



PUBLIC HEALTH NEWS

Volume 3—Issue 1

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A Letter From The MPH Director

The Master of Public Health faculty and staff wish to take this opportunity to welcome cohort 14 members in the options of health promotion and health policy and management. We look forward to working with each of you and to attending your graduation approximately three years from now. We also wish to take this opportunity to welcome back those of you returning to the program as you prepare to complete yet another exciting academic year.

During this time the program also welcomes two new faculty in the Health Promotion option: Dr. Kara Zografos, who has been with the department for some time as a part-time lecturer and internship coordinator, and Dr. Gregory Thatcher, who has taught for many years at the University of West

Florida in Pensacola, Florida. Ms. Manal Samaha (cohort 11) will join us as the new internship coordinator. Stop by and say hello whenever you have a chance.

During the next few months you will hear a great deal about the accreditation process – see accompanying article by Dr. Sherm Sowby – and its impact on the program. The self-study has been completed and we are now waiting for the site visit scheduled during the Spring 2008 semester.

Our electronic resources continue to improve and we are making more information available to you via this format. The Policies and Forms section now contains a complete listing of all policies for the program including the code of ethics for public health and each of the options we offer.

On August 1, 2007, the program inaugurated its new Blackboard site. This password protected site contains links to all our policies,

forms, and important deadlines which are listed in the calendar section. The site also contains the email addresses for all students and faculty in the program broken down by option. We look forward to hearing your recommendations for improving this site.

Finally, the beginning of this semester starts the term for the Master of Public Health Advisory board. For the first time since its inception the Advisory Board is chaired by a graduate student, Ms. Rebecca Lopez (cohort 12). She looks forward to working with each of you to enhance the program. Application forms for the advisory board can be found in our website and in the blackboard site.

Once again, welcome back. Do not hesitate to stop by and say hello.

-Miguel A. Pérez, Ph.D., CHES



A Letter From The Department Chair

Students, we are in the process of preparing for another program accreditation visit from the agency that accredits MPH Programs and Schools of Public Health. The Council on Education for Public Health (CEPH) makes regular visits to Programs and Schools to insure that students receive a high quality education and that academic institutions adhere to the guidelines that have been set. Every five years each academic institution must do the following: (1) Prepare and submit to CEPH a comprehensive Self Study (2) Host a CEPH Site Visit Team (3 days) (3) Respond to the formal report generated by those reviewing the Self Study and the Site Visit Team.

The Self Study was submitted in Fall Semester 2007, and the Site Team Visit will be here in April 2008. Our previous Accreditation Visits (1995, 2000, and 2003) have resulted in very positive evaluations of our curriculum, faculty and students. Programs are usually reaccredited for a period of 3 to 5 years, depending on their status. Many of you will have an opportunity to interact with the Site Visit Team in April and provide feedback about your experience in the program. Many programs on campus have similar requirements for their various Accrediting Agencies. It is lots of work, some times painful, always enlightening, and necessary to have these visits. Programs generally do not improve without critical input. We hope our students will participate when ask to do so.

-Sherm Sowby, Ph.D.





MPH NEWS

Welcome Aboard Cohort 14

Congratulation to our newest MPH students (cohort 14).

Health Promotion Option

Francisco Borboa, Megan Christianson, Sandra Celedon, Giselle Garcia, Yunen Garcia, Anthony Gentile, Maha Hasan, Maybo Heu, Stephanie Johnson, Monica Martin, Maria Romos Espinoza, Marisa Mathews, Lisa Robinson, Shahana Laizu, Chia Thao

Health Policy & Management Option

Leslie Abasta, Ebere Amah, Luis Baez, Po-Yin Chan, Reenu Dhillon, Jasmeet Gill, Tina Gill, Lisa Nakagawa, Adriana Rodriguez, Breanne Sciaroni, Paul Sutters



2007 Master of Public Health Graduates

Student Spotlight

Tonantzin Soto (cohort 11) received the Graduate Dean's Medalist for the College of Health and Human Services, and a scholarship to attend the University of California, Davis College of Medicine.

Michael Flores (cohort 13) received an internship with the Department of Health & Human Services in Washington D.C. working with the Behavioral Risk Factor Surveillance System (BFRSS).

Araceli Martinez (cohort 11) received a grant from the Fresno County First Five for a Childhood Obesity Prevention Program.

