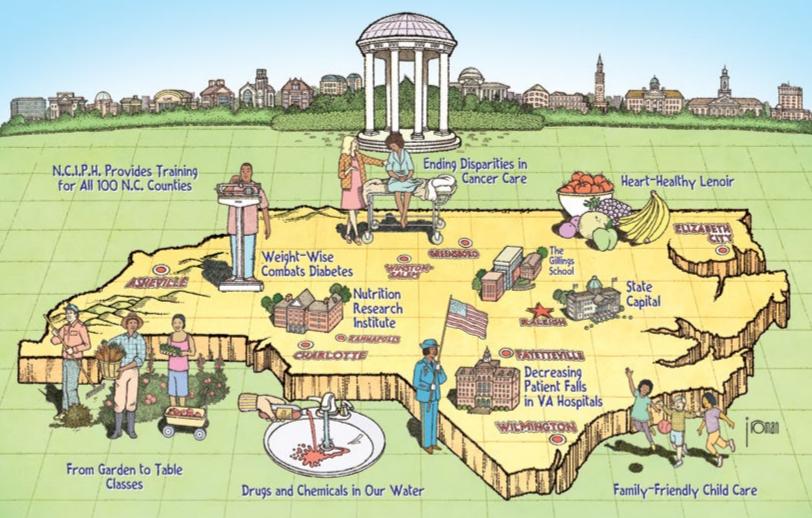
CAROLINA PUBLIC HEALTH

Gillings School of Global Public Health

The University of North Carolina at Chapel Hill

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Solving North Carolina's Public Health Challenges

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from the DEAN'S DESK

In 2015, we mark the 75th anniversary of the UNC Gillings School of Global Public Health. In this issue, we focus on some of the many faculty and staff members and students at the School whose work benefits North Carolina. We are committed today, as were those who came before us, to training tomorrow's public health leaders for North Carolina and solving big public health

1988 completion of Cane Creek Reservoir, a resource that assured adequate water supply for people in Chapel Hill up to the present time.

In the 1990s, the practical, applied research of health behavior professors Geni Eng, Jo Anne Earp and others led to increases in mammography use among low-income, black women in eastern N.C., reducing cancer-related

health. At the same time, our success accrues to N.C.—through the 5,500 or so jobs we create each year due to research funding; our 450 or so graduates each year, the majority of whom stay in N.C.; and through the knowledge we discover and the programs and products we develop and disseminate to North Carolinians.

Our future and North Carolina's future are intertwined inextricably.

Charles Kuralt, journalist, UNC alumnus, and host of *On the Road* and Sunday Morning, understood this when he said at the 1993 UNC bicentennial:

COMMITTED TO North Carolina

problems. We are making the state and its people healthier, safer and stronger.

As a *public* school of public health, we are not just co-located in North Carolina. We are embedded in and committed to our state. Without being parochial (we are a *global* school of public health, after all), we take seriously the *public* in public health and have a long, proud tradition of serving the state first.

As a UNC faculty member from 1952 to 1982, the late Dr. Dan Okun, Kenan Distinguished Professor of environmental sciences and engineering, taught and conducted research about local drinking water supply and purity. His studies led to the development and

health disparities between black and white women.

These are two examples out of thousands.

We make a positive difference for the environment and health of North Carolinians. This issue provides great proof of that. I only wish there were space to cover all the exciting work we are doing in North Carolina.

Our success benefits the entire U.S. and the world, a reality that fuels our reputation as a premier school of public ...Our love for this place is based on the fact that it is. and was meant to be, the University of the people.

And that is as it should be. As a *pub*lic school of public health, we are of the people.

Thank you for your support of the School! We welcome your feedback at any time.

Barbara K. Rimer

DR. BARBARA K. RIMER



INTRODUCTION

A glimpse into our work across North Carolina

Here at the Gillings School of Global Public Health, we don't just say "Local is global"—we live it every day.

We've been proudly and enthusiastically providing innovative public health education, research, solutions and service for nearly 75 years to North Carolina's residents – from the coast to the mountains and everywhere in between. There aren't enough pages in this issue of Carolina Public Health – or in the next ten issues - to cover all of it. Here, we offer a brief, rich glimpse of some of our efforts right now throughout the state.

The feature stories on the following pages highlight only a few of North

Carolina's public health challenges and the Gillings School researchers and practitioners who are addressing them. Many faculty members and students, through their research, teaching and service, are engaged personally in providing solutions for public health problems in their home state.

Illustrations from our cover are repeated in the context of the work they represent. In the center of the magazine is a photo essay that hints at the tremendous work our students do through summer internships across North Carolina. Our enthusiastic, knowledgeable and extremely motivated ambassadors for public health

take on real-world issues and participate in solutions that touch hundreds if not thousands - of people each year.

First and foremost, we love giving back to the people of our state. We know that the many lessons we learn and solutions we develop locally can be applied globally, just as we learn from solutions developed in other communities around the world. This reciprocity is a win-win for the people of North Carolina and around the world.

Enjoy!

—David Pesci

Scan code below!



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JONATHAN KOTCH

Improving the health and safety of North Carolina's children



Kotch's accessibility contributes to his success, says June Locklear, who until her retirement, headed the regulatory section of the N.C. Division of Child Development.

"He can speak at any level – to child-care providers who weren't college-educated and to those who run facilities of 100 children or more," Locklear says.

Kotch, the Carol Remmer Angle Distinguished Professor of Children's Environmental Health in the Gillings School's Department of Maternal and Child Health until his phased retirement in 2013, has placed children first throughout his 40-year career. As founder of the National Training Institute for Child Care Health Consultants, he helped train health practitioners to monitor child-care facilities and mentor child-care providers in the implementation of stringent sanitation and injury-prevention practices. He taught providers to identify maltreatment of a child and recognize early signs of emotional distress and other special needs.

After 16 years of training instructors of child-care health consultants across the U.S., the Institute recently lost federal funding due to sequestration and was forced to close. However, Kotch continues to direct the N.C. Child Care Health and Safety Resource Center (healthychildcarenc.org), a similar organization supported by state funds. The center trains North Carolina child-care health consultants and contracts to train providers from other states.

Having made tremendous progress reducing disease and injuries, the resource center now devises ways to incorporate nutrition and physical activity to prevent obesity and address social and emotional health.

"The more we can do for young children," Kotch says, "the healthier adults we'll have in North Carolina."

Kotch launched the Family Friendly Child Care Project, and the Beaufort-Hyde Partnership for Children was one of its pilot sites. Lisa Woolard, the partnership's executive director, says Kotch always took care of important details. He found medical homes for children and conducted long-term studies that followed children for 20 years to assess the impact of exposure to abuse and neglect upon their health and behavioral outcomes.

The staff members always looked forward to his site visits, she says. Something fascinating would happen when he arrived in his tweed coat and cap.

"Good golly, he's a smart man," Woolard says. "He drives himself to meet his own high standards, and he wants others to be at that high standard, too."

