



## A Message from the Chair...

### eMPHasis is eLinked

This *eMPHasis* newsletter is full of webpage hyperlinks to help you learn more about the subjects featured within its articles. *eMPHasis* is intended and designed to be an electronic communication, so links are embedded to bring you directly to designated webpages simply by clicking on the hyperlinked word, phrase, picture, or web address.

For the sake of space, web addresses aren't always spelled out within the article, which if you are reading a printed version, makes it impossible to know each hyperlink's ultimate destination. On [pages 10-11](#) you will find the exact web address of every hyperlink found within this issue. In fact, it might be a good idea to keep that page handy for future reference!

Please Note: we do not control nor necessarily endorse linked websites.

*Dr. Ranelle Brew*

## Upcoming Public Health Events & Important Dates

July 11-14	<a href="#">sHaPe camp</a>	Sept 22 & 23	<b>MIPERC Conference</b> Richard M. DeVos Center. <a href="#">Registration.</a>
July 15	sHaPe Alumni - Public Health Day		
July 27	<a href="#">Public Health Society</a> Meeting CHS 211 5:20—6:00pm	Oct 12 & 13	<b>Michigan's Premier PH Conference</b> Kalamazoo. <a href="#">Details.</a>
Aug 5	<b>MPH Student Research Day</b> CHS 240 12:00—2:00pm	Oct 14	<a href="#">CHP Global Health Showcase</a> GVSU campus
Aug 25	<b>MPH Fall '16 Cohort Orientation</b> CHS 123 6:00—8:30pm	Oct 20	<a href="#">GLC-SOPHE</a> conference Ann Arbor
Aug 29	<b>Fall Semester begins</b>	Oct 29-Nov 2	<a href="#">APHA Conference</a> Denver, CO.
Sept 5	<b>Labor Day holiday</b> No classes—Offices closed		

*Want to see more public health-related events? Visit our [Events](#) page.*

## This Is GVSU Public Health



### Public Health is a Certified Healthy Department

Public Health recently received recognition as a "Certified Healthy Department" by the GVSU Health and Wellness team! GVSU President Thomas J. Haas, along with the Health & Wellness team, visited the department on Feb. 3 to present a plaque and award letter. Grand Valley aims to be the Healthiest Campus in Michigan and one way they encourage us to embrace and support a culture of health and wellness is through the Certified Health Department Program. Thirteen departments earned the certified health designation for 2015. We are proud to be a part of this valuable program! [Read more](#) about GVSU's Certified Healthy Department program.

### Accreditation News for MPH and Clinical Dietetics

This spring was a whirlwind of activity as both of our Public Health Department graduate programs, the [Master of Public Health](#) and the new [Master of Science in Clinical Dietetics](#), finalized some critical steps toward their respective accreditations.

After years of planning and hard work, the MPH Accreditation committee received word from the governing body for the [Council on Education for Public Health \(CEPH\)](#)\* that the GVSU-MPH program has been granted candidacy status! This is the initial accreditation category for public health programs. CEPH's procedures provide that the program has up to two years to undertake a self-study and submit a self-study document. An on-site visit by a team of peer reviewers will follow the self-study submission. We are excited to be undertaking this next step in the process for full CEPH accreditation!

In May, an Accreditation Team from the [Accreditation Council for Education in Nutrition and Dietetics \(ACEND\) of the Academy of Nutrition and Dietetics](#)\* was thoroughly wowed by the extensive self-study for the new M.S. Clinical Dietetics program and their site visit! The Coordinated Graduate Program (Track A) has received accreditation and is preparing to take its first cohort of students for this Fall!

\*Accreditation Council for Education in Nutrition and Dietetics (ACEND) of The Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-4876.

\*Council on Education for Public Health: 1010 Wayne Avenue, Suite 220, Silver Spring, MD 20910. Phone: 202.789.1050. [www.ceph.org](http://www.ceph.org)

### MPH Expands to Traverse City in Fall 2016

We are extremely excited to be starting our M.P.H. - Health Promotions program at the [Traverse City Regional Center!](#)

The MPH program began accepting applications for the new Traverse City cohort last February. The expansion will accommodate a small group of approximately 15 students for the Health Promotions emphasis. The MPH program in Traverse City will help address a critical need for more health professionals and more health education programs in northern Michigan. Applicants for the program specifically indicate they wish to be considered for the Traverse City cohort.



Dr. Heather Wallace has been working on the MPH-Traverse City expansion and will be heading the program. Classes will be conducted on-site and via iTV in coordination with our Grand Rapids cohort.

Read more about it in this [GVNow article](#).

### Get Social With Us!

Grand Valley State University's Department of Public Health is active on the social media sites: Facebook, Twitter, and Instagram. Follow us to keep up with our MPH activities and events, as well as local, national, and global public health news, plus other helpful public health tidbits, photos, and more. Click the buttons below, or visit [page 10](#) for the links.



