

# WEST CHESTER UNIVERSITY

## M.P.H. CONNECTIONS

FALL 2015 ISSUE

### UPDATE ON THE COUNCIL ON EDUCATION FOR PUBLIC HEALTH (CEPH) ACCREDITATION SITE VISIT IN OCTOBER, 2015 - Dr. Lynn Carson

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The Council on Education for Public Health (CEPH) Accreditation Site Team Members were on campus on October 22, 23, 2015 to review our MPH Program's Self Study. During the two day visit the Site Team Members met with the MPH administration, WCU administration, MPH faculty and students, MPH community members, ALE preceptors and employers. During these meetings, the MPH constituents were asked a number of questions to verify the information that was presented in the Self-Study and to gain a deeper understanding of the MPH Program in the Department of Health at West Chester University.

During the Exit Interview, the Site Team Members presented their ratings for 23 accreditation criteria included in the Self-Study. Out of the 23 criteria, we received “met” or “met with commentary” ratings for 21 criteria (these ratings are considered passing by CEPH). Two criteria (assessment and workforce development) were “partially met.” A report will be submitted to CEPH with recommendations for improvements in these criteria in May, 2016.

The final step in the accreditation process is review by the CEPH Board of Governors (BOG). The BOG Meeting is scheduled for June 15-17, 2016. At that time, the BOG will review the Site Team Members' recommendations along with our report for improvements for the “partially met” criteria. The BOG will make their decision on accreditation status and we will receive notification about the accreditation decision within 30 days of the BOG Meeting.

There was a tremendous amount of work done by the WCU and MPH administration, MPH faculty, MPH committees, MPH community members and MPH graduate assistants to make the improvements needed to meet the accreditation criteria. A great deal of appreciation and thanks is extended to all MPH constituents for their work and support during the past two years. We believe that we addressed all areas that needed improvement and we are hopeful for a positive accreditation decision.

For a better understanding of the importance and benefits of CEPH accreditation for MPH Programs, the following information is provided from the CEPH website (2015).

CEPH accreditation serves multiple purposes for different constituents. In general, specialized accreditation attests to the quality of an educational program that prepares for entry into a recognized profession.

- For the public, accreditation promotes the health, safety and welfare of society by assuring competent public health professionals.
- For prospective students and their parents, accreditation serves a consumer protection purpose. It provides assurance that the school or program has been evaluated and has met accepted standards established by and with the profession.
- For prospective employers, it provides assurance that the curriculum covers essential skills and knowledge needed for today’s jobs.
- For graduates, it promotes professional mobility and enhances employment opportunities in positions that base eligibility upon graduation from an accredited school or program.
- For public health workers, it involves practitioners in the establishment of standards and assures that educational requirements reflect the current training needs of the profession.

## UPDATE ON THE COUNCIL ON EDUCATION FOR PUBLIC HEALTH (CEPH) ACCREDITATION SITE VISIT IN OCTOBER, 2015 - continued from Page 1

- For the profession, it advances the field by promoting standards of practice and advocating rigorous preparation.
- For the federal government and other public funding agencies, it serves as a basis for determining eligibility for federally funded programs and student financial aid.
- For foundations and other private funding sources, it represents a highly desirable indicator of a program's quality and viability.
- For the university, it provides a reliable basis for inter- and intra-institutional cooperative practices, including admissions and transfer of credit.
- For the faculty and administrators, it promotes ongoing self-evaluation and continuous improvement and provides an effective system for accountability.
- For the school or program, accreditation enhances its national reputation and represents peer recognition.

**The Council on Education for Public Health (CEPH)** is an independent agency recognized by the US Department of Education to accredit schools of public health and public health programs offered in settings other than schools of public health. These schools and programs prepare students for entry into careers in public health. The primary professional degree is the Master of Public Health (MPH) but other baccalaureate, master's and doctoral degrees are offered as well. Visit [www.ceph.org](http://www.ceph.org) for more information.

Please contact Dr. Lynn Carson, MPH Program Director with any questions about CEPH accreditation (email: [lcarrson@wcupa.edu](mailto:lcarrson@wcupa.edu), office phone: 610-436-2138).

### MPH CEPH Site Visit—Dr. Debra Bill

Dr. Debra Bill facilitated multiple constituent groups for the recent MPH Site Visit on October 22-23, 2015. Specifically, she organized and prepared the following groups for the site visit: a representative group of current MPH Community Health track students, a representative group of alumni/ae who graduated from the Community Health track program, the MPH Community Advisory Board members. Dr. Bill co-chairs the Community Advisory Board, along with a community representative, Ms. Christine Dziembowski. Many thanks to the stakeholders who participated in the site visit and to Mr. Joseph Calvarese, Dr. Bill's graduate assistant, for his help in organizing these groups for the CEPH site visit.

### Community Service: Dr. Debra Bill

Community service is a mandatory graduation requirement for MPH students, and it is linked to specific track courses. The Council of Education Public Health (CEPH) requires that community service be an integral part of an MPH program. Dr. Debra Bill serves as Chair and Coordinator of the MPH Community Service Committee. With collaborative efforts of the committee and the West Chester Office of Service Learning and Volunteer Programs, (OSLVP), the MPH Program adopted the Furco Model for community service. Dr. Bill worked with the on-line MPH Track Coordinators, and staff from Information Technology in the development of an on-line application for community service, along with a listing of community service sites. The creation of the on-line application and community service web-site is a good fit for the nutrition and health care management tracks since they are on-line tracks. Ms. Stephanie Kienle, the MPH Program secretary, was pivotal towards this development.

Listed below are the names for the **MPH Community Service Courses in Fall, 2015:**

#### **Community Health Track**

For Community Health track students, service learning is fully integrated into the course HEA 531: Community as a Basis for Health, taught by Dr. Whitney Katarai. Students conduct service learning activities in the Latino community of Kennett Square and other underserved communities.

#### **Health Care Management Track**

Health Care Management track students use the MPH on-line Community Service Application that was specifically designed for the on-line MPH health courses. In Fall 2015, community service is a requirement in HEA 613-90: Advocacy and Quality of Health Care Services, taught by Dr. Mathias Akuoko, and HEA 613-91: Advocacy and Quality of Health Care Services, taught by Dr. Harry Holt.