Robert Clegg (cohort 4) was accepted to the Ph.D. Program in Health Care Administration at Capella University.

Diana Traje (cohort 12) was nominated for the CSU Student Leadership Award and received the Student Affairs' "Whale of an Effort" award for coordinating 30 students to attend the CSU Alcohol and Other Drugs Conference.

Maribel Fernandez (cohort 12) received, for the second time, a \$2,000 scholarship from the Strawberry Scholarship.

Eiji Yamashita (cohort 11) passed the Certified Health Education Specialist (CHES) Exam. Congratulations!!

Luis Baez (cohort 14) has accepted the Sequoia Operations Coordinator position. He will be supporting Sequoia's operational activities.

Andrew Robinson (cohort 10) is a new Adjunct Health Professor and Basketball Theory professor at Imperial Valley College.

Gilda Zarate (cohort 11) was elected co-presidents of the Binational Center for the Development of Oaxacan Indigenous Communities (CIOB).

Nayamin Martinez (cohort 11), Rebecca Lopez (cohort 12), and Dr. Helda Pinzon-Perez (cohort 13) joined Phi Kappa Phi. It is the nation's oldest, largest, and most selective all-discipline honor society. Congratulations!

Alicia Gonzalez (cohort 13), Chia Thao (cohort 14), and Leepao Khang (cohort 13) were among 77 students that were selected for the 2007-2008 California Pre-Doctoral Program.

Maria Romos Espinoza (cohort 14), Alicia Gonzalez (cohort 13), and Leepao Khang (cohort 13) received the California Graduate Equity Fellowship.

Aguilera, Carolina, *Health Promotion Option*

Becker, Jerri Ann, *Health Promotion Option*

Bustamante, Maria Magdalena, *Health Administration Option*

Cagle, Kathleen Marie, *Health Promotion Option*

Clegg, Robert Layne, *Health Promotion Option*

Evans, Elizabeth Ann *, *Health Promotion Option*

Gill, Harnak Singh *, *Health Administration Option*

Gottschalk, Claire Isabel, *Health Administration Option*

Idoni, Joseph Imuagbonrie, *Environmental and Occupational Health Option*

Martinez, Araceli González, *Health Promotion Option*

Mizumoto, Lisa Yumi, *Health Administration Option*

Samaha, Manal Khalil *, *Health Promotion Option*

Sandhusen, J. Eric, *Health Administration Option*

Sandoval Jr, Salvador, *Environmental and Occupational Health Option*

Snowden, Brandy Denise, *Health Administration Option*

Soto, Tonantzin Eva, *Health Promotion Option*

Vallejo, Lorena Anel *, *Health Administration Option*

Vang, Bee, *Health Administration Option*

Walker, Margaret Ann, *Environmental and Occupational Health Option*

Wood, Robin Biltz *, *Health Promotion Option*

Woody, Jessica Noelle, *Health Administration Option*

* indicates "with distinction" GPA of 3.90-4.0

Congratulations to our MPH graduates!

MPH NEWS**Graduation Requirement**

Improving the quality of the educational experience in the Master of Public Health program is of utmost importance to the program's faculty. In an effort to receive timely information and address the concerns of our students, the program will institute a mandatory exit survey starting Fall 2007 semester. All students wishing

to have their degree application form signed will need to submit proof of having completed the online survey which we expect will take between 5-10 minutes. Information about the survey can be found at http://ctlsilhouette.ctlt.wsu.edu/ctlsilhouette2_5/ or by calling the MPH office.

New Exam for Public Health Professionals

The National Board of Public Health Examiners (NBPHE) was created as an independent organization to develop, prepare, administer and evaluate certification examinations for graduates from Council on Education for Public Health (CEPH)-accredited schools and programs of public health. NBPHE is comprised of representatives from the Association for Prevention Teaching and Research (APTR), the Association of State and Territorial Health Officers (ASTHO), the National Association of City and

County Health Officers (NACCHO), private sector public health, as well as the American Public Health Association (APHA) and the Association of Schools of Public Health (ASPH).

Eligible examinees are masters and doctoral graduates of Council on Education for Public Health (CEPH)-accredited schools and programs of public health (see <http://www.ceph.org/i4a/pages/index.cfm?pageid=3344> for a list).

