

# HBHE News

Department of Health Behavior and Health Education

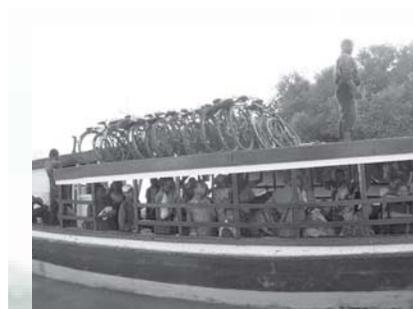
Spring  
2011

Gillings School of Global Public Health  
The University of North Carolina at Chapel Hill

## Images

from

## Africa



*Clockwise from upper left: commuter ferry in Mozambique, children's clinic in Rwanda, Jo Anne Earp at Muhimbili project office in Dar es Salaam, alumna Nicole Bates (MPH 2000) on a gorilla trek in Rwanda, mobile AIDS education unit in Dar es Salaam, waiting at the clinic in Rwanda, the Earps at a young men's camp in Tandale Ward, women at a water pump in rural Malawi*

## Department Name Evaluation Committee Formed

*What's in a name?* Chair Jo Anne Earp has created a new committee to help us evaluate the department's name. Committee members are Noel Brewer (associate professor and committee chair), Suzanne Maman (associate professor), Karen Strazza Moore (MPH 1991), and Delesha Miller Carpenter (PhD 2009).

*continued on page 7*



In my 35+ years at Carolina, I've read hundreds of statements from applicants who've lived in Africa, worked with many students who plan to devote their careers to populations there, and keep in contact with quite a few alumni who have made enduring contributions in that part of the world. This past December, I finally heeded the urgings of so many of them and spent 18 days there.

Even in the most fulfilling life, when we accomplish much and enjoy ourselves along the way, many experiences are routine, if not humdrum. Other times we remember with crystalline clarity: my years in the Civil Rights movement in Mississippi and Louisiana in 1964 to 1966; my first year at Carolina as a (very) junior faculty member, no post-doc, and no other women on the faculty; my first article accepted and NIH grant funded. My two-and-a-half weeks in Africa this past December was one of those unforgettable, transformative, life-changing experiences.

Our way, way too brief visit took me, and my husband Shelley, to Malawi, Tanzania and Zanzibar. In Malawi we were met by Julie Sweedler (MPH 1994), currently education director at Bokamoso Private Hospital in Gaborone, Botswana. Following in UNC Chancellor Holden Thorp's footsteps the week before, Shelley toured the UNC Project in Lilongwe, the capital of Malawi, led by Dr. Mina Hosseinipour, Clinical Director. Here UNC School of Medicine employees are working on a state-of-the art malaria vaccine trial as well as AIDS treatment and prevention research and creating a surgical residency training program. Meanwhile Julie, her nurse midwife friend Jane Arnold, and I, were escorted by two health outreach workers to visit Bwaila Hospital's large antenatal clinic and HIV program for prevention of mother to child transmission.



The clinic was filled with mothers with children strapped to their backs with multi-color cloths called *chitenge*. At Bwaila we saw the full power of

health education "on the ground," with prevention and HIV testing messages delivered to a crowded room full of women singing and clapping to call-and-response "teaching" songs led by a nurse educator. It was unlike any education session I had ever experienced; I was inspired by the nurse's ability to do so much for so many with so little, by the participants'

courage and commitment to their children (some having walked hours to attend the early morning clinic), and by everyone's steadfastness and hopefulness in the face of incredibly challenging circumstances.

With warm farewells to our hosts in Lilongwe, we went to a local village to visit a child participating in a clinical trial and then an orphanage school. After that we journeyed to the Serengeti. My husband decided at the outset of our five and a half days on safari to count the number of lions we saw as we drove over deeply rutted roads through the scrub plain. With Ebenezer, our amazing safari guide, nudging our land cruiser forward so we were within six feet of it, our 45<sup>th</sup> lion was a huge male, lying in the middle of the road, seemingly oblivious to the many land cruisers all around it, obviously feeling protected by the sanctuary of the Serengeti.



During our nights in the bush we drifted off to sleep under an amazingly clear southern hemisphere set of constellations, only to be awakened early one morning by the munching of water buffalo and the mooing, another morning, of a herd of wildebeest that completely surrounded our tent.

After a trip to the Oldupai Gorge, where we saw, although didn't walk in, the footsteps of the first humans discovered by Mary and Louis Leakey, and contemplated the astonishing artifacts of the beginnings of human life the Leakeys found in the Gorge's five geological layers, more birds and animals awaited us in the Ngorongoro Crater and Lake Manyara, before we returned to Arusha. This large city near the border of Tanzania with Kenya, where Melissa Watt (PhD 2008) did her dissertation research, is perched at the foot of Mount Kilimanjaro. Co-

Earp, continued on page 14

# Alumna Spotlight

HBHE grads effect positive change the world over  
*positive change*

## Judi Aabel and the Grandmother Project

Alumna **Judi Aabel**, PhD (MPH 1983) is the executive director of the Grandmother Project. For over 20 years Judi has worked in community nutrition and health programs, primarily with NGOs, and mostly in Africa, but also in Latin America and Asia. For the past ten of those years, Judi's specific interest in these programs has been the culturally-designated role of grandmothers (GMs) as advisors and supervisors of younger women, mothers and families. Over time she has found herself increasingly convinced that there is a significant gap between "household cultural realities" where senior women play an active and influential role, and "development programs," where the role of female elders tends to be ignored, or at least minimized. Particularly in non-western societies GMs are an abundant and underutilized resource, or asset, for programs focused on the well-being of women and children.

With this in mind, Judi has worked with various NGOs on developing approaches that engage GMs, along with other community actors, in order to strengthen their knowledge of "optimal" health, nutrition and child development concepts and practices. Small scale experiences in various countries (Laos, Mali, Senegal, Uzbekistan, Albania, Djibouti and Mauritania) have shown that grandmother involvement can contribute to increased program results (i.e., changes in practices of family members related to women and children's health and well-being) while at the same time strengthening communication between the generations and within families and communities in general.

In 2005 Judi co-founded the Grandmother Project (GMP), an American NGO that she directs from Rome, Italy and Mbour, Senegal. GMP is committed to promoting programs that are grandmother-inclusive and that encourage intergenerational communication and learning as well as the use of participatory and empowering approaches. GMP develops community initiatives that promote positive, sustained improvements in the lives of women, children and families by building on existing cultural and community values, roles and resources. GMP's aim is organizational capacity building, particularly helping other organizations with operational community programs develop grandmother-inclusive and intergenerational programs involving grandmothers as resource persons. A sec-

ond goal of GMP is strengthening intergenerational relationships to improve the results of programs that promote the well-being of women and children while increasing social cohesion in families and communities.

In addition to grandmother inclusion, intergenerational learning is another major pillar of GMP's work with both communities and schools. The major GMP activity at present is a three year project with World Vision in southern Senegal entitled *Developpement Holistique des Filles* (Holistic Girls' Development). The project has contributed to changes in community norms related to three widespread problems in this part of Senegal, early marriage, teen pregnancies and female genital mutilation, while strengthening positive cultural roles and values.

One of GMP's priority areas is knowledge creation. In this context they continue to be interested in establishing or strengthening collaboration with universities, including University of London, University of Massachusetts, and George Mason University. In each of these cases graduate students have developed and tested different methodologies that relate to and then are used in GMP field activities.

Several HBHE alumni are involved in the Grandmother Project. **John Hatch** (DrPH 1975) serves on the organization's Board of Directors. **Erma Manoncourt** (PhD 1986) is currently working on a documentation project for GMP. ☞

[www.grandmotherproject.org](http://www.grandmotherproject.org)



A group of grandmothers with Judi in Mauritania

The Grandmother Project has a unique approach to working with communities to improve the lives of children and women in these areas:

- Maternal and child nutrition and health
- Reproductive health
- Early childhood development
- Water and sanitation efforts
- Education
- Female genital mutilation
- HIV/AIDS

The GMP approach can be adapted and integrated into the community programs of any organization that addresses these issues.

## A visit by renowned public health expert and author Larry Green

### Peers for Progress Reaches out to Latino Adults in the U.S. with Diabetes

The Peers for Progress program, led by Professor Edwin Fisher and supported by the American Academy of Family Physicians (AAFP), has received a \$5 million grant from the Bristol-Myers Squibb Foundation. The grant will fund a three-year demonstration project to evaluate how the combination of peer support and community outreach with high-quality, patient-centered primary care can affect health outcomes and quality of life for low-income Hispanic adults with diabetes.

Key partners for this latest endeavor include the National Council of La Raza, the largest Latino civil rights and advocacy organization in the United States, and TransforMED, a subsidiary of AAFP that helps primary care practices provide more effective, patient-centered care. Together, the partners will develop protocols and training materials for peer and community support and for integrating these tools with primary care.

“Type 2 diabetes affects about one in twelve Americans and could affect as many as one in three Americans by 2050,” Fisher said. “The disease disproportionately affects the poor and elderly, as well as certain minority populations, including African Americans, Hispanics, Native Americans and Asian Americans.”

In particular, this project focuses on diabetes care in the context of a patient-centered medical home. Patients will be connected to peer support and community resources to help them overcome the challenges of living with diabetes. Peers for Progress and the National Council of La Raza will help develop peer support or *promotora* programs that assist individuals with diabetes in managing several aspects of their care.

In addition to initiating and evaluating demonstration sites, the project will develop a variety of resources for dissemination across the U.S. through networks already established by both La Raza and the Peers program. These tools will focus on how to train peer supporters while offering guidance to organizations on how to carry out and evaluate the effectiveness of their work.

“Integrating peer support and community outreach within the patient-centered medical home model of care can dramatically impact the health and quality of life for patients living with diabetes,” Fisher said. “By pooling the resources of all the partners, we can provide high-risk communities not only models for diabetes but also most of the other chronic diseases whose management also centers on healthy diet, physical activity, and regular, quality care.” ☞

Public health expert Lawrence W. Green, DrPH, was invited to give a lecture for HBHE on November 30, 2010. He spoke to an overflowing auditorium of faculty members and students about “Bridging the Evidence Gap: If We Want More Evidence-Based Practice, We Need More Practice-Based Evidence.”



Green, professor of epidemiology and biostatistics in the University of California at San Francisco School of Medicine and co-leader of UCSF’s Comprehensive Cancer Center’s Society, Diversity and Disparities program, contends that research can be made more relevant, useful and actionable in public health and health promotion practice. In addition to the highly controlled, randomized studies necessary to test both theories and the efficacy of interventions under ideal circumstances, he also proposes testing more robust, ecologically complex interventions in natural population settings and systems. With this idea in mind, Green discussed the Institute of Medicine report on *Bridging the Evidence Gap in Obesity Prevention: A Framework to Inform Decision Making*.

While at UNC, Dr. Green attended a presentation by a group of MPH students who had applied Green’s PRECEDE-PROCEED planning model to their work.

“I am happy that he was engaged in our presentations,” said student Alison Mendoza. “I also very much enjoyed his insights as to the direction of health education in light of Dr. [Thomas] Frieden’s report. In the student session, Dr. Green stressed the importance of advocacy and using community health education to influence policy makers. In this regard, he echoed the sentiments of many second-year health behavior and health education students in that, while not presently part of the core curriculum, health communication, particularly in relationship to advocacy, is a skill that is integral to our success as public health practitioners.” ☞

“I am happy that he was engaged in our presentations,” said student Alison Mendoza. “I also very much enjoyed his insights as to the direction of health education in light of Dr. [Thomas] Frieden’s report. In the student session, Dr. Green stressed the importance of advocacy and using community health education to influence policy makers. In this regard, he echoed the sentiments of many second-year health behavior and health education students in that, while not presently part of the core curriculum, health communication, particularly in relationship to advocacy, is a skill that is integral to our success as public health practitioners.” ☞

Above, Dr. Larry Green, a public health history buff, stands beside a photograph of Drs. Milton Rosenau, the School’s first dean, and Lucy Morgan, founding chair of what is now the Department of Health Behavior and Health Education.