#### **Environmental Health Track**

Environmental Health track students work with Dr. Maura Sheehan in ENV 524-80: Industrial Hygiene, developing a service project which is integrated into this course.

#### **Nutrition Track:**

Nutrition track students work with Dr. Mary Beth Gilboy in NTD 515: Public Health Nutrition, developing a service project which is integrated into this course.

## MPH Student Advisory Board (SAB): Message from the President—Jordan C. Buckley

Join the MPH Student Advisory Board (SAB)! All MPH and Fast-Track students are welcome to attend. SAB addresses the needs of the MPH student body and MPH program. It is an excellent opportunity to network with students and alumni, engage in service learning projects, explore career development opportunities for professional enhancement, promote health news and events, and more!

This Fall 2015 the Board was very busy in group and individual endeavors. We began a new event called the Volunteer Hour Challenge, in which we challenged all members to go out in the community and log volunteer hours—eligible logs range from attendance at large organization run events to community member assistance. Our end of the semester goal is 100 cumulative hours for the Board. Final numbers are shared at the last Board meeting and in meeting minutes. Let's surpass this goal and raise the bar for Spring 2016! For questions please email Joe C. at [JC840614@wcupa.edu](mailto:JC840614@wcupa.edu) or for community opportunities email Tomi S. at [OS842988@wcupa.edu](mailto:OS842988@wcupa.edu)

Have you seen health promotion flyers floating around? Thank the active SAB members! These eye-catching flyers are created and distributed by graduate students who are passionate about health education and spreading awareness on monthly health topics, or health topics of choice. They don't take too long to make, and only require a bit of research which we are pros at by now! To check out current/past year flyers look at the 3<sup>rd</sup> floor bulletin board; to submit yours, please forward to Jordan B.

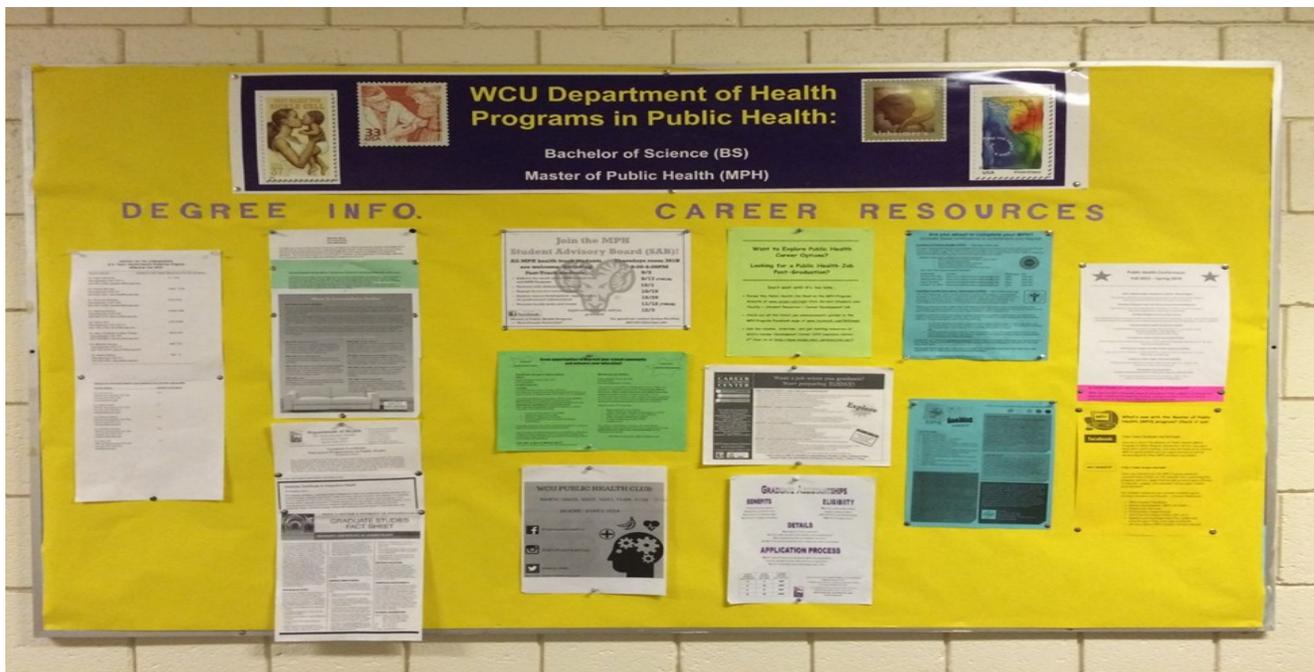
We're gearing up for a change in pace for Spring 2016, becoming even more active and engaged in campus programs; this is the perfect chance for new members or inactive ones to get to know their fellow MPH peers, program, and campus in a new light. Anticipated events include: educational film at the theatre, group volunteering for local causes, promotion of National Public Health Week, 2<sup>nd</sup> Annual Alumni Panel, and much more. No matter how often, come to meetings and events as much as your schedule allows.

Fall meetings are held Thursdays, bi-weekly at 3:00PM in conference room 301B. Spring dates are TBD. Light refreshments are always provided.

For questions please contact Jordan at [JB814872@wcupa.edu](mailto:JB814872@wcupa.edu)

P.S. Don't forget to like our Facebook page "Master of Public Health Program—West Chester University" and follow our NEW Instagram account @wcumphsab. Our social media accounts are buzzing with graduate student activity (including ALE sites!) and bursting with information just for you, including job and internship posts, current news/research, meeting/event information, webinar and conference dates, and more!

Below is a picture of the revamped Public Health bulletin board on the 3rd floor at Health Science building!!! Check it out!!!



## APHA Annual Meeting

The 143<sup>rd</sup> Annual Meeting and Exposition of the American Public Health Association (APHA) with the theme “Health in All Policies” brought together about 13,000 public health professionals across the United States and around the world to network, educate, and share experiences. The meeting took place from October 31 – November 4, 2015, at the McCormick Place Convention Center in Chicago, Illinois. McCormick

Place is the largest convention center in North America. It consists of four interconnected buildings and is located near the shore of Lake Michigan.