# GVSU Public Health on the Road

## Career Development and Service Learning Spring Break in Atlanta

Eight outstanding public health students were selected for a chance of a lifetime opportunity to tour the [Centers for Disease Control and Prevention](#) in Atlanta, Georgia during spring break 2016 through the Public Health program.

While many students took their break for rest and relaxation, some MPH students chose to pursue an educational option instead. For faculty members, Dr. Ranelle Brew and Karen Niemchick this was a chance to visit, learn, educate, and pipeline their students into the nation's leading public health employer directly. "To be given the chance to tour our students in Atlanta was a dream come true for us, as well as them," said Brew. The week consisted of two full days of touring and meeting with CDC subject matter experts from areas across public health fields including epidemiology, food outbreak, women and children's health, vaccinations, and communications. The highlight of the CDC tours was the [Emergency Operations Center](#) where the group saw emergency responses for four national and international events including the Flint Water Crisis. "Everyone we met at the CDC had this incredible energy and excitement for public health that reignited my own spirit and passion for public health," said **Gert Wallis**, '17 MPH candidate.

"Public Health needs the next generation of leaders, and those in graduate programs like Grand Valley State's is crucial for building expertise. It was a pleasure to host them here at CDC," said Diana Yassanye. Ms. Yassanye works on the Partnerships Team in the Office of the Director, Office of Policy, Planning, and Evaluation, [Office of Public Health Preparedness and Response \(PHPR\)](#) at CDC and was instrumental in the planning for the GVSU trip.

Additional activities in Atlanta included tours to the [Jimmy Carter Center](#) and [The Task Force for Global Health](#), and a Service Learning Day in partnership with [Emory University Rollins School of Public Health](#). "It was a great opportunity partnering with students from Emory University while working on a beautification project at the Center for Pan Asian Community Services. I was able to learn about their MPH program, share experiences, and make future connections while serving the Atlanta community with my peers," said **Kasie Pickart**, '16 MPH.



## National Public Health Week 2016

MPH students were featured in the [July 2016 issue](#) of APHA's "The Nation's Health" for their "Amazing Race" Health walk, as they worked toward create the healthiest nation during National Public Health Week, 2016. GVSU-MPH students participated in [NPHW events](#) each day, but Thursday's Amazing Race was a highlight designed specifically for the GVSU community. Participants used clues to find different public health-related resources on the Allendale campus. Destinations included the dining hall—with information on making healthy food choices, the athletic center—for a quick workout, the student counseling center—to learn more about their services, and the campus bike rental office. The walk also collected donations in support of residents impacted by the Flint water crisis. It was a chilly day for a walk, but fun (and learning) was had by all! Special thanks to the NPHW Planning Committee for all of their hard work:

Dr. Ranelle Brew, Dr. Jody Vogelzang, Dr. Azizur Molla, Ashley Fife, Gert Wallis, Mic Garcia, and Chris Jones.



Students at Grand Valley State University in Allendale, Michigan, brave cold temperatures to host an "Amazing Race" style health challenge on campus.

**The NATION'S HEALTH**

## Student Report—ACHE Annual Congress on Healthcare Leadership

The [American College of Healthcare Executives](#) held its Annual Congress on Healthcare Leadership in Chicago from March 14-17. Congress is the preeminent event for advancing healthcare management and excellence through education and research, and it draws over 4,000 healthcare executives, administrators, and students from across the country and around the world.

This year, three MPH students in the administration emphasis attended Congress. The theme of the event was “Leading Well,” and students had the privilege of cultivating their leadership skills through informative workshops delivered by top industry experts. **Maria Dunneback** (2017) said that attending Congress was one of the most influential experiences in her graduate career so far, adding that “the sessions exposed me to leaders who conveyed information on how to stand out amongst others and highlighted ways to launch a professional career upon graduation.”

Congress also provides one of the best opportunities to network with top healthcare executives. GVSU students had the unique honor of having dinner with members of Spectrum Health’s executive leadership team. **Dzenisa Dzajic** (2017) reflects on her experience by saying, “Congress was very valuable by providing informing sessions, teaching leadership skills, and opening the door to networking with people all over the world.”

Overall, it was a memorable three days in Chicago, an experience that definitely inspired students to continue their passionate pursuit of improving this nation’s health. - Submitted by **Mic Garcia** (MPH 2016)



MPH students Dzenisa Dzajic, Mic Garcia, and Maria Dunneback attended the 2016 ACHE Congress in Chicago, IL

## Emphasis: Public Health Administration

### By Dr. Lara Jaskiewicz

One of the challenges we face in public health is measuring the overall impact we have on a community’s health. Partly this is due to the fact that many organizations are engaged in interventions to improve health. Some may address the same issue with different approaches. Some may focus on the same population but address different issues. However, there tends to be overlap and different organizations collecting different information about their program participants.