Speaking of Larry Green... HBHE alumna **Michelle Kegler** (DrPH 1995) received the **Lawrence W. Green Paper of the Year Award** in 2010. More in the *Alumni: Who’s Doing What* section starting on page 16.

## Dinner with John Hatch

*On November 4, 2010, the School held the World of Difference Dinner, an annual event that brings together and celebrates scholarship supporters and awardees. Two current master's students were invited to attend the dinner: Holzworth Scholar Jenny Brown and Hatch-Barnhill Fellow Arcenia Lampkins. The two of them shared their impressions of the evening with us, a highlight of which was meeting alumnus Dr. John Hatch, who was a HBHE faculty member in the 1970s, '80s, and '90s.*

The World of Difference Dinner was an evening to remember. Not only because the gifts from the generous alumni and donors in the room make a world of difference to HBHE faculty and students, but also due to the air of UNC pride that was unmistakable in the gathering of so many who actively support and believe in the School.

We were seated at a table of HBHE alumni and faculty, including John Hatch (DrPH 1975) and Department Chair Jo Anne Earp. Two women in our twenties, we received an education that night

from stories dating back generations before we were born. We listened in awe as Dr. Hatch reminisced with Dr. Earp and former Dean of Students William Small, Jr. (ENVR MSPH 1969) about his



life and his time as HBHE faculty and before joining the department. There was no doubt in our minds that we follow in the footsteps of amazing minds and big hearts.

After spending many years helping to develop and direct a community health center in rural Mississippi, John Hatch came to the School of Public Health in 1971 as a doctoral student in the department, which was then called HEED (Health Education). He joined the faculty and remained in the department until he retired in 1999. He and his charming wife, Fledra, have three children: Robert Hatch, an orthopedic surgeon, who was also a student in the nutrition department; Allan Hatch (PALP 1985) who also earned an MSPH and is now a cardiologist; and Leah Hatch, a speech pathologist. He is also grandfather to six, one of whom (Braziel Hatch) is a first year MPH student here in Biostatistics. Their professions represent the strong sense of service in the Hatch family.

During dinner, Dr. Hatch's stories took us to places we had never imagined. He reminisced how as a child he used to tell his parents that he wanted to be a senator when he grew up—this after he saw a very poor man who lived in his community become a United States Senator. This poor man's rise to suc-



cess inspired Dr. Hatch in school and in life. His grandmother encouraged him by acknowledging the big changes she witnessed during her lifetime. His grandparents were slaves who lived long enough to ring in freedom. Dr. Hatch attended church with his grandmother and heard firsthand the history of slavery in the US through church members' testimonies, songs, and prayers that gave thanks to God for freedom and for the fact that they would be able to live and be buried with their families and not separated in slave auctions as had been common before emancipation. They also prayed for better times to come.

Dr. Hatch didn't grow up to be a senator, but it doesn't sound like he regrets it at all. One of his legacies, which we learn about in classes and admire, is his work on the Mississippi Delta. When we asked him about progress in that community, he said he believes African Americans have made "phenomenal gains," both socially and politically. Dr. Hatch modestly noted that the health center he helped to develop in Mound Bayou played a role in this change, with its emphasis on community participation and the importance of community diagnosis. He cited Lucy Morgan as paving the way for the work he did in Mississippi, how her focus on health disparities opened up lines of communication between those working in public health and medicine, bringing attention to the need to create a graduate training program in public health for African Americans. Dr. Morgan was advocating for this in the 1940s, a time when it was illegal to teach African Americans and Whites under the same roof. Because of Dr. Morgan's vision, UNC professors began to teach health education, epidemiology, and biostatistics courses at what was then North Carolina College for Negroes (now NC Central University).



*Hatch, continued on page 7*

Clockwise from left: Dr. John Hatch, Arcenia Lampkins with Fledra and John Hatch, Jenny Brown. Photos by Tom Feldner,

## New Faculty

### Introducing Christine Rini

Christine Rini joined the faculty in 2010 as a research assistant professor. A behavioral psychologist, she carries out research in several areas of departmental strength, including health communication, e-health, and social support. Questions she has explored for the past nine years include:



- ◆ The ways cancer may affect patients and their social networks and, alternatively, how social networks facilitate or hinder cancer prevention, treatment, and quality of life, and
- ◆ How partners and family members influence patients' medical decision-making. In particular, Rini is developing a theoretical model that could help interventionists account for the influence of significant others on the medical decision-making process, particularly in the context of a single health event.

Rini holds an MA and PhD in Social Psychology from UCLA. After completing a post-doctoral fellowship at the Mount Sinai School of Medicine's Department of Oncological Sciences, Rini spent five years as an assistant professor of Oncological

Sciences within MSSM's School of Medicine's Program for Cancer Prevention and Control.

"Chris represents a wonderful addition to our faculty," notes department chair Jo Anne Earp. "She adds depth to several areas of research and conceptual strength, particularly in the relatively unexplored area of cancer survivorship, an area that needs further research, given how cancer is moving from the 'death sentence' it once was to a chronic disease that must be managed."

Since joining the faculty at Carolina, Rini has expanded her interests further. She recently received a major R01 from the National Institute for Arthritis and Musculoskeletal and Skin Diseases for a three-year, \$1.6 million project, "Internet-based osteoarthritis pain coping skills intervention." Rini is teaming up with HBHE colleague Bob DeVellis plus collaborators from Duke on this grant.

"Twenty-one million Americans live with osteoarthritis (OA)," Rini notes, "but medical treatments for OA pain are limited and present risks, especially for older populations. Effective cognitive and behavioral pain coping skills interventions can help decrease the pain, disability and distress OA causes. Indeed, Bob DeVellis is a leader in this area, one reason why this initiative was such a good next step for me."

Drawing on learning techniques from Bandura's Social Cognitive Theory (e.g., modeling, mastery experiences and social reinforcement), Rini's randomized trial will use multimedia (animated demonstrations and interactive exercises) and expert systems technologies that mimic in-person interventions to reach people living with OA. ☪

### A Familiar Face: Luz McNaughton Reyes

The department also welcomes recent HBHE grad **Heathe "Luz" McNaughton Reyes** (PhD 2009), this time as a research assistant professor rather than as a doctoral student or post-doctoral fellow, recent roles she played in HBHE. Reyes graduated from our PhD Program in late 2009, after completing an award-winning dissertation under the direction of Professor Vangie Foshee [see page 12]. Luz brings over a decade of programmatic and research experience, mainly in the area of global reproductive health, under the auspices of Ipas, but also domestically through research, with Dr. Foshee, on the etiology and prevention of adolescent health risk behaviors. For her dissertation, which included multi-level data modeling and longitudinal data analysis, Reyes pursued answers to such research questions as how and when alcohol plays a role in teen dating violence and how best to intervene to reduce its prevalence. She is now extending her research to explore the relationship between youth violence and other substance use behaviors besides alcohol, including tobacco, marijuana, and hard drug use.



"We are very fortunate that Luz has agreed to stay on at Carolina as a member of the faculty," said department chair Jo Anne Earp. "Her presence deepens the department's strength as an intellectual 'hub' in the related areas of adolescent health, dating violence prevention, drug use prevention, and reproductive health in domestic and international settings." Reyes will contribute to the teaching mission as lead instructor for HBHE 761, the second semester of doctoral students' Advanced Research Methods course sequence.

"I am thrilled to join HBHE as a member of the faculty," said Reyes. "It's a privilege to have the opportunity to collaborate with faculty and work with students in the department."

## Cross Currents in Health Behavior and Health Education

Hatch, from page 5

In “A Framework for public health action: The health impact pyramid” (*AJPH* 2010), CDC Director Thomas Frieden shoe-horns counseling and education interventions into the top tier of his public health pyramid. Such programs, he argues, require the most individual effort and result in the least population impact because of their dependence on long-term individual behavior change. In Frieden’s words, the “need to urge behavioral change is symptomatic of failure to establish contexts in which health choices are default actions.”

In September faculty convened to discuss implications of Frieden’s article for the department, including how (or whether) the article might inform updates in how we define areas of strength, hiring priorities, and possibly even the department’s name.

“Tom Frieden did incredible work during his tenure as New York City’s Health Director,” commented department chair Jo Anne Earp. “He abolished trans-fats from restaurants, made restaurants list ingredients in the foods they serve, and implemented a progressive smoking policy throughout the city. Yet one key point that emerged from our discussion is that Frieden may have oversimplified what we do as behavioral scientists and health educators. This is a startling conclusion given that health behavior and health education constitutes a core public health discipline. We may still have some work ahead of us in educating colleagues about what we bring to the table.”

As several faculty emphasized, the intervention strategies we use are interdependent, aimed at multiple levels of the social ecological framework; to many, counseling and education are critical at all levels of the pyramid, not just at the top.

In future meetings, faculty will discuss how Frieden’s health impact pyramid might guide departmental hires, steer programmatic adjustments, and inform an update of the department’s three conceptual foci: health communication, interpersonal and social processes in health and illness, and community engagement. Frieden’s work has also spurred a re-examination, after twenty years, of whether the department’s name effectively conveys the innovative and important work of its faculty.

Stay tuned for more news of these evolving discussions!

*Name Evaluation, from page 1*

We are evaluating our name for several reasons. Dean Barbara Rimer has asked the School to think about where we’d like to be in 2020. The Department has also made substantial changes to our training programs. In addition, an external review identified considering a name change as one of ten priorities for the Department as we look toward the future. “This is an exciting opportunity to think about how our name represents who we are,” says Jo Anne. “I welcome all alumni input as we consider the options.”

photo: Tom Fuldner

Without prompting, Dr. Hatch spoke with pride about students he has taught and mentored. Some of these include: **Martha Monnett** (MPH 1992) who worked as a research assistant with him in Mississippi; **Cleopas Msuya** (MPH 1979) who went on to be the Director of the International Red Cross in Southern Africa; advisee Tops Guma who serves as the Director of HIV/AIDS Control in South Africa; **Eddie Mhlanga** (MCH MPH 1994) who is a Professor of Community and Social Medicine at the University of KwaZulu-Natal in South Africa and is on the board at FHI; and **Norah Ngwenya** (PHNU MPH1991) who now runs a department at a national level in Zimbabwe. **Judi Aibel** (MPH 1983), a HBHE graduate, who now makes her home in Rome, Italy, is another student whom Dr. Hatch communicates with regularly. She is the current CEO of The Grandmother Project, an international development organization working globally to improve the health and well-being of communities, and especially women and children. **Erma Manoncourt**, who was Director of UNICEF in Egypt, is a former student whom Dr. Hatch enjoys visiting. When Dr. Hatch recalls his students, he sounds like a pleased father.

Dr. Hatch has an abundance of captivating stories, including one about a trip to Switzerland where he woke up and didn’t know what time of the day it was (note that he still did not miss the lecture he was scheduled to give). A funny story, but also one he uses to illustrate the current state of African Americans, saying sometimes he doesn’t know “whether the sun is rising or setting.” He finds that in many respects poles between blacks and whites are further apart now than when he was a young man, citing the breakdown of family and community as possible reasons.