For a first-time attendee, the size and the number of sessions at the APHA Annual Meeting can be overwhelming, but with proper planning and management it is an excellent opportunity to improve one’s skills and knowledge, obtain professional advice and develop professional relationships. With the vast number of reputable speakers, it is a source of valuable educational knowledge that covers various public health fields and interests. Networking is vital to career growth and development, and the APHA Annual Meeting is a perfect place to meet and network with numerous professionals. It is worth every penny spent to attend!

Although the registration fee for attendance might seem high for some, one of the benefits of being a student APHA member is that you get a discount rate for the Annual Meeting. You have other benefits too as a student member. You can participate in APHA Sections, Special Primary Interest Groups, (SPIGs), Forums and Caucuses; receive notification on fellowships, jobs, Internships, post-doc and other conference opportunities; be invited to present abstracts and posters; strengthen leadership skills by participating as a member of a Student Assembly committee; and many more. A student membership is only \$55 (“green” online discount). For more information on the benefits and how to join, contact West Chester University (WCU)

campus liaison for APHA, Jordan Buckley ([JB814872@wcupa.edu](mailto:JB814872@wcupa.edu)).

As a WCU graduate student, you have the benefit of seeking partial financial reimbursement for attending professional conferences. The Graduate Student Association (GSA) provides and supports students in their professional growth endeavors. Currently enrolled graduate students at WCU are eligible and encouraged to apply for partial reimbursements for attending and/or presenting at professional conferences. These funds are allocated by the GSA Executive Board, so that graduate students can acquire beneficial professional experience through participation in conferences or workshops and by presenting their scholarly work at events relevant to their field. After your attendance at an appropriate event, you could submit an application to receive reimbursement from the GSA. For more information on GSA conference reimbursement, visit [http://www.wcupa.edu/ACADEMICS/SCH\\_CAS.MAT/gradstat/public\\_html/2013%20Conference%20Reimbursement.pdf](http://www.wcupa.edu/ACADEMICS/SCH_CAS.MAT/gradstat/public_html/2013%20Conference%20Reimbursement.pdf) or send an email to [gsa@wcupa.edu](mailto:gsa@wcupa.edu).

It is imperative for WCU MPH students to take advantage of both the discounted conference registration rate provided by APHA and conference reimbursement benefit provided by the GSA to attend the APHA annual meetings. APHA's 2016 Annual Meeting and Expo is expected to bring together more than 12,000 professionals. This is an event you do not want to miss. It would take place from October 29 – November 2, 2016 in Denver, Colorado. The 2016 Annual Meeting’s Theme is “Creating the Healthiest Nation: Ensuring the Right to Health.” See <https://www.apha.org/events-and-meetings/annual/presenter-information/call-for-abstracts-information>. See you there!!!

AMERICAN PUBLIC  
HEALTH ASSOCIATION  
OCTOBER 31–NOVEMBER 4, 2015  
CHICAGO, IL



143RD ANNUAL MEETING & EXPO | CHICAGO



## APHA –2015 Annual Meeting



Dr. Gopal Sankaran and other International Health Section leaders (standing) with Mr. Michael Myers, Managing Director, The Rockefeller Foundation (seated left) and Professor Sir Michael Marmot, President, World Medical Society (seated right)



Femi Adegboyega, (student MPH HCM Track) and Edwina Vinton (MPH Alumna CH Track)



Jordan Buckley (student MPH CH Track)

## Dr. Whitney Katirai, Faculty in Community Health

I joined West Chester University in August, 2015 as an Assistant Professor in the Department of Health. I teach in the undergraduate program as well as in the MPH program (Community Health track). My undergraduate education was completed at the University of Louisville, after which I attended the University of Kentucky and obtained a masters in Public Health degree and a PhD in Health Promotion with a graduate certificate in Health Communication. I LOVE teaching and seeing students apply what they have learned, seeing their ‘AHA!’ moments. I think that service learning is an amazing teaching and learning tool, and use it as often as possible in my classes.

I am currently teaching two sections of HEA 330 and two sections of HEA 531. In HEA 531 we have a mandatory service learning component in the course, and we just completed our service learning experience at the Vive tu Vida Health Fair in Kennett Square, Pennsylvania.

I like to be outside with my family riding a bike, hiking, and traveling. My husband is also a faculty here at WCU in the Geography Department.

## Faculty - Student Research/Presentations

Over the summer Dr. Donald McCown presented at the 74th Thoreau Society Annual Gathering as per details below:

McCown, D. (2015). “Sometimes, in a summer morning:” Investigating the senses of Thoreau’s place at Walden Pond.” *74th Thoreau Society Annual Gathering*, Concord, MA; July 11-14.

Dr Donald McCown worked with two MPH students on research in the Minor in Contemplative Studies. Students presented posters at the national conference for the Association for Contemplative Mind in Higher Education: Schwandt, L., & McCown, D. (2015). Exploring demographics of undergraduate college students and their enrolled in courses within a minor in contemplative studies. *Seventh Annual Association for Contemplative Mind in Higher Education Conference, “Building Just Communities.”* Washington, DC, October 8-11.

Wright, S., & McCown, D. (2015). Where is compassion in the community? Searching student outcomes in a minor in contemplative studies. *Seventh Annual Association for Contemplative Mind in Higher Education Conference, “Building Just Communities.”* Washington, DC, October 8-11.

Yelena Luzhanskaya (MPH Community health student) is assisting with research and program evaluation and support as the Center for Contemplative Studies presents two retreats for Devereux PA Adult Services. The first, a two-day retreat, was held at Virden Retreat Center in Lewes, DE. Second retreat is a follow-up to be held in Villanova, PA, which will provide longitudinal data on the effects of the mindfulness-based program.

Through a collaboration between the Center for Contemplative Studies and the Office of the Mayor of West Chester, Dr. McCown led a 90-minute workshop for WC leaders (September 26) and will teach a six-session, one-hour course in “low dose” mindfulness-based stress reduction, an evidence-based variation of MBSR designed for the working world. This could be a research opportunity for MPH students—contact Dr. McCown for more information.

Allison Casola (MPH Community Health alumna ) worked with Dr. Mary (Libbey) Bowen on Kennett Square food cupboards which she presented at the APHA Annual Meeting in Chicago Oct 31-Nov 4, 2015. Cynthia Coleman (MPH Community Health student) is also presently working on this project with Dr. Bowen.



