Warm Greetings during this Fall Semester!

This is a wonderful year for the Department and the School since we are celebrating the School’s 25th Anniversary. There are many activities in which people can attend, and we hope to see you at many of them as we celebrate a quarter century of Public Health work here. Please take a look at the events that we have slated in this issue.

As you can see, the Department continues to be very active this Fall. Faculty are offering travel abroad opportunities and leadership training opportunities. As well, on the research front, faculty have been awarded new grants and publications are underway. Among our broad course offerings, there is also a new course being offered in the area of addiction.

Also, we are pleased to introduce our new graduate assistants who work hard here at the School and Department. Further we have livened up the Department a bit with a newly formed Social Committee, which coordinated an open house and a Halloween potluck.

To all of you who are new to the Department—welcome! To our returning faculty, staff and students – welcome back! I look forward to seeing and working with all of you this year.

Best regards

Diane M. Dewar, PhD.
Associate Professor and Chair
**Dr. Manganello Receives NIH Grant**

Dr. Jennifer Manganello was recently awarded a small (R03) Research Grant from the National Institute of Health/ National Institute of Child Health and Human Development to fund a project designed to develop a new method for assessing health literacy skills for adolescents. This project will build on her prior work of studying adolescents and health literacy.

Although health literacy is a significant issue for public health, little work has been done that focuses on adolescents. By developing a tool that will be able to assess health literacy in a self-administered format, Dr. Manganello will be able to include health literacy measures in future survey studies, promoting research that will lead to a greater understanding of predictors for and outcomes of low health literacy for adolescents.

**Dr. Shaw Will Spend Spring in Sweden**

Benjamin Shaw, Ph.D., MPH, Associate Professor in the Social Behavior and Community Health track of the department, will be spending the Spring 2011 semester on sabbatical in Stockholm, Sweden. He will be conducting research and lecturing in collaboration with scientists and graduate students at the Aging Research Center (ARC) of the Karolinska Institutet and Stockholm University.

Dr. Shaw’s research will focus on studying health behaviors – including alcohol consumption, smoking, physical activity, weight management, and health care utilization – among older adults in Sweden. Perhaps no country is more concerned about meeting the care needs of their aging population than Sweden. With the percentage of its population over age 60 at 24% and growing (compared to 17% in the US), and an average life expectancy at birth of 81 years (approximately three years more than the US), Sweden ranks among the oldest populations in the world. Moreover, Sweden has long offered its citizens, and particularly its older adults, one of the most generous publicly funded systems of support and care in the world. However, Sweden’s ability to maintain this system in the face of the increasing care demands of an aging population is now widely recognized as being in serious jeopardy.

In addition to the need for finding economic policy solutions to this challenge, effectively and sustainably addressing concerns related to population aging requires a comprehensive understanding of the modifiable determinants of healthy aging. To this end, Dr. Shaw’s research will seek to develop new insights into the protective and damaging roles of health behaviors in Sweden’s aging population. In addition, this research will provide a valuable point of comparison for US public health planners as we continue to debate the optimal balance of public and private care for our own aging population.

While away, Dr. Shaw will still be accessible by email at bashaw@albany.edu. Feel free to contact him to find out about life in Sweden!

“With the percentage of its population over age 60 at 24% and growing and an average life expectancy of 81 years, Sweden ranks among the oldest populations in the world.”

- Dr. Shaw
**DR. KUMAR RECEIVES $1 MILLION GRANT**

Dr. Kumar received a grant in the amount of $1,044,563 from the Health Resources and Services Administration to address oral health workforce issues in New York State.

This grant proposes to: 1) reduce the need for dental services by focusing on prevention and early intervention, 2) recruit dentists to adopt schools in Health Professional Shortage Area (HPSA) locations to provide access to care; and 3) recruit dentists to serve in underserved communities by establishing linkages with community organizations. To accomplish this, the Bureau of Dental Health will partner with Area Health Education Centers (AHECs), the New York State Dental Association and the New York State Oral Health Technical Assistance Center.