Locklear remembers Kotch's using a fluorescent spray, which glowed in the dark upon contact with bacteria, to demonstrate how germs collect on the underside of a table used by children. He and his staff developed a poster that leads children, step by step, through the hand-washing process, including the words of a song that lasts as long as handwashing should.



trained by Dr. Jonathan Kotch's N.C. Child Care and Safety Resource Center

"These seem like such little things, but they're still being used," Locklear says. Thanks to those auditory and visual reminders, a generation or two of North Carolina's children are healthier than they might have been.

Tristan Bruner, evaluation coordinator for another Family Friendly Child Care site, the Lenoir-Greene Partnership for Children, points out that the pilot sites were located in out-of-theway, downtrodden areas of the state.

"The residents here are poor and easy to forget," Bruner says, "but they were on Dr. Kotch's mind the most."

-Nancy E. Oates





When Carmen Samuel-Hodge left her home in the Virgin Islands in 1985, diabetes had just begun to be a public health problem. As a dietitian, she was seeing many clinic patients who had presented with a diabetes diagnosis. Wanting to learn more about the problem and how to address it, she pursued a nutrition doctorate at UNC.

Upon arriving in North Carolina, Samuel-Hodge discovered that diabetes was also disproportionately high among the state's African-Americans. Now a research assistant professor of nutrition in the Gillings School of Global Public Health and of medicine and social medicine in UNC's School of Medicine, she has focused her research efforts in the Tar Heel state.

Her first step was to listen to what North Carolinians had to say.

"When I came here, I decided to become more familiar with the people," she said. "Even though I knew African-Americans would have a lot in common with patients in the islands, I



also knew there would be differences. I needed to know more about what davto-day issues were most important, the beliefs and attitudes around diabetes. and what it would take to improve daily behaviors for living well with diabetes. Those contexts would allow me to design better interventions."

Recently Samuel-Hodge has tested two new interventions with promising results.

The Centers for Disease Control and Prevention funded the first project, called Weight Wise. In its pilot stage, Samuel-Hodge and her team led weekly meetings at a Wilmington, N.C., community health center to support mid-life, low-income women with

diabetes or at risk for diabetes, as they learned new strategies to improve their activity levels and diet. For 16 weeks, the women weighed in, discussed successes, challenges and weight management topics, came up with solutions to problems and set individual goals.

The intervention was an adaptation of the Diabetes Prevention Program (see tinyurl.com/diabetes-prevention-program), which found that people with elevated blood glucose could delay or prevent diabetes onset by losing about 7 percent of their body weight (e.g., a 200-pound person's losing 14 pounds).

The program shared some characteristics with those run by commercial weight loss companies, but Samuel-Hodge and her team tailored Weight Wise to the needs of these particular women.

"We changed food selections to be consistent with choices and preferences of the Southern population," she said. "We targeted foods that would be within the affordable range for a lowerincome population. We accepted that there would be times our participants couldn't afford fresh vegetables, so we found ways to use canned or frozen, for

EDUCATION AND INCOME MATTER!

Diabetes prevalence in N.C. was 3 TIMES higher

household incomes of less than \$15,000, compared with people making \$75,000 or more per year.

Participants in Samuel-Hodge's Family PALS learned strategies for weight loss and for improving family interactions.



example, rinsing off the extra sodium from canned products."

The women in the study lost about 5 percent of their initial body weight.

Samuel-Hodge's next question was whether the program would work as well if local health departments, rather than her research team, managed it.

"You want to translate research," she says, "so that it becomes part of practice."

She and her colleagues trained staff members at six health departments from across North Carolina to run programs in their communities. Again, the results were striking – participants lost an average 4 percent of their body weight, and a significant number lost 5 percent.

Samuel-Hodge says that because she and her team adapted the Weight Wise intervention for a lower-income population, it has great potential for dissemination. In fact, groups in a number of other states already have asked for the materials through the UNC Center for

Health Promotion and Disease Prevention's Web-based translational research site (www.centertrt.org).

Samuel-Hodge's other recent project, Family PALS (Partners in Lifestyle Support), paired African-American adults who have Type 2 diabetes with adult family members who do not have the disease. Both adults had to be overweight or obese and had to want to lose weight. Together, the pairs attended 20 weekly sessions and learned strategies for weight loss and for improving family interactions through better communication and less conflict. The National Institute of Diabetes and Digestive and Kidney Diseases funded the study.

"In populations with high rates of diabetes, such as African-Americans, you often find that a person who doesn't have the disease says, 'I want to enjoy life until I get it [diabetes],' instead of 'I should be doing what I can to prevent it," says Samuel-Hodge. "Often, other family members tell the person with diabetes, 'You can't eat that,' rather

than, 'We all should be eating differently and watching our weight.' Family members see themselves as being helpful, but the person with diabetes perceives it as nagging or being policed."

Working with a clinical psychologist, Samuel-Hodge developed segments to address family conflict and improve communication, support and cohesion within families. When the sessions ended, improvements were seen on all fronts. Participants lost an average 4.5 kg (almost 10 pounds), and physical activity increased. Dietary habits improved, and so did family interactions. There was less diabetes conflict, better communication, more togetherness, and more support for dietary and physical activity behaviors.

"We've seen the PALS program work on a pilot level with 54 pairs," Samuel-Hodge says. "We need to run it again with a larger sample. There's still a lot of work to do."

-Kathleen Kearns



35 YEARS AND COUNTING

The UNC Minority Health Conference is the longest-running, largest, student-led conference focused on minority health in the nation.



IDENTIFYING PRACTICES TO KEEP NC'S DRINKING WATER SAFE

Even in a country as developed as the U.S., the purity of drinking water is vulnerable to climate changes, major storm systems and the consequences of human behavior. Now, a new trend has fueled national and local discussions about the best ways to protect this vital resource – the introduction of industrial, agricultural and pharmaceutical chemicals into our water supply.



"We are talking about trace levels of pollutants – barely detectable, using current methods – but there can be fluctuations in these levels, for example, when we have heavy rains," says Howard Weinberg, PhD, associate prodifferent treatment processes in removing a wide range of human-made chemicals from surface waters. They found that treatments most often used to keep particles, bacteria and color out of drinking water are ineffective in

It's an inglorious reflection of our lifestyle that our waterways shine back upon us – pharmaceutical products, caffeine, detergents, sunscreen, insect repellents and who-knows-what from fracking and other industrial processes.

-HOWARD WEINBERG, PHD

fessor in the Gillings School's Department of Environmental Sciences and Engineering.

While health effects of these contaminants are still unknown, Weinberg says their very presence underscores a need to identify which chemicals are in our water and what steps can be taken to keep drinking water safe.

Water resources and treatment managers in North Carolina seem to agree. Trying to stay ahead of the curve, a consortium of utilities across the state contacted Weinberg for his expertise in tracking the source and fate of pollutants in surface water.

In a recent study, he and his research team tested the effectiveness of four removing chemicals found in pharmaceutical drugs, personal care products, pesticides, flame retardants and other substances.

Most municipal treatment plants prepare drinking water using a combination of chemicals, mixing and filtration. When researchers used a specially formulated carbon, they were able to determine whether most pollutants were removed or decreased to undetectable levels. In some cases, they found that the disinfectant chemicals reacted with pollutants, converting them into forms that previously had avoided detection.

