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# WEST CHESTER UNIVERSITY

## *M.P.H. CONNECTIONS*

FALL 2010 ISSUE

### M.P.H. Fast-Track Program

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Beginning in fall semester 2010, the M.P.H. fast-track for WCU undergraduate students will begin preparing students to enter the public health workforce to address the critical need for trained public health professionals in Pennsylvania and throughout our nation. Our M.P.H. fast-track program provides specialty training in five key health areas: community health, environmental health, health care administration, integrative health, and nutrition

The M.P.H. fast-track program enables qualified undergraduates to enroll in two graduate health courses during their senior year along with two approved 400-level health courses that could be applied to the graduate program. Students thus complete 12 credits that fulfill M.P.H. program requirements by the end of the senior year. The M.P.H. fast-track participants can complete the M.P.H. degree as full-time students during the following calendar year. The courses for the M.P.H. fast-track taken in the senior year apply to the undergraduate degree, and these courses are waived for graduate degree requirements. Currently, 25 undergraduates participate in the M.P.H. fast-track program. These students are completing their undergraduate degrees in public health/health promotion, nutrition, environmental health, psychology, business, and anthropology.

Undergraduate students who do not qualify for the M.P.H. fast-track program are encouraged to apply to the M.P.H. program since they can use two 400-level health, environment, and nutrition courses to meet the elective requirements for tracks in the program. These credits will be waived if students obtain the M.P.H. degree within six years of completing these 400-level undergraduate courses.

Many M.P.H. courses are offered in accelerated formats (completed during the evening hours in seven weeks) and through accelerated summer courses (one week format). The M.P.H. program also prepares students to participate in a 300-hour practicum (Applied Learning Experience I and II) to gain hands-on public health experience in a variety of settings (hospitals, health departments, government agencies, nonprofit agencies, and corporate sites).

To be eligible for this program, undergraduate students need 90 credits and a cumulative GPA of 3.0 as they enter their senior year. Undergraduates should apply for formal admission into the M.P.H. program during the fall/spring semester of their senior year. To complete the degree in approximately a year after graduation, program participants need to be full-time students in the M.P.H. program.

For more information about the M.P.H. fast-track program, please contact Dr. Lynn Carson (e-mail [lcarson@wcupa.edu](mailto:lcarson@wcupa.edu) or phone 610-436-2138).

### Integrative Health Curricular Options

New curricular options exist for students seeking the Graduate Certificate in Integrative Health. The first is our new Integrative Health Coaching track; the second is a very flexible evidence-based option that would be ideal for students currently not in the integrative health track; and the third is our traditional integrative health track that is part of the MPH. All options are 21 credits; the first two can be stand alone and not require pursuing the MPH; the third is the best way to earn both the Certificate and the MPH. Please contact Dr. Mustalish ([rmustalish@wcupa.edu](mailto:rmustalish@wcupa.edu)) to learn more about the curricula and see if a Graduate Certificate in Integrative Health would be a good professional credential for you.

## Center for Healthy Schools

The West Chester University College of Health Sciences announces a new initiative to promote and support health, learning, and academic success for children and adolescents in Pennsylvania schools and communities. The vision of the Center for Healthy Schools is to improve and promote the health and academic achievement of children and adolescents through the coordinated infrastructure of a health-promoting school, community, and family environment. The Center for Healthy Schools recognizes that health and learning are inextricably intertwined and research in the fields of health and education present a compelling case for the role health plays in closing the education achievement gap. The Center for Healthy Schools will assist schools and community prevention partners through professional development opportunities, research, advocacy, and networking. Please contact Dr. Bethann Cinelli, director of the Center for Healthy Schools for additional information ([bcinelli@wcupa.edu](mailto:bcinelli@wcupa.edu)).

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## Dr. Sheehan Shares her Summer Experience

During the summer of 2010, Dr. Maura Sheehan, CIH was a visiting scientist conducting research at the Office of Mine Safety and Health Research, National Institute for Occupational Safety & Health (NIOSH) in Pittsburgh, Pa. Dr. Sheehan is continuing this work at WCU during the academic year. She and her colleagues at NIOSH are testing devices to improve the measurement of coal dust and diesel exhaust. These devices are needed in coal mines to better assess risks to coal miners and to aid in the evaluation of methods for reducing exposures to these dangerous air contaminants in mines.

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## Attention M.P.H. Students!

Students who were accepted into the M.P.H. program provisionally and required to complete MAT 121: Statistics must complete this requirement prior to enrollment in HEA 526 Biostatistics. For degree candidacy approval, the stipulated provisional admission requirements must be met. Students who began the M.P.H. program during the fall 2007 semester or after are required to complete 45 hours of courses for the M.P.H. degree.