Stacy Wright (MPH alumna), Donald McCown (MPH faculty) and Laura Schwandt (MPH student)

## MPH Student Profiles

### Jordan Buckley, MPH Candidate, Community Health track

I received my B.S. Public Health: Health Promotion degree this year from West Chester University. Most recently, I was a full-time Community Health Intern for Lancaster General Health for the entirety of the summer; my time was focused around grant work and program planning and implementation. I've also served as a Peer Educator at our University's Office of Wellness Promotion to facilitate student awareness events regarding relevant health topics.

I discovered the Fast-Track option in which I began MPH coursework during the senior year of my bachelor's program. In the midst of my undergraduate career I knew I wanted to immediately continue with a master's degree following undergraduate completion. So, considering the idea of pursuing the program track of my choice and doing it in an accelerated format, choosing WCU's MPH program was an easy choice. Through coursework and internship experiences I identified my strengths, being coordination of health education and promotion programs on a community basis, as well as passions by exploring maternal health and health disparities. Therefore, choosing Community Health as my track was more of a seamless fit than anything else since its competencies will strengthen me professionally. I began Fast-Track graduate courses in fall 2014, and I am now a full-time graduate student this fall 2015 semester.

My goal is to either become project coordinator or the director of a community health/wellness department for a nonprofit organization. Ultimately I want to pursue further advanced degrees which will complement my goal, as well as allow me to delve in teaching within higher education.

I definitely enjoy hiking and jogging. But if you really want to know, my favorite downtime activity is spending time with friends outdoors or in the kitchen, trying new foods and figuring out how to make them. If I were to be an animal, I would be a deer. I feel that I can be very cautious at first, but am quick to warm up! I'm aware of my surroundings and have a close-knit network of friends and family, although I am open to new ideas and traveling to new places.



### Edward Antwi, MPH Candidate, Health Care Management

With an undergraduate degree in economics, I am presently enrolled in the master's in Public Health degree with a concentration in Health Care Management at West Chester University (WCU). My work experience includes working as a Clinical Claims Officer.

WCU being one of the top universities and its accredited MPH program attracted me to obtain my MPH degree with also the expectation of self growth and development.

Healthcare issues such as health care disparity, data mismanagement, ineffective health insurance programs, unavailability of good health care, widespread of infectious disease and environmental pollution that confront our society, fueled my desire to choose the Health Care Management track. I started my program in fall 2014.

Given the confluence of my personal and professional interests, my goal is to obtain a master's degree and to work in a health-related field either in a health care facility or at the international community level.

My hobbies include playing soccer, reading and watching movies. If I were to pick a non-human creature that best describes me, it would be an ant, because it is smart in its ways to always look into the future and it is not lazy as well.



## WCU MPH Alumnus (Environmental Health)—Kelly Eckhart

I earned a Master of Public Health (MPH) Degree, with a focus on Environmental Health. I graduated in 2015 with summa cum laude honors (GPA 4.0). In conjunction with the MPH, I also attained a certification from West Chester University (WCU) in Emergency Preparedness. My academic background includes a Bachelor of Science Degree in Dietetics, which I completed with magna cum laude honors in May of 2006. I have had extensive analytical training and coursework from the McCrone Research Institute, located in Chicago, IL, in order to allow me to further develop my skills throughout my career. My analytical certifications include NIOSH 582 Course Equivalent (2006), Fungal Spore Identification (2007), Microscopical Asbestos Identification-Polarized Light Microscopy (2011), Microscopy of Foreign and Extraneous Matter in Food (2012), Advanced Fungal Spore Identification (2013) and Identification of Fungal Cultures (2014). I started the MPH program during the Fall 2013 and graduated in Summer 2015.

For the past 9 years, I have worked as an Analytical Microscopist for Accredited Environmental Technologies, Inc. (AET), a local environmental consulting company located in the Philadelphia region. I specialize in quantitative and qualitative analyses of asbestos and microbial samples via Phase Contrast Microscopy and Polarized Light Microscopy. In addition, I am a project manager of Microbial/Infection Control for AET's microbial laboratory, in which I am responsible for microbial testing, as well as preparing analytical reports. During my years at AET, I have also become a National Institute for Occupational Safety and Health (NIOSH) 582 Course Equivalent Co-Instructor to teach newly hired Industrial Hygienists and analysts or laboratories seeking AIHA laboratory accreditation.

My most challenging moment while I was enrolled in the MPH program at WCU was balancing full-time work and full-time school, as well as balancing my personal life. There were many nights with little sleep, but I would gladly do it all over again. By having supervisors at my work that I considered (and still consider) to be mentors and role models, I was able to more easily transition from being a graduate student to a master's level health professional. My supervisors provided valuable feedback and guidance, and were committed to my professional growth.

One skill/knowledge that I acquired during the MPH program at WCU that has been extremely useful in my work is Biostatistics, as the principles can be applied to almost any particular field. Biostatistics has helped me to develop a greater understanding of how to accurately analyze and interpret studies. Principles from Emergency Preparedness, Toxicology, Epidemiology, Risk Assessment and Research Methods have also been extremely useful in my work as they have given me the tools to become an effective master's level health professional. Reflecting on my time in the MPH Program, there is nothing I would not have done. However, I do wish that prior to starting the program, I had had more faith in myself to succeed.

My hobbies include singing and recording music from the 1920's through the 1950's, as well as playing piano. I love listening to Nat King Cole and Frank Sinatra music. In addition, I enjoy walking outdoors as well as in downtown West Chester. One of my favorite hobbies includes learning new things-why would anyone want to stop learning? Education and knowledge are two things that no one can ever take away from you- these are the things that empower us and make us rich intrinsically.



## WCU MPH Alumnus (Community Health)—Chelsey Price



I attended the University of Pittsburgh, Johnstown where I received a Bachelor of Science in Psychology with a concentration in Communication. I then received my Master of Public Health, focused in Community Health, from West Chester University (WCU) of Pennsylvania. Prior to graduation from WCU I obtained my Certified Health Education Specialist (CHES) certification. I began the MPH program at WCU in fall of 2011, and completed my coursework to graduate in spring 2013.