The exam is not required though it provides a voluntary professional credential that meets standards established by national public health experts.

For more information please contact:

The National Board of Public Health Examiners
 1101 15th Street, NW, Suite 910
 Washington, DC 20005
 Voice: (202) 296-1099, ext. 132
 Fax: (202) 296-1252
 E-mail: info@nbphe.org


A letter from the MPH Advisory Board Chair

Greetings M.P.H. Students, Alumni, Faculty and Friends,

Welcome back to all returning students and a warm welcome to the new students of Cohort 14. I am grateful for this opportunity to introduce myself to those of you I have not met. My name is Rebeca Lopez. I am part of Cohort 12 under the Health Promotion option. After receiving my B.S. from Saint Mary's College in 2002, I returned to my hometown of Clovis and entered the M.P.H. program here at Fresno State two years later. I am a full time mom like many of you! Currently, I work part time as a Research Assistant in the Department of Family and Community Medicine at UCSF Fresno.

As for many of you, Fall 2007 will be a new and exciting semester for me. Not only does it commence my culminating academic year, but it also marks the beginning of my term as Chair of the M.P.H. Advisory Board. Although some of you may have not yet heard of this board, its existence is important as it serves all of us in the program. The M.P.H. Advisory Board serves as an oversight body addressing focus, strength and direction of the program. At present it is comprised of fifteen individuals – a mix

of faculty, alumni, community representatives, and students. I am so honored to serve as the first student chair of the board.

All of us on the board share a common goal – making Fresno State's M.P.H. program the best it can be. In the 14 years of the program's existence there has been tremendous growth and progress, and we want this to continue. As chair of the board, I hope to encourage continued student voice and participation in all program activities. If I may be of assistance to you, please do not hesitate to contact me. My school email address is: becalo@csufresno.edu. Let us always remember: we are here to promote, preserve and restore health. Continued success in all of your school and career endeavors!

Sincerely,

Rebeca Lopez



STUDENT WRITING

Waist Circumference: Another Tool in the Fight Against Obesity

In the late 80's, a popular cereal company produced a television commercial that stated, "If you can pinch an inch, try our product as part of a healthy diet to reduce your weight". Of course they were claiming that their product would help reduce the fat around "America's middle" in just a few short weeks. Can you pinch an inch?

According to the American Obesity Association, 64.5 percent of U.S. adults are overweight (BMI of 25.0 to 29.9). Percentages of Americans with obesity related health conditions (heart disease, high blood pressure, etc.) are also on the rise. As the prevalence of these conditions increase, so does the financial burden to the healthcare system. Data from the 1998 Medical Expenditure Panel Survey indicated medical costs related to obesity accounted for 9.1 percent of the total U.S. medical expenditure. In 2002, this cost in dollars and cents equaled \$92.6



billion. That's a lot of cereal!

One of the ways weight status is evaluated is by using BMI. BMI (Body Mass Index) measures the total body weight in relationship to height. This method is not the most accurate in that it does not take into consideration the source of weight (muscle versus actual fat) or the fat distribution. Researchers

denote waist circumference may be a more accurate indicator of actual fatness as it measures only fat. Waist circumference is an indirect measurement of intraabdominal fat tissue called visceral fat. As the waist circumference increases, so do the risk for type 2 diabetes, high cholesterol and many other obesity related diseases. Simply said, a person with excessive weight around the middle is at greater risk than a person that carries fat mainly in the hips or thighs. To measure your waist circumference, place a flexible measuring tape around the bare stomach just above the hip bone

(at belly button). The tape should fit snug around the body but not compress the skin. Relax and measure your waist. Note: Don't cheat by holding in your stomach!

You may be at increased risk if you are:

A man with a circumference greater than 40 inches (101.6 cm).

A woman with a circumference greater than 35 inches (88.9 cm). So, get out those measuring tapes and find out if you can indeed "pinch an inch".

Written by:

Elizabeth Ann Evans (Cohort 11)

Do you have any information you would like to share in our next issue? If so, please send us your article or information that you would like to share with others. Please contact Leepao Khang at leelee@csufresno.edu. You may see it published in the next issue of Public Health News.