## Welcome New Faculty!

The Department of Health welcomes two new faculty members this semester.

- **Christine Karpinski** is an instructor who earned her B.S. in exercise physiology from WCU and her M.A. in nutrition education from Immaculata University. She is currently completing her dissertation for a Ph.D. in health science-nutrition at the University of Medicine and Dentistry of New Jersey. Professor Karpinski is a licensed dietitian-nutritionist and a registered dietitian. She is the owner of Nutrition Edge, Inc. and has served as a WCU adjunct professor since 1999. In 2008, she was the recipient of the WCU Honors College Outstanding Faculty Award. She also served as a consultant for Immaculata University's exercise physiology curriculum, as a facility manager, dietitian, and personal trainer for Body Zone; and as a facility and program manager for the Montgomery Center for Health and Fitness. Professor Karpinski has several scholarly publications and presentations to her credit.
- **Gina Pazzaglia** is an assistant professor who earned a B.S. in nutrition from The Pennsylvania State University, M.S. in nutrition from Syracuse University, and Ph.D. in nutrition from Penn State. Her dissertation examines food in the movies. Dr. Pazzaglia is also completing a Ph.D. in education from Arizona State University. Among her extensive experience, she has been a nutrition consultant in private practice through the Great Valley Cardiology Lipid and Coronary Disease Risk Prevention Clinic in Scranton, Pa., directed the Marywood University (Scranton) Department of Nutrition and Dietetics didactic program, and taught at the University of Scranton, Marywood University, Penn State Worthington-Scranton, and Penn State Harrisburg. She also has several publications to her credit.

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## M.P.H. Poster Session

The 2010 fall M.P.H. poster session will be held Friday, December 10 from 4p.m. to 6 p.m. in Sykes Ballroom. Contact Dr. James Brenner at 610-436-3357 or [jbrenner@wcupa.edu](mailto:jbrenner@wcupa.edu) immediately to let him know if you plan on presenting in the poster session.

## Update on the Applied Learning Experience

Students who are preparing for the Applied Learning Experience need to be aware of the current course requirements.

### Applied Learning Experience – 36 Credit Program.

Students in the 36 credit program complete HEA650 Applied Learning Experience during the last semester of their course work. All courses must be completed before the start of HEA650. Arrangements for HEA650 (adviser and site selection, letter of agreement, and summary of the major project) must be completed during the semester prior to the start of HEA650. Students are responsible for completing the planning requirements before the start of HEA650. If the student fails to meet with an adviser and complete the site selection in the semester prior to the start of HEA650, he or she will not be able to start the Applied Learning Experience.

### Applied Learning Experience I and II – 45 Credit Program.

During **HEA649 Applied Learning Experience I**, students select their agency and complete plans for their major project. This is the planning phase of the student's major project with approximately six weeks in the classroom to select the agency, complete required forms, and prepare the major project plan. The remaining time in the semester is used for site visits, and completing the agency report and major project plan. Most students need the entire semester to complete the assignments for HEA649 with time requirements of 100 hours.

During **HEA650 Applied Learning Experience II**, students implement their project at the site under the direction of the site supervisor. More time is required at the site to complete project activities, and students will need to make arrangements for a time schedule with their site supervisor (200 hours). Most students need the entire semester to complete their projects for HEA650. The major project requires a poster presentation.

**HEA649 and HEA650 are completed in successive semesters as all site supervisors expect students to complete their projects within two semesters.**

The Applied Learning Experience I and II Guidelines (45 credit program.) are available and contain detailed information needed for successful completion of the Applied Learning Experience. Students should obtain a copy of these guidelines to begin preparing for the Applied Learning Experience from academic advisers or from Dr. Lynn Carson (e-mail lcarson@wcupa.edu).

## Summer School 2011 Course Offerings

The following courses will be offered during the summer 2011 semesters:

### Core Courses

- HEA630 (20) Health Care Administration, Summer Session I, meets Tuesdays (4:15-10:00p.m.) and the final will be Friday, June 24.
- HEA649 (20) Applied Learning Experience I, Entire Summer Session I with student orientation sessions May 18, 19, 23, 24, 25 6–9p.m.
- HEA650 (30) Applied Learning Experience II, Entire Summer Sessions II and III.

### Community Health

- HEA544 (20) – Program Administration in Health/Human Service, meets May 11, 12, 13, 16, 17 (8:00a.m. -5:00p.m.)
- HEA543 (20) Transcultural Health, meets May 18-19 (4:15p.m.-10p.m.), May 20 (8a.m.-5p.m.), and May 23, 25, and 26 (4:15-10p.m.)
- HEA435/581 (30) Special Topics: Health Promotion and Health Counseling, meets July 11–15 (8a.m.-5p.m.).
- HEA623 (30) Substance Abuse Prevention, meet June 27-July1 (8a.m.-5p.m.).