Hatch with friend and Mound Bayou collaborator Jack Geiger, the School’s 2010 Spring Commencement keynote speaker

We were inspired by the stories Dr. Hatch shared with us, as well as by Dr. Hatch himself. He made us take even more pride in being HBHEs. Hearing about what our alumni are currently doing provided us with more encouragement to go out in communities and continue this important work. We wish all of you could have been at the table to hear Dr. Hatch and are thankful that he allowed us to share his thoughts with you here. We are a new generation of public health students and we must remember that we follow in the footsteps of impressive leaders who have faith in us—faith that we, too, have great minds and big hearts. ☪

~ Jenny Brown and Arcenia Lampkins

## Cervical Cancer Initiatives

*Alumna receives major funding to research and reduce cervical cancer in South Florida*

**Erin Kobetz** (PhD 2004) and her team at the Sylvester Comprehensive Cancer Center at the University of Miami Miller School of Medicine were awarded more than \$4.2 million in funding from the National Cancer Institute for a five year project

aimed at reducing the excess rate of cervical cancer among minority women. Nationally, African-Americans and Hispanics are twice as likely to contract cervical cancer and twice as likely to die from the disease as non-Hispanic whites. Haitians in the Miami metropolitan area face an even higher incidence of disease.



The team at the University of Miami, from left: Olveen Carrasquillo, Sonija Kenya, Erin Kobetz, and Lee Sanders.

Led by Erin, an assistant professor of epidemiology and public health, and Olveen Carrasquillo, MD, MPH, associate professor of medicine and chief of the Division of General Medicine, the goal of the South Florida Center for Reducing Cancer Disparities (SUCCESS) is to eliminate cervical cancer health disparities in the South Florida community through increased cervical cancer screening.

While there have been significant reductions in cervical cancer incidence and death, primarily due to widespread use of the Pap smear, the numbers for blacks and Hispanics are not as encouraging. Erin is quoted as saying, "When you see pockets of women who aren't getting treated, that's an indicator that there is a failure of the larger health care system to provide equitable opportunities for disease prevention."

According to Erin much of the project will involve working with neighborhood partners to effectively marry academic research and resources with community needs and customs. Eventually, they hope to change the landscape of the community to support cancer screenings and education.

Part of that long-term work involves formally training junior faculty and community workers to become proficient in dealing with health disparities. That arm of the trial will be led by Erin and colleague Lee Sanders, MD, MPH, associate professor of pediatrics. The goal is to build a cadre of investigators who will continue this research within the community and at the University of Miami.

One particularly vulnerable group will be the focus of a pilot project: HIV-positive Haitian women. They have an increased risk of developing and dying of cervical cancer because their immune system is compromised. Sonija Kenya, EdD, assistant professor of family medicine and community health, and director of health disparities programs at the Jay Weiss Center for Social Medicine and Health Equity at Miami, will develop a community health worker program to provide culturally relevant education to this group of women. She hopes to determine if educational intervention leads to changes in knowledge, screening behaviors and appropriate follow-up care.

### *Brewer launches Cervical Cancer-free NC Initiative*

Associate Professor **Noel Brewer** and colleagues launched the NC Cervical Cancer-Free NC Initiative last spring with a major statewide kickoff event held in Raleigh that was attended by dignitaries from across the state. The Initiative is a multi-year project that aims to eliminate or substantially reduce cervical cancer in NC through vaccination against HPV coupled with effective screening for early signs of the illness. Initial funding comes from a \$2 million unrestricted educational grant from GlaxoSmithKline to Dr. Brewer and his colleague in Epidemiology, Dr. Jennifer Smith.



Noel Brewer at the launch

"North Carolina is a tremendous leader in this multi-state effort to end cervical cancer in our lifetime," said Governor Bev Perdue. North Carolina coordinates activities among six states. Each state will build a coalition of stakeholders in cervical cancer prevention, including government, private, nonprofit, and community groups. Using the Carolina Framework for Action Against Cervical Cancer, which identifies four opportunities for preventing the disease, participating states will develop demonstration projects that model ways to reduce cervical cancer. The framework, developed by Brewer and Smith, focuses on four prevention opportunities: reducing HPV infection; improving screening; reducing screening errors; and improving follow up care with women who receive an abnormal Pap smear.

"Cervical cancer is now fully preventable through vaccination, screening and early treatment. Use of those services needs to be higher to eliminate the disease," Brewer said. "In America, there's no excuse for anyone dying of cervical cancer. This is a cancer we can conquer." ☞

# Faculty Notes

## Promotions and Recognition

Congratulations to **Drs. Noel Brewer, Suzanne Maman, and Deborah Tate**. All three were recently promoted to associate professor with tenure.

Associate Professor **Noel Brewer** was recognized in 2010 with the Rutgers Early Career Alumnus Award for Distinguished Accomplishments and Service. Only one alumnus from Rutgers is selected each year to receive this award.

Professor **Susan Ennett** was one of eight individuals from across the UNC campus selected to participate in the Faculty Learning Community on Strategic Planning and Leadership, sponsored by the UNC Institute of Arts and Humanities. The year-long seminar, to be led by Chancellor Emeritus James Moeser, accepts a select group of faculty nominated from across the University to focus on academic leadership with a particular emphasis on strengthening departmental administrative units.



Associate Professor **Deborah Tate** gave the keynote address at the annual meeting of the International Society of Behavioral Nutrition and Physical Activity, held in Minneapolis in 2010. In her talk, “Moving on and moving more,” Tate focused on finding effective ways to use technology to promote healthier diet and exercise practices.

## HIV/AIDS Prevention

**Dr. Clare Barrington’s** formative study about male sex workers in the eastern region of the Dominican Republic is now informing HIV prevention efforts with support from the Academy for Educational Development/United States Agency for International Development (USAID). The study used social mapping, observation, and in-depth interviewing to collect data from male and transgender sex workers, two socially marginalized groups that are disproportionately affected by HIV in the Dominican Republic compared to the general population. Barrington trained local members of, *Grupo Este Amor*, a non-governmental organization working with men who have sex with men and with transgender persons to collect the data. **Kate Thanel** (MPH 2010) facilitated a participatory analysis process.

**Dr. Carol Golin** has teamed up with other UNC colleagues to launch “Seek, Test and Treat”, a five-year NIH grant that will focus on ways to prevent and treat HIV/AIDS among inmates in the criminal justice system. Each year, an estimated one in seven individuals infected with HIV spends time in a correctional facility. Dr. Golin and her research group represent one of 12 scientific teams in more than a dozen states that have received NIH grants for this purpose.

Recent research has demonstrated that treatment with antiretroviral therapy (ART) makes HIV less infectious. Identifying and offering treatment to HIV+ individuals can slow the spread of the virus, even as it improves the health and well being of those individuals. Dr. Golin’s research aims to reach patients in the criminal justice system, where the population has a high prevalence of HIV/AIDS yet often has poor access to treatment outside the system. This study, carried out in collaboration with colleagues at Texas Christian University, will focus on what they’re calling a “test, treat, link, and retain” strategy among 525 prisoners in North Carolina and Texas.

“A critical component after release will be helping participants get linked into their HIV care right away,” Dr. Golin said. “We know from studies in other settings that multifaceted programs help people stay on antiretroviral medicines better than single-pronged approaches.”

Dr. Golin and colleagues, including project manager **Catherine Grodensky** (MPH 2005), will use multimedia materials, including videos and face-to-face counseling, with study participants while they are in prison. “After they are released, we will use cell phone technologies to reinforce the intervention,” Dr. Golin explains.

## Cancer Prevention and Control

*In addition to Noel Brewer’s cervical cancer campaign (facing page), there is other news in this area of research...*



Kurt and Rebecca at the nation’s Capitol

In 2010, President Barack Obama signed into law the Prevent All Cigarette Trafficking (PACT) Act, which aims to prevent tobacco sales to minors and curtail the sale of tobacco products over the Internet. Research efforts by Associate Professor **Kurt Ribisl, PhD** and alumna **Rebecca Williams** (PhD 2005), research associate at the UNC Center for

Health Promotion and Disease Prevention, were instrumental in adoption of the legislation. The PACT Act requires Internet sellers to pay all taxes before delivery to customers, to verify age and identification of purchasers, and to comply with state and local consumer laws. It also bans delivery of tobacco products through U.S. mail. Ribisl was principal investigator of the Internet Cigarette Vendors (ICV) study, funded by the Robert Wood Johnson Foundation. Williams, co-investigator of the study, conducted the research with Ribisl as part of her doctoral dissertation. The study provided important statistics that helped shape the breakthrough federal policy. Ribisl briefed the Congressional Task Force on Tobacco and Health in August 2006. At that time, he reported on one of his studies showing that Internet vendors sold to minors (ages 11 to 15) in 92% of purchase attempts.

“We’ve made outstanding progress in reducing tobacco use by increasing cigarette taxes and blocking sales to minors,” Ribisl said. “We are pleased that the new legislation will help ensure that the Internet does not facilitate tax evasion or serve as an easy and cheap source of cigarettes for children.”

**Wizdom Powell Hammond**, assistant professor, served as

three times more likely to delay having their blood pressure checked.

“What we found is that mistrust of the medical system accounts for delays in using health care, especially among older African-American men,” said Hammond. “On the other hand, the survey results indicate that African-American men consider preventive medical services, like getting their blood pressure and cholesterol levels checked, as a demonstration of masculinity, rather than a denial of it.”

“Health care providers and public health professionals,” Hammond continued, “might consider leveraging traditional masculine self-reliance in their interventions and clinical encounters as a way to empower African-American men to “seize control” of their health. This gendered, patient-centered approach could shift power balances, perhaps inspiring greater health care system trust among African-American men.”

Dr. Hammond has also recently been invited to join a W. K. Kellogg Foundation-sponsored African American Male Initiative aimed at improving the education and life outcomes among 4th grade males in Durham.



an invited presenter in spring 2010 to the highly selective President’s Cancer Panel in Miami. In her presentation, she highlighted the disproportionately high cancer burden among communities of color and processes in the course of clinical care delivery contributing to this burden. Her remarks may be found at: [http://deainfo.nci.nih.gov/advisory/](http://deainfo.nci.nih.gov/advisory/pcp/pcp0210/summary.pdf)

[pcp/pcp0210/summary.pdf](http://deainfo.nci.nih.gov/advisory/pcp/pcp0210/summary.pdf).

Related to this talk, Hammond recently published results from an important study on “Masculinity, Medical Mistrust, and Preventive Health Service Delays among Community-Dwelling African-American Men” in the *Journal of General Internal Medicine*. The study was based on surveys given to 610 African-American men, age 20 and older, recruited primarily in barbershops in the North, South, Midwest, and West regions of the U.S. Hammond and colleagues found that, after adjusting for possible differences in age, education, income, health insurance, health status and access to a regular physician, men with a stronger commitment to traditional masculine role norms were 23 percent less likely to delay blood pressure screening and 38 percent less likely to delay getting their cholesterol checked.

On the other hand, men who reported being highly mistrustful of the medical system were more than twice as likely to delay routine check-ups and cholesterol screenings and over

## Social Entrepreneurship

Women in developing countries and in other areas where resources are constrained have seen their lives much improved when they received small loans (i.e., microfinance) combined with promotion of healthy behaviors within their families and communities. Associate Professor **Suzanne Maman** wants to know whether and how microfinance and leadership training could affect young men, especially those at risk of contracting and/or spreading HIV or being violent with their sexual partners. With a GILs (Gillings Innovation Laboratory) grant from the UNC Gillings School of Global Public Health, Maman is



now working with an established microfinance organization and public health partners in the U.S. and Tanzania to assess whether a combined microfinance and health leadership intervention is a feasible approach to working with young men at risk for HIV in Dar es Salaam. Maman and colleagues identified venues, called “camps,” as spaces where networks of young men get together regularly to socialize in Dar es Salaam. One of the key challenges to implementing interventions with marginalized populations is identifying places where individuals can be reached with programs. Camps may provide ideal venues for reaching men at high risk for HIV. If the team determines that combining microfinance and health leadership is a feasible approach to working with young men,

they will seek funds for a larger grant to evaluate the efficacy of this approach in reducing HIV risk and perpetration of partner violence.