Department of Health Science/MPH Faculty Wins Prestigious Fulbright Award



Dr. Pinzon-Perez

The Master of Public Health program wishes to congratulate Dr. Helda Pinzon-Perez on receiving a Fulbright award to teach and conduct research in the Dominican Republic during the Spring 2008 semester. Dr. Pinzon-Perez is the second faculty member in the department to receive this prestigious award which is the U.S. government's flagship program in international educational exchange. Fulbright grants are made to U.S. citizens and nationals of other countries for a variety of educational activities, primarily university lecturing, advanced research, graduate study and teaching in elementary and secondary schools. Since the program's inception, approximately 279,500 participants-chosen for their academic merit and leadership potential-with the opportunity to exchange ideas and to contribute to finding solutions to shared issues. Dr. Pinzon-Perez will conduct her teaching in health promotion and will be developing a study on

childhood health issues. Congratulation Dr. Pinzon-Perez!

Fulbright opportunities are available to US students interested in conducting research abroad. Students selected for this highly competitive program receive round-trip transportation to the host country, maintenance for the academic year, based on living costs in the host country, book and research allowances, supplemental health and accident insurance, tuition, in some cases language or orientation courses, where appropriate. Fulbright grants are payable in local currency or U.S. dollars, depending on the country of assignment. Additional information may be obtained from <http://us.fulbrightonline.org/home.html>. Dr. Perez, a three time Fulbright recipient, will be glad to work with you as you prepare your application.



*FACULTY NEWS**Two New Faculty***Dr. Greg Thatcher**

Dr. Greg Thatcher completed his Master's and Doctorate degrees in Health Education and Behavior

at the University of South Carolina, School of Public Health in Columbia, South Carolina. Prior to that he attended Bowling Green State University in Bowling Green, Ohio where he completed his undergraduate work in Sociology and Psychology.

His work experience includes four years of teaching at the collegiate level both as

a visiting instructor at Texas Christian University in Ft Worth, Texas and as an Assistant Professor at the University of West Florida in Pensacola, Florida. He has taught a myriad of classes both at the undergraduate and graduate level, with concentrations in human sexuality, nutrition, personal health, and program planning. For the past three years in Tallahassee, Florida he had a dual role as the State of Florida's Safe and Drug-Free Schools and Communities Programs Director and the Director of a private research firm, Youth Program Support Services, Inc., whose main purpose was program evaluation and assessment.

Dr. Thatcher's areas of research have centered on adolescent health-risk

behavior and most recently he has been involved with the growing obesity epidemic working with Florida Department of Health steering the Governor's Council on Physical Fitness. Dr. Thatcher has been involved with several state and national panels ranging from the topics of obesity and physical activity to violence prevention including date and acquaintance rape. He is currently involved with two professional organizations in the field of health, the American School Health Association (ASHA) and the American Public Health Association (APHA). Welcome Dr. Thatcher!

Dr. Kara Zografos

As a Central San Joaquin Valley native, Dr. Kara Zografos earned a B.S. in Community Health in May of 1999,

and an M.P.H. in Health Promotion and Education in August of 2002 from California State University, Fresno. In June of 2007, she earned a Dr.P.H. in

Health Education from Loma Linda University, and was honored to receive the 2007 Loma Linda University Chancellors Award.

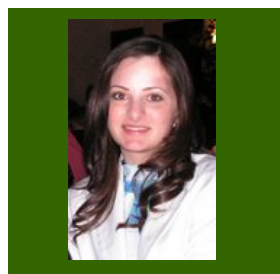
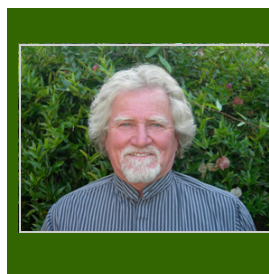
Dr. Zografos joined the Fresno State Faculty as a part-time lecturer in 2005. She will begin a Tenure-Track Assistant Professor position in Fall of 2007.

Dr. Zografos' academic research efforts included a study of protective alcohol-use behaviors among college students, and an evaluation of an asthma education program for adolescents in

Fresno County. Her current research interests include asthma, childhood obesity, and sexual health. She has taught HS 90 (Contemporary Health Issues), HS 131 (Principles of Health Education), HS 91 (Human Sexuality), and HS 152T (Health Education for Designated Subject Teachers) at California State University, Fresno. Welcome Dr. Zografos!