### Environmental Health

- ENV426/533 (20) Water Quality and Health, meets May 17-June 2 and June 16 (4:15-10p.m.).
- ENV470/570 (20) Emergency Preparedness meets June 6-June 22 (4:15-7p.m.), and June 23 (8a.m.-5p.m.), and some sessions will be held online only.

### Health Care Administration

- HEA640 (20) Issues in Managed Care, On line course Mandatory Orientation Session will be May 23 (4:30–5:30 p.m.)  
\*Note: This course will not be taught on campus but will have a mandatory orientation session.

### Nutrition

- NTD503 (20) Human Nutrition, meets May 23 and June 22 (4:15–10p.m.) and online sessions on June, 1, June 7, and June 14.

## Student Spotlight

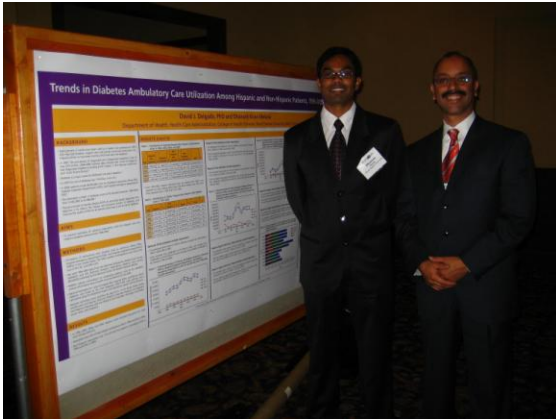
**Vani Nanda**, a dentist and current student in the master of public health program (community health track), participated in the FDI Annual World Dental Congress at Salvador da Bahia in Brazil, September 2-5, 2010. At the World Dental Congress, she presented a paper, "Oral Health Promotion in School Children of Pennsylvania, USA" that she had developed with Dr. Gopal Sankaran, a professor in public health. She received travel grants from the dean of graduate studies and extended education and the Graduate Student Association.



West Chester University's master of public health program, nutrition track was represented by Dr. Mary Beth Gilboy, assistant professor and M.P.H. nutrition coordinator; Emily Smith, M.P.H. student, and Ashleigh Bonyng, Jeanette Fox, and Joanna Shealy, community nutrition students. Their colorful nutrition exhibit focused on Guanajuato, Mexico's Healthy Plate Initiative, which stressed when a healthy breakfast is important. Recipes, activity cards, and food samples of aromatic oatmeal and apples were used to engage people at the fair. Participation is a part of the Latino Nutrition Project which is under the direction of Drs. Debra Bill and Gilboy.

Kaila Smeach, M.P.H., community health student, presented a poster and literature on mental health resources among Latinos. She is working with Dr. Debra Bill on a study of mental health resources for Latinos in Chester County. Pamphlets describing mental health issues were available to the public. The mental health hotline from Guanajuato, Mexico was also made available and distributed to attendees.

Ms. Smeach attended the spring 2010 cultural immersion course, Mexican Culture and Health, taught by Dr. Bill in Guanajuato, Mexico. Both the poster and the ensuing research came because mental health issues are an increasing problem for Latino families who migrate back and forth from Guanajuato to Chester County. The poster and pamphlets were available in English and Spanish.



Dhanush Mekela (left) and Dr. David Delgado (right) presenting an abstract at the Pennsylvania Public Health Association Annual meeting in Harrisburg, Pa., on October 5, 2010.

### M.P.H. and Nutrition Students Volunteer at the "Wellness and Nutrition Corner"

The tenth annual Binational Health Week, held October 4-15, had as its focus prevention of addictions and gang involvement among adolescents, oral health, obesity and diabetes, disabilities and Autism awareness and access to health care. This event concluded with the Binational Health Fair in Kennett Square, Pa., on October 24.