Gillings Innovation Laboratories, funded through a gift to the School by Dennis and Joan Gillings, provide resources to accelerate delivery of real-world solutions for challenging public health problems.

## Worksite Health

With support from the University Cancer Research Fund, Associate Professor **Laura Linnan** kicked off the Carolina Collaborative for Research on Work, Health and Life (CCRWHL) in Fall 2010. This new initiative brings together faculty from across UNC to develop new research focused on the intersecting issues of work, health and life in the larger context of health care reform. Related to this effort, Linnan and colleagues recently received major support for a project funded as part of a larger NCI-U56 grant designed to build partnerships between Carolina and North Carolina Central University (NCCU). Specifically, Linnan is teaming up with **David Jolly** (HBHE PhD1993; HPM MPH 1982), now an associate professor and department chair at NCCU's Department of Health Education. Together, they will implement "Promoting Physical Activity Among Black Men in Barbershops." "We are very fortunate to have Drs. Linnan and Jolly collaborating on this partnership initiative bringing together the perspectives and expertise at UNC and NCCU," said Dr. H. Shelton Earp, Director of UNC's Lineberger Comprehensive Cancer Center and PI of the U56 grant. "Their leadership in all aspects of community-based participatory research will advance the prevention aims of the study, even as it supports the communities they work with."



In other news, the Turkish Ministry of Health recently contacted Dr. Linnan to let her know that she is one of nine chapter authors from the book *Health Promotion Programs: From theory to practice* (Jossey Bass 2010) selected to participate in their Health Promotion Symposium in April 2011 to be held in Istanbul. Linnan will be speaking on health promotion in workplace settings. The Turkish government is also exploring the translation of the book into Turkish.

In other research on health at the worksite, Research Associate Professor **Mike Bowling** joined his colleagues in publishing their recent finding that work permits (in effect in many states, including NC) do protect young people from being asked to undertake dangerous tasks (Dal Santo, Bowling and

Harris, *AJPH*, 2010). At the same time, permits have not curbed work hour violations, suggesting the need for stricter enforcement policies and improvements in work permit screening processes.

## Injury and Violence Prevention

Professor **Vangie Foshee** recently received a grant of nearly \$1.2 million from CDC to evaluate "Moms and Teens for Safe Dates," a program that aims to prevent psychological, physical and sexual dating abuse by adolescents who have been exposed to domestic violence. "Moms and Teens for Safe Dates" was originally developed by Foshee with department colleagues **Susan Ennett**, **Beth Moracco**, and **Mike Bowling** and funded by NIH. "Adolescents exposed to domestic violence are at greater risk for being abused by, and abusing, the people they date," said Foshee. "In this context, I'm very excited about conducting this new study, because the findings will have direct relevance for breaking the cycle of family violence that leads to so many public health and societal problems."

With the help of a \$1.45 million grant from NICHD, Foshee and colleagues are also testing the waters on how recent findings from genetic research may be applied within a public health context. Specifically, Foshee is leading an effort to determine how four genetic markers associated with aggression interact with such variables as stress, risk behaviors, and social controls emanating from family and peers to produce or constrain adolescent aggression, especially bullying, over time. ☞

## MPH Program Assessment a Model for Other Curriculum Review Efforts

*American Journal of Public Health* recently published an article by departmental faculty, alumni and staff focused on the recent changes to the HBHE master's program. "Engaging Key Stakeholders to Assess and Improve the Professional Preparation of MPH Health educators" (*AJPH* 2010) describes the systematic process, led by MPH Program Director Laura Linnan, used to assess the program's status, strengths, weaknesses, future directions and needs. This in turn led to the department's new MPH curriculum as reported on in these pages over the last two years.

"The HBHE MPH Program continues to lay the groundwork for training students who are successful in a wide range of public health education-related careers and capable of serving as leaders who address 21st-century public health priorities," said Dr. Linnan. "This article will serve as a guide beyond the walls of the Gillings School of Global Public Health for every program recognizing the importance of a well-trained public health workforce."

Interested in reading the whole article? You can find it in the October 2010 edition of *AJPH* 10(100). -Sarah Loeff

# Student Awards

## UNC Awards

**Heathe (Luz) McNaughton Reyes** received the very prestigious **Greenberg Award for Excellence in Doctoral Research** in 2010, the only award of its kind sponsored by the School. Luz completed her doctoral dissertation, "Adolescent Alcohol Use and Dating Violence Perpetration: Three Studies Examining Concurrent and Longitudinal Relations across Grades 8 through 12," under the direction of Professor **Vangie Foshee** in October 2009 with support from both an institutional and an individual NRSA Fellowship.

**Zulfiya Chariyeva** (MPH 2006) was awarded a UNC Graduate School **Impact Award** this spring for her research on HIV



in the state. The award recognizes analyses she conducted among people living with HIV in North Carolina to assess whether amount of counseling time and number of counseling sessions contribute to changes in their transmission risk behavior. Specifically, she studied a counseling style known as motivational interviewing (MI), examining the mechanism by which MI counseling works. Her research indicates that more counseling time and a greater number of counseling sessions are associated with safer sexual practices, and that MI is a promising intervention approach to reduce risky sexual behaviors. The results of Zulfiya's research could lead to more informed decisions by policy makers in the inclusion of motivational interviewing counseling techniques and defining the length of MI sessions for people living with HIV in North Carolina.

## Department Awards and Scholarships

### Harriet Hylton Barr Memorial Award

As we reported in our previous edition of *HBHE News*, the department lost a stalwart supporter with the passing of Harriet Hylton Barr in 2009. Harriet was an early alumna (MPH 1948), a long-time faculty member in HBHE, and life-long supporter of the School in her capacity as assistant dean of the Alumni Association. A great admirer of the department's founding chair, Harriet gave often and generously to our Lucy Morgan Award. In spring 2010 Harriet's family honored *her* with their own generous gift to the department, making it possible to confer our first *Harriet Hylton Barr Memorial Award*. Although the Barr Award was offered as a one-time gift, we're delighted to share the news that Harriet's family have decided to give the department *another* generous gift so that we can support a second deserving student in 2011.

**David Andrews**, our Barr awardee, is a second-year MPH



Ellen Roberts (MPH 1975) happily presented Stephanie Baker with the Jackson award

Photo: Tom Fuldner

student. Before and during his undergraduate years at Warren Wilson College, he volunteered as an HIV peer educator, speaking at schools, churches and community groups. In college, he volunteered for a year in Huancavelica, Peru, where he and several others created a youth group, structured on peer education models, that focused on disease prevention, water quality, and reducing alcoholism, among other issues. Dave also worked in Peru as an activist to halt polluted runoff created by a smelting company whose emissions into local drinking water sources were tied to widespread lead and arsenic poisoning. More recently, David has been working in the mental health field, serving vulnerable populations in western North Carolina.

### Ethel Jean Jackson Health Education Practice Award

Advanced doctoral student **Stephanie Baker** was the 2010 winner of the Ethel Jean Jackson Award. Stephanie is known throughout the department for a series of highly effective efforts aimed at increasing the diversity of the School as well as the public health profession as a whole. Some of her key actions to this effect include:

- ◆ Offering community-based educational sessions about the School and about public health as a profession to students from underrepresented ethnic and racial communities.
- ◆ Raising funds to allow 60 local high school students to attend the Minority Health Conference.
- ◆ Leading the efforts to organize and facilitate a town hall discussion in spring 2010 about recruitment and retention of minority students in the School.
- ◆ Advancing the idea for a diversity recruitment committee in HBHE.

### Godfrey M. and Lore Hochbaum Scholarship

First year doctoral student **Kamden Hayashi**, 2010 recipient of the Godfrey M. and Lore Hochbaum Scholarship, earned her MA in Political Science from UC-Berkeley where she focused on international security implications of the global HIV/AIDS epidemic. More recently, she worked in the Office of AIDS Relief at Peace Corps Headquarters. Kamden's work with the President's Emergency Plan for AIDS Relief led her to HBHE so she could focus her scholarly efforts on global HIV prevention, particularly among women and girls.

### Hatch-Barnhill Award

**Turquoise Griffith**, our 2010 Hatch-Barnhill scholar, is a recent UCLA graduate who has worked since her teen years to reduce the impact of HIV/AIDS in the communities where she has lived. She has helped carry out studies on reducing drug use and high risk sex behavior; has worked on arts-based interventions that aim to reduce stigma attached to HIV/AIDS; and has offered HIV education to high school students as Director of AIDS Ambassadors at UCLA. This year, Turquoise has been working as an RA for Associate Professor Carol Golin on a medication adherence study for released prisoners in North Carolina and Texas.



photo: Tom Fuldner

2010 Awardees, from left: Megan Clark, David Andrews, Jillian Casey, and Kate Krieger

### Lucy Morgan Award

A Carolina graduate, **Jillian Casey** received FLAS Awards in her first and second years of the MPH program to study Kiswahili. A four-time volunteer with a community health organization in Tanzania, she designed and implemented health education programs for HIV+ orphans and sexual health programs for young adults. More recently, Jillian has gotten involved with HIV counseling at the UNC Student Health Action Coalition.

Even before earning her BA from UNC – in fact just out of high school – second-year MPH student **Megan Clarke** began working on homelessness issues. By the time she enrolled in HBHE, she had served as an outreach worker for the homeless in many contexts, including inner city Los Angeles and Boston, and had coordinated shelter and case management

services for homeless families at the Interfaith Council for Social Service for two years.

After graduating from Willamette University, **Kate Krieger** worked with Planned Parenthood for five years as a health center manager, community educator, and finally in a position of her own design: training manager. Here in the department, Kate worked last year for Associate Professor **Suzanne Maman** on a multi-country HIV counseling and testing study. Currently, she's an RA for the Community Based Participatory Research Core at the Center for Health Promotion Disease Prevention. She is also co-chair of the HIV Narratives group on campus and is involved in the Minority Health Conference.

### Kathy Kerr Award

2010 Kerr awardee, **Maggie Carlin**, “*exemplifies the qualities and spirit of this award*,” as one nominator wrote. Her commitment to social justice issues, especially around women's health, gay and lesbian rights, and HIV/AIDS prevention, is exemplified by her actions. As co-director of the Student Health Action Coalition (SHAC), she manages six different branches to ensure that underserved populations in the Chapel Hill area have access to high quality health care. She also lends her practical experience administering HIV tests and providing HIV post-test education and counseling. Along with her demanding roles at SHAC, Maggie is a dedicated activist in the LGBTQ community at UNC and beyond. Her summer practicum took her to the Chicago Department of Public Health where her work aimed to reduce HIV transmission among Chicago's transgender population.

**Jennifer Moore Moss**, a first-year MSPH to PhD student, was awarded a Gillings Merit Scholarship, a competitive academic award open to incoming students across the school.

### Global Health

Second-year MPH student **Esther Majani** received the C.V. Starr International scholarship for her three-month summer project at the Red Cross Society in Belize to develop age-appropriate and evidence-based curricula to address stigma, discrimination and violence associated with HIV/AIDS.

UNC's Center for Global Initiatives at UNC-Chapel Hill awarded second-year MPH students **Katie Reilly** and **Lauren Westervelt** with International Internship Awards for their summer practica. Katie focused on the role of microfinance and health interventions in addressing HIV risk and partner violence among young men in Tanzania. Lauren served as an intern at Emerge Global, a non-profit dedicated to empowering young women who have survived abuse to become leaders in their communities.