**RECENT FACULTY PAPERS**


Maniccia, DM, Davison, KK, Marshall, SJ, Manganello, J, Dennison, BA. Interventions to Reduce Children’s Screen-Time: A Meta-Analysis (submitted for publication)

**RESIDENCY PROGRAM RE-ACCREDITED**

The NYS Preventive Medicine Residency Program was fully re-accredited until October 2015 by the Accreditation Council on Graduate Medical Education (ACGME). The residency program, which is jointly sponsored by the University at Albany School of Public Health and the New York State Department of Health, prepares physicians for leadership careers in public health and general preventive medicine.

The primary educational setting -- the New York State Department of Health -- is the one of the nation’s largest, most comprehensive state health departments. Because of the wealth of programs operated by the Department, residents can tailor their course of study to meet their own interests in public health, with many dedicated public health professionals available to serve as advisors, teachers, and role models. HPMB faculty member, Dr. Mary Applegate, directs the program.

“It is important to have social events so students have the opportunity to form relationships with faculty outside of the classroom.” Allison Marron, HPMB Student

HPMB students enjoy the Halloween festivities.
Q: I understand you defended your Behavioral Sciences doctoral dissertation in May 2010. How did you choose this field of study?
Yes, I graduated in May 2010 with a Dr.P.H. with a concentration in Behavioral Sciences. I became interested in the field after working for many years in biology labs. After looking through a microscope for so long, I saw I needed a change so I started working in administration and pursued a MS in health policy from the School of Public Health. I enjoyed this facet of public health work but wanted to learn more about personal behavior change.

Q: Can you briefly describe your areas of interest and research?
My current job is in workforce issues, so I am working in administration and pursuing a MS in health policy from the School of Public Health. I enjoyed this facet of public health work but wanted to learn more about personal behavior change.

Q: You recently received a grant to travel to San Diego to present the results of your doctorate at Obesity 2010, 28th Annual Scientific Meeting. Can you describe the grant application process and how you became involved with the Obesity Society?
Dr. Kirsten Davison was my mentor during the doctoral program, and I had a great committee. They were phenomenal, providing guidance, suggestions, and support. Part of my dissertation was a meta-analysis and Dr. Davison recommended I submit the meta-analysis for consideration as a poster or oral presentation at the Obesity Society’s annual meeting. I submitted the abstract of my article for consideration for a young investigator award with the understanding it would be reviewed for a travel grant if I wasn’t one of the final candidates for the award. I did not make the final cut for the young investigator award but was one of 15 meeting attendees that received the travel grant to present my research findings at the conference.

Q: The research you presented at the conference was related to obesity intervention in children. What are the results of your research?
I found the interventions aimed to decrease screen time in children do make a difference. There is a small statistically significant impact on screen time based on the interventions available. However, this is just the first step. We need to look at the clinical relevance of this work. Over the long term, will these interventions make a difference in children’s health status and behavior? In my professional opinion, I believe it will.

Q: What is next on your professional agenda?
Well, I would like to run the world. I’m just kidding. I enjoy the workforce research but I also like teaching. I could see myself running a research center and teaching a couple classes. Then I could have the best of both worlds.

I submitted my meta-analysis paper to the Journal of Pediatrics so that process is ongoing. There is always more editing to be done after it is reviewed but that is a good piece of my professional agenda for now.

Q: Do you have any words of advice to students interested in studying obesity prevention?
The best advice I have is find something you are passionate about and get involved now. This is a hot topic but it may not always be that way so you have to love it even when it is not fashionable.

Q: What interests do you have in your small amount of time outside of work?
Well, I like to run, and I can tell when I don’t. It is a stress reliever for me. I run with my husband and Dr. Janine Jurkowski but they always kick my butt and leave me behind. In the winter, I downhill ski and snowshoe.
The School of Public Health has partnered with the Peace Corps to offer the SUNY system’s first Master’s International (MI) Program, a program that allows students to complete a Master of Public Health degree and participate as a Peace Corps volunteer. These students will set aside their books and begin a 27 month assignment—three months of intensive training followed by 24 months as Peace Corps volunteers undertaking public health related activities, activities which will count for internship credit. At the end of their Peace Corps experience, they will return to complete their degree requirements and to welcome another group of MI students. Although the School of Public Health was the first SUNY school to offer this program, we have opened the door for others and several universities and colleges are now considering this option for graduate students in selected disciplines.