"Clearly, watershed protection is the first barrier," Weinberg says, "but at

WEINBERG AND NC'S ENVIRONMENTAL HEALTH SUMMIT

Weinberg has collaborated with researchers at The University of North Carolina at Chapel Hill, Duke University, N.C. State University, RTI International and many utility partners to study environmental issues in the state, including how to protect the safety of North Carolina's drinking water.

In November 2008, Weinberg was one of the group leaders of North Carolina's Environmental Health Summit, which explored issues associated with the presence of pharmaceuticals in water. More than 150 attendees from government organizations, academia, industry, water utilities and public interest groups discussed how to evaluate current knowledge on the topic and identify research gaps and innovative

A report on the meeting, published in *Environmental Health Perspectives* in 2010, is available online at *tinyurl.com/NC-envr-health-summit.*

least treatment plants now have an option for protecting consumers. Activated carbon can be used to filter water at the plant."

The carbon treatment is costly, possibly prohibitively so, both for smaller municipalities – which often are downstream from larger cities' treated effluent discharges – and for communities whose members rely on wells, which might be contaminated by failed septic systems. Many small towns in North Carolina might be affected.

"We have the technology to protect consumers from exposure to many pollutant chemicals in drinking water," Weinberg says. "But it comes at a cost – either at the front end, from manufacturing, use and disposal, or at the last barrier, in the treatment plant and at the consumer's tap."

The good news, according to Weinberg, is that by working collaboratively and leveraging resources available at the Gillings School, many of the challenges can be addressed holistically now.



Led by Dr. Jamie Bartram, the Institute draws 500 participants from 47 countries to its annual fall conference.

waterinstitute.unc.edu

WHAT'S IN THE WATER, EXACTLY?

Detergents and soaps – some of which have ingredients that disrupt the endocrine system – often are found in domestic waste waters and septic tanks. If a septic tank leaks, these ingredients may reach groundwater, a source for drinking water. Other chemicals found in surface waters that are taken into drinking water plants include atrazine (herbicide), DEET (insecticide), caffeine (stimulant), flame retardants, pharmaceuticals and more.

At one time, people were directed to flush unused medications to prevent misuse by others, especially children. That advice has changed. It may help protect water supplies to have designated days during which people return unneeded drugs to a central authority for safe disposal. This may be only part of the solution, however, since most of the trace amounts of pharmaceuticals in the water are introduced through human or animal waste.

Gregory Characklis, PhD, professor of environmental sciences and engineering at the Gillings School and director of UNC's Center for Watershed Science and Management, says Weinberg's research is important if we are to identify ways to treat water sources once contaminants are detected. The larger question is whether we should invest in keeping these contaminants out of the environment in the first place.

"As a rule of thumb, it is usually less costly to prevent problems," Characklis says, "but this is a complicated question. One of the first steps is to figure out what exactly is in the water."

Experts at UNC and beyond agree that many measures are needed. These may include improved watershed protection measures, indicators of wastewater pollution in the source water, effective treatment technology, stricter regulations, consumer education and/or changes in manufacturing processes.

-Amanda Crowe

FEET ON THE CHRONIND

NCIPH serves communities and public health professionals



Students, faculty members, Dean Rimer and Orange County Health Department staff members enjoyed the 2013 Practice Pathways PhieldTrip.

For 14 years, the Gillings School's North Carolina Institute for Public Health (NCIPH) has bridged the gap between academics and practice in North Carolina and beyond. The NCIPH is a provider of information and training, a connector and go-to place for brokering needs and the people who can fulfill them. Its ultimate mission is to improve the health of North Carolinians.

One of the NCIPH staff's most important tasks is to develop, deliver and support training for current public health workers. By partnering with other organizations, responding to the needs of those on the front lines of practice and contributing to others' efforts, NCIPH staff members made an impact upon nearly 25,000 people in fiscal year 2012, including more than 13,000 people in N.C.

Using a range of tools from brief, online instruction to in-depth continuing education programs and professional conferences, NCIPH staff members educated and prepared practitioners from all 100 N.C. counties, all 50 U.S. states and 177 countries.

"The Institute is committed to transforming the practice of public health," says Anna Schenck, PhD, the Gillings School's associate dean for public health practice and director of the School's NCIPH and Public Health Leadership Program. "We connect the School with public health practitioners in communities across the state and beyond. This two-way collaboration, with ideas and solutions flowing in both directions, helps to improve both the science and practice of public health."

Among the Institute's most requested services are training sessions for school health nurses (conducted annually) and a biennial conference on immunization, both of which draw hundreds of participants. Staff members lead online educational sessions in introductory public health and public health law and provide management and leadership training to hundreds of public health professionals every year.

Staff members also provide technical assistance to the public health practice community. One example is the Institute's administration of the local health department accreditation program (sph.unc.edu/nciph/accred) to improve the consistency and quality of local health services. To date, 79 local health departments in the state have received a four-year accreditation. Some of those evalu-

ated early in the program already have been reassessed.

"The Institute has been instrumental in the development and implementation of this statewide accreditation process, one of the first in the country, that assures that all local



trained every year by the School's North Carolina Institute for Public Health (NCIPH)

health departments meet a minimum set of standards and that all residents of the State have access to credible, needed services," says Gibbie Harris, MSPH, BSN, RN, local health director in Buncombe County, N.C.

The innovative incubators program (sph.unc.edu/nciph/incubator) managed by the Institute provides resources for local departments to collaborate and address common challenges. Over the last couple years, those common concerns have included ways to better communicate the value of public health and best practices for local departments under the new health care law.

The Institute also has a long history of assisting with mandatory community health assessments, which are part of periodic strategic planning in every county in the state.

In 2013, Wake County leaders selected Institute personnel to conduct their county's community health assessment. Wake County Human Services established an innovative and unprecedented partnership with three local hospitals (WakeMed Health and Hospitals,

1999 - 2013 ...AND BEYOND

The N.C. Institute for Public Health was established in August 1999 by founding director William Roper, MD, MPH, then dean of UNC's public health school. Roper said the Institute was envisioned in response to the Institute of Medicine's landmark 1989 report. "The Future of Public Health," which identified critical gaps in workforce capacities of public-health organizations to improve the public's health. A major point of the report was that the study of public health had become too distant from its practice.

"With the Institute, we hope to widen our circle of collaboration – to work closely with the public and private sectors, with government and business, with health-care providers, researchers, policy makers and others in the field." Roper said.

Duke Raleigh, and Rex Healthcare), Wake Health Services, United Way of the Greater Triangle, Wake County Medical Society and Urban Ministries to complete a joint assessment. More than 60 nonprofit, government, faithbased, education, media and business organizations participated to identify needs and priorities for the next three years. Among those priorities are poverty and unemployment, health care access and utilization, and mental health and substance use.