Third year doctoral student **Alison Groves** was selected for the 2010 Fulbright-Hays Zulu Group Project Abroad in South Africa, studying intimate partner violence against women. ☞

incidentally HBHE faculty member, Carolyn Crump (PhD 1993), climbed the mountain a few days after we left the city. While we were there we met with Kristopher Hartwig (UNC MD 1985), Kari Hartwig's brother (DrPH 2001), who described for us the state (and politics) of palliative care in Tanzania. On we flew to Zanzibar, spending a day in Stone Town, the largely Muslim capital of this island in the Indian Ocean, where we were seared by the history of the place, a nerve center for the nineteenth-century slave trade from Oman and Saudi Arabia that reached many countries, including India.

Before flying home we spent New Year's Eve with Nina Yamanis (MPH 2004, PhD 2009) in Dar es Salaam, where she introduced us to her Tanzanian colleagues at Muhimbili University of Health and Allied Sciences. Nina gave us a powerful orientation to the microfinance and peer education pilot intervention launched earlier this year in Tandale ward by Suzanne Maman. We visited three "camps" where young men in urban Dar socialize on a daily basis. The youth camps are spaces, such as stairs in front of an abandoned building, where men socialize daily. At one of the camps, the youth graciously



offered us their only stools. Nina and her colleagues had just before Christmas trained leaders from these camps to communicate effectively with their peers about HIV risk and partner violence. The leaders were wearing the logo [below] that they developed during the training to initiate conversations with their peers which said: "Usipime kwa" or "You cannot [HIV] test with your eyes" (meaning that you cannot judge someone's HIV status by looking at them). Several of them told us stories about confronting the strongly held beliefs of



their peers and communicating the information that they had learned during the training. Through a translator, I asked them what had changed for them before and after the training and they said "everything!" Shelley conveyed that it is far easier to prevent HIV than to treat it. They concluded by telling us that they were determined to continue their work as health leaders and I left feeling a renewed enthusiasm for the power of health education.

After 18 packed days, I now "get" what so many of you have been trying to "show and tell" me for years about your drive to keep Africa a central part of your life. I had been to Zambia and South Africa 15 years ago, and to Zimbabwe, to visit Nancy McCharen (MPH 1977) in Harare, but this trip was different. I came to the continent this time knowing much more, through the hundreds of stories that you – alumni, students and colleagues – have shared with me over the years. My understanding was much deeper, gleaned from having worked with so many of you on your papers and chapters and practica. Everywhere I visited, your stories and insights about Africa echoed in my mind, connecting the dots among the historical, sociological, anthropological, archaeological, geological and zoological contexts of the places I visited in Malawi and Tanzania. Because of the trust-building lessons I learned from many of you readers, I was able to enter more freely into the lives of my African hosts in a way that helped elide the "distancing" impulses of a tourist with her camera.

While in Africa, I witnessed the full impact of our work as health educators in a way that was electric. I thought of so many of you who have lived and worked in Africa—Geni Eng years ago (MPH 1978, DrPH 1984) and now Caroline Arvani (MPH 1990) in Togo, Lumbé Davis (MPH 1997) and Jay Zimmerman (MPH 1992) and Leila Gupta (PhD 1994) in Rwanda; Mubiana Macwan'gi (PhD 1991) and Emily Waters (MPH 2008) in Zambia; Margot Mahannah (MPH 2008) in Uganda and Kenya (who, like Carolyn Crump, also climbed Kilimanjaro); Rick Neal (MPH 1995) in the Democratic Republic of the Congo; Beth Morocco (MPH 1992, PhD 1999) in the Congo, and Lara Vaz (PhD 2008) in the Congo and Mozambique; Caryl Feldecker (PhD 2009) in Malawi; Josh Adeniyi (MPH 1975), Bill Brieger (MPH 1975) and Olabode Kayode (MPH 1979) in Nigeria; Roselyn Ribeiro (MPH 1977) in Ghana, and the many others mentioned throughout this newsletter. In Africa, our profession, with its emphasis on "starting where the people are," uses whatever, however meager, is available to deliver our lessons, innovates as imaginatively as possible to compensate for scarce resources, and evaluates our efforts as best as we can. In Africa, where the needs are so great but the rewards often immediate and lasting, the tremendous energy, resourcefulness and hopefulness of the people compensate for the lack of resources.

At the beginning of this column, I wrote that some experiences leave a permanent imprint on the imagination, on how we see and understand the world. Such was this journey to Africa for me. Now, for every Africa-related HBHE project I engage with, I will see the faces of those I met in Africa, as well as of the HBHE alumni who work or have worked there, and the incredibly special land I was privileged to traverse. From lived experience, even if only for 18 days, I'll understand a little bit better the challenges and rewards of working there, and the way doing so grabs hold and changes one forever. ☪

From the Section President

Anne Butzen Thornhill (MPH 2004)

One certainty



Anne at the 2010 Nag's Head Triathlon

photo: Jeremy Thornhill

There is no question that times are changing and some of our trusted assumptions are up for grabs (real estate is always a good investment?). Economic forecasters have begun to say that the shaken U.S. economy is on the mend, yet many of us still see the

real and daily impacts that job losses, health insurance cuts and belt-tightening measures continue to have on ordinary people.

In the past year, the country took some steps toward a comprehensive national approach to health care reform. One effect of the act will be massive change for providers, hospitals, insurers, and people seeking medical care. All will need help navigating reforms.

We've also witnessed a political reversal at the national level, after record-setting spending on campaigns last year. Here in North Carolina we have just undergone a legislative shift with Republicans dominating both the House and Senate for the first time in over a century.

Among other things, these changes add up to an increased public health need to reach people under economic duress, with fewer resources and heightened risk.

Despite change and its associated challenges, I am certain of one constant: we HBHEs are uniquely positioned to respond. Our training has taught us the value of focusing on underlying root causes of issues, researching the most effective and efficient interventions, careful and theory-driven planning, and continual evaluation to ensure that we are achieving the desired outcome and adding new evidence to the field. Just as importantly, we are staying connected to each other, our greatest resource. While much is uncertain now, I am more confident than ever of the value of our academic preparation, the importance of our work, and the integrity of each one of you. I hope that you'll continue to reach out to your fellow HBHEs and the department in general. Current students and faculty benefit from your involvement and talents in so many ways.

Anne Thornhill is Senior Manager of Business Development at NC Prevention Partners in Chapel Hill. She enjoys competing in triathlons. Anne's training has slowed down a bit lately as she and her husband are expecting their first child this spring!

Amy Lansky Knowlton (MPH 1991; PhD 1996), Deputy Director for Surveillance, Epidemiology and Lab Science at the Centers for Disease Control in Atlanta, recently made a very generous gift to the department, creating an endowed scholarship for doctoral students in Health Behavior and Health Education. "It's a wonderful thing when our HBHE grads help support the next generation of scholars and practitioners," said department chair Jo Anne Earp. The Lansky Family Endowed Scholarship honors Amy's parents.



"I'm so happy to have been able to set this scholarship up and help support students in HBHE as well as recognize and honor my parents," said Amy.

Congratulations on the birth of Leonard Dawson's granddaughter! Baby Charlotte was born on August 27, 2010 to Carey Dawson, Leonard's daughter, and David Winterle,



Charlotte and Carey

who live in New York City. An alumnus, Dawson (MSPH 1963) was a faculty member in the Department from 1966 until his retirement in 1996. Carey's mom, Gretchen Reuter Davis, is also a HBHE alum (MPH 1978). Upon Leonard's death in 2006, family and friends en-

dowed a scholarship in his memory. This past fall, the department sponsored its first Dawson Award, which went to a Capstone team placed with El Pueblo (and precepted by Florence Siman, MPH 1988). Funds from the award allowed promotoras to travel to a nearby conference for professional development — training they would not have received otherwise. "This project was so Leonard," said Lynn Blanchard. "All the funds went to benefit the community." ❧

2010 alumni events included a social at Top of Hill's Back Bar in September and a reception at November's annual APHA meeting in Denver, Colorado.

In January 2011, over twenty alumni came to the department to participate in HBHE Career Information Day. The day included two panels (Marketing your HBHE Skills, Career Paths in HBHE), resumé workshops, and mock interviews conducted by alums and geared to current students who were grateful for the time and effort offered to them. Many thanks to all who volunteered.



We love to hear from alumni! Thanks to everyone who sent in an update or photos. If you'd like to share your news with us in the next edition of the HBHE News, please send an email to hbhenews@gmail.com or mail in the info on page 23.



**Michael M. Dechman** (MPH 1964) wrote a wonderful note to us a while back. "I really haven't known many public health professionals who share their experiences .... We'd rather pull the conversation outta the other folks... Butttt - I have retired 4 times... and at 72 am remembering Lucy Morgan's statement, 'You'll always be 'overemployed.' 'Tis true!! Early years I was in public health (western North Carolina), health planning and mental health.... Loved it.... Then teaching at University of Louisville Cancer Center. Then to direct a Heart and Diabetic Center in Atlanta before going to Saudi Arabia in preventive medicine for Arabian American Oil Company. Retired - then worked for the Florida Dept of Health - refugee health, then FL Dept of Juvenile Justice to develop a physical and mental health plan for the care of delinquents. I started a Wilderness Camp (72 acres in the middle of the Apachicola National Forest) before becoming quality assurance director for Home Instead (a company that helps seniors stay in their home longer)...still doing that - now for 8 years - working mainly with Alzheimer's patients. This FL Gator (halfback '58 - '61) now from time to time presents medical cases to freshman and sophomore medical students at Florida State University's new medical school in Tallahassee."

**Dave Momrow** (MPH 1970) just retired from the American Cancer Society where he served as the Senior Vice President of Cancer Control for the Eastern Division for the past eleven years. His responsibilities included prevention, detection, patient and family services, and government relations for the states of New York and New Jersey. Prior to joining the ACS, he worked for the New York State Department of Health for over 30 years serving as Director, Division of Chronic Disease Control and Adult Health. During that time Dave had the opportunity to work closely with colleagues at the Centers for Disease Control and Prevention (CDC), the National Heart, Lung and Blood Institute and the National Cancer Institute.

He also had a Clinical Associate Professor appointment in the Department of Health, Management and Behavior at the University of Albany School of Public Health for many years. Dave received the 2009 Distinguished Public Service Award from the Dean of the School of Public Health. He and wife Estelle (MA 1970, History) now divide their time between Wells, Maine and Wellington, Florida.

**Thomas R. Syre** (MPH 1979) is in his second year of teaching in the MPH program at Haramaya University's College of Health Sciences in Harar, Ethiopia. On university contract, he is an Associate Professor of Public Health focusing his efforts on teaching health education, conducting thesis supervision, and researching in the area of HIV/AIDS.

**Emily Untermeyer** (MPH 1979) was sworn in for service as Peace Corps Country Director for Honduras in November. She moved to Honduras from Houston, Texas where she had been working as president and CEO of Amigos de las Américas (AMIGOS), an



Emily Untermeyer

organization that Emily initially became involved with as a teenager. AMIGOS is a nonprofit whose mission is to promote youth leadership, community development, and multicultural understanding in the Americas. During her 12-year tenure, about 7,000 U.S. teenagers served as AMIGOS volunteers in Latin America, and programs were refocused to be more community-based and actively involve Latin American youth. Emily has received numerous professional honors, such as the Eunice N. Tyler Practice Award for excellence in public health education (a HBHE award for alumni) and The American Society of Preventive Oncology's Joseph W. Cullen Award for outstanding chronic disease contributions.

**Nancy Epstein** (MPH 1980) is working in multiple jobs in Philadelphia. She serves as an associate professor at the Drexel University School of Public Health, consults as a Reconstructionist rabbi with synagogues across the country on governance and leadership development, and works as a spiritual director with seminary students. Nancy says, "I feel well used! I bought a home in the city, right near a beautiful municipal park with thousands of acres of wooded trails and creeks. When not working, I love walking in the woods, gardening, singing and going to farmers' markets; all of which keep me grounded and relatively happy. I'd love to hear news of my 1980 graduating class."

