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Department of  
Health, College of  
Health Sciences

# WEST CHESTER UNIVERSITY

## M.P.H. CONNECTIONS

FALL 2016 ISSUE

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## CEPH Accreditation Update: Dr. Lynn Carson

### The MPH Program Receives Accreditation from CEPH

The decision to renew the accreditation status for the MPH Program was granted by the Council of Education for Public Health (CEPH) in July, 2016. The current accreditation term is for seven years and ends on July 1, 2023. CEPH is an independent agency recognized by the U.S. Department of Education to accredit schools of public health and public health programs outside schools of public health. Again, our thanks to all MPH students, alumni, faculty, WCU administration and members of the MPH Community Advisory Board for participation and support during the accreditation process.

### CEPH Approves Revised Accreditation Criteria

CEPH is pleased to announce adoption of revised criteria for schools of public health and public health programs. The revised criteria introduces a new framework for assessing the quality of student learning and seeks to focus more explicitly on schools' and programs' efforts to promote student success and advance the field of public health.

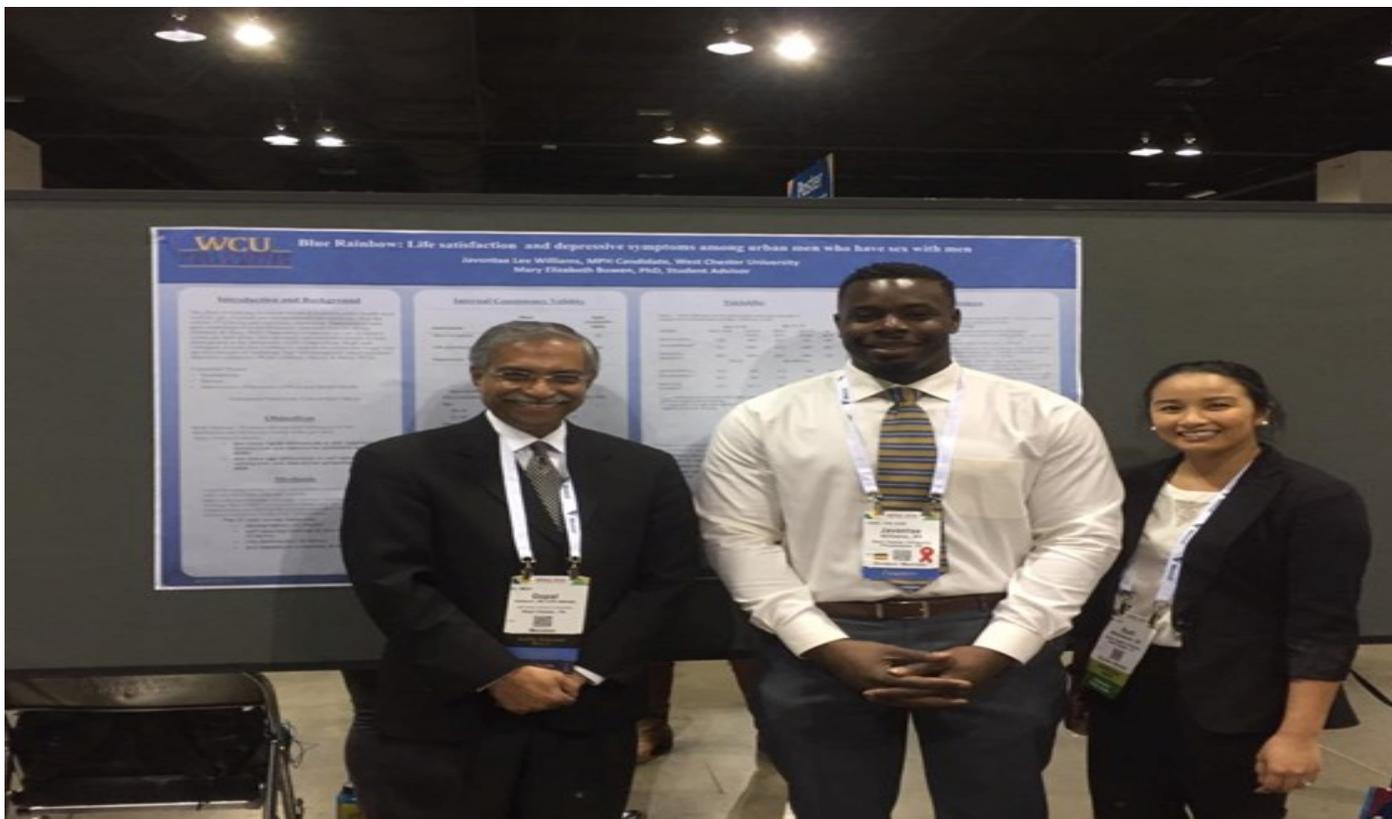
We will begin working on the revisions to our current MPH Program competencies and curriculum to meet the revised criteria during spring semester, 2017. Our MPH program will need to be in compliance with the revised criteria by December, 2018. Program changes will include an extensive review of the current MPH competencies, core course formats and track curriculum. We will be asking for participation and feedback from students, faculty, WCU administration, alumni and community members during this process. We look forward to working on these changes to update the accreditation criteria to meet the future training needs of public health professionals.