Collective impact is a new approach designed to identify the overall effect a number of organizations are having on a community’s well-being, or the impact all the organizations have collectively on that population. Carrying out collective impact measurement requires a process and strong relationships between partners. Individual organizations may be competitors for funding, and each has its own reporting opportunities and requirements. Combining information requires sensitivity, trust, and taking the time to understand each organization’s processes and resources. However, the payoff can be powerful as the coalition of organizations becomes able to demonstrate the improvements made

through funder support of a variety of different programs. Having this information can increase a funder’s willingness to support multiple, complementary efforts in the same community.

Evaluating public health interventions is difficult as they take place in a complex societal setting rather than the controlled environment of a laboratory. This means that even if you only measure changes in those directly exposed to your intervention, there may be other factors that affect participant knowledge, attitudes, and behavior. While an in-depth evaluation may help identify those other factors and the degree of influence they have, most organizations don’t have the funding or other resources to conduct one. Participation in a collective impact process can help an organization demonstrate its role in the broader environment of its program participants.

You can learn more about Collective Impact online through a number of sites, including the [Collective Impact Forum](#) and the [Community Toolbox](#). In Grand Rapids, the [KConnect](#) coalition is taking a collective impact approach to K-12 education, especially in low-income families.

# Students! Looking for Practicum, Internship, or Job Opportunities?

## Check out these valuable resources!

- ◆ The GVSU Public Health office encourages all MPH students to stop by 545 Michigan to peruse the **Public Health Resource Binder**. This awesome resource features practicum placement ideas, job postings, volunteer opportunities, and more! New entries and updates are entered into the binder each week, so plan to visit often!
- ◆ Have you read your **MPH Weekly Update** recently? The tail end of this Thursday email typically boasts a large list of opportunities, with a wide variety of up-to-date postings for practicum, internships, volunteering, and employment.

## Student Highlights—Practicum

Congratulations and good luck to the following MPH students heading out for practicum this Fall:

**Tori Alvarado**—Healthier Communities Dept. at Spectrum

**Rhiannon Bardel**—Heartside Gleaning Initiative

**Maris Brummel**—Family Futures

**Amber Bytwerk**—Mercy Health Health Projects Pathway

**Robert Cannizzo**—Metro Health

**Derek Carpenter**—Kent County Health Dept.

**Jordan Chester**—Ottawa County Health Dept.

**Isaac Clark**—GR African American Institute

**Maria Dunnebeck**—Priority Health

**Dzenisa Dzajic**—Helen DeVos Children's Hospital

**Ashley Fife**—Access of W. Michigan

**Jamie Hardy**—Muskegon Recovery Center

**Stephanie Johnson**—Rethinking Dementia: Accelerating Change

**Christopher Jones**—Berrien County Health Dept.

**Kelsey Kaylor**—GR Red Project

**Erin Kelley**—Feeding America West Michigan

**Lisa Kidder**—Pine Rest Christian Mental Health Services

**Samantha Lamkin**—Mary Free Bed

**Jordyn Lawton**—Network 180

**Matthew Lypka**—Spectrum Health Infection Control

**Caitlin Meek**—Kent County Health Dept. Emergency Preparedness

**Kaela Milbury**—Transformation Research and Sustain-ability Team (City of GR Executive Office)

**Liliana Morrison**—Michigan Public Health Association

**Du-Victor Pham**—Mercy Health Infection Control

**Nina Pucci**—Northern Imaging Associates

**Kristyn Read**—St. Mary's

**Amanda Rostic**—Spectrum Health Helen DeVos Children's Hospital

**Brittany Ruggero**—Cherry Health

**Andrew Salisbury**—Kent County Health Dept.

**Bryce Spiker**—MI Dept. Agriculture & Rural Development

**Lindsay Thompson**—West MI Compassionate Living

**Gert Wallis**—Muskegon County Health Dept.

**Sidney Wiltshire**—Ottawa County Health Dept.

Congratulations to these students who recently completed, or have very nearly completed, a successful practicum experience:

Spring/Summer 2016:

**Lowell, Shannon**—Priority Health

**Lutz, Amanda**—Spectrum Health

**Meitz, Melissa**—Mary Free Bed Rehabilitation Hospital

**Mitchell, Crystal**—Western MI Environmental Action Council

**Riley, Denielle**—Midwives for Haiti

Winter 2016:

**Hanson, Karen**—Access of West Michigan

**Mansoor, Mona**—Silver Pine Medical Group

**Terpstra, Jessica**—The Ecology Center

## Emphasis: Epidemiology

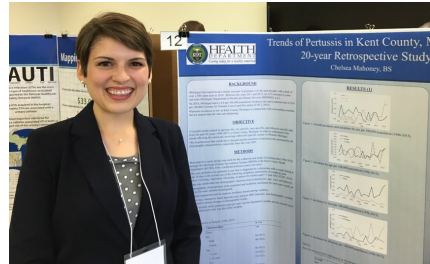
Winter Semester included epidemiology emphasis courses in Advanced Quantitative Methods, Women's and Children's Epidemiology, and Chronic Disease Epidemiology. We were fortunate enough to supplement our learning with the [Michigan Public Health Association's](#) (MPHA) Epidemiology Conference and our own departmental SAS workshops.