Following my undergraduate graduation, I worked as a research assistant for the Center for Health Promotion and Disease Prevention (CHPDP) at the Windber Research Institute in Windber, Pennsylvania. During my time with CHPDP, I had the opportunity to work on public health platforms such as childhood obesity, bullying prevention, and international pediatric asthma initiatives. It was there under the guidance of the team and my mentors I found my passion for the field. I began working with my graduate Applied Learning Experience site, Holcomb Behavioral Health Systems Prevention Department prior to graduation. I worked as a Prevention Specialist and then as a Prevention Coordinator. At Holcomb, I was responsible for a number of programs including alcohol, tobacco, and other drug prevention. Additionally, I worked as the grant coordinator for the Delaware County Heroin Task Force and regional trainer/tri-county coordinator for the Narcotics Overdose Prevention and Education (NOPE) program.

I am currently the Executive Director of Senior Victim Services, Office of the District Attorney, Delaware County, located in Media, Pennsylvania. The District Attorney's Office is dedicated to ensuring seniors are protected from abuse, theft, and fraud. Senior Victim Services provides victims of crime in Delaware County age 55 years and older advocacy, assistance and safety within the criminal justice system and with social service agencies and community organizations, in order to restore older person's lives and prevent further victimization. Senior Victim Services acts as a liaison between the victim, law enforcement, and the criminal justice system. As the Director, I oversee our Victim Advocates providing direct services, and assisting with applications for compensation for losses as a result of the crime. I also manage the VOCA and RASA grants, awarded from the Pennsylvania Commission on Crime and Delinquency (PCCD). In addition to my position at the District Attorney's Office, I am pleased to say I returned to WCU last year as an Adjunct Professor in the Department of Health.

The MPH program at WCU allowed for a smooth transition from a graduate student to a public health professional. While in the program, I gained the tools necessary to excel in a number of subject areas, and gain practical experience. The Applied Learning Experience not only provided this experience, but also led to my employment prior to graduation. Looking back at my time in the MPH program, it is difficult to identify only one skill/knowledge that has been useful towards my career, as my experience was invaluable! However, I would be remiss not to mention the grant-writing course. The skills I learned in that course allowed me to assist in writing for a ten year, \$1.2 million dollar federal substance abuse grant later awarded to the agency, which ensured my position as the Project Coordinator following graduation. I can honestly say there is not one thing I would do differently upon completion of my experience at WCU and the MPH program. I recommend the program to anyone who is passionate about the field, and searching for a program that will have an impact on you both personally and professionally. Not only was I able to gain the skills necessary to succeed in the field, I also formed lifelong friendships, professional contacts, and international public health service learning experience.

The most challenging moment during my enrollment in the MPH program at WCU was managing multiple part-time jobs with a full-time course load and hours of practicum experience. Many of my classmates were also experiencing similar situations, so we were able to support one another with responsibilities inside and outside of the classroom.

I absolutely love to do Zumba. I am a member of an incredible studio, Love2BeFit Studio in Exton! There is nothing I enjoy more than watching or attending a hockey game - I am a passionate Pittsburgh Penguins fan! I enjoy reading, especially since I finished graduate school! I am in a wonderful monthly book club with eleven other amazing women of all ages. Working in the field for years, I have come to enjoy hobbies outside of work but still related. I have met so many dedicated individuals and wonderful organizations in need of volunteers, so I love to volunteer with different agencies when I am able to. I have recently started volunteering as a weekly tutor with Pathways PA in Delaware County in their adult learner program.

## WCU MPH Alumnus (Community Health)—Jade K. Neff

I obtained my Bachelor of Science in Environmental Health from WCU after which I decided to pursue a master's in Public Health which I commenced in January, 2012. I went on to graduate from the MPH program in August, 2015. I also obtained a certificate in Geographic Information Systems, during my time in WCU. While enrolled in the MPH program at WCU, my challenges came with trying to juggle a full time job, two kids, and 2-3 courses a semester. Effective time management was essential.

I would say I am still in this transition period from being a graduate student to a master's level public health professional. I have a full time job that I love and that is coming to an end soon; so I do not want to switch jobs at the moment.

I am currently an Environmental Scientist at MWH Americas located all over the world but my office is in Malvern, PA. I work on a soil remediation project that is located in Simi Valley, CA. The site is a RCRA Facility Investigation where we are in the process of characterizing the soil for cleanup. I work on the data team and the GIS team. On the data team I coordinate between the field teams, site managers, laboratories, validation teams, and programmers to ensure the data requested are processed correctly and thoroughly. I work with the data and the GIS team to present the data in forms our client can use to most effectively demonstrate our findings to their company and the public.

The job I just described has been the majority of my career. I did a little air sampling, storm water sampling, and monitoring for fire cleanup projects before working for MWH.

Of all the skills/knowledge acquired during my time at WCU, I have used my GIS certificate training a lot at my current job but look forward to applying my master's level health knowledge in the near future. Reflecting on my time at WCU, there is nothing I would have done different. It was crazy and hectic but it was a good fit into my life. I was able to juggle all of my responsibilities and complete the MPH program because of the variety of time and styles of courses that were offered.



## Delta Omega Honorary Public Health Society-Beta Xi Chapter

Founded in 1924, Delta Omega is a national honor society existing to encourage research and scholarship among graduate students of public health and to recognize attainment and achievement in the field of public health. With over 50 active chapters across the country, Delta Omega and its members are dedicated to ensuring the quality of the field of public health and to the protection and advancement of the health of all people. The purpose of Delta Omega is to recognize academic merit and sincere commitment to public health work. For more information about Delta Omega, please visit the National Chapter's website <http://www.deltaomega.org/>.

Each year, Delta Omega elects new student members based on high academic standards and outstanding performance in scholarship, research, and community service. Election to membership in Delta Omega is intended to not only recognize merit, but also to encourage and further excellence in and devotion to public health work.

Membership in Delta Omega is by election only. Therefore, students may nominate themselves for an opportunity to be inducted into the society by completing an application and email application materials in one pdf or Word document to MPH program secretary, Ms. Stephanie Kienle at [SKienle@wcupa.edu](mailto:SKienle@wcupa.edu).

Note: Print copy, incomplete application, or an email containing more than one attachment will not be considered. Please be sure to place all your application materials in one document – either copy and paste your resume/CV and unofficial transcript into this Word Document or scan all materials into one pdf document.

