are on sale now for the 10th Anniversary Gala.

To find out about corporate sponsorship opportunities or to purchase a table, please call Donna Knight at (520) 626-6459; dknight@email.arizona.edu or Gail Hughley at (520) 626-5983; hughleyg@email.arizona.edu.

Again, thank you for your support. See you at the gala!

Special Thanks to All Contributors