With Robert Wood Johnson Foundation funding, NCIPH staff members analyze the impact of economic recession upon public health outcomes. They collected data showing significant variations in county public health department spending per capita. Now, the study focuses upon benefits resulting from these local health department



Bill Gentry (see page 20) served as a survey team member in September when the Institute led a community health assessment in Durham County, N.C.

expenditures. When cost and benefits are assessed over time, officials can see more clearly the returns on an investment in public health. Counties that allot more of their budgets to public health programs, for example, have fewer reports of illness.

"These analyses will provide us with better tools to measure return on investment in public health," says Schenck, who leads the study.

NCIPH staff members also introduce Gillings School students to community public health issues and resources. Incoming public health students get insights into the realities and opportunities of practice through the annual Practice Pathways PHield Trip to the Orange County (N.C.) Health Department.

One of the School's most valuable training experiences for students is Team Epi-Aid, an Institute initiative. The award-winning volunteer group, established in 2003, matches graduate students with local and state health departments to assist with outbreak investigations and other short-term, applied public health projects. In its decade of fieldwork, Team Epi-Aid has involved more than 300 students in 70 activities requiring about 6,000 hours of service.

"We're so fortunate to have the Institute, with its commitment to local public health, right here in our backyard," says Colleen Bridger, PhD, Orange County Health Director. "The organization is a great partner for us and excels at bringing practitioners and academicians together to strengthen public health throughout the state."

-Ramona DuBose

Power of community, strength in diversity

Growing up on a small farm in Jacksonville, Fla., as the great-granddaughter of a Chinese immigrant tenant farmer, Eng experienced cultural clashes as well as the power of community.



"I saw how communities can come together," says Eng, professor of health behavior at the Gillings School. "That's a large part of why I gravitate toward looking at culture and how it's intertwined with health."

Her Peace Corps service with community health workers in Togo strengthened her belief that one must address cultural values to change health behaviors.

For the last decade, Eng has highlighted the value of community and cultural awareness through her membership in the Greensboro Health Disparities Collaborative (GHDC), an academic-community coalition. "We have partnered with community members to fine-tune research questions, determine the methods most culturally authentic and appropriate to gain information that is hidden and elusive from mainstream society, and gain an insider's view on why health inequities persist in these communities," Eng says.

"Geni has the ability to be a true collaborator and to partner with very diverse groups," says Jennifer Schaal, MD, GHDC's secretary and a founding member. "She doesn't try to run the show, and she's able to share her

expertise without acting like she's the only expert."

Eng and The Partnership Project (www.greensboropartnership.com) -which manages GHDC-began collaborating in 2003; Eng offered her expertise in community-based participatory research (CBPR), and the Project offered a framework for undoing

racism. "Using a systems approach, we are examining how the lack of transparency and accountability enables health care inequities to continue," Eng says.

The group first designed the Cancer Care and Racial Equity Study, a twoyear exploratory study funded by the National Cancer Institute, to better understand how cancer treatment was implemented at Greensboro's Cone Health Cancer Center and why inequities were present. "We identified the pressure-point encounters that were different for white women and African-American women," Eng says. "We explored the nuances of two groups of women going through the same cancer-care system but having different communication issues and different reactions to the protocols."



Their findings informed the development of a five-year study known as ACCURE (Accountability for Cancer Care through Undoing Racism and Equity). Begun in 2012 with UNC professor of medicine Sam Cykert, MD, as Eng's co-principal investigator, ACCURE is a National Cancer Institute-funded collaboration among UNC, The Partnership Project Inc., Cone Health and the University of Pittsburgh Medical Center.

"ACCURE tests the effectiveness of reorganizing cancer care in two cancer centers," Eng says. "We are aiming to optimize the quality of care and narrow treatment disparities between white and African-American patients with a first diagnosis of Stage 1 or 2 breast and lung cancers. Not receiving good care in these instances contributes to unnecessary deaths."

ACCURE's innovations are an electronic real-time registry that signals deviations from standards of care; training "nurse navigators" to use this registry and to communicate with patients and medical professionals about things that improve or prevent the achievement of optimal standards of care; the use of a "physician champion," who provides ongoing findings about race-specific treatment progress and promotes training in health-care equity for medical professionals; and patient engagement to generate an analysis of power and authority within the cancer-care system that informs the work of nurse navigators and physician champions.

"Our goal with this work is that disparities in treatment outcomes by race and ethnicity will fade," Eng says. Left to right are Amondre Smith, ACCURE research assistant and senior at N.C. Central University; Nora Jones, Partnership Project Inc. executive director; Jennifer Schaal, former board chair of the Project; and Janet Jeon, ACCURE graduate research assistant and health behavior doctoral student at Gillings. The group came together in September at a meeting of the Greensboro Health Disparities Collaborative.



"This is to the benefit of all patients who have cancer."

Eng says that CBPR is important for North Carolina. "The changes in the state's demographics have been quite dramatic and rapid," she says. "Engaging these communities in research helps reveal their strengths. It is essential to see the people in our state not as targets, but as partners, which is critical to developing lasting change."

Nora Jones, GHDC member and president of Sisters Network Greensboro, an African-American breast cancer survivorship organization, has worked with Eng since the collaboration began.

"Geni truly appreciates community organizations, respects them and treats them as equal partners," Jones says. "She has been a great asset to us as a community group, teaching us skills to be successful both in research and as a community organization overall."

 $-Michele\,Lynn$



7 KENAN DISTINGUISHED PROFESSORSHIPS AT UNC GILLINGS

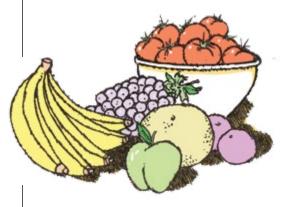
Drs. Gerardo Heiss, Michael Kosorok, Herbert Peterson, Barry Popkin, Mark Sobsey, James Swenberg and Steven Zeisel



Alice Ammerman combats heart disease in eastern NC

Heart Healthy Lenoir, a community-based research effort based at the UNC Center for Health Promotion and Disease Prevention (HPDP), was established in Lenoir County, N.C., in 2010 to develop and test better ways to tackle cardiovascular disease (CVD) in a vulnerable North Carolina community.

Alice Ammerman, DrPH, professor of nutrition at the Gillings School and HPDP director, leads the project in collaboration with her former doctoral student Stephanie Jilcott Pitts, PhD, now associate professor in East Carolina University's Department of Public Health.



The project uses a three-tiered approach toward prevention and treatment, including a clinic-based blood-pressure study; lifestyle study promoting healthy eating, physical activity and weight control; and a genomics study assessing ways that genes influence CVD and the treatments that work.

Data from early formative work with the project revealed that having too few places where one could obtain a quick, healthy meal was perceived as a major barrier to a heart-healthy lifestyle. In a project survey, 18.6 percent of African-Americans and 7.8 percent of whites reported as a "big problem" that their neighborhoods had

too many fast-food restaurants. As a result, a project component launched in fall 2013 expanded the lifestyle program to empower Lenoir County residents to make healthier choices when dining out.

Three Kinston, N.C., restaurants now offer patrons information about healthier menu choices and provide discount coupons to those who make two healthy choices when they order, such as selecting whole grains, fruits and vegetables, foods made with healthy fats and minimally-sweetened beverages.