Students and faculty from the MPH program attended the annual APHA meeting in Denver, Colorado.



From left to right: Ruth Montesines, Laura DelGuercio, Allison Doherty, and Nancy Procopio (all MPH-Community Health track students)



From left to right: Gopal Sankaran, Javontae Williams (MPH-HCM), & Ruth Montesines (MPH-CH)



Laura DelGuercio, MPH-CH track, playing some Public Health Trivia at the APHA 2016 Meeting Expo. Her question: Where was the first health department founded? Answer: Boston, MA.

## 2016 American Public Health Meeting Experience—Ruth Montesines

### Topic: APHA 2016 Annual Meeting in Denver, CO



The American Public Health Association (APHA) held its 2016 Annual Meeting & Expo in Denver, Colorado from October 29th to November 2nd. The meeting took place at the Colorado Convention Center and the Hyatt Regency Denver in the heart of downtown Denver. This year's theme was "Creating the Healthiest Nation: Ensuring the Right to Health." The meeting had more than 12,000 attendees from across the nation and the world, representing many different sectors of public health.

Eight MPH students from West Chester University attended the conference: Cynthia Coleman, Laura DelGuercio, Allison Doherty, Ruth Montesines, Nancy Procopio, Olatomiwa (Tomi) Salako, Javontae Williams, and Kadena Williams. For most of the students, it was their first professional conference attended and while trying to navigate and plan out speakers, meetings, and presentations for each day was overwhelming, there was a plethora of knowledge and research made available to us from professionals in their respective fields. Some of the speaker presentations attended by our

students covered topics related to maternal and child health, global health, LGBT health, HIV/AIDS, and health literacy, to name only a few. A highlight of the annual meeting was the poster presentation from our very own Health Care Management track student, Javontae Williams. The title of his poster was "Blue Rainbow: Depressive symptoms and life satisfaction in Black and Latino men who have sex with men."

The meeting also presented many opportunities to meet and network with professionals, helping us students gain valuable advice and insight that we can then apply to our future practices as health professionals. The exposition provided a wealth of knowledge with rows and rows of poster presentations covering all topics of public health. There was also information about different doctorate programs, health agencies from across the nation, software programs to assess community health needs and GIS mapping, and mobile vans that offered services for HIV testing and blood donation. The APHA 2016 Annual Meeting & Expo was truly a great learning and networking experience. Our students are already excited for next year's conference which will be held in Atlanta, Georgia, with the theme "Creating the Healthiest Nation: Climate Changes Health."