In April 2010 **Charles Llewellyn** (MPH 1980) retired from 22 years as a USAID Health Officer. After serving in Peru, Bolivia, Ghana, Nepal, Washington (the real hardship post), Bangladesh and Tanzania, Charles and his wife Deborah (BA 1973) have relocated to an old house in Beaufort, NC, where they base their international consulting business. Charles works in health and Deborah in early child education. He is currently on his first consulting assignment with the Health, Population and Nutrition Office of USAID/Zambia. After that he'll spend 18 months working in USAID/Angola as "intermittent advisor"--six weeks in Angola and six weeks back in Beaufort (where he mainly paints fences and sails his Hobie catamaran). Chuck can be reached at:

charles.llewellyn@gmail.com to discuss international health issues, or volunteer as crew (painting and sailing).

**Jason B. Smith** (MPH 1981, PhD 1996) is now a UNC-CH employee. In April 2010, Jason began his new position as a Deputy Director of the USAID-funded MEASURE Evaluation project, housed in the Carolina Population Center. In this role he provides technical and managerial leadership to the Project's efforts in capacity building, data demand and use, and knowledge management. "I'm very happy to be back at UNC," says Jason. "MEASURE is a great project and I'm excited about getting more involved in University life." Prior to joining UNC Jason worked at Family Health International for over 20 years in many scientific roles, most recently as Director of Research Utilization (2005-2010).

**Lynn Marie Iler** (BSPH 1982, MPH 1986) received the highest score on the CHES exam this year! She also shared a "small world" story with us. "I was shoveling snow last winter and started talking with a neighbor who was out walking her dog. We'd seen each other around for the past year but hadn't yet had a conversation. **Joscelyn Silsby** (MPH 1993) lives across the street from me and was working for the Red Cross at the time and was headed to Haiti for a

few weeks." Not only did Lynn and Joscelyn quickly discover their HBHE connection, but they soon found they had both had the same MPH advisor: Jo Anne Earp! They've since become good friends. The world keeps getting smaller...



Joscelyn Silsby working on relief efforts in a soccer stadium in Haiti, January 2010

**Kenneth McLeroy** (PhD 1982) was named a Regents Professor at Texas A&M where he is professor of social and behavioral health at the Health Science Center's School of Rural Public Health. Ken is principal investigator on the CDC-funded Center for Community Health Development as well as on the National Center for Minority Health and Health Disparities-funded Program for Rural and Minority Health Disparities Research. He is well known for applying social ecological principles to health promotion and public health, as well as his work on community-based interventions and program evaluation.

**Erma Manoncourt** (PhD 1986) recently retired from UNICEF after 15 years with the organization and over five years of service in Egypt as the Country Representative. Currently, she still resides in Cairo and has discovered that there is "life after UNICEF." In her capacity as a Management and Development Consultant, Erma is now working on a "lessons learned" document on initiatives by the Grandmother Project (led by alumna Judi Aubel) in Senegal. [For more on this project, see page 3.] At the same time, she continues to explore unusual sites in and around Egypt. Erma urges any HBHE graduates who travel to the Middle East to please get in touch with her.

**Regina Fleming** (MSPH 1987) is the director of Student Health Services for the University of California, San Diego.

Both of Regina's children, Jake and Bertie, are now in college and her husband, Anthony, is working on an MPH while continuing to serve as chief of staff at the Children's Hospital at UCSD.

**Donna Spoon** (BSPH 1988) continues to work as the Safety Training Coordinator at UNC Greensboro Department of Environmental Health and Safety. Her daughter **Rebecca Livengood Leach** (HPAA MSPH 2002) gave birth to Lucas Drake Leach on July 31, 2010. Rebecca works as a community health nurse for the Indian Health Service in Yuma, AZ.

Congratulations to **Edith Parker** (MPH 1989, DrPH 1995)! Over the summer, she was appointed professor and head of the Department of Community and Behavioral Health in the University of Iowa College of Public Health. Before joining the faculty at UI, Edith was an associate professor of health behavior and health education in the University of Michigan School of Public Health, where she also served as associate dean for academic affairs.



**Claire Viadro** (MPH 1989, PhD 1997) has been freelance writing and editing for a number of years. She remains interested in the areas that guided her studies in the MPH and PhD programs (women's and reproductive health, international health, qualitative research) while also enjoying the way her freelance projects draw her into new and diverse topic areas. Claire's youngest son entered first grade this fall and she now hopes to devote more attention to her work life. In fact, she writes, "If any current or former HBHEs have leads or referrals for writing or editing work, I'd love to hear about them!" She also told us, "On a more personal level, my husband and I take great delight in our two sons, ages 7 and 10, who both attend the Emerson Waldorf School in Chapel Hill.

I also have spent the past ten years becoming passionate about food, cooking, and the link between nutrition and healing. In pursuing this interest, I have managed to reverse my older son's downward spiral towards severe asthma. He is now asthma-free. For anyone interested in learning more about how to reverse asthma and many of the other chronic health challenges facing our children, I highly recommend reading *Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride, as well as *Asthma-free Naturally Featuring the Buteyko Breathing Method*, by Patrick McKeown. Feel free to contact me (viadro@mindspring.com), I am always happy to share what I've learned."

**Betsy Barton** (MPH 1990) is still in Durham, NC (32 years and counting!) and lives with her 10 year-old daughter Jemma. She is employed at the Institute on Care at the End of Life at the Duke Divinity School and is delighted to get paid to delve into and train people about the endlessly fascinating subject of death and dying. Betsy recently completed a year-long yoga teacher training course in Carrboro and endeavors to do a new yoga pose each year now that she has turned 50. Last year she did her first back-bend since she was 16! Next year: who knows?

In January 2010 **Caroline Arvani-Cordona** (MPH 1990) was officially appointed Peace Corps Country Director for Togo, where she has been located since 2009. She lives in Lome and reports that a favorite project of hers in Togo is Camp UNITE, a summer camp that emphasizes life skills such as HIV/AIDS prevention, gender equity, and youth empowerment to over 200 Togolese youth. [unitefoundation.org](http://unitefoundation.org)

**Anne Hayes** (MPH 1990) and her family have moved again! After spending 1.5 years in northeast England working as a consultant and parenting her two sons (Miles, 8, and Micah, 6), Anne started a new position at the Ministry of Health Promotion and Sport in Toronto, Ontario in November. After living and working in New Zealand, Sweden, Aus-

tralia, and Singapore over the past 20 years, she is hopeful that Toronto will provide a permanent home to raise her boys close to family and with an emphasis on a multicultural lifestyle.

**Mubiana Macwan'gi** (PhD 1991) was promoted to Research Professor at the University of Zambia in March 2010. Out of a faculty of 60-100, only four are females—a number to which Mubiana has been added! Also in the spring, Mubiana spent some time in Ethiopia for a consultancy with Johns Hopkins Bloomberg School of Public Health, which has a very large project on HIV and AIDS Communications in Addis Ababa. There she worked on research and M&E aspects. While in Ethiopia, Mubiana was named director of the Institute of Economic and Social Research at her university. The Institute has six research programs: health promotion, economics and business, urban development, agriculture and rural development, education and socio-cultural, and governance.

In late summer **Rhondette Jones** (MPH 1993) returned from spending over 3 months in Maputo, Mozambique where she was providing health education consultation and technical assistance to the Centers for Disease Control and Prevention HIV Office. Rhondette says it was a wonderful experience and that she also worked with another HBHE grad, **Beverly Cummings** (MPH 1997).

**Sheryl Bird Thorburn** (PhD 1993) received the College of Health and Human Sciences' Faculty Excellence Award for 2010! Word has it that Sheryl's in line for promotion to full professor in 2011 at Oregon State University.

We were thrilled to hear from **Cheryl Anderson** (MPH 1994) who let us know that she's an assistant professor of epidemiology in International Health (Human Nutrition) and Medicine, and the Welch Center for Prevention, Epidemiology, and Clinical Research at Johns Hopkins Bloomberg School of Public Health. Her projects generally center on

nutrition and cardiovascular disease prevention. Cheryl says she sees a few HBHEs at Bloomberg, including fellow 1994 graduates, **Shawn McKenzie**, who heads the Schools' Center for a Livable future, and **Arzum Ciloglu**. Over the past few years Cheryl has been trying to achieve a healthy work-life balance as the mother of three-year-old Alexander



and wife of Jamal. Overall, she's getting lots done (including publications) and having fun.

**Paige Hall Smith** (PhD 1994) is an associate professor in Public Health Education at UNC-Greensboro where she also serves as director of the Center for Women's Health and Wellness. The Center held its 5th Breastfeeding and Feminism Symposium on March 30, 2010. Paige has a book in the works, *Breastfeeding and Feminism: Implications for Public Health*, based on the presentations at the symposium.

**Michelle Kegler** (DrPH 1995) and co-authors, Sarah Hall and Mimi Kiser, were recently awarded the Lawrence W. Green Paper of the Year Award for their article "Facilitators, Challenges and Collaborative Activities in Faith and Health Partnerships to Address Health Disparities." The paper, published online in August 2010 by *Health Education and Behavior*, focuses on the complexities of faith-based and public health collaborations, and the need for these partnerships to align resources to better address health disparities. The article appears in the February 2011 print issue of the journal. Michelle serves as director of the Emory Prevention Research Center and is also an associate professor in behavioral sciences and health education at Emory's Rollins School of Public Health, where she heads the doctoral program.

**Rick Neal** (MPH 1995) now lives in Columbus, Ohio. He and his husband, Tom Grote, adopted a baby girl, Amoret Grote, who was born on April 15, 2009 and came home just a few days later. Rick is staying at home to take care of her. Over last summer, Amoret's activities included getting used to new foods, exploring the house, and enjoying the warmer weather! Rick and Tom are planning to adopt again in 2011; in the meantime, Rick volunteers in local political activities as time permits.



Rick, Tom, and Amoret at five months

**Michele Clark** (MPH 1996) has been working at John Snow, Inc. since graduating. She left JSI for two years when she managed the India field program of the International Training & Education Center on HIV (I-TECH) out of the University of Washington. At JSI, she works primarily on HIV projects, including AIDS.gov, a project out of HHS providing policy, prevention, treatment, and testing information through social media tools. She also supports development of HIV prevention training programs with JSI projects in southern Africa.

**Lumbé Davis** (MPH 1997) is entering her 13th year with CDC. She transferred from the Division of STD Prevention to the Division of Cancer Prevention and Control where she is a program consultant for the New England region and a training and education technical expert. Lumbé was on schedule to complete her doctoral studies in the fall of 2010.

We've known **Robert Letourneau** (MPH 1997) for a long time, as he's been working on Carolyn Crump's team for

over a decade (13 years and counting!), providing public health technical assistance to American Indian/Alaska Native Tribes/Tribal Organizations around the country, but only recently did we learn something new about Robert. He has a creative side and owns an interior design business, rjl design, in Durham, NC, which he opened in 2007. The business specializes in two services: interior redesign and staging for real estate sales. Robert has provided redesign services to several HBHE and SPH alumni and welcomes more in the future ([www.rjldesign.us](http://www.rjldesign.us)).

Last summer, **Jay M. Bernhardt** (PhD 1999) was appointed chair of the department of health education and behavior at the University of Florida College of Health and Human Performance. Jay also directs UF's Center for Digital Health and Wellness, a new center he established to conduct domestic and global research with collaborators from across the university. The Center's focus is on the application of new communication technologies to health promotion, disease prevention, wellness, and surveillance. Jay came to Florida from the CDC where he directed the CDC National Center for Health Marketing. Under his leadership, the CDC led the federal government in the scientific application of social media, mobile health, and participatory web technologies to increase public engagement and health promotion. Prior to his tenure at CDC, Jay was an assistant professor of behavioral sciences and health education in the Rollins School of Public Health at Emory University and assistant professor of health promotion and behavior in the school of health and human performance at the University of Georgia.