The Center for Global Health’s fall semester seminar series has been designed especially for MI students as well as those who are considering international internships or international public health careers. Center Director, Carol Whittaker, has seen a steady increase in the number of students seeking international experiences, both short term study abroad and service learning projects such as those offered during the winter break as well as more extensive experiences including summer-long international internships. With the addition of students participating in the Master’s International program, it is especially important to make certain that students are prepared for living and working abroad. Topics have included conversations about culture shock; personal safety and health concerns; and the challenges associated with re-entry and returning home. A trip to the United Nations is also included as part of the seminar series. A tour of the UN building will be followed by a briefing by Dr. Victor Mari Ortega, Deputy Director of UNAIDS.

For additional information about the Master’s International Program, please contact Carol Whittaker, Clinical Associate Professor, Director, Center for Global Health, cwhittaker@albany.edu.

There are 48 MPH and eight DrPH Health Policy, Management and Behavior students who joined us this Fall. They come from a variety of areas around the nation and the world. Not surprisingly, the vast majority of students, nearly 75%, come from New York State. Additionally, the neighboring states of New Jersey and Vermont are home to three and two students respectively while California, Tennessee, and Michigan each claim one student. This year, we are also pleased to welcome three international students—one each from the United Kingdom, Jamaica, and India.
COMMUNITIES FOR HEALTHY LIVING

HPMB’s own Dr. Kirsten Davison and Dr. Janine Jurkowski, experts in the fields of childhood obesity (Davison) and Community-Based Participatory Research (Jurkowski) recently teamed up to target the issue of childhood obesity in low income families in Rensselaer County. Working with parents of children enrolled in Head Start, community leaders, hard-working MPH students, volunteers and a post-doctoral fellow, Communities for Healthy Living (CHL) just moved into its intervention phase.

This two year $1.1 million pilot program is funded by the National Institutes of Health, and aims to address the root causes of childhood obesity from the perspective of the Family Ecological Model.

The first year focused on the creation a Community Advisory Board and a thorough community assessment using focus groups, windshield surveys, physical activity monitors, diet recall interviews etc. All of this information guided the development of the CHL program. Last week we held kickoff events at four local Head Start centers, marking the beginning of an exciting, six-week parent led program “Parents Connect for Healthy Families.” The program will focus on community awareness, media literacy, healthy lifestyles, conflict resolution, communication skills and the development of a parent support network. The program also includes free yoga and karate lessons for the children, a social marketing campaign, revised BMI letters, free nutritional counseling and much more. CHL is unique in that it approaches childhood obesity in a way that depends on full parent participation in program development, implementation and evaluation, and empowers the whole family from start to finish. If any students are interested in learning more about the program or volunteering, stop by the CHL office (the first door in the HPMB department) or email Kirsten Davison at Kdavison@albany.edu or Janine Jurkowski at jjurkowski@albany.edu.

NEPHLI RETREAT

The Northeast Regional Public Health Leadership Institute (NEPHLI) held its second retreat for the Class of 2011, October 18-20, 2010 at the Whispering Pines Conference Center, W. Alton Jones Campus, University of Rhode Island. The retreat theme was Leadership to Address Contemporary Challenges.

Twenty five Scholars from the Northeast, including Pennsylvania and New Jersey attended the retreat. Ana Novais, Executive Director of Health, Division of Community, Family Health, Rhode Island Department of Health (RIDOH) (Class of 2003) welcomed the class. She challenged the class to reflect on their leadership experiences and think about how they can “do public health differently” so that our children will live healthier and longer lives.

The Scholar Project session was facilitated by Ellen Donovan. Throughout their yearlong experiential leadership institute, Scholars identify, develop and implement self-selected projects that demonstrate the Five Practices of Exemplary Leadership (Kouzes and Posner) and meet one or more of the ten Essential Public Health Services.

Leadership challenges that address contemporary public health issues will be on the agenda during the next retreat in March.
GET TO KNOW YOUR GRADUATE ASSISTANTS

Matt DePuccio. MS student in HPM track, was born and raised in Troy, NY and a graduate of Troy High School. In 2006, he attended St. Lawrence University where he played collegiate football and studied biochemistry and sociology. Going to school in a rural community and volunteering at the Cornell Cooperative Extension allowed him to witness firsthand how the public health sector functioned. Now, coming back to the Capital Region and being able to interact with students and faculty on a daily basis is what makes the School of Public Health so intriguing. Working alongside faculty and learning about their research interests allows Matt to gain perspective on studies that encompass health management and policy concerns that affect a growing and diverse population in the United States.