As graduate students, partial reimbursement for attending and presenting at professional conferences is offered through the Graduate Dean's Scholarship Award ([http://www.wcupa.edu/\\_admissions/sch\\_dgr/gsa/documents/Sept\\_16\\_GraduateDeanScholarshipAwardPacket2016.pdf](http://www.wcupa.edu/_admissions/sch_dgr/gsa/documents/Sept_16_GraduateDeanScholarshipAwardPacket2016.pdf)). The Graduate Student Association (GSA) supports graduate students in their professional and educational endeavors by reimbursing conference-related costs up to a maximum allocation amount. All graduate students are eligible for the scholarship award so be sure to take advantage of this great opportunity to immerse yourself in professional and educational growth. Please contact Gwen Petersen (GP857196@wcupa.edu), GSA Treasurer, for more information or specific questions.

## APHA Student Assembly and Campus Liaison—**Laura DelGuercio**



### APHA Student Assembly and Campus Liaisons

The American Public Health Association (APHA) is the nation's largest public health organization serving the needs of health professionals around the world. Members get access to a wide variety of information pertaining to health trends, updates in the field, continuing education credits, and professional development and networking opportunities. APHA offers student memberships at a discounted price (\$65 with the "green" online discount), which includes several benefits such as access to career and internship postings, networking opportunities, subscriptions to the American Journal of Public Health and The Nation's Health, Special Primary Interest Groups (SPIGs), participation in forums and caucuses, and a student assembly membership.

The APHA-Student Assembly (APHA-SA) is a student-run division of the organization committed to encouraging and supporting student growth and development. Students have the opportunity to become more involved in the organization through the APHA-SA Campus Liaison position. The roles of the Campus Liaison (CL) include promoting the APHA student membership across campus, highlighting the importance of public health initiatives, and connecting with other CLs and health-related professionals - locally and regionally. Currently, West Chester University has two campus liaison positions held by Student Advisory Board (SAB) members, Laura DelGuercio (Vice President) and Allison Doherty (Social Outreach Manager). If you are interested in becoming a Campus Liaison for the 2017-2018 academic year or would like more information about the position or membership, please contact [LD753982@wcupa.edu](mailto:LD753982@wcupa.edu).

### **Article topics published in the spring 2016 MPH SAB Newsletter issue**

- Current public health news (e.g. Zika updates)
- Spotlight on Community Engagement Program
- Coffee & Conversation highlights
- Community Health service learning activities overview and photos

## WCU MPH Alumni Profile

### Jasmine Johnson, MPH, Health Care Management track



I was born and raised in Northeast Philadelphia, PA. I do still reside in the area with my family. I moved out of the area for the first time when I was admitted to West Chester University (WCU). Leaving the area and getting into a new environment was hard for me at first. Being a part of the West Chester community was a learning process, but I got adjusted quickly.

I graduated from the MPH program in summer of 2016. Because WCU does not have summer commencement, I participated in the spring ceremony and finished the program in the summer. I chose the MPH program because I wanted to further my education in public health. I also obtained my bachelor's degree from WCU in public health. During my undergraduate years, I realized I wanted a career in public health. Therefore, I took advantage of the Fast Track program. This gave me the opportunity to complete the program in a year, instead of the traditional two years. I liked that undergraduate students majoring in public health at WCU were given the opportunity to use some of their undergraduate credits to satisfy graduate course requirements. I think this is a great advantage because some of the classes offered at the graduate level are offered at the undergraduate level as well. The process is efficient and I recommend this to undergraduates that are enrolled in the public health major at WCU.

My concentration was in the Health Care Management. I chose this track because of a personal situation that I was involved with a couple of years ago with my family. We had a pressing issue with a healthcare facility and learning about how the system works motivated me to pursue the Health Care Management track. My goal is to effect change in the way health facilities handle patient care. A lot of people don't really know what goes on in hospitals, rehab centers, etc., until they are faced with situations that make their experience with the system a difficult one.

I have gained a lot of knowledge regarding healthcare. The financial aspect of management in a healthcare setting is probably the most valuable knowledge I have gained going through the program. People don't realize how much it takes to run a hospital; every supply and person matters. They merely see doctors and nurses and do not understand the background happenings.