**Cindi (McPherson) Melanson** (MPH 1999) has served as Director of the Public Health Prevention Service (PHPS) at the CDC since 2008. PHPS is a three-year, master's level, applied training fellowship focused on public health leadership and management. Each year approximately 25 fellows enter the program and spend one year at CDC and

then two years at a local or state health organization. Cindi was a PHPS fellow herself after completing her MPH and now enjoys being on the other side of the desk. She has worked for CDC for 11 years and lives in Atlanta with her husband AJ, and two children, Jacob, 3 and Caroline, 1.

**Millie Becker** (MPH 2000) gave birth to her third son, Charlie Becker Schulman, on August 24, 2010! Charlie has big brothers Eli (7) and Leo (5). Millie and her family live in Richmond, VA where she works as an editorial coordinator for *Journal of Women's Health*.

**Mary Hrywna** (MPH 2000) asked us to mention that her dear friend and fellow alumna, **Nicole Angresano** (MPH 2001), received one of Milwaukee Business Journal's 2011 Forty Under 40 awards! Congratulations to Nicole! Thank you, Mary, for alerting us to this good news.

**Anne Mejia-Downs** (MPH 2001) is working toward her PhD in Health Promotion and Wellness from Rocky Mountain University while continuing in her position as an assistant professor in the Krannert School of Physical Therapy at the University of Indianapolis. On a personal note, Annie and her husband Steve are now grandparents to fraternal twins and truly enjoy the new role!

Speaking of twins... **Shara Merritt Reed** (MPH 2003) and **Peter Reed** (MPH 1999, PhD 2004), along with big sister Hailey, welcomed twins Connor and Morgan in late December 2009. Here's a picture of the whole family from last summer.



Dan and **Lindsey Bickers Bock** (MPH 2004) are excited to announce the arrival of their little girl, Hazel Aurelia Bickers Bock, born on November 8, 2010. At birth Hazel weighed in at 7 lbs, 13 ounces, and measures 20 inches. The picture shows Hazel with her parents on her first outing to Dan's office.



**Cynthia Lakon** (PhD 2004) is an assistant professor in the department of Population Health and Disease Prevention Program in Public Health at the University of California-Irvine. She tells us it's a small but growing program, full of energetic junior faculty and a few senior faculty. Cynthia is creating the health behavior component of the program and teaching several classes, including research methods and theory, to grads and undergrads. She continues her research focus on social networks of adolescent youth and their risk behavior. Along these lines, Cynthia had a peer-reviewed article in the *American Journal of Public Health* (July 2010), "The Social Context of Adolescent Smoking: A Systems Perspective," in which she used a systems science perspective to examine adolescents' personal networks, school networks, and neighborhoods as a system through which emotional support and peer influence flow. Cynthia and her team sought to determine whether these flows affected past-month smoking at two time points. Findings suggest that networks and neighborhoods in this system positively affect past month smoking via flows of emotional support.

**Julia Martin** (MPH 2004) and her family recently moved to New Haven, where Julia started the Nurse-Midwifery program at Yale School of Nursing. Since graduating from HBHE, she and her

husband John have lived on a farm in rural Canada, in Manhattan, and most recently in Boston. The couple has two children, Sam (4) and Maggie (2), who were both born in New York City where Julia had been managing youth programs for Project HEALTH. Julia spent the last two years at home with the kids. She now looks forward to taking her public health lens into the clinical setting as a midwife.

**Jingzhen "Ginger" Yang** (PhD 2004) was promoted to associate professor in the Department of Community and Behavioral Health, College of Public Health at the University of Iowa. Upon receiving news of the promotion, Ginger wrote to a HBHE faculty member to "Thank all the professors I had at UNC for the knowledge, skills and professionalism they taught, showed, and shared with me. I think my success confirms that I had the best education. I recall Dr. Mike Bowling advising me when I went to the job interview 'just remember that you are a UNC graduate.' His advice has always been an inspiration when I try to do something new."

**Eric Pevzner** (PhD 2005) and wife Emily Green Pevzner (UNC BA 2003) welcomed son Nathan in late December



2009! Eric continues to work as a behavioral epidemiologist at the CDC. Eric was spotted in Rosenau Hall not too long ago when he attended **John Rose's** (PhD 2009) dissertation defense on which he was a committee member. Nathan is pictured above at 4 months.

After spending four years working in community/population health assessments and managing public information at a county health department in Tennessee, **Kasey Poole Decosimo** (MPH 2006) is back in NC! She accepted a re-

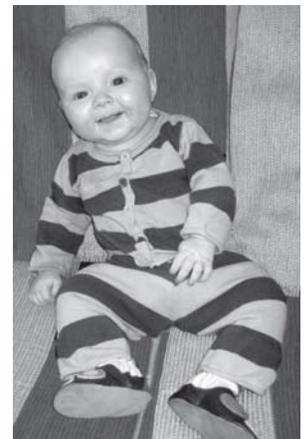
search associate position at the North Carolina Institute for Public Health's Center for Public Health Preparedness. At the Center, she will be coordinating electronic disease surveillance system trainings to local health practitioners across North Carolina while her husband attends graduate school in Folklore at UNC. Kasey was recently awarded the Southern Health Association's Charles G. Jordan Memorial Award. The SHA is a regional organization representing ap-



proximately 6,000 persons throughout the southeastern states interested in public health. The Jordan Award recognizes someone who has an outstanding career in public health of less than 10 years. The health department in Chattanooga nominated Kasey for the award which she was presented with at the SHA conference on September 16th, 2010.

**Tara (Wilson) Graham** (MPH 2006) and her husband Matthew welcomed daughter Grace Upendo to the world on November 2, 2009. Grace lives with her parents in Mount Rainier, MD and enjoyed all the snow that she got to experience her first winter. At the conclusion of her maternity leave, Tara returned to her position

as a Senior Program Associate with the Vera Institute of Justice in Washington, DC where she began a new project identifying promising prac-



tices for the US Department of Justice's Office of Violence Against Women.

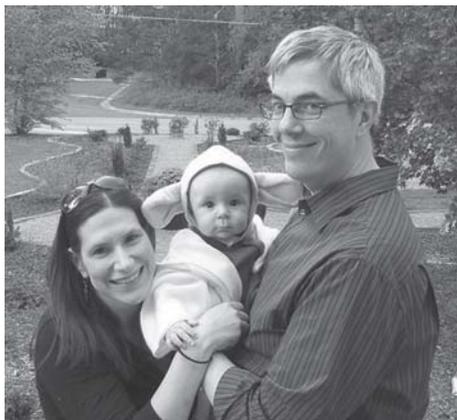
**Cara (Biddlecom) Railsback** (MPH 2006) sent a photo [at right] of some 2006 HBHE MPH grads from the August wedding of **Emily Wurth** and Jason Bulluck, which took place in St. Louis, MO. Cara tells us that Emily and Jason live in the Washington, DC metro area (as do **Tara Graham** and **Deanna Kepka**).



From left, Deanna Kepka, Tara (Wilson) Graham, Jen Gard, Emily Wurth, Cara (Biddlecom) Railsback at Emily's August 2010 wedding.

**Jen Gard** resides in Chapel Hill. When asked what she's up to these days, Cara said she's the Living Well Program Coordinator at the Oregon Public Health Division (in Portland) in their Health Promotion and Chronic Disease Prevention Section where she disseminates the Stanford Chronic Disease Self-Management Program across Oregon. Cara works with a variety of organizations to provide technical assistance and build partnerships among aging services, local public health extension services, health systems, and community-based organizations.

**Jennifer Gierisch** (MPH 2000, PhD 2008) and husband, Greg Whitaker, had a son! Quincy Thomas Whitaker Gierisch was born on May 1, 2010 weighing 9 lbs, 3 oz.



Six-month-old Quincy as Yoda for his first Halloween. Wise he is...

**Manuela McDonough** (MPH 2008) received an award from the American Public Health Association (APHA) for an obesity prevention program geared

toward the Latino community. The program, *Cuidemos Nuestra Salud: Con Una Vida Balanceada* (Let's Take Care of Our Health: With a Balanced Lifestyle), provides *promotores de salud* (lay health educators) with training and a bilingual tool kit for education sessions within Hispanic neighborhoods to encourage healthy eating and increased physical activity. The award-winning program was selected from a competitive pool because it demonstrated innovation in materials targeting a specific population. It began in January 2010 and is being implemented in Boston, Houston, Milwaukee, Tucson, Los Angeles, and Washington, DC. Focus groups helped determine the best approach and terminology for increasing knowledge and changing behavior related to nutrition and physical activity in a way that would resonate with Latinos. The bilingual tool kit includes a flip chart, handouts on body mass index (BMI) and the U.S. Department of Agriculture food pyramid, a refrigerator magnet about healthy portions, food models, and a healthy living pledge; it is designed for *promotores* to use during one-hour *charlas* (health education sessions) in their communities. Manuela works at National Council of La Raza (NCLR), the largest national Hispanic civil rights and advocacy organization in the United States. About the *Cuidemos Nuestra Salud* program she says, "There is an urgent need for culturally competent and linguistically appropriate health educational materials that address the obesity

epidemic among Latinos in an innovative and creative way. At NCLR, we are doing all that we can to ensure that health materials are providing messages that resonate with the Latino community to make a long-term impact."

**Lara Vaz** (PhD 2008) started off 2010 based in Arlington, VA in her job with Family Health International and ended the year in Maputo, Mozambique where she leads monitoring and evaluation efforts for Vanderbilt University and their non-governmental organization affiliate, Friends in Global Health. The opportunity was one she could not pass up – to have a chance to be more directly involved in health program implementation and systems strengthening, to be



Lara (right) with friend Emily Bobrow (MCH PhD 2008)

involved in operations research, and to serve as teacher/mentor both for Vanderbilt students and fellows as well as students at Maputo's Universidade Eduardo Mondlane. Lara reported that the salsa dancing scene in Mozambique has been elusive, so she's had to hang her dancing shoes up for now, although she assured us that she danced as much as she could before the move (including in Lisbon, NYC, the DC area, and the Triangle!).

**Melissa Watt** (PhD 2008) is a Research Scholar for the Duke Global Health Institute (DGHI), where she is involved with several NIH studies in South Africa and the United States. She recently led a study through DGHI that found that group interventions can be an optimal way to harness social support for HIV patients undergoing antiretroviral therapy (ART), in addition to reducing

stigma and improving adherence to therapy. The results of the study were published in *Global Public Health* (December 2010) with HBHE associate professor Suzanne Maman also contributing to the article. With funding from the GSK Foundation, the research on this project is part of a larger initiative to increase collaboration between Duke and UNC-Chapel Hill. In addition to DGHI, collaborators include HBHE, the Duke School of Nursing, and Selian Lutheran Hospital in Tanzania. Earlier in the year, Melissa, Dr. Maman, and other HBHE faculty (Jo Anne Earp and Carol Golin) published an article in *AIDS Care* on “Factors associated with self reported adherence to antiretroviral therapy in a Tanzanian Setting.”

**Catherine “Katie” Cravens** (MPH 2009) was recently promoted to a career federal employee post as a health science administrator with the Center for Outcomes and Evidence, a division of the Agency for Healthcare Research and Quality. She oversees a large grant portfolio focused on translation and dissemination of comparative effectiveness summary guides, as well as various other grant and contract activities.