Lenoir County has some of the highest rates of heart disease in the U.S., but it also has public health and clinical resources to support the three-tiered approach to reducing CVD. More than 660 participants have enrolled in the five-year study, which is funded by the National Heart, Lung and Blood Institute, one of the National Institutes of Health.

-Sonya Sutton

GOOD DECISIONS IN THE LUNCH ROOM

has spent much of the last 20 years working on food access and education efforts in eastern North Carolina. also leads the research team for Food Explorers, a new partnership between UNC's Center for Health Promotion and Disease Prevention, Rockingham County (N.C.) Schools and Chef Cyndie Story (www.chefcyndie.com).

The program, which continues until spring 2014, is a social marketing campaign to promote healthy lunch menus and increased consumption of fruits and vegetables at school. Seth Noar, PhD, associate professor in the UNC School of Journalism and Mass Communication, collaborates on the social marketing aspects of the program. Ammerman and Noar also are members of UNC's Lineberger Comprehensive Cancer Center.

Learn more at tinyurl.com/ hpdp-food-explorers.



Bill Gentry

Preparedness training benefits North Carolina, national and global communities



Bill Gentry's preparedness skills are legendary.

From his college days as an emergency medical services technician in Wilmington, N.C., Gentry has valued an organized, collaborative approach to getting the job done - especially when the job at hand is preserving health or saving the lives of humans and animals. His emergency management work led him to UNC in 2005, where he now directs the Gillings School's Community Preparedness and Disaster Management (CPDM) certificate program and consults with local health departments and first-responder personnel in countries as far away as Botswana and Moldova.

N.C., that involved a simulated collision of a tanker truck and school bus. More than 200 responders and volunteer victims participated in the half-day exercise, played out in a busy downtown intersection.

The CPDM program also provided evaluation in a multi-agency, multi-jurisdictional contaminated water exercise involving the Orange County Water and Sewer Authority, Orange County, the UNC campus and UNC Health Care (the hospital system) in investigating, identifying and mitigating a *Cryptosporidium* contamination event. *Cryptosporidium* is a parasite, found in contaminated drinking or recreational water sources, that causes severe diarrhea.

Gentry was at the forefront of the State Animal Response Team (SART), formed in N.C. in response to 1999's Hurricane Floyd. Floyd left more than three million domestic and farm animals dead, and Gentry was asked to help form a network that could save pets and other animals during natural and other disasters.

"The SART model," Gentry says, "is built upon public-private partnering that integrates efforts by government agencies, not-for-profits, business and volunteers to build and support state and local networks. The model is based on our belief in the one medicine/one health concept, which closely aligns human and animal health."



400+ FIRST RESPONDERS

trained statewide every year by the Gillings School's Department of Health Policy and Management

Gentry's areas of expertise are disaster management and preparedness skills training.

He has led training for the Orange County (N.C.) school system to prepare for winter storms, during which students and staff members with special health needs may need to shelter overnight at school.

He facilitated a full-scale hazardous materials exercise in Vance County,

Gentry (left) and Dr. Jimmy Tickel admire a horse corralled at NCSU's College of Veterinary Medicine.

"In all these exercises, Gentry says, "the importance of preparedness, communication and collaboration were emphasized. We stress the importance of sustaining training and education opportunity – and also of sustaining partnerships."

In 2004, the U.S. Department of Agriculture funded a cooperative agreement with N.C.'s SART to develop local animal response teams on a national scale, based on North Carolina's model.

 $-Linda\ Kastleman$

ALUMNA PERSPECTIVE

NCIOM leads efforts to improve North Carolina's health



Silberman (right) meets with (I-r) Catherine Joyner, MSW, Kristin O'Connor and Dr. Adam Zolotor.

The people of North Carolina are more likely to live in poverty, die due to preventable conditions and have higher rates of obesity and tobacco use than people in most other states. Therefore, it is no surprise that when comparing health indicators among the 50 states, our state historically has ranked in the bottom third.

In this context, some of the major North Carolina health funders and the N.C. Division of Public Health (NCDPH) asked the North Carolina Institute of Medicine (NCIOM) to create a task force to develop a Prevention Action Plan for the state. The NCIOM was created by the N.C. General Assembly in 1983 to study important issues facing the state and develop workable solutions to those problems.

The task force included state and local policy makers, public health officials, health care professionals, and community and business leaders. In 2009, the group identified major preventable causes of death and disability in the state and evidence-informed strategies to address those risk factors. Two years later, NCIOM led the state's efforts to develop the Healthy NC 2020 objectives. We involved more than 150 people from across the state to identify 40 key indicators of population health, which could be measured over time to assess the state's progress in improving population health. In 2012, we worked with the NCDPH and other partners to develop a

plan to implement evidence-based strategies to improve population health at the local level.

North Carolina has used the Prevention Action Plan and the Healthy NC 2020 report to compete successfully for federal funding to implement comprehensive prevention strategies and enhance the state's data and tracking systems. Already, progress has been made on half of the 40 objectives.

Significant challenges remain. Funding for public health is limited. Historically, only 3 percent of national health care spending has focused on public health and prevention. It is therefore critical to focus our limited resources into evidence-based efforts that have the greatest likelihood of success.

At the same time, we must expand community- and state-level partnerships—such as the successful collaboration between North Carolina hospitals and local health departments—to improve population health. We can continue to improve the health of all North Carolinians, but only if all partners—government, health, insurance, academic, philanthropy, business and community leaders—work together to implement multifaceted strategies to address the major health risks affecting the people of our state.

-Pam Silberman, DrPH

Dr. Pam Silberman is president and chief executive officer of the N.C. Institute of Medicine and clinical professor of health policy and management at the Gillings School.

May-October 2013

SCHOOL NEWS

READ MORE AT www.sph.unc.edu/news.

Selected Publications

John J.B. Anderson, PhD, professor emeritus of NUTR, found a relationship between calcium levels and the presence of white-matter lesions in the brain, particularly in men and in people with depression, in a study published June 18 in Nutrients.

Ralph Baric, PhD, EPID professor, examined the genetic make-up of a dangerous new coronavirus, the Middle East Respiratory Syndrome (MERS-CoV), in an article published online Sept. 16 in Proceedings of the National Academy of Sciences (PNAS).

Noel Brewer, PhD, HB associate professor, showed that encouraging physicians to recommend human papillomavirus (HPV) vaccines to adolescent boys and their parents - and educating boys and their families about the vaccine's importance - are essential to reducing the cancers the virus can cause. Findings were published in the August issue of American Journal of Public Health.

A study led by Alan Brookhart, PhD, associate professor of EPID, and published June 20 in the Journal of the American Society of Nephrology demonstrated that a regimen of smaller doses of iron (administered to dialysis patients for anemia) given over a longer time helps avoid serious infections often caused by larger doses given over shorter periods.

Guanhua Chen, BIOS student, and Michael Kosorok, PhD, Kenan Distinguished Professor and chair of BIOS and professor of statistics and operations research, are two co-authors of

an article describing the development of a new data-mining tool to improve researchers' understanding of cancer genetics. The work was published in the July 8 Proceedings of the National Academy of Sciences (PNAS).