I plan on using my MPH training to function as a program manager in a health facility. I have a lot of education and no experience; so, I have to get my foot in the door and gain more experience before furthering my career.

However, if I won a million dollars today the first thing I would do is pay off my student loans that I racked up during my undergraduate and graduate program. I would love to be debt-free and start a fresh life. We all know school isn't easy, but it is definitely not cheap.

## WCU MPH Student Profile



### **Olatomiwa (Tomi) Salako, MPH Candidate, Community Health Track**

My name is Olatomiwa (Tomi) Salako, I am a 2<sup>nd</sup> year MPH student with one more semester to go. I was born in the United States. I am from Maplewood, NJ.

Having an undergraduate degree in public health, I knew that I wanted to further my education. I chose West Chester University's MPH program because of its affordability, variety of offerings, flexibility, focus on prevention, and the broad applications it lends itself to. No matter what area of public health I decide to go into, my skills are transferable.

I selected Community Health track because of the infinite possibilities for choosing a career. Community Health has a focus on population health, offers diverse coursework, and is enjoyable. I see the Community Health track as one large family, with the students helping one another and the

professors remaining accessible.

The most important thing that I've gained from the MPH program is how to solve big problems. Courses such as Health Promotion Program Planning, Transcultural Health Practices, Epidemiology, and Environmental Health all by themselves or by coming together in a meaningful manner offer systematic ways to solve a whole range of problems. I was able to strengthen my research skills as well as my investigative skills. I learned how to work with different individuals whose personalities do not mesh with mine.

My interest lies in Global Health. I am particularly interested in health promotion, epidemiology, disease and infection prevention, sustainability and nutrition, and disease ecology. However, I would love to pursue a career in any of these fields at the global level and contribute to the Sustainable Development Goals (SDGs) or the Peace Corps, which I plan on applying to with my MPH training.

If I were a millionaire today, I would buy a residential land preferably with a very large backyard for gardening purposes in my parents' native country of Nigeria, since land is cheaper there. I will cultivate the backyard with fruits, grains and vegetables and this will facilitate the farm to table experience. I will show the people in the area how to cook food properly, give them nutrition and wellness education, and offer exercise activities, so that they incorporate these healthy habits into their everyday life. In addition, I will demonstrate how to cook their native food in a healthy way. I will definitely pay off all my school debt, my parents' mortgage, and my two other siblings' debt. I will also have some money set aside for everyday living and the remaining put in a CD



# SOCIETY FOR PUBLIC HEALTH EDUCATION

*Global Leadership for Health Education & Health Promotion*

## **SOPHE Student Conference Opportunity**

Melinda Ickes Posted: 06 Nov 2016

Subject: Lifesavers Conference Traffic Safety Scholars Program

See note below regarding the scholars program.

The National Lifesavers Conference on Highway Safety Priorities launched a Traffic Safety Scholars program last year. The Traffic Safety Scholars Program is designed to attract undergraduate and graduate students to the field of road safety - a subject near and dear to our hearts. Each year we are making a special effort to reach out to new partners that can reach students and academic institutions and advisors. The scholarship program just opened this week and we already have 3 applications. I wanted to share this with you, and ask that you send the information out to the Injury Centers and other academic institutions in an effort to reach more students. Please feel free to share with other departments within the HHS and CDC family. I am pleased to report we had a very competitive process last conference and awarded 31 scholars an award to attend. Our goal is to increase the awards each year and attract a wider audience of disciplines that make up our profession.

Below is the conference registration information and the Traffic Safety Scholars Program. The Scholars applications are due November 18 so we need to get the word out to reach a wide audience of potential applicants quickly. The Scholars Program is possible through funding support from NHTSA. Please let me know if you need more information.