## MPH Night Out

A night to meet, eat and socialize with fellow MPH students  
(check out the event on Facebook—Master of Public Health Program)

Date: 12/03/2015

(Thursday)

Time: 7:30pm

Drinks  
specials!



Try the  
Ahi Tuna  
Salad!!!

Venue:

Landmark Americana Tap & Grill

158 W Gay St, West Chester

**Sponsored by the MPH SAB (not catered)**

For questions contact Jordan Buckley JB814872@wcupa.edu

## M.P.H. Poster Session

The Master of Public Health (MPH) Poster Session is an opportunity for student to showcase their research. Students are encouraged to attend the MPH Poster Session to view their fellow students' posters and handouts as attending these sessions will enable students to see the quality of posters and handouts that are expected of those completing their Applied Learning Experience projects. The MPH Poster Session will be held on Friday, December 4 from 4:00 p.m. to 6:00 p.m. in Rooms 116 C & D in Sturzebecker Health Sciences Center. For more information, contact Dr. Lynn Carson at 610-436-2138 or lcarson@wcupa.edu.

### HEA435/581: Special Topics - Graphic Medicine: Comics in Health Education, Research, and Clinical Practice

#### Winter Session 2015-16

December 14, 2015 through January 13, 2016 (class meetings 4:30 p.m. to 9:45 p.m. on December 14, 16, 17, 21 and January 4, 6, 7, 11 and final project is due on January 13, 2016)

The medium of "comics" has come of age, not only in the literary and art worlds, but also in the worlds of academic medicine and mental health care. The medium is used for research, health education, and therapeutic intervention. This course will provide a theoretical background, particularly in the health humanities and qualitative research. We will then turn to readings of "classic" and new graphic novels that plumb the depths of chronic illness, disability, serious mental illness, and the role of the health care provider. We will keep ourselves grounded through reviews and interpretations by healthcare practitioners and researchers, and will enrich our appreciation through hands-on workshop sessions with visiting artists and writers. Novels on the syllabus include: *Mom's Cancer*, by Brian Fies; *Marbles*, by Ellen Forney; *The Bad Doctor*, by Ian Williams; *Stitches*, by David Small; *Can't We Talk About Something More Pleasant?* by Roz Chast. Theoretical works include *The Graphic Medicine Manifesto*, by MK Czerwiec, et al.; *Understanding Comics: The Invisible Art*, by Scott McCloud; *Syllabus*, by Lynda Barry; and selected articles and chapters in medical humanities and qualitative research. The final project will be a paper, a qualitative research proposal, or a self-drawn graphic narrative exploring the educational, research, or therapeutic value of graphic medicine.

### HEA 514-90 - Approaches to Health Care Delivery

#### Summer Session 2016

The future of managed care depends on the performance of the managed care industry, especially the goal of providing high quality health care at the lowest costs possible. This course will discuss the challenges faced by managed care organizations and strategies used to overcome them

### HEA 546 - Medical Geography for Management

#### Summer Session 2016

This course is a survey of medical geography which includes a broad range of geographical work in health care. Emphasis is placed on human-environment interactions and their influence on public health. Medical geography distinguishes itself from the discipline of geography by its thematic focus, not its methods or theoretical grounding. In this course, students will learn course content and in addition, develop their mapping skills through a computer-based program with the idea of helping students understand the importance of medical geography through the hands-on application of medical geography research.

## Faculty Scholarly Accomplishments

### Book Review

**Bill, D.** Beholden: Religion, Global Health and Human Rights, by Susan R. Holman, Oxford University Press: 2015, Choice Reviews, 289 p.

### Research

- McCown, D.** (2015). Being is Relational: Considerations for Using Mindfulness in Clinician-Patient Settings. In Shonin, E., W. VanGordon, & M. Griffiths (eds.), *Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction*. New York: Springer.
- McCown, D., & Ahn, H.** (2015). Dialogical and Eastern Perspectives on the Self in Practice: Teaching Mindfulness-Based Stress Reduction in Philadelphia and Seoul. *International Journal of Dialogical Science*, Vol. 9, Fall 2015.
- \*Schwandt, L., & **McCown, D.** (2015). Exploring demographics of undergraduate college students and their enrolled in courses within a minor in contemplative studies. Seventh annual Association for Contemplative Mind in Higher Education Conference, "Building Just Communities." Washington, DC, October 8-11.
- \*Wright, S., & **McCown, D.** (2015). Where is compassion in the community? Searching student outcomes in a minor in contemplative studies. Seventh annual Association for Contemplative Mind in Higher Education Conference, "Building Just Communities." Washington, DC, October 8-11.
- McCown, D., & Ahn, H.** (2015). Dialogical and Eastern Perspectives on the Self in Practice: Teaching Mindfulness-Based Stress Reduction in Philadelphia and Seoul. *International Journal of Dialogical Science*, Vol. 9, Fall 2015.
- Rowe, M., Houston, A., Molinari, V., Bulat, T, **Bowen, M. E.**, Mutolo, S, McKenzie, B. (Accepted). The Concept Of Missing Incidents In Persons With Dementia. *Healthcare*.
- Barks, L, Luther, S, Brown, L., Schulz, B., **Bowen, M. E.**, Powell-Cope, G., (2015). Development and Initial Validity of the Seated Posture Scale. *JRRD*, 52(2): 201-210.
- Bowen, M. E.**, Rowe, M., Hart-Hughes, S., Barnett, S., Ji, M., 2015. Characteristics of and Barriers to Functional Status Assessment in Assisted Living. *Res Geron Nurs.*; doi: 10.3928/19404921-20150406-01 (ePub ahead of print)
- Bowen, M. E.** , & \*Ruch, A. (2015). Depressive Symptoms and Disability Risk among Older White and Latino Adults by Nativity Status. *J Aging Health.*; doi: 10.1177/0898264315580121 (ePub ahead of print)
- Metz, S.**, & Willner, K., & **Brenner, J.** (2015). APHA Annual Meeting Poster presentation: Correlates of Alcohol-Related Unintentional Injury in Varsity Athletes.
- \*Adegboyega, O. A., & **Sankaran, G.** (2015). Hispanic Paradox: A critical appraisal of scientific evidence. Oral presentation at the Seventh Latino Communities Conference – 2015 at West Chester University, Pennsylvania on Thursday, September 17.
- Sankaran, G.** (2015). Health in all policies: Promoting and sustaining child health. Oral presentation at the 143rd Annual Meeting of American Public Health Association in Chicago, Illinois on Monday, November 2
- Sankaran, G.** (2015). Public Health Practice through the past decade. Oral presentation at the 143rd Annual Meeting of American Public Health Association in Chicago, Illinois on Monday, November 2.
- \*Adegboyega, O. A., & **Sankaran, G.** (2015). Hispanic Paradox: A primer for health promotion specialists. (manuscript under preparation)
- Schapaugh A., McFadden L., Zorrilla L. M., Geter, D. R, Stuchal LD, **Sunger, N.**, & Borgert, C. J. (August 2015). Analysis of EPA's endocrine screening battery and recommendations for further review. *Regulatory Toxicology and Pharmacology*, 72(3), 552-561, ISSN 0273-2300 <http://dx.doi.org/10.1016/j.yrtph.2015.05.028>.