Nabarun Dasgupta, PhD, 2013 EPID alumnus, proposed a new definition of "overdose death" to garner more accurate estimates of death by illicit drugs and by prescription medicines that lend themselves to abuse. The research, published June 6 in the Journal of Clinical Toxicology, has implications for evaluating effectiveness of national measures to reduce overdose deaths.

Nora Franceschini, MD, MPH,

EPID research assistant professor, led research that identified genes linked to high blood pressure in individuals of



John Anderson



Ralph Baric



Noel Brewer



Alan Brookhart



Guanhua Chen



Nab Dasgupta





Meridith Frv



Jen Horney



Zachary Kerr



Michael Kosorok



Joseph Lee

KEY TO DEPARTMENTS

BIOS Biostatistics Epidemiology

Environmental Sciences and Engineering

Health Behavior

Health Policy and Management Maternal and Child Health

NUTR Nutrition

PHLP Public Health Leadership















Elizabeth Maver-Davis

Mehul Patel

Tamar Ringel-Kulka

Jason West

Steve Wind

Karin Yeatts

Donglin Zeng

African ancestry. The study was published online Aug. 22 in *The American Journal of Human Genetics*.

Jennifer Horney, PhD, research assistant professor of EPID and manager of the research and evaluation unit at the School's N.C. Institute for Public Health, found that experience in applied public health may influence job choices for public health graduates. Study findings were published online Aug. 16 in the *Journal of Community Health*.

Zachary Kerr, EPID doctoral student, found that most high school football programs still do not employ the most effective measures to manage heat-stroke. His study was published online Sept. 6 in the *American Journal of Sports Medicine*.

Joseph Lee, MPH, HB doctoral student, examined lesbian, gay, bisexual and transgender (LGBT) blogs and found the blogs rarely addressed one of the LGBT community's biggest health problems – smoking. Findings were published online Sept. 17 in *LGBT Health*.

Danyu Lin, PhD, Dennis Gillings Distinguished Professor, Donglin Zeng, PhD, professor, and Zhengzheng Tang, doctoral student, all in BIOS,

developed a novel approach to analyze genetic traits in large cohorts. Their approach was published online July 11 in the *Proceedings of the National Academy of Sciences* (PNAS).

Philip May, PhD, research professor of NUTR at UNC's Nutrition Research Institute, in Kannapolis, N.C., published two studies about fetal alcohol spectrum disorders in South Africa. The studies appeared in the May issue of Alcoholism: Clinical and Experimental Research and the June issue of Journal of Developmental and Behavioral Pediatrics.

Mehul Patel, MSPH, EPID doctoral student, surveyed North Carolina's emergency medical services (EMS) systems to determine how well they complied with stroke training and care practices. His findings – which noted significant improvements – were published online Sept. 5 in *Preventing Chronic Disease*.

Tamar Ringel-Kulka, MD, MPH,

research assistant professor of MCH, led a study to analyze gut bacteria of children in N.C. Published online May 23 in *PLOS One*, the study found that the period of opportunity for treating children's microbial imbalances might be longer than previously thought.

Dangers of air pollution

Jason West, PhD, assistant professor, and Raquel Silva and Yuqiang Zhang, doctoral students, all in ESE, used computer models to estimate that more than 2M deaths result each year from human-caused increases in fine particulate matter, making outdoor air pollution a major environmental health risk. The study was published online July 12 in Environmental Research Letters. In a similar model study, published online Sept. 22 in Nature Climate Change, West compared a future with and without global climate change policies and found that polices to reduce greenhouse gas emissions would decrease premature deaths from air pollution. Meridith Fry, PhD, recent ESE alumna, co-authored another study with West, published May 29 in Atmospheric Chemistry and Phys*ics*, that found curtailing emissions of carbon monoxide can improve air quality and contribute to the reduction of greenhouse gases.















Danyu Lin

Philip May

Dorothy Cilenti

Stephanie Wheeler

Steve Wing, PhD, EPID associate professor, Jill Stewart, PhD, assistant professor of ESE, doctoral students Jessica Rinsky and Maya Nadimpalli, and alumnus Christopher D. Heaney, PhD, now at Johns Hopkins, found drug-resistant bacteria associated with livestock in the noses of industrial livestock workers - but not in the noses of antibiotic-free livestock workers - in North Carolina. The study was published online July 2 in PLOS One.

Karin Yeatts, PhD, EPID research assistant professor, led a study to analyze incidence and burden of COPD-related emergency department visits in N.C. Her findings were published April 11 in the journal *CHEST*. With Gillings colleagues Amy Herring, ScD, BIOS professor, and Eric Whitsel, MD, MPH, EPID research associate professor, Yeatts also led a study that found a link between chemical air pollutants and cardiovascular disease, published online March 5 in

Environmental Health Perspectives. A study published in the August issue of Science of the Total Environment finds that the use of incense in the Arabian Gulf Peninsula may cause inflammatory response in the cells of people exposed to its smoke and gaseous combustion products.

Rebecca Cohen, master's student in ESE, her adviser Kenneth Sexton. PhD, now retired ESE research assistant professor, and Yeatts were co-authors.

Selected Grants

Ralph Baric, PhD, EPID professor, and colleagues at the University of Wisconsin have received a \$10M+ grant to study the pathogenic activity of viruses including severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS), Ebola, highly pathogenic influenza and herpesvirus HHV8.

Frieda Behets, PhD, EPID professor, and Stuart Rennie, PhD, adjunct assistant professor of HPM, received the Fogarty International Center's International Research Ethics Education and Curriculum Development Award of more than \$1.3M to raise awareness and promote skills related

to bioethical issues in the Democratic Republic of Congo.

Dorothy Cilenti, DrPH, MCH clinical assistant professor and senior investigator at the NCIPH, received a \$5.5M award from the U.S. Health Resources and Services Administration to establish a national MCH Workforce Development Center at UNC. The award will provide workforce development for program leaders and prepare them to succeed in the public health system under the Affordable Care Act.

Myron Cohen, MD, Yeargan-Bate **Eminent Distinguished Profes**sor of Medicine, Microbiology and

Immunology, and Epidemiology, received a grant from the National Institutes of Health's Fogarty International Center to train medical personnel in southern China to prevent and treat sexually transmitted diseases, including hepatitis B and C. The award is one of six new Fogarty grants totaling \$5.6M.

Joanne Jordan, MD, MPH, adjunct EPID professor and director of UNC's Thurston Arthritis Research Center, was awarded a \$5.6M National Institutes of Health grant to address the public health challenges caused by osteoarthritis.

Elizabeth Mayer-Davis, PhD, NUTR professor and interim chair, was awarded \$7M by the NIH's National Institute of Diabetes and Digestive and Kidney Diseases to test effectiveness of her Flexible Lifestyles (FL3X) program to help adolescents with Type 1 diabetes manage their disease and improve quality of life.

MEASURE Evaluation, a consortium led by UNC's Carolina Population Center, was awarded \$15M from the U.S. Agency for International Development for HIV health information systems efforts in South Africa. The consortium is directed by James Thomas, PhD, associate professor of EPID.