<http://lifesaversconference.org/registration/>

<http://lifesaversconference.org/traffic-safety-scholars/>

To view the complete thread and reply, please visit: <http://my.sophe.org/Member-Communities/COP-Forums/aft/381>

Thank you,

Society for Public Health Education

## Faculty Scholarly Achievements

### Presentations

- Katirai, W., & Williams, C.A.** (2016). Applying Bloom's Taxonomy to E-learning. Oral Presentation at *RECAP 2016* at West Chester University, West Chester in May,
- Bill, D., & Katirai, W.** (2016) *Community Health Education and Service Learning in the Latino Community*. West Chester University, Latino Communities Conference at West Chester University, PA on September 16.
- Katirai, W., & Bill, D.** (2016). *Innovative Partnerships for Health: Cross-Cultural Service Learning and Community Health Education*. Knowledge Crossing Borders Conference/International Conference on Higher Education, West Chester University, West Chester, PA on June 2.
- Bill, D.** (2016). Invited Presenter, Faculty Panel on *Best Practices in Service Learning and Strategies to Integrate Scholarship into Teaching and Service*. Organized by the West Chester University Office of Service Learning and Volunteer Programs. West Chester University, PA on October 5.
- Tinago C.B.,** Annang Ingram L., Frongillo E.A., Blake C.E., Engelsmann B., & Simmons, D. *Understanding Conceptualizations of Pregnancy and Planning for Pregnancy among Adolescent and Young Women in Harare, Zimbabwe*. Research and oral presentation at the APHA Annual Meeting & Exposition, Denver, CO, October 29-November 2, 2016.
- McCown, D.,** Moriconi, C., & Luzhanskaya, Y. (MPH student) (2016). Contemplative practices for students with disabilities: More than stress management. *Eighth annual Association for Contemplative Mind in Higher Education Conference, "Transforming Higher Education."* Amherst, MA, October 7-9.
- McCown, D.** (2016). The self in mindfulness pedagogy—East and West. *The Ninth International Conference on the Dialogical Self*, Lublin, Poland, September 7 -10.
- McCown, D.** (2016). Before all the "Afters": How Thoreau's Practical Mysticism Informs Today's Spiritual Dilemmas. *75th Thoreau Society Annual Gathering*, Concord, MA; July 7-10.
- McCown, D.** (2016). Defining and analyzing the ethical space of the Mindfulness-Based Interventions. *2nd International Conference on Mindfulness*, Rome, Italy, May 11 - 15.
- Luzhanskaya, Y.,** (MPH student), **McCown, D.** (2016). Teaching mindfulness-based stress reduction in the disabilities services office. *Eighth Annual Association for Contemplative Mind in Higher Education Conference, "Transforming Higher Education."* Amherst, MA, October 7-9.
- Moriconi, C., & **McCown, D.** (2016). Kids First: A systemic mindfulness program for pre-school children. *Eighth annual Association for Contemplative Mind in Higher Education Conference, "Transforming Higher Education."* Amherst, MA, October 7-9.

## Faculty Scholarly Accomplishments

### Presentations (continued)

- McCown, D.** (Convener) (2016). Mindfulness research at WCU: An overview of a growing field. Invited symposium. *WCU Research Day*, West Chester, PA, November 2.
- McCown, D.** (2016). Inside-Out: Applying Mindfulness in Building Just and Caring Communities. Lecture and dialogue. *Saturday Seminars*, sponsored by WCU Center for Contemplative Studies, West Chester, PA, November 19.
- McCown, D.** (2016). Mindfulness in school settings. Lecture and dialogue, in-service day, West Chester Area School District, West Chester, PA, November 8.
- McCown, D.** (2016). Mindfulness in school settings. Lecture and dialogue, in-service day, Downingtown Area School District, Downingtown, PA, October 3.
- McCown, D.** (2016). Stress reduction workshop. For ASPIRE summer program participants, Chester County Intermediate Unit, West Chester University, West Chester, PA, August 3.
- McCown, D. & Reibel, D.** (2016). Daylong workshop: Developing the skills of the teacher, an international dialogue. *2nd International Conference on Mindfulness*, Rome, Italy, May 11 - 15.
- McCown, D.** (2016). 'Secular' and 'Buddhist' ethics. Mindfulness on the Margins: An Unconference-Retreat, Emerson College, Sussex, UK, (via video link) May 1 - 3.
- Sankaran, G.** (2016). Foundations of Epidemiology. Invited lecture for Physician Assistant Studies students at Philadelphia College of Osteopathic Medicine in Philadelphia, PA on August 17.
- Sankaran, G.** (2016). Descriptive Epidemiology. Invited lecture for Physician Assistant Studies students at Philadelphia College of Osteopathic Medicine in Philadelphia, PA on August 19.
- Sankaran, G.** (2016). Community Responsive Medicine and COPC. Invited lecture for Physician Assistant Studies students at Philadelphia College of Osteopathic Medicine in Philadelphia, PA on August 23.
- Sankaran, G.** (2016). Assessing Individual and Community Needs and Assets for Health Education. CHES Test Preparatory Workshop in Philadelphia, PA on October 8.