**Jerrie (Kumalah) Feisal** (MPH 2009) has had some big changes in the past



year. In May 2010 she married Edison Feisal and became Jerrie Feisal. The couple was married in Raleigh, which is where they continue to live. A month before the wedding, Jerrie started working as an epidemiologist for the Physical Activity and Nutrition Branch at the NC division of public health. She loves her new job and gets to use a lot of her HBHE skills. Jerrie told us she took a bold step and started a small candle business, Candles for a Cause by Eddie & J. ([www.eddieandj.com](http://www.eddieandj.com)). The impetus for the venture is to raise awareness about fibromyalgia, which she was diagnosed with while in the MPH program. A percentage of the proceeds from the business goes to education and research for the disease. Jerrie hopes to be able to raise, and thus donate, a significant amount of money this year.



**India Ornelas** (PhD 2009) was selected for the ITHS KL2 Scholars, a prestigious funding award at the University of Washington; she was the only non-clinician chosen among four slots. India (pictured with son Teo) is enjoying her postdoc work in the Biobehavioral Cancer Prevention Training Program at Fred Hutchinson Cancer Research Center in Seattle.

**H. Luz McNaughton Reyes** (PhD 2009) and husband Rodrigo welcomed their second daughter, Amelie Malia, on September 17—only a few days after Luz gave a colloquium in the department. She joined the HBHE faculty in early 2011. [See page 6.]

**Jessica DeFrank** (PhD 2010) and husband Michael welcomed their second daughter, Sofia Virginia, in the wee hours on May 17. When she’s not playing and caring for Sofia and older daughter Paloma, Jessica is a fellow of the Cancer Care and Quality Training Program at UNC-Chapel Hill.



Jennifer and **Jeff Quinn** (MPH 2010) welcomed son Nolan on June 21, 2010. In preparation for the birth of his first child, Jeff attended *New Tools for New Dads*, a class for new and expectant fathers at Teer House, Duke Medical Center’s community education center and as a result was featured in a Durham Herald-Sun story, “Dads earn confidence with hands-on baby classes,” that appeared just a few weeks before Nolan’s arrival.



**Bobbi**, center, on a recent visit to ChildFund Senegal with team members Cyril Engmann (co-PI) and Heather Wasser

**Bobbi Wallace** (MPH 1979), Director of Corporate and Foundation Relations for the Gillings School of Global Public Health, has forged a unique partnership with the School and ChildFund International, a 72-year-old charity based in Virginia and headed by HBHE alumna **Anne Goddard** (MPH 1983). Based on the Gillings Innovation Lab structure, the partnership takes the form of the School’s first Commissioned Innovation Lab, with the goal of improving the lives and health of vulnerable, excluded, and deprived children from birth to age two. The Innovation Lab works to develop and test evidence-based programs in two countries, but can ultimately be scaled up globally across ChildFund’s projects in 31 countries, where the organization reaches over 15 million children. A critical expectation of the partnership is to advance the state of the art in child development, addressing gaps in knowledge and practice for global impact beyond the reach of either UNC or ChildFund.

## In Memoriam

**Frank H. Barr** (MSPH 1947 in ENVR) died in Durham, NC on September 15, 2010. He was 92 years old. After being honorably discharged as a lieutenant after the Second World War ended, he enrolled in the UNC School of Public Health where he met his future wife, **Harriet Hylton** (who passed away in December 2009). The couple married after Harriet received her master's from HEED in 1948. Shortly after graduation from UNC, Mr. Barr began a long association with the Durham County Health Department. Starting as senior sanitarian responsible for the inspection of dairy farms, pasteurization and herd testing, he rose through the ranks to become the Director of Environmental Health. He retired from that position in 1983, having devoted his working life to providing a safe and healthy environment for his community.

**Elizabeth "Betty" Berryhill** (MPH 1968), 86, died in August 2010 in Greenville, NC where she had resided for the past 40 years. In addition to her MPH, Betty also had a nursing degree from the University of Western Ontario in her native Canada. She devoted her life to public health and serving people in the medical and mission field. She was a medical missionary, working as a midwife in South America for many years. In addition, Betty was employed with the Division of Health Services, Eastern Region, Greenville as a consultant in maternal child care and family planning and a founding member of the American College of Nurse Midwives, where she was elected a fellow.

**Mary Bobbitt-Cooke** (MPH 1986) died on August 19, 2010, at her home in Hillsborough, NC. She served the state through the Division of Public Health in the NC Department of Health and Human Services. For 12 years, she was director of the Office of Healthy Carolinians and Health Education. Most recently, Mary was executive director of the Healthy Carolinians Foundation, the financial arm for Healthy Carolinians. The Foundation aims to bring business and industry into community health improvement. In addition, she was an adjunct instructor in the Department. Mary also served on the Scientific Advisory Council (now the Steering Committee) for the UNC Center for Health Promotion and Disease Prevention.

Her latest work included a book chapter that she wrote about microfinancing as a powerful tool for community organizing for *Igniting the Power of Community: The Role of CBOs and NGOs in Global Public Health* (edited by Paul Gaist, 2010).

**James R. Briley** (MSPH 1950) passed away on November 30, 2010 in Ogden, Utah where he and his companion, Dorothy Littrell, lived for many years. Over ten years ago, Jim and Dorothy established the James R. Briley Scholarship to benefit graduate students in Health Behavior and Health Education. **Anne Mejia Downs**, the first recipient of the Briley Scholarship in 2001, maintained a friendship with Mr. Briley for many years, as



Anne Mejia Downs and Jim Briley

did most other recipients. "Without a doubt, Jim's generosity contributed to my success as a Master's student at UNC. A bonus of being awarded the scholarship was getting to know such a delightful and gracious man." Fellow awardee, **Austin Brown**, echoed Anne's sentiments when he said, "Being a

Briley Scholar not only gave me greater opportunities during and after graduate school, it also allowed me to meet an incredible person. Over the years, Jim and I shared many conversations and I always appreciated his candor, advice and upbeat personality."

### James R. Briley Scholars

Anne Mejia Downs (MPH 2001)  
Mary DeCoster (MPH 2002)  
James Wallace, Jr. (MPH 2003)  
Austin Brown (MPH 2005)  
Karen Isaacs (MPH 2005)  
Carrie Fesperman (MPH 2006)  
Molly Jarman (MPH 2006)  
LaToya White (MPH 2007)  
Margot Mahanna (MPH 2008)  
Sharrelle Barber (MPH 2009)

**Robert H. Bradford** (MSPH 1954) died May 17, 2009 at National Lutheran Home in Rockville. He had Alzheimer's disease. After working in Maine for a year, he served in the Army from 1955 to 1958. He joined the Public Health Service in 1959 and worked in Kentucky, New York and Oklahoma before coming to the Washington, DC area in 1967 where he worked as a public health education specialist until his retirement in 1988.

*We want to hear from you!*

**Please send us your latest news and any newsletter suggestions.**

Include your name and how you would like it listed, your name at graduation (if different), your HBHE degree(s), and the year(s) you graduated. We would also like your email address and a phone number in case we need to contact you for clarification. Send submissions and photos to:

HBHE News  
Department of Health Behavior and Health Education  
UNC Gillings School of Global Public Health  
Campus Box 7440  
Chapel Hill, NC 27599-7440

or email us at  
[hbhenews@gmail.com](mailto:hbhenews@gmail.com)

*Thanks to everyone who wrote!*





Department of Health Behavior and Health Education  
Campus Box 7440  
The University of North Carolina at Chapel Hill  
Chapel Hill, NC 27599-7440

Nonprofit Organization  
U.S. Postage  
**PAID**  
Permit No. 177  
Chapel Hill, NC

ADDRESS SERVICE REQUESTED

**MANY THANKS** to all of our 2010 donors who generously provided support to HBHE students. If, for any reason, you know of a name we have omitted, please let us know and we will gladly recognize that person or group in the next issue of *HBHE News*.

Marshall C. Abee (MPH '54)  
Kathleen Albright  
Robert E. Aronson (MPH '86)  
E. Byrd Barr  
Frank H. Barr  
Eileen D. Barrett (MPH '97)  
Lisa Cohen Barrios (DrPH '96)  
Patricia Barron (MPH '83) and Nathan Berolzheimer  
Bruce A. Behringer (MPH '89)  
H. Earle Belue (MPH '56)  
Salli Benedict (MPH '78)  
Lynn W. Blanchard (MPH '85, PhD '89)  
Michelle R. Bressler (MPH '91)  
Dixie B. Brink  
Barbara O. Chavious  
Michele N. Clark (MPH '96)  
Virginia Byrd Clark  
Katherine E. Crosson (MPH '74)  
Carolyn E. Crump (PhD '93)  
Michael M. Dechman (MPH '64)  
Jessica T. DeFrank (PhD '10)  
Catherine B. Emrick (MPH '96)  
Susan T. Ennett (MSPH '87, PhD '91) and Wayne Pein  
Edwin B. Fisher, Jr.  
Valerie L. Flax (MPH '96)  
Tamara L. Gallant (MPH '93)  
Patricia Thomas Garton (MPH '69)  
Anne Lynam Goddard (MPH '83)

Thomas S. Grogan, Jr. (MSPH '52)  
Priscilla A. Guild  
Tricia Hahn (MSPH '84) and Gary Lipton  
Juliana P. Hammer (MPH '08)  
Sharon L. Heinrich (MPH '88)  
Gaynelle Hogan (MPH '49)  
Nicholas and Krista Hollander  
Janice Ruffini Horner (MPH '98)  
Mary Grenz Jalloh (MPH '84)  
Elmer M. Johnson (MSPH '52)  
David H. Jolly (DrPH '93)  
Rhondette L. Jones (MPH '93)  
Adena Cohen Kaplan (MPH '96)  
Janis G. Kaufman (MPH '86)  
George and Frances Kerr  
Amy Lansky Knowlton (MPH '91, PhD '96)  
Gary and Carolyn Koch  
Cheryl Lackey  
Meredith A. Larson (MPH '97)  
Ira Laster, Jr. (PhD '69)  
Mazie Jones Levenson (MSPH '45)  
Laura A. Linnan  
Linda W. Little  
Molly E. Loomis (MPH '03)  
Leslie Painter Mills (BSPH '80)  
Rose Wilcher Monahan (MPH '02)  
Hannah Yang Moore (BSPH '97)  
Julie Truax Nunez (MPH '88)  
Edith A. Parker (MPH '89, DrPH '95)  
Zoe Henderson Parker (MPH '65)

Clarence E. Pearson (MSPH '52)  
Christine Pederson (MPH '73)  
Brian E. Pederson (MPH '07)  
Eric Pevzner (PhD '05) and Emily Green-Pevzner  
Kathryn E. Pickle (MPH '97)  
Lewis W. Pollack (MSPH '59)  
Mary Beth Powell (MPH '86)  
Rebecca Raymond (MPH '84) and Michael Stangl  
Brian D. F. Richmond (MPH '85)  
Anna (MSPH '93) and James Schenck  
Susan M. Scott (MPH '00)  
S. Drusanne Shaulis (MPH '64)  
O.J. Sikes, III (MPH '67)  
Jason (MPH '81, PhD '96) and Paige Hall (PhD '93) Smith  
Carol Kozlowski Spangler (MSPH '70)  
Scott and Ann Stoihoff  
Barbara J. Taylor (MPH '69)  
Rosalind Thomas (MPH '75) and David Strogatz  
Sheryl Thorburn (PhD '93)  
Eugene S. and Anne Hall Todd  
Duy T. Tran (MPH '07)  
Gambrell Hollister Wagner (MPH '97)  
Laurence and Constance Wescott  
David Winterle and Carey Dawson  
Carol Lane Woodell (BSPH '88)  
Jingzhen "Ginger" Yang (PhD '04)

**Editorial Board**

Jo Anne Earp, Elizabeth French, Helena Mullen

**Contributors**

Jo Anne Earp, Elizabeth French, Arcenia  
Lampkins, Sarah Loeff, and Helena Mullen

**Design & Layout**

Helena Mullen