### MI Epidemiology Conference

We had a large contingent of first- and second-year epidemiology students travel with us to Michigan State University in East Lansing to attend the MPHA Epidemiology Conference in April. There the students heard presentations on Climate Change and Vector-Borne Illness from the Chief of the Bacterial Diseases Branch within the National Center for Emerging and Zoonotic Infectious Diseases, Emerging Infectious Diseases from the Chief Medical Executive for the Michigan Department of Health and Human Services (MDHHS), and Michigan's Special Pathogen Response Network from consultants at the Special Pathogen Response Network at MDHHS. Additionally, students were able to participate in a "Careers in Epidemiology" round table where they had the chance to network for jobs and practicum placements.



Students saw some of the diverse careers of epidemiologists in Michigan and learned about active projects and programs in the state. Our department even had a student presentation.



### Chelsea (Mahoney) Ludington

presented her Master's Project work titled, "Trends of Pertussis in Kent County, Michigan: A 20-year Retrospective Study." Chelsea was able to share her findings with others in epidemiological fields in the state, and received great feedback. Chelsea's work was our lone student presentation at the conference and we hope to have more students present there in the future!

### SAS Workshops



As a prelude to our transition from SPSS to SAS for the advanced quantitative methods course, the epidemiology team offered two introductory sessions into the SAS statistical software package. The workshops were well attended, especially as they were held on Saturdays. The feedback from the first workshop was so overwhelmingly positive that another one was held. Students learned to import data into SAS, how to perform some data manipulation, as well as some hypothesis testing procedures.

### MPH Research Day



The epidemiology students rocked Student Research Day! The epidemiology faculty were very proud of how well all the students presented their final projects. Congratulations!

### Other Recognitions

Students from the epidemiology emphasis excelled in awards and recognitions this past semester, too! **Kristin Kampenga** and **Chelsea Ludington** presented at the Graduate School's Student Showcase and **Jon Bialowicz** received the Graduate Dean's Citation for Academic Excellence for Outstanding Final Project in the Winter 2016 semester. Congratulations to Kristin, Chelsea, and Jon!



(Above) Kristin Kampenga and Chelsea (Mahoney) Ludington, along with health promotion students Katie DeCamp and Madie Rodts, participated in the 2016 Graduate Showcase, held April.

(Below) Jon Bialowicz with Dr. Kelly Strutz



## Faculty Updates

**Dr. Ranelle Brew** received an ACE Regional Women's Leadership Scholarship to attend the Detroit Forum in April.

LoWellness, a health assessment project which involved our GVSU-MPH program, with the guidance of **Dr. Brew**, was completed in April.

**Dr. Brew** was elected as an Advisory Board Chair for the Kent ISD Health Sciences Early Academy

**Dr. Katie Barnhart** presented at the 48th Annual American Association of Sexuality Educators, Counselors, and Therapists (AASECT) Annual Conference in San Juan, Puerto Rico. Her presentation was titled "Exploring sexual experiences among women who inject drugs through a qualitative event-level analysis."

**Dr. Barnhart** received a Catalyst Grant from the Center for Scholarly and Creative Excellence for her research project: "Exploring behaviors, needs, and best practices to decrease HIV and Hepatitis C incidence following a declaration of public health emergency." She will travel to Bloomington, IN to conduct focus groups with the Indiana Recovery Alliance, one of the first legal syringe access programs in Indiana.

**Dr. Lara Jaskiewicz** and **Dr. Jody Vogelzang** attended the Anti-Hunger Policy Meeting, sponsored by FRAC and Feeding America.

**Dr. Kelly Strutz** was recently elected Membership Chair for the MPHA Epidemiology Section.

**Dr. Strutz** coauthored presentations on "Stressors and miscarriage: multiple domains in life-course perspective," given at the Michigan Epidemiology Conference, the Annual Meeting for

the Society of Pediatric and Perinatal Epidemiologic Research, and the Epidemiology Congress of the Americas.

**Dr. Vogelzang** presented on her food insecurity research in Grand Rapids at the joint Oregon and Washington Academies of Nutrition and Dietetics Annual Meeting.

**Dr. Vogelzang** presented at the SOPHE annual meeting, held in Charlotte, NC.

**Dr. Heather Wallace** presented

**Dr. Jeffrey Wing** presented two posters at the International Stroke Conference in Los Angeles titled, "Racial Differences in the Prevalence of Falls among Stroke Survivors" and "Short-Term Exposures to Ambient Air Pollution and Risk of Recurrent Ischemic Stroke", with the latter being highlighted on the American Heart Association's blog.