## Faculty Scholarly Accomplishments

- Sankaran, G.** (2016). Conducting Evaluation and Research Related to Health Education. CHES Test Preparatory Workshop in Philadelphia, PA on October 8.
- Sankaran, G.** (2016). Evaluation of programs based on human rights-based approach. Oral presentation at the 144th Annual Meeting of American Public Health Association at Denver, CO, on October 31.
- Sankaran, G.** (2016). Is technology an effective tool to promote and strengthen human rights in the global south? Oral presentation at the 144th Annual Meeting of American Public Health Association at Denver, CO, on October 31.
- Sankaran, G.** (2016). The 2030 Agenda for Sustainable Development: Role of academia in promoting aid effectiveness. Oral presentation at the 144th Annual Meeting of American Public Health Association at Denver, CO, on November 2.

## Publications

- Tinago, C. B.**, Annang Ingram, L., Blake, C. E., and Frongillo, E. A. (2016) Individual and structural environmental influences on utilization of iron and folic acid supplementation among pregnant women in Harare, Zimbabwe. *Maternal & Child Nutrition*, doi:10.1111/mcn.12350. Available for Early View at <http://onlinelibrary.wiley.com/doi/10.1111/mcn.12350/full>.
- Annang Ingram L, **Tinago CB**, Estrada R, Wilson S, Wright Sanders L, Bevington T, Carlos B, Cornelius E, & Svendsen ER, Ball J. Off the rails in rural South Carolina: a qualitative study of healthcare provider perspectives on the long-term health impact of the Graniteville train disaster. *Rural and Remote Health*, 2016; 16: 3906. Available:<http://www.rrh.org.au/articles/subviewnew.asp?ArticleID=3906>
- McCown, D.**, Reibel, D., & Micozzi, M. (Eds.) (2016). *Resources for teaching mindfulness: An international handbook*. New York: Springer.
- McCown, D.**, Reibel, D., & Micozzi, M. (2016). Introduction: Meeting the teachers “where they are.” In D. McCown, D. Reibel, & M. Micozzi (Eds.), *Resources for teaching mindfulness: An international handbook*. New York: Springer.
- McCown, D.** (2016). Stewardship: The deeper structures of the co-created group. In D. McCown, D. Reibel, & M. Micozzi (Eds.), *Resources for teaching mindfulness: An international handbook*. New York: Springer.

## Faculty Scholarly Accomplishments

### Publications (continued)

Moss, A., Reibel, D., & **McCown, D.** (2016). Guidance: Refining the details. In D. McCown, D. Reibel, & M. Micozzi (eds.), *Resources for teaching mindfulness: An international handbook*. New York: Springer.

**McCown, D.** (2016). Inside-Out: The mindfulness-based interventions as a model for community development. In V. Bentz, & V. Giorgino (Eds.) *Contemplative social research: Caring for self, being, and lifeworld*. Santa Barbara, CA: Fielding University Press.

**Davidson, D. W.** Adjunct Faculty was copy editor for two collections of stories by Italian author Elena A. Perazzini. The first was published as “Far From Us: Personal Journeys of Those Who Left”, Equilibrium Publishing, NY (2015) and the second is currently being printed.