(\*MPH student/alumna)

### Grant

**Sunger, N.** (2015). Received a \$40,000 research grant from the Dow Chemical Company to design computational program for rapid screening of industrial chemicals based on exposure assessment. The work will be presented at the International Society of Exposure Science (ISES) annual meeting in southwest Nevada, 18-22 October 2015.

### Invited Presentations/Participation

- McCown, D.** (2015). "Sometimes, in a summer morning:" Investigating the senses of Thoreau's place at Walden Pond." 74th Thoreau Society Annual Gathering, Concord, MA; July 11-14.
- Weiner, K., Weinstein, D., Baker, J., & **McCown, D.** (2015). A Mindful Campus: Cultivating Awareness and Connection in a Distracted World. Seventh annual Association for Contemplative Mind in Higher Education Conference, "Building Just Communities." Washington, DC, October 8-11
- McCown, D.** (2015). Invited by Grand Valley State University in Grand Rapids, Michigan, for a two-day exploration (October 22-23) of the possibility of a mindful campus. He presented a keynote, "The Mindful Campus: Cultivating Awareness and Connection in a World of Distraction," three 90-minute workshops for students and staff, and a two-hour workshop for faculty. Through a collaboration between the Center for Contemplative Studies and the Office of the Mayor of West Chester, Dr. McCown led a 90-minute workshop for WC leaders (Sept. 26) and will teach a six-session, one-hour course in "low dose" mindfulness-based stress reduction, an evidence-based variation of MBSR designed for the working world. This could be a research opportunity for MPH students—contact Dr. McCown for more information.

## Faculty Scholarly Accomplishments

### Co-editors:

**Dr. Gopal Sankaran**  
610-436-2300  
gsankaran@wcupa.edu

**Mr. Femi Adegboyega**  
OA811593@wcupa.edu

- McCown, D. (2015).** Studied over the summer with one of the top researchers in Religion, Spirituality and Health, Dr. Harold Koenig: "Summer Research Workshop on Spirituality and Health" at the Center for Spirituality, Theology & Health, Duke University Medical Center, Durham, NC, 10-14 August 10-14 32.5-credit hours. For the same conference, Dr. McCown collaborated with faculty from Indiana University of Pennsylvania on a poster based on a keynote talk and workshops Dr. McCown presented and facilitated at IU back in February 2015:
- Weiner, K., Weinstein, D., Baker, J., & **McCown, D.** (2015). A Mindful Campus: Cultivating Awareness and Connection in a Distracted World. *Seventh annual Association for Contemplative Mind in Higher Education Conference, "Building Just Communities."* Washington, DC, October 8-11.
- Bowen, M. E.** (2015). presented her work on changes in ambulation and functional decline among older adults with dementia at the Center for Integrative Science in Aging, School of Nursing, University of Pennsylvania, 11/2015.
- Bowen, M. E.** (2015). Spoke on WWDB-AM Talk 860 Radio (Boomer Generation Radio) about the need for the development of a trained workforce in gerontology. Podcast can be found here: [http://wwdbam.com/2015/10/27/bg102715\\_mono/](http://wwdbam.com/2015/10/27/bg102715_mono/) AND <http://www.kendal.org/blog/2014/01/17/boomer-radio/>
- Sankaran, G.** (2015). A research journey: Methods, challenges and opportunities (or Use the Web, but don't get caught in it!) . On-line guest lectures to two sections of HCR 206: Health Sciences Applications, University of Michigan, Flint, on Monday, November 23. The course is taught by Professor Bonnie McIntosh, an alumna of the WCU MPH program (Community Health track).
- Sankaran, G.** (2015). Invited Member, Jones & Bartlett Focus Group to strengthen available texts in epidemiology and global health. Focus Group held at the 143rd Annual Meeting of American Public Health Association in Chicago, Illinois on Sunday, November 1.
- Sankaran, G.** (2015). Assessing Individual and Community Needs and Assets for Health Education (Responsibility I). Three hour workshop at the CHES Test Preparation Workshop at Saint Joseph's University, Philadelphia on Saturday, October 10.
- Sankaran, G.** (2015). Conducting Evaluation and Research Related to Health Education (Responsibility IV). Three hour workshop at the CHES Test Preparation Workshop at Saint Joseph's University, Philadelphia on Saturday, October 10.
- Sankaran, G.** (2015). Guest lectures to Physician Assistant and master's in Biomedical Sciences students at the Philadelphia College of Osteopathic Medicine. Three lectures as part of an Epidemiology module in a Research Methods course delivered on August 19, 20, & 24.
- Sunger, N., Arnold, S. M., Price, P., Landenberger, B., Bartels, M., Luna, L.** (2015). Invited to present "The enhancement of High-Throughput Exposure Assessment Tool (HEAT) for assessment of Aggregate and Internal doses of Industrial Chemicals" at International Society of Exposure Science (ISES), Henderson, Nevada, October 2015.
- Sunger, N. (2015).** Invited speaker at the Society of Toxicology of Canada (STC) 47th Annual Symposium, December 2015, to discuss the data gaps and current approaches for human health risk assessment under the "Emerging Safety Assessment Concepts" session.