**Dr. Wing** co-authored an article that was accepted in the Journal of Clinical Sleep Medicine titled, "Expiratory Positive Airway Pressure for Sleep Apnea After Stroke: A Randomized, Crossover Trial."

**Dr. Wing** was a co-author on "Care Received by Elderly US Stroke Survivors may be Underestimated," an article which was accepted for publication in the journal, Stroke.

**Dr. Wing** co-authored an article to be published in the Journal of Stroke and Cerebrovascular Diseases titled, "Mexican Americans are Less Likely to Return to Work Following Stroke: Clinical and Policy Implications." The article is posted [online](#), ahead of print.

## Student Highlights—

We are extremely proud of the level of involvement and commitment to public health demonstrated by our students on a regular basis. In addition to the achievements already mentioned in this newsletter, here are a few more examples of the outstanding way they continue to represent GVSU-MPH:

**Isaac Clark**—presented at a GVSU Teach-in on Social Capital and the Role of Race.

**Shayla Henrikson**—led a volunteer group of GVSU-MPH students to Flint to distribute water and filters during the Flint water crisis.

**Denielle Riley**—awarded a Presidential Research grant for her research, "Midwives for Haiti: Process Evaluation of Postpartum Data Collection."

**Maria Dunneback**—currently serving as President for the (HPGSA) Healthcare Professionals Graduate Student Alliance.

**Harneet Brar & Nirav Ribadiya**—were each awarded International Student Scholarships for 2016-2017.

**Mic Garcia**—received an "Excellence-in-a-Discipline" (Outstanding Graduate Student in the Major) Award, presented by Provost Gayle Davis at the Student Awards Convocation.

**Sarah Nota**—received the "People's Choice" award at this year's 3-Minute Thesis competition for her thesis: "Sexual Health Education Among the Intellectually and Developmentally Delayed Population in Western Michigan." **Lauren Wiltshire** also represented MPH very well in the competition.

**MPH students and faculty** stepped up this winter to contribute items, financial support, and other aid for one of our own— an MPH student who lost her home and belongings to a fire.

## Alumni Updates

Congrats to all of our graduates who are using their degree and contributing to the field of public health!

**Albright, Daniel** (2015) - Departmental Analyst; MDHHS. (Lansing, MI)

**Brewer, Hailey** (2016) - Emergency Preparedness Coordinator; Mid-Michigan District Health Dept. (Stanton, MI)

**Gero, Angelina** (2015) - Medical Record Data Abstractor; Meridian Health Plan. (Kalamazoo, MI)

**Gritters, Danielle** (2015) - Improvement Specialist; Spectrum Health. (GR)

**Heller, Ashley** (2015) - Infection Preventionist; Allegiance Health. (MI)

**Hurden, Isabel** (2015) - Pediatric Genomics Epidemiologist; MDHHS/MPHI. (Lansing, MI)

**Kampenga, Kristin** (2015) - Master's of Medical Science in Physician Assistant Studies Candidate; Lincoln Memorial University. (Harrogate, TN)

**Lee, Amber** (2015) - Infection Control Coordinator; North Ottawa Community Health System. (Grand Haven, MI)

**(Mahoney) Ludington, Chelsey** (2016) - Adjunct Professor; Lincoln Memorial University. (Harrogate, TN)

**McCollum, Kasey** (2016) - Doctoral Candidate; Wayne State University. (Detroit, MI)

**Peterson, Kelsey** (2015) - Data Analysis; MI Health & Hospital Assoc. (Okemos, MI)

**(Stankey) Cogswell, Megan** (2015) - Simulation Center Specialist; GVSU. (GR)

**Sunday, Rachel** (2016) - Administrative Specialist; Lakeland Health. (Benton Harbor, MI)

**VanDam, Isaac** (2016) - student; Wayne State University School of Medicine. (Detroit)

**Warfield, Tempest** (2015) - Early Intervention Specialist; The Grand Rapids Red Project. (GR)

**Wegner, Lisa** (2015) - Program Coordinator for Shape Michigan; Greater Ottawa County United Way. (Holland, MI). Lisa is also temporarily working as a Nutrition Education Consultant for Produce for Pantries; Michigan Fitness Foundation.

Lisa was also presented [GLC-SOPHE's](#) Student Award, by President-elect Phoebe Goldberg on May 19. This award goes to "an outstanding student who has excelled in health education curriculum." Lisa was nominated by her graduate preceptor, Heather Alberda (Ottawa County Health Department). Lisa worked with Ms. Alberda and the Wear One Campaign to showcase her health education skills during her graduate practicum and project. Congratulations Lisa!