Kaila Smeach at the Binational Health Fair



Emily Smith at the Binational Health Fair

## Alumni News

### M.P.H Alumni Receives Student Choice Award

**Julie Freshwater received the “Student Choice Award” for Outstanding M.S./Ph.D. Student for 2010. The College of Public Health Alumni Society presented the award at the graduation luncheon.**

Julie Freshwater was first enrolled in the undergraduate nursing program when she switched to the M.P.H. community health track program at West Chester University. Her first research grant was the CHS-sponsored Faculty Student Research Grant with Dr. Debra Bill, faculty adviser. She conducted a needs assessment of primary care providers in Southern Chester County. The phone survey assessed access for Latinos to health care and the number of bilingual Spanish speaking providers. The results were presented at the AAPHERD convention in Philadelphia, and published as an abstract in the conference proceedings. While in the M.P.H. program, she worked as Dr. Bill’s graduate assistant. Her HEA650 class project took place at the Chester County Health Department, and culminated with her poster presentation on West Nile Virus surveillance—“Old World Virus, New World Technology; The Effectiveness of Geographic Information Systems in the Surveillance of West Nile Virus”.

After graduation in 2004, she worked for COAD and the Chester County Department of Highway Safety as a program coordinator and community-based health educator. She assisted with child car seat safety inspections and gave presentations on seatbelt safety to young children. She also wrote a grant for the annual SADD conference for area high school students.

When her husband was transferred to Columbus, Ohio, Julie enrolled in the Ph.D. program in the College of Public Health at Ohio State University in 2005. Julie was awarded the Mary Plummer Memorial Scholarship in September 2005. She held several graduate research associate positions while at OSU. Her first in 2006 was working as a project coordinator for tobacco research in the Appalachia region of Ohio. She transferred to the Office of Workforce Development and the Ohio Center for Public Health Preparedness. She also assisted with curriculum design and material layout for public health continuing education and academic programs, participated in planning and implementation of several activities related to CDC activities, and assisted in the analysis and evaluation of project activities.

Julie’s search for a data set led her to Kurt B. Stevenson, M.D. M.P.H. in the Division of Infectious Diseases at the Ohio State Medical Center and his work with the CDC Epicenters. Her work on surgical site infections and antibiotic use in the intensive care units provided data for three posters, which she presented at national conferences. Her dissertation combined antibiotic use and the incidence of multi-drug resistant microorganisms. The title of her dissertation is “Impact of Antimicrobial Use on the Resistance of *Pseudomonas aeruginosa* in the Intensive Care Unit Setting in a Large Academic Medical Center”. She received the “Student Choice Award” for Outstanding M.S./Ph.D. Student for 2010. The College of Public Health Alumni Society presented the award at the graduation luncheon. She graduated June 13, 2010 and is now at the University of Pittsburgh.



#### REMINDER

Students are strongly encouraged to submit news, views, and experiences for publication in the M.P.H. Connections. Please contact The Health Department (health@wcupa.edu)

Patricia K. Wilson ’09 M.P.H. major was invited to present her independent study at the American Public Health Association in Denver, Colo., this November. Her study, *Ear to Hear: A descriptive analysis of hearing health attitudes, beliefs, knowledge, and behavior patterns of users of personal stereo systems among college students aged 18-26 years*, was completed under the advisement of Dr. Robin Leonard, associate professor of health. In addition, Pat’s HEA650 project was selected for presentation at the Pennsylvania Public Health Association meeting in Harrisburg this fall. This study, also supervised by Dr. Leonard, was entitled *Geographical Impact on Food Purchasing Behaviors among Recipients of Public Assistance: Homeless Population Residing in Shelters and Transitional Housing in Philadelphia, PA 19144*.

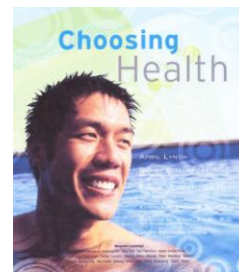
## Faculty News

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**Lynn Monahan, MPH, RD, LDN, D.CN** successfully defended her dissertation this fall. Congratulations Lynn!

**Tanya J. Morgan, Ph.D., C.P.H.** was elected as West Chester University's Faculty Senate corresponding secretary and executive council representative for the 2010-2011 academic year.

**Tanya J. Morgan, Ph.D., C.P.H. and Sandra Walz, Ph.D., R.D.** have collaborated in the production and authorship of a new general health and wellness textbook titled, *Choosing Health* published by Benjamin Cummings that is currently in production and scheduled to be printed by January 2011. Dr. Morgan served as co-author of the textbook and Dr. Walz authored the chapters on Nutrition and Weight Management. The text has been created using an ultra-modern, magazine style that includes student stories, social networking tools, and a wealth of online resources designed to inspire students to choose a healthy lifestyle.



**Tanya J. Morgan, Ph.D., C.P.H.** successfully passed the Certified Public Health (C.P.H.) Exam given by the National Board of Public Health Examiners. The National Board of Public Health Examiners exists to ensure that students who have completed graduate degrees from a school or program accredited by the Council of Education of Public Health (CEPH) have mastered a fundamental breadth and core of cross-cutting competencies that are necessary for effective public health practice. Successful candidates earn the designation of CPH for their noteworthy achievement and are required to obtain and document 50 hours of continuing education every two years to maintain the certification.