Kari North, PhD, associate professor of EPID, received a \$3.1M National Institutes of Health grant to uncover connections between genetic variants and some of the complex diseases that affect Hispanics and African-Americans.

Stephanie Wheeler, PhD, assistant professor of HPM, will receive \$727K through an American Cancer Society Mentored Research Scholar Grant. Wheeler aims to improve use of guideline-recommended endocrine therapy among racially diverse breast cancer patients and shed light on reasons for disparities in outcomes.

Kurt Ribisl, PhD, HB professor, directs the new UNC Center for Regulatory Research on Tobacco Communication (CRRTC), one of 14 new national centers funded by the U.S. FDA and NIH. The CRRTC was awarded \$20M to conduct research on tobacco prevention communication and regulation. Based in UNC Lineberger Comprehensive Cancer Center (LCCC), the new center houses projects by UNC faculty members including Noel Brewer, PhD, associate professor of HB, Ribisl and Brewer are members of the LCCC.

Other News

The Gillings School class of 2013, under student government president Katlyn Donohue, raised more than \$10K, including a \$3K contribution from the School's Alumni Association, for scholarships. Awardees included Reuben Adatorwovor (BIOS), Lakshmi Gopalakrishnan (MCH), Jasmine Hutchinson (HPM), Eli Lovell (NUTR), Zinaida Mahmutefendic (PHLP), Alycia Overbo (ESE),

Shabbar Ranapurwala (EPID) and Kathryn Stein (HB).

Experts at the 19th annual National Health Equity Research Webcast on June 4 emphasized the role of comprehensive early childhood education programs in combating the effects of poverty. A webcast of the event is available at www.minority.unc.edu/institute/2013.

Barry Popkin, PhD, W.R. Kenan Jr. Distinguished Professor of NUTR, led The Bellagio Declaration (*BellagioObesity2013.org*), a call to action made at the International Congress on Nutrition in Spain in September. The declaration calls upon governments and other groups to take specific actions to counteract lobbying forces by multinational food corporations.

in MEMORIAM

Edward Michael Foster, PhD, professor of health care organization and policy at University of Alabama-Birmingham's School of Public Health, and former professor at the Gillings School, died on May 14.

Mary Reid, program coordinator for PHLP's Health Care and Prevention concentration, died June 30.

As we went to press, we learned of the Nov. 5 passing of **Robert Moorhead, MPA**, who served in leadership roles at the School from 1967 until the 1990s. Through his efforts, faculty and staff members were provided for the first time in 1982 with computers and email services.

Read more at sph.unc.edu/news.

May-October 2013 AWARDS ど RECOGNITIONS

READ MORE AT www.sph.unc.edu/recognitions and awards.

Sandra Cianciolo, MPH, won the 2013 Innovation + Inspiration Staff Award, sponsored by the School's Research and Innovation Solutions office. Cianciolo is project coordinator for the National Training Institute for Child Care Consultants, a project led by Jonathan Kotch, MD, Carol Remmer Angle Distinguished Professor of MCH.

Penny Gordon-Larsen, PhD, NUTR professor, was elected vice-president of The Obesity Society, the leading scientific organization dedicated to the study of obesity. Her four-year position will include leadership as president-elect, president and immediate past president.

Martin Kohlmeier, MD, PhD, NUTR research professor, received the 2013 Roland L. Weinsier Award for Excellence in Medical/Dental Nutrition Education from the American Society of Nutrition.

KEY TO DEPARTMENTS

BIOS Biostatistics EPI Epidemiology

ESE Environmental Sciences and Engineering

HB Health Behavior

HPM Health Policy and Management

MCH Maternal and Child Health

NUTR Nutrition

PHLP Public Health Leadership

Miriam Labbok, MD, MPH, Professor of the Practice of MCH, received the Carl E. Taylor Lifetime Achievement Award from the APHA's International Health Section on Nov. 5.

Ya-Ru Li (ESE) and Carmen Piernas Sanchez, PhD (NUTR), won the 2013 Gillings Dissertation Award, a \$5K prize to support their research and dissertation writing. The awards are managed by the School's Research and Innovation Solutions office. (See *sph*. unc.edu/accelerate.)

Jane Monaco, DrPH, BIOS clinical assistant professor, and Morris Weinberger, PhD, Vergil N. Slee Distinguished Professor of Healthcare Quality and Management in HPM,

were presented at the spring 2013 commencement with the School's highest awards for teaching and mentoring - the McGavran Award for Excellence in Teaching (Monaco) and the John E. Larsh Award for Mentorship (Weinberger).

George Pink, PhD, Humana Distinguished Professor of HPM, was honored by the National Rural Health Association with its Outstanding Researcher Award in May.

Barbara K. Rimer, DrPH,

dean and Alumni Distinguished Professor of HB, was presented with the American Cancer Society's Medal of Honor in May. The award recognized Rimer's seminal cancer



Drs. Morris Weinberger (left) and Jane Monaco received the Larsh, McGavran awards.







Martin Kohlmeier



George Pink



Ivan Rusyn



Ernest Schoenfeld



Anna Maria Siega-Riz



Philip Singer



Jason Surratt

research efforts, particularly in breast cancer screening. The UNC Lineberger Comprehensive Cancer Center also honored Rimer at a gala on Sept. 27 for her significant contributions to cancer research.

Ivan Rusyn, MD, PhD, ESE professor, was named to the National Research Council committee, "Design and Evaluation of Safer Chemical Substitutions - A Framework to Inform Government and Industry Decisions." The Council is under the auspices of the National Academies (nationalacademies.org).



Dean Rimer (second from right) accepts the ACS Medal of Honor.

Ernest Schoenfeld, DrPH, longtime leader at the School and lecturer in PHLP, received the Association of Public Health Laboratories' Presidential Award in June. The award recognizes achievements in laboratory science and creative approaches to solving public health challenges.

Anna Maria Siega-Riz, PhD, was one of 15 nationally recognized experts selected to serve on the 2015 Dietary Guidelines Advisory Committee. Siega-Riz, professor of EPID and NUTR, will make recommendations for the eighth edition of the Dietary Guide*lines for Americans*, a document that will be the foundation for national nutrition programs, standards and education.

Philip C. Singer, PhD, ESE emeritus professor, won the Association of Environmental Engineering and Science Professors' (AEESP) 2013 Charles R. O'Melia Distinguished Educator Award.



\$20 MILLION

Awarded by the NIH-FDA to Dr. Kurt Ribisl to create a UNC Center for Regulatory Research on Tobacco Communications

Jason Surratt, PhD, ESE assistant professor, won the prestigious Sheldon K. Friedlander Award from the American Association for Aerosol Research for dissertation research showing how natural emissions from trees help increase fine particulate matter, thereby affecting air quality and human health.

Myron Cohen, MD, Yeargan-Bate Eminent Distinguished Professor of Medicine, Mircobiology and Immunology, and Epidemiology, received the North Carolina Award for Science, the state's highest civilian honor.