**White, Catherine** (2016) - Care Coordinator; Meridian Health Insurance. (Detroit)

**Wiltshire, Lauren** (2016) - Program Coordinator II; National Kidney Foundation of MI. (GR)

*If you are a GVSU Public Health Alumna/Alumnus, we want to know how you are using your MPH degree! Please send your news to: [kosterhe@gvsu.edu](mailto:kosterhe@gvsu.edu), with the subject, "Alumni Update" or use this [Graduate Information form](#).*

## Congratulations to our Newest Alumni !

On April 30, we celebrated as another group of MPH students walked across the stage to receive their degree!

Sara Apol  
Jon Bialowicz  
Hailey Brewer  
Emily Churchard  
Katie DeCamp  
Mic Garcia  
Val Guzman  
Tyler Hoerle  
Isabel Hurden  
Kristin Kampenga  
Amber Lee  
Chelsea Mahoney  
Torya Marlow  
Kasey McCollum  
Ida-Sheree Miner  
Donald Nowicki  
Kasie Pickart  
Madie Rodts  
Heidi Sarles  
Brent Spike  
Rachel Sunday  
Kara Talen  
Jessica Terpstra  
Isaac VanDam  
Lisa Wegner  
Catherine White  
Lauren Wiltshire



GRAND VALLEY  
STATE UNIVERSITY  
PUBLIC HEALTH ALUMNI



## Emphasis: Health Promotion

With many options to choose from, it is difficult to pinpoint an exact topic to address in this section on Health Promotion. As part of the MPH program, students work with faculty and community partners to complete a graduate project. During the winter semester, health promotion students focused their projects on a variety of interesting and important public health topics. We thought it might be fun to let their work guide the selection of topics for this section!

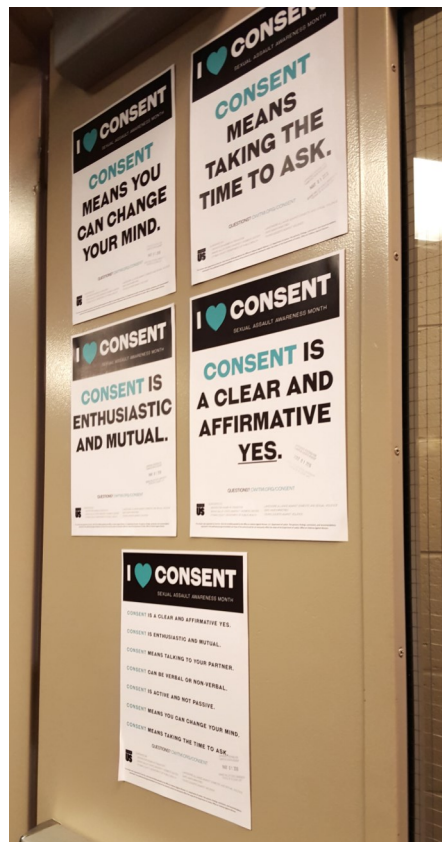
### Worksite Wellness

According to the CDC, workplace health promotion contributes to increased productivity, rejuvenation, and positive well-being among employees. Health promotion students **Madie Rodts** and **Catie White** are enthusiastic about worksite wellness. Their projects focused on: 1) the desire and usefulness of electronic health trackers while at work, and 2) the importance of program evaluation among companies with recently established wellness programs. Their work endorses worksite wellness efforts to developing a healthy workforce. One approach to worksite wellness is campaigns to emphasize the benefits of walking or taking the stairs. For example, GVSU incorporated signs, like this one in Eberhard Center (see below), to encourage employees, students, and visitors to take the stairs.



### Sexual Health

Other Health Promotion students focused their graduate projects on topics related to sexual health, such as the use of online dating apps and STI prevention (**Katie DeCamp**), condom availability and attitudes (**Lisa Wegner**), and how to incorporate a sex positive atmosphere on campus (**Sara Apol**). Similar sexual health topics have recently been highlighted at the local and at the national level.



During the fall semester, health promotion students attended a viewing of *The Hunting Ground* at GVSU. Sexual violence is a complex public health issue that negatively affects a substantial number of individuals, including college students (Armstrong, Hamilton, & Sweeney, 2006, Branch & Richards, 2013). In 2014 the White House

Task Force to Protect Students from Sexual Assault published a call to action for preventing sexual violence on college campuses. GVSU is taking many steps to address sexual assault on campus, as outlined in this [health promotion campaign](#), and information on consent. (See the photo in the middle of this page for a sampling of consent signage, as posted in Winter Hall.)