**Gopal Sankaran**, professor of health, has been appointed as the interim assistant vice president for international programs for the period August 2010 to June 2011. In this role, he will be providing leadership to the Center for International Programs.

### Awards

**David Delgado, Ph.D.** attended the National PT Advocacy Conference and received the Volunteer PT Advocate Award.

**Tanya J. Morgan, Ph.D., C.P.H.** was presented a special award of Recognition and Support, Outstanding Courage, and Relentless Effort, by the Rural Liberia Children's Educational Program in Upper Darby, Pa., on June 19, 2010.

## Faculty Scholarly Accomplishments

### Publications:

- Metz S. M.**, & Raval, M. (2009). Predictors of health education and nonmedication treatment in adult outpatients with diagnosed cardiac conditions. *Preventive Cardiology*, 12(3), 144-148.
- Brenner J. W.**, **Metz S. M.**, Brenner C. J. (2009). Campus Involvement, perceived campus connection, and alcohol use in college athletes. *Journal of Drug Education*, 39(3), 303-320.

### Presentations:

- Barker V (MPH Integrative Health Student), **Metz SM**. Suicide Attempts and Associated Risk Factors in High School Students. Poster presented at *Pennsylvania Public Health Association Conference*, Harrisburg, PA, October 5, 2010.
- Brenner JW**, **Metz SM**, Brenner CJ. Does More College Campus Involvement Lower Athletes' Use of Alcohol? Poster presented at the U.S. Department of Education National Meeting on Alcohol, Drug Abuse, and Violence Prevention in Higher Education, National Harbor, MD, October 19, 2010.
- Hartzell SA (MPH Integrative Health Student), Choudhri A (MPH Community Health Student), & **Metz SM**. Attitudes of University Students and Public Health Workers Towards People Living with HIV/AIDS and Mandatory HIV Testing. Poster presented at WCU Research Day, April 2010.
- Himes LF (MPH Community Health Student), & **Metz SM**. Assessing the Motivations of Volunteerism Among Master of Public Health Students: Implications for Service Learning. Poster presented at WCU Research Day, April 2010.
- Himes, L (MPH Community Health Student), **Metz SM**. Predicting Lifetime Blood Cholesterol Screening of Pennsylvania Residents through Demographics, Health Status, and Healthcare Access. Paper presented at *Pennsylvania Public Health Association Conference*, Harrisburg, PA, October 5, 2010.
- Leonard, Robin** (2010). "Marketing Approaches for Public Health Programs" Indigenous Health Leadership Conference in Albuquerque, New Mexico.
- Leonard, Robin** (2010). "Treating the Mind, Body, and Spirit: Integrative Health Options for Wellness" CASD Professional Development Conference in Coatesville, Pennsylvania.
- Metz SM**, & Raval M (MPH Integrative Health Alumni). Predictors of Health Education and Non-Medication Treatment in Adult Cardiac Outpatients. Poster presented at WCU Research Day, April 2010.
- Morgan, Tanya J.** (2010). "The Links Between Childhood Development, Education, and Health" Invited Session Sponsored by the Rural Liberia Children's Education Program in Upper Darby, Pennsylvania on June 19.
- Nanda, Vani** (MPH Community Health Student) & **Sankaran, Gopal** (2010). "Oral Health Promotion in School Children of Pennsylvania, USA" FDI Annual World Dental Congress in Salvador da Bahia, Brazil on September 2-5.
- Sankaran, Gopal** (2010). "Health Care Reform: Does it go far enough?" Master of Social Work Appreciation Luncheon in West Chester, Pennsylvania on May 6.
- Sankaran, Gopal** (2010). "Hinduism: Basic dietary laws and principles" Spirituality, Ethnicity and Cuisine Conference in West Chester, Pennsylvania on April 9.
- Storm C (MPH Community Health Student), & **Metz SM**. High School Seniors' Perception of Frequency and Risk of Alcohol, Tobacco, and Drug Use by College Freshman. Poster presented at WCU Research Day, April 2010.
- Service**
- Sankaran, Gopal** (2010). Governing Councilor, American Public Health Association. Elected to serve a third two-year term (2010-2012) from the International Health Section.
- Sankaran, Gopal** (2010). Chair, Workgroup 4: *Standard 7-Institutional Assessment*. Coordinated, developed and submitted the chapter on Institutional Assessment for the Middle States Commission on Higher Education Self-Study for the decennial Reaccreditation of West Chester University. (Summer 2010)