### Service

- Bowen, M.** (2015). Became the Associate Editor for the peer-reviewed publication, Journal of Rehabilitation Research and Development (JRRD).
- Bowen, M.** (2015). Invited to Geriatric Expert Reviewer in Washington, DC for the current cycle of Merit Review Awards for the Rehabilitation Research and Development program at the Department of Veterans Affairs.
- Sunger, N.** (2015). Continuing to serve on the committees of "Sustainable Alternative Chemicals" and "RISK21" of ILSI HESI (Health and Environmental Sciences Institute) via weekly teleconferences.
- Sankaran, G.** (2015). Participated in three Governing Council sessions at the 143rd Annual Meeting of American Public Health Association in Chicago, Illinois on Saturday, October 31 and Tuesday, November 3.
- Sankaran, G.** (2015). Moderated a session, Health in all policies, at the 143rd Annual Meeting of American Public Health Association in Chicago, Illinois on Monday, November 2.
- Sankaran, G.** (2015). Volunteered at the International Health Section Booth at the American Public Health Association Annual Meeting and Expo in Chicago, Illinois on November 2 & 4.
- Sankaran, G.** (2015). Nominated member of the Editorial Board, American Journal of Public Health, published by the American Public Health Association.
- Sankaran, G.** (2015). Strategic Planning Committee of the Editorial Board, American Journal of Public Health.
- Sankaran, G.** (2015). Coordinated and served as Master of Ceremonies of the International Health Section Awards Ceremony and Reception at the American Public Health Association Annual Meeting in Chicago, Illinois on Tuesday, November 3.
- Sankaran, G.** (2015). Elected Vice-President, Board of Cerebral Palsy Association of Chester County/Chester County Disability Services, Exton, Pennsylvania.
- Sankaran, G.** (2015). Strategic Planning Committee of the Cerebral Palsy Association of Chester County/Chester County Disability Services, Exton, Pennsylvania.
- Sankaran, G.** (2015). Visited Capitol Hill and met with available Commonwealth of Pennsylvania State Senator and State Representatives. Advocated for global health funding in the U.S. budget (Wednesday, June 17).
- Sankaran, G.** (2015). Selected and participated in the revision of General Education curriculum at West Chester University (Summer One session).

## Public Health Conferences - Spring 2016

*Live as if you  
were to die  
tomorrow. Learn  
as if you were to  
live forever.”*  
— **Mahatma  
Gandhi**

### REMINDER

Students are strongly encouraged to submit news, views, and experiences for publication in the M.P.H. Connections to  
Co-editors:  
Dr. Gopal Sankaran,  
gsankaran@wcupa.edu  
or  
Mr. Femi Adegboyega  
OA811593@wcupa.edu.

### Association of Maternal and Child Health Programs (AMCHP)

AMCHP 2016 Annual Conference, January 23-26, 2016, Washington, DC.

“The Future is Now: Integrating MCH Transformations.”

<http://www.amchp.org/Calendar/Conferences/amchp-conference/Pages/default.aspx>

### AcademyHealth: National Health Policy Conference

February 1-2, 2016, Washington, DC. Downtown  
This conference will provide an in-depth perspective on the nation's health policy agenda.

<http://nhpc.academyhealth.org/home>

### Annual Scientific Meeting of the American Academy of Health Behavior (AAHB)

February 21-24, 2016, Ponte Vedra Beach, FL.

"Using the Past to Propel the Future."

[http://www.aahb.org/2016\\_AAHB\\_Scientific\\_Meeting](http://www.aahb.org/2016_AAHB_Scientific_Meeting)

### American College of Preventive Medicine, Preventive Medicine 2016 Annual Meeting

February 24-27, 2016, Washington, DC.

"The Power of Prevention."

<https://www.eventscribe.com/2016/ACPM-Annual/index.asp>

### Health Equity Initiative (HEI) Summit 2016

February 25-26, 2016, New York, NY.

Implementing Systems-Level Change for Health Equity: A Partnership Summit

<http://www.healthequityinitiative.org/hei/programs/summit/>

### 2016 Association for Community Health Improvement Annual Conference

March 1-3, 2016, Baltimore, MD. National Network of Public Health Institutes (NNPHI)

<https://nnphi.org/event/association-for-community-health-improvement-achi-2016-conference/>

### Society of Public Health Education (SOPHE)

SOPHE 67th Annual Meeting in Charlotte, North Carolina, March 30 – April 1, 2016

“Building Capital: Investing in the Future of Health Education”

<http://www.sophe.org/meetings.cfm>

### Unite for Sight, Global Health & Innovation Conference

April 16-17, 2016, Yale University, New Haven, CT.

<http://www.uniteforsight.org/conference/>

### Knowledge Crossing Borders

### Congreso Internacional sobre la Educación Superior (CIESUP) 2016

West Chester University of Pennsylvania, May 31 – June 3, 2016 <http://www.wcupa.edu/knowledgeCrossingBorders/>

### Healthcare Leadership Network of the Delaware Valley <http://www.hlndv.org/>

## Faculty Scholarly Accomplishments

### Professional Development Activities

**Sunger, N.** (2015). Attended the “Learning Technology August - Bootcamp” sessions offered by WCU D2L services and the Office of Distance Education to learn basic techniques for designing an online course.

**Sankaran, G.** (2015). Recertified as Certified Health Education Specialist (CHES) by the National Health Education Credentialing, Inc., in October after earning 75+ Continuing Education Credit Hours over the past five years. Recertified until 2020.

**Sankaran, G.** (2015). Participated in the Global Education Day at ISTE2015 in Philadelphia, Pennsylvania on Sunday, June 28.

**Sankaran, G.** (2015). Participated in Philadelphia Healthy Futures, organized by The Philadelphia Inquirer, in Philadelphia, Pennsylvania on Tuesday, June 23.

**Sankaran, G.** (2015). Participated in the 2015 U.S. Global Leadership Coalition State Leaders Summit in Washington, D.C. on June 16 & 17.

**Sankaran, G.** (2015). Participated in the First End AIDS Conference organized by Philadelphia FIGHT in Philadelphia, Pennsylvania on Monday, June 8.

**Sankaran, G.** (2015). Participated in the RECAP Conference at West Chester University on Thursday, May 14.

*Happy Holidays and Best Wishes for the New Year!*