Students in the PH 505 course had the option to further their knowledge on social determinants of sexual health by attending a local event focused on facts and tips for parents when asked questions about sexual feelings and behaviors. The event was held by the [The Love Bus: Sex Ed on the Move](#) (“The Love Bus”), a new nonprofit that plans to travel west MI “to provide free reproductive health education and prevention resources to at-risk high school and college students as well as their parents with the primary focus on becoming comfortable with uncomfortable conversations related to sexual health.” Nationally, the American Public Health Association announced the Opening General Session at the Annual Meeting in 2017 will be given by Cecile Richards, president of the Planned Parenthood Federation of America and the Planned Parenthood Action Fund. This organization ensures the right to health among approximately “2.7 million patients and provides sex education and outreach to 1.5 million people” each year. ...continued

Please go to [page 11](#) to continue reading this article; See “Emphasis: Health Promotion...continued”

## Spring/Summer 2016 eMPHasis Hyperlinks

Below you will find the exact address of each of the hyperlinks found within this issue. Please note that we do not control or necessarily endorse these websites. It is also presumed that these links may become out of date or broken over time.

Page 1:

- Grand Valley State University Department of Public Health: <http://www.gvsu.edu/sph/>
- Master of Public Health, MPH Graduate Program: <http://www.gvsu.edu/grad/mph/>
- sHaPe Camp (Summer Health Activities and Professions Exploration): <https://www.gvsu.edu/rmsc/shape-camp-16.htm>
- GVSU Public Health Society (Student Org.): <https://orgsync.com/76721/chapter>
- MIPERC Conference: <https://www.gvsu.edu/miperc/2016-miperc-conference-16.htm>
- Michigan's Premier Public Health Conference: <http://www.malpb.org/news/michigans-premier-public-health-conference>
- CHP Global Health Showcase: <https://www.gvsu.edu/grad/mph/module-events-view.htm?siteModuleId=4144B424-D556-8129-06FD14F727C68AC5&eventId=6BF17A7F-CB09-6B38-76F655AE0C96C78A>
- Great Lakes Chapter—Society for Public Health Education (GLC-SOPHE): <http://www.glcsope.org/>
- American Public Health Association Annual Meeting (APHA): <http://www.apha.org/annualmeeting>
- MPH Events calendar: <http://www.gvsu.edu/grad/mph/module-events-index.htm?siteModuleId=4144B424-D556-8129-06FD14F727C68AC5>
- Grand Valley State University-Public Health Facebook page: <https://www.facebook.com/publichealthatgvsu>
- Grand Valley State University-Public Health Instagram: <https://instagram.com/gvsupublichealth/>
- Grand Valley State University-Public Health Twitter: <https://twitter.com/gvpublichealth>

Page 2:

- GVNow article on GVSU's Certified Healthy Department program: <http://www.gvsu.edu/gvnow/2016/departments-designated-healthy-9176.00000.htm>
- GVSU Master of Public Health: <http://www.gvsu.edu/grad/mph/>
- GVSU Master of Science in Clinical Dietetics: <http://www.gvsu.edu/grad/clinicaldiet/>
- Council on Education for Public Health: <http://ceph.org/>
- Accreditation Council for Education in Nutrition and Dietetics (ACEND) of The Academy of Nutrition: <http://www.eatrightacend.org/ACEND/>
- GVSU's Traverse City Regional Center: <https://www.gvsu.edu/traverse/>
- GVNow article featuring MPH program expansion in Traverse City: <http://www.gvsu.edu/gvnow/2016/health-professions-programs-expand-to-traverse-city-9173.00000.htm>
- The Grand Valley State University-Public Health Facebook page: <https://www.facebook.com/publichealthatgvsu>
- Grand Valley State University-Public Health Instagram: <https://instagram.com/gvsupublichealth/>
- Grand Valley State University-Public Health Twitter: <https://twitter.com/gvpublichealth>

Page 3:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/>
- CDC Emergency Operations Center: <http://www.cdc.gov/phpr/eoc.htm>
- CDC Office of Public Health Preparedness and Response: <https://www.cdc.gov/phpr/>
- The (Jimmy) Carter Center: <https://www.cartercenter.org/>
- The Task Force for Global Health: <http://www.taskforce.org/>
- Emory University Rollins School of Public Health: <https://www.sph.emory.edu/>
- APHA's The Nation's Health article: <http://thenationshealth.aphapublications.org/content/46/5/E29.full>
- GVSU's National Public Health Week events: <http://www.gvsu.edu/grad/mph/celebrating-national-public-health-week-2016-34.htm>



Page 4:

- American College of Healthcare Executives: <https://www.ache.org/>
- Collective Impact Forum: <https://collectiveimpactforum.org/>
- Community Toolbox: <http://ctb.ku.edu/en>
- KConnect: <http://k-connect.org/>

## Spring/Summer 2016 eMPHasis Hyperlinks—continued

Page 6:

- Michigan Public Health Association: <https://www.mipha.org/>

Page 7:

- Online article, “Mexican Americans are Less Likely to Return to Work Following Stroke: Clinical and Policy Implications”: <http://www.sciencedirect.com/science/article/pii/S1052305716001579>

Page 8:

- MPH Graduate Information form: <http://goo.gl/forms/ZP1cO6jivNZpObbh1>

Page 9:

- Health promotion campaign, It's On Us: <http://www.gvsu.edu/itsonus/>
- The Love Bus: Sex Ed on the Move (description from its GoFundMe page): <https://www.gofundme.com/thelovebus>

Page 11:

- CDC—workplace health promotion: <http://www.cdc.gov/workplacehealthpromotion/>
- Not Alone: <https://www.notalone.gov/>
- It's On Us: <http://www.gvsu.edu/itsonus/>
- APHA Opening General Session: <http://www.apha.org/events-and-meetings/annual/schedule/opening-general-session>

Page 12:

- GVSU Public Health Society (Student Org.): <https://orgsync.com/76721/chapter>
- GVSU PHS Facebook page: <https://www.facebook.com/publichealthsociety>

## Emphasis: Health Promotion ....continued from page 9

### Health Literacy, Child and Family Wellness

**Alaina O'Mara** conducted her project on health literacy, building on knowledge from the PH 626 course. Improved health literacy is critical to the attainment of many Healthy People 2020 Objectives. Additional graduate projects focused on health promotion among youth and families. Topics included: barriers to WIC participation (**Lauren Wiltshire**), family stress (**Kara Talen**), and challenges faced by parents of children with special needs (**Emily Churchard**). Incorporating a healthy lifestyle at an early age can help shape long-term behaviors and norms.

Family members may influence each other's positive and negative health behaviors. Lauren, Kara, and Emily explored multiple levels of the Socioecological Model to provide information that may be used by community partners.

Health Promotion students demonstrated their ability to take what they have learned in the MPH program and apply it to make a difference in various communities and organizations. Moving forward the application of these skills should be helpful in their public health careers. As Mahatma Gandhi once said, “Be the change you wish to see in the world.”

### References and Resources

#### [CDC—workplace health promotion](http://www.cdc.gov/workplacehealthpromotion/)

Armstrong, E. A., Hamilton, L., & Sweeney, B. (2006). Sexual Assault on Campus: A Multilevel, Integrative Approach to Party Rape. *Social Problems*, 53 (4), 483-499.4.

Branch, K. A., & Richards, T. N. (2013). The Effects of Receiving a Rape Disclosure College Friends' Stories. *Violence against women*, 19(5), 658-670.

#### [Not Alone](http://www.notalone.gov/)

#### [It's On Us](http://www.gvsu.edu/itsonus/)

#### [American Public Health Association \(APHA\) Annual Meeting \(2016\)/ Opening General Session](http://www.apha.org/events-and-meetings/annual/schedule/opening-general-session)

## Master of Public Health

### Ranelle Brew

Associate Professor  
MPH Program Director  
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### Katie Barnhart

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### Lara Jaskiewicz

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### Azizur Molla

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### Karen Niemchick

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### Kelly Strutz

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### Jody Vogelzang

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Master of Clinical Dietetics Program Director

### Jeffrey Wing

Assistant Professor

### Heather Koster

Department Coordinator

### Student Worker

Russell

## About Us

The Department of Public Health at Grand Valley State University prepares students through our new and emerging programs, and uses collaborative partnerships to meet diverse community health needs through educating future leaders, and promoting social justice.

Grand Valley State University's Master of Public Health (MPH), offered by the Department of Public Health, prepares students by enhancing career opportunities through the acquisition of quantitative and qualitative problem solving research skills, service, and experiential learning. Public health professionals promote good health and prevent disease within communities. The MPH provides graduate and community-based education and research grounded in social justice to help meet these goals.

## Contact Us

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## GVSU Public Health Society



The Public Health Society was busy creating events for our MPH students that were social, educational, and even raised funds this year! They started off the winter semester with a new leadership team voted in the previous semester.

The society helped plan and took part in a few activities during national public health week. They raised awareness and helped raise money for Flint during the water crises. Additionally they took part in a scavenger hunt along with the GVSU Public Health department on Allendale campus.

The highlight of the semester was successfully obtaining a GVSU student group grant of \$2,000 that will be used to send 9 MPH students to APHA in Denver in the fall. Additional money was raised for this trip by selling PHS and Public Health merchandise in the form of tumbler cups and t-shirts.

A social event welcoming the recently accepted MPH students was held this spring at Founders, and we were able to meet and greet the next incoming class.

### PHS Executive board:

President:	Gert Wallis
Vice President:	Chris Jones
Fundraising:	Lila Gani
Volunteer:	Ashley Fife
Secretary:	Tori Alvarado
Treasurer:	Dzenisa Dzajic

## GVSU Public Health Society

### MISSION:

- Promote the public health profession
- Educate students about various opportunities in public health
- Provide professional development for students interested in public health careers
- Connect students interested in public health with their peers
- Improve the health of the Grand Valley State University community through health campaigns, research and policy.

**DUES:** \$0

**MEETINGS:** CHS 211

**DATES/TIME:** July 27, 5:20-6:00pm

Fall meetings TBA