New Department Internship Coordinator

Starting fall 2007, our new internship coordinator will be one of our graduates, Manal Samaha (cohort 11). She is a very motivated and enthusiastic person, therefore, there is no doubt that she will be a good internship coordinator. When you see her, congratulate and welcome her to the program "again".

*Officially Retired*

Beginning Fall 2007, Dr. Davoli will be "officially" retired from his long career of teaching. Though officially retired, he will still be teaching part-time in both graduates and undergraduates courses. He will continue to show his support to the MPH Program. If you have any questions contact him at gerald@csufresno.edu.

Professional Involvement

Students in the Master of Public Health program are encouraged to become involved in professional organizations in the field. The following list of organizations are available to students in the program and all offer discounted membership fees to students.

SOPHE is an independent, international professional association made up of a diverse membership of health education professionals and students. The Society promotes healthy behaviors, healthy communities, and healthy environments through its membership, its network of local chapters, and its numerous partnerships with other organizations. With its primary focus on public health education, SOPHE provides leadership through a code of ethics, standard for professional preparation, research, and practice; professional development; and public outreach.

The American Association for Health Education serves health educators and other professionals who promote the health of all people. AAHE encourages, supports, and assists health professionals concerned with health promotion through education and other systematic strategies.

APHA is the oldest, largest and most diverse organization of public health professionals in the world. The association works to protect all Americans and their communities from preventable, serious health threats. APHA represents a broad array of health officials, educators, environmentalists, policy-makers and health providers at all levels working both within and outside governmental organizations and educational institutions.

The American College of Healthcare Executives is an international professional society of more than 30,000 healthcare executives who lead hospitals, healthcare systems and other healthcare organizations. ACHE is known for its prestigious credentialing and educational programs and its annual Congress on Healthcare Leadership, which draws more than 4,000 participants each year.

The Master of Public Health program has provided financial support to the following students to attend professional meetings: Brandie Campbell (cohort 12), Alicia Gonzalez (cohort 13), Diana Traje (cohort 12), Yoland Randels (cohort 10). Keep your eyes open for announcements via the listserv.

Public Health Education Job Opportunities

American Public Health Association

<http://www.apha.org>

Society for Public Health Education

<http://www.SOPHE.org>

Health Education Professional Resources

<http://www.nyu.edu/education/hepr/>

Rollins SPH (Emory) Public Health Employment Connection

<http://cfusion.sph.emory.edu/PHEC/phec.cfm>

Partners in Information Access for the Public Health Workplace

<http://phpartners.org/jobs.html>



Laura Rodriguez (cohort 11)

Important Dates

August 20: MPH office Opens

August 23: New MPH students orientation

August 27: First day of class

Aug. 27-Sept. 7: Graduation Application filing period

September 3: Labor day - No Classes: all offices closed

September 9: Application for graduation in December

September 10: Last day to **ADD** class without special permission, **DROP** class without a serious and compelling reason

October 6: Fall Comprehensive Exam

October 29: Final Thesis Draft Deadline

November 12: Veteran's Day, Campus Closed

November 21-23: Thanksgiving Break

November 30: Last day for human subject application

December 3: Last day to submit projects

December 12: Last day of Instruction

December 21: Master's Degree Clearance Forms due

MPH Office Hours

Fall 2007

McLane Hall 170

Monday: 9am-2pm

Tuesday: 8am-2pm

Wednesday: 9am-3:30pm

Thursday: 8am-2pm

Friday: Office Closed

Professional Public Health Associations

American Public Health Association

800 I Street, NW
Washington, D.C. 20001-3710
202-777-APHA
www.apha.org

American College of Healthcare Executives

300 N. Lee Street, Ste. 301
Alexandria, VA 22314
888-88A-CHCA
www.achca.org

National Association of Community Health Centers

7200 Wisconsin Ave., Ste. 210
Bethesda, MD 20814
301-347-0400
www.nachc.com

Society for Public Health Education

750 First Street NW, Ste. 910
Washington, DC 20002-4242
202-408-9804
www.sophe.org

American Alliance for Health, Physical Education, Recreation & Dance

1900 Association Dr.
Reston, VA 20191-1598
730-476-3400
www.aapherd.org

American Society for Public Administration

1120 G Street NW, Ste. 700
Washington, D.C. 20005-3885
202-638-4952
www.aspanet.org

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