Outside the School of Public Health Matt enjoys hiking, kayaking, and any other outdoor activities. He also like all kinds of music, especially live performances that include his twin brother who is an avid bassist (and chemist).

Katie Sudakow is an MPH student in the Behavioral Science and Community Health track. She graduated from Siena College in 2009, and worked for a year in the Cell Biology and Cancer Research Department at Albany Medical College. Both of those experiences brought her to the School of Public Health. While here, Katie is concentrating on Social Behavior and Community Health.

When she is not in her cubicle, or in class, Katie is usually spending time with family, friends, or her dogs. She loves traveling, and photography. She also works part time at the Gap, so she will be seeing you all over the holiday season!

“I think it is important to feed the graduate assistants so they are ultra productive.” -Liz Brannigan

Darlene Yule is an MPH student in the Behavioral Science and Community Health track. She is Returned Peace Corps Volunteer from Panama. During her two years there she used knowledge from her background in sports medicine to collaborate with the International Red Cross to help create a sustainable First Responder Course to certify rural farmers in First Aid and CPR. She also teamed up with host country government agencies and a small co-operative of coffee producers to create a hands-on seminar series on coffee farm management. Darlene hopes to use her MPH to work in immigrant or migrant worker health.

Darlene is obsessed with vegetable gardening and drinking very good coffee. She is always looking for new friends to hike, bike, or snowshoe. She enjoys snowboarding though her skills are lacking. También, ella habla español. Venga y echa un cuento!

“The Department is fortunate to have three great graduate assistants this year.” -Linda Gauvain-McNulty

Darlene slurps a pipa fria (cold green coconut) on Isla Grande, in Panamá.

“Matt has been crucial in reducing my workload to allow me to participate in yet another committee.” -Dr. Weller

Matt enjoys the view from Mt. Azure in the Adirondacks.
The Communities for Health Living project GAs are amazing and hard working. They deserve more than one beer for their adaptability and determination!

– Dr. Jurkowski

Zack Lazovik
I have been an intern at the NYS Department of Health, Office of Long Term Care, Bureau of Credentialing since May 2010. I am working on a project to improve medical direction and medical care in nursing homes across New York. The Health Department has organized a workgroup of nursing home medical directors, long term care associations and academic researchers to analyze the situation of medical care in nursing homes.

In association with this project, I am conducting a qualitative analysis of all fifty states and the District of Columbia’s state statutes and regulations regarding medical direction and care. The results of this survey will see where New York stands against other states and whether certain states have rules that would be of service to improving care in New York.

Beyond serving as staff to the workgroup, I have been exposed to the functions of state government and the Health Department infrastructure. It has been highly beneficial to my future professional goals to observe how policy affects procedures in nursing homes.

NOTE: I would like to extend sincere appreciation to the Public Health Leaders of Tomorrow for funding this internship and my mentor, Dr. Beth Dichter.

The Social Committee Potluck supplied a variety of delicious food for these hungry graduate students.

The Social Committee pulled together a great Halloween potluck. HPMB students, faculty and their families, enjoyed the diverse selection of food, beverages, and delicious desserts. You had to watch out for the sneaky ghost chili brownies as they were likely to bite when you weren’t paying attention. Many faculty and their children sported Halloween costumes for the occasion, including Clinical Associate Professor Pat Lillquist and her husband Bob, who donned their genuine Revels costumes. Bob’s costume weighed over 40 pounds, not including the sword. Hats off to all of those that helped pull this wonderful event together.

“Middle America has people who love Halloween. It is a wonderful way to celebrate the Fall season.”
– Dr. Dewar

The Communities for Health Living project GAs are amazing and hard working. They deserve more than one beer for their adaptability and determination!

– Dr. Jurkowski

Zack Lazovik and Michaela Byrnes (R), both HPMB students, joined Jess Sgambati (L) at Making Strides Against Breast Cancer. Thanks to Maggie Watson for her hard work on this event.