**Davidson, D. W.**, & Davidson, P. (2016). Traditional and Nontraditional Treatments for Diabetes. In M. Marian & G. Mullin (Eds.). *Integrative Nutrition Therapy*. Boca Raton, FL: CRC Press.

### Peer Reviewed Symposia

**McCown, D.** (Convener). (2016). DST and Eastern Approaches to the **self** in spirituality and culture. *The Ninth International Conference on the Dialogical Self*, Lublin, Poland, September 7 -10.

**McCown, D.** & Reibel, D. (Co-Conveners). (2016). Pedagogy in the MBIs: An international exploration. *2nd International Conference on Mindfulness*, Rome, Italy, May 11 - 15.

### Certification

**Dr. Dwight Davidson**, Adjunct Faculty, was certified as a Mental Health First Aid Trainer in summer, 2016.

### Professional Development

**Dr. Dee Bill** participated in the Summer 2 WCU Online Faculty Development Program, a two week intensive online distance education course, from July 25—August 5, 2016.

## The Center for Contemplative Studies Grand Opening



**The Center for Contemplative Studies opened on North Campus on September 29, 2016. At the ribbon cutting ceremony (see above) are Mr. Pat Croce and Mrs. Diane Croce, benefactors, Mayor Carolyn Comitta, Dr. Mark Pavlovich, Vice President for Advancement, Dr. Linda Adams, Dean of College of Health Sciences, and other dignitaries. Visit the new facility at 700 Church Street, West Chester, PA!**

### **(Fall 2016 Events)**

Grand opening of new campus facility at 700 Church Street, West Chester, PA, September 29.

Daily programming: Offering guided yoga and meditation from 10 to 11 am and 3 to 4 pm Monday through Thursday.

Science, Spirit, and Health, Distinguished Speaker Series:

Fall speaker—Dr. Anne Harrington, “When Medicine Engages Spirituality: Why We Want That, Why We Worry.” November 3, 2016.

Special Lecture, co-sponsored with CHS Dean’s Office:

Dr. Joanne Chung, “Managing Pain and Suffering.” November 16, 2016.

## New Course Alert!

### New Course Offering !

**Study Abroad In Perugia, Italy**  
**ANT 375 / NTD 581**  
**Sustainable Food and Cultural Heritage**  
**Graduate and Undergraduate Course**  
**Summer Session I : May 19 – June 24, 2017**



Nestled in the mystical hills of historic Perugia, Italy, this five-week ethnographic field school provides students with hands-on experience in research on food and nutrition and the role of food and culinary heritage in negotiating identity in a rapidly globalizing country. Students will learn qualitative research techniques, participate in “behind-the-scenes” visits with food producers, sustainable farms, exclusive cooking lessons, wine tastings, truffle hunting, and gelato-making demonstrations. Ethnographic projects will immerse the student into food-related venues with locals who have made their living valorizing and revitalizing their traditional, sustainable food practices, highlighting how food, nutrition and culture forms identity of place and people.

The course will be co-taught by Dr. Michael Di Giovine, Assistant Professor of Anthropology, an internationally recognized scholar on food, tourism and Italian/Italian-American culture and Dr. Lynn Monahan, Assistant Professor in Nutrition, a Registered Dietitian and scholar on sustainable food systems.

This course is offered as part of the Study Abroad program at WCU. If you are interested in signing up-- or want more detailed information on the program itself, you can go to the West Chester University's website, [http://wcupa.studioabroad.com/index.cfm?FuseAction=Programs.ViewProgram&Program\\_ID=10848](http://wcupa.studioabroad.com/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=10848) or contact Dr. Michael Di Giovine ([mdigiovine@wcupa.edu](mailto:mdigiovine@wcupa.edu)) or Dr. Lynn Monahan ([lmonahan@wcupa.edu](mailto:lmonahan@wcupa.edu)).  
Graduate and Undergraduate students welcome.