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# Spring 2011 Course Schedule

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<tr>
<th>Course</th>
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<th>Call #</th>
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<td>W</td>
<td>5:30-8:20</td>
<td>3822</td>
<td>Young</td>
<td>C4</td>
<td>Health Care Organization, Delivery &amp; Finance</td>
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<td>3823</td>
<td>Weller</td>
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<td>Introduction to Policy Analysis</td>
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<td>Social &amp; Behavioral Aspects of Public Health</td>
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<td>8701</td>
<td>Jones</td>
<td>C1</td>
<td>Financial Management of Healthcare Institutions</td>
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<td>8320</td>
<td>Jurkowski</td>
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<td>Health Disparities and Vulnerable Populations</td>
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<td>Gallant</td>
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<td>Program Development in Health Promotion</td>
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<td>Principles of Health Organization Management</td>
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<td>7012</td>
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<td>Managing Long-term Care Services</td>
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## Other SPH Courses:

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<td>McNutt</td>
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<td>SPH685</td>
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<td>3:30-5:00</td>
<td></td>
<td>Applegate</td>
<td>C3</td>
<td>Capstone Seminar</td>
</tr>
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</table>

## Dept. Undergrad Courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Day/s</th>
<th>Time</th>
<th>Call #</th>
<th>Instructor</th>
<th>Room</th>
<th>Title</th>
</tr>
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<tbody>
<tr>
<td>SPH341</td>
<td>T,TH</td>
<td>8:45-10:05</td>
<td>11592</td>
<td>Maniccia</td>
<td>AS0014</td>
<td>Promoting Healthy People</td>
</tr>
<tr>
<td>SPH342</td>
<td>W</td>
<td>2:45-5:35</td>
<td>8809</td>
<td>Nambisan</td>
<td>SLOG02</td>
<td>How U.S. Healthcare Works</td>
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<tr>
<td>SPH343</td>
<td>M, W, F</td>
<td>8:15-9:10</td>
<td>9311</td>
<td>Manganello</td>
<td>ES0108</td>
<td>Mass Media and Health Behavior</td>
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<tr>
<td>TSPH250</td>
<td>T,TH</td>
<td>5:45-7:05</td>
<td></td>
<td>Dewar</td>
<td></td>
<td>The Road to Reform: Health Care in the U.S. (only open to students in the Honors College)</td>
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10/13/2010
Janelle Armstrong-Brown defended her dissertation proposal and has advanced to candidacy. Janelle has a pre-doctorate fellowship, funded through NCI, with our Lineberger Comprehensive Cancer Center and another one through CDC. Her dissertation is titled, "The Impact of the Landscape on Physical Activity and Diet among African American Church Members." Her study is informed by the theory of therapeutic landscapes and concept of racial residential segregation. She's using data from Marci Campbell's church-based ACTS of Wellness study and will be collecting qualitative primary data from church members.

Sarah Langer, M.P.H., is the new Health Policy Manager with North Carolina State University's Institute for Emerging Issues (IEI). IEI is a public policy, think-and-do tank that convenes leaders from business, nonprofit organizations, government and higher education to tackle some of the biggest issues facing North Carolina's future growth and prosperity.

Christine Waller was appointed Assistant Vice President for Grants and Contracts. As Assistant Vice President for Grants and Contracts, Ms. Waller is responsible for services related to post-award administration and financial compliance for sponsored research activity awarded to the Research Foundation of SUNY, CNSE.

Janel Trzaskas (Pokorny) and her husband Dan are expecting a baby girl in December.

Congratulations to Emily Watterworth on her recent engagement.

NEW COURSE OFFERED

Clinical Associate Professor, Gerald A. Fishman Ph.D., will teach Addiction and Public Health in the Spring 2011 semester. Substance abuse disorders are among the most difficult problems that confront public health professionals. Although the symptoms of addiction may receive proper medical attention, prevention-oriented public health practitioners need to understand and integrate knowledge and strategies relevant to addiction to improve health and address disease at both individual high-risk and population-based levels. This course provides an introduction to the basis of addictive disorders, specific drugs of abuse, at-risk populations, co-morbidity of substance abuse and medical/mental health disorders, and public health interventions at multiple levels.