STUDENT INTERNSHIPS





GABRIELA ARANDIA HEALTH BEHAVIOR DOCTORAL STUDENT

LESLIE DEROSSET MATERNAL AND CHILD HEALTH DOCTORAL STUDENT

Arandia and deRosset studied the effectiveness of educational outreach to immigrants about the Affordable Care Act. Team members conducted interviews with government officials, health and human service providers, community leaders and immigrants. They learned what worried people about the law and examined strategies that might make enrolling for coverage easier. A report on their findings will be available in 2014 on the Carolina Population Center's website (www.unc.edu/cpc).



PHIL HANSEN HEALTH BEHAVIOR MASTER'S STUDENT



Hansen did research and disseminated health information in beauty and barber shops, introducing underserved communities to information about cancer screening and other health issues. He and others traveled to numerous beauty shops in the state, including Donna's Hair Salon, in Sanford, N.C., to conduct fall-prevention workshops. He interviewed women about lifestyle habits, checking blood pressure and testing strength and balance, "I learned a lot today," one of Donna's customers said. "I appreciate that you came and gave us this free health information."





Hansen (above, left) worked with beauty salon customers to prevent falls.



Abel (left) and Bellamy conducted a food preparation workshop in Garner, N.C.

KATE ABEL NUTRITION MASTER'S STUDENT



Abel and Bellamy conducted a program in Garner, N.C., that taught low-income residents how to grow their own food and cook it. These "Garden to Table" programs have been extremely popular and successful statewide.

ONLINE Extras

A report on Arandia's and immigration and health care will be posted in early 2014 at: unc.edu/cpc.

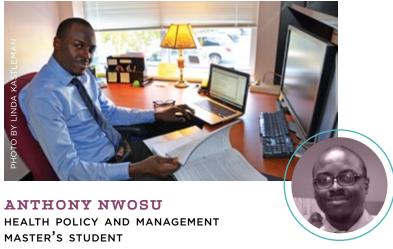


Achampong spent her summer at the Veterans Affairs Medical Center in Fayetteville, N.C. She developed a comprehensive tool to track nursing performance measures, such as patient falls, pressure ulcers and restraint utilization; assessed quality and process improvement projects for inpatient mental health services; and worked with the hospital's associate director to analyze the staffing model of a specialty service.

ROBERT COBLE HEALTH POLICY AND MANAGEMENT MASTER'S STUDENT

Coble focused on the expansion of the Women's Services department at Novant Health Medical Center in Matthews, N.C. Two of his tasks were to identify optimal operational design for patient flow and room assignment in the medical center and coordinate a parking plan for increased volume due to expanded women's services and an additional floor being added to the center.





Nwosu worked with the Carolina Population Center's MEASURE Evaluation program to update health indices information for about 40 countries. He learned the importance of monitoring, evaluation and use of data and examined what governments are doing to curtail the spread of HIV/AIDS, reduce stigmatization and institute preventive measures, preparation that will serve him well in a global health career. This information could be used in N.C.

Coble (left) reviews blueprints with Chris Hutter, Novant Health's senior director of operations.





HEALTH BEHAVIOR MASTER'S STUDENT

Chen (in black) partnered with a colleague at another school to develop "MyHealthEd," an online, tailored sex education curriculum that increases sexual health knowledge and decreases risky sexual behaviors among middle- and high-school students in rural North Carolina. She also will introduce the program as a pilot during spring 2014 at Teach For America's partner high schools in eastern North Carolina.



52% OF GRADUATING DOCTORAL STUDENTS

who originally came as non-resident students remain in North Carolina.

MEGAN SQUIRES MATERNAL AND CHILD HEALTH MASTER'S STUDENT



Squires interned at the Planned Parenthood Action Fund of Central North Carolina in Raleigh, but her efforts benefited all of North Carolina. She used Stata, a software program, to analyze patient satisfaction surveys, coordinating with program partners, including Blueprint and America Votes, to raise awareness about various women's health issues. She also worked on a program to include more men in maternal and child health efforts statewide.



Megan Squires raised awareness about women's health issues this summer.

ONLINE Extras

Interested in learning more about MyHealthEd (featured above) and how it could impact your city?

microryza.com/projects/

A MESSAGE FROM OUR

Associate Dean for Research

SANDRA L. MARTIN, PHD



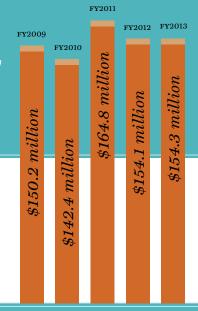
Those of us at the Gillings School of Global Public Health are proud to call North Carolina home. Our faculty, staff members and students conduct meaningful research in our state and around the world. This year, faculty members

were awarded 414 grants and contracts totaling more than \$154.3 million. During the past year, 46 percent of these projects, totaling \$43 million, provided a community benefit to people who live in N.C. Moreover, the research provided an economic benefit to the state, as the grant and contract dollars were spent in every county and created another 5,500 jobs.

Examples of our research are described in this issue. I'll share a few others with you here:

• Jason Surratt, PhD, ESE assistant professor, was funded by the U.S. EPA to study the unique role played by trees and vegetation in increasing air pollution in N.C. His work, which examines isoprene, a naturally occurring air pollutant, will shed light on the effects of our air on human health and may provide policy makers with data needed to inform important legislation. Surratt, recently honored with a prestigious AAAR

award (see page 28), was featured in the spring 2013 issue of Carolina Public Health (sph.unc.edu/cph).



Fiscal Year 2013

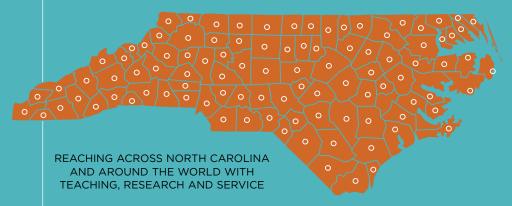
RESEARCH ANNUAL REPORT

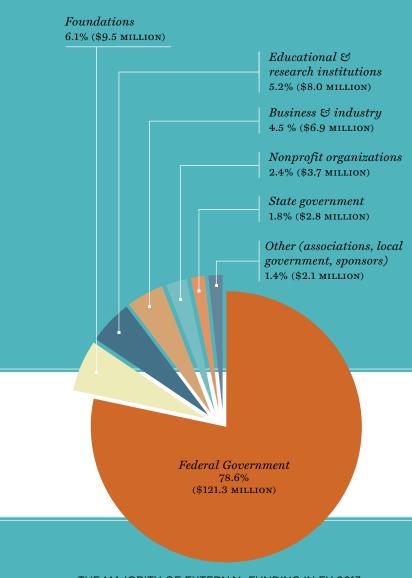
All eight academic units at the School focus on solving N.C.'s pressing public health problems – preventing obesity, protecting drinking water, preparing for natural and human-caused disasters, and reducing disparities in health outcomes, among others. The map below identifies research taking place in each of our 100 counties. At *tinyurl.com/NC-map-RENCI*, click on any county to see our projects there.

GILLINGS SCHOOL FACULTY MEMBERS WERE AWARDED \$154.3 MILLION FOR GRANTS AND CONTRACTS IN FISCAL YEAR 2013.

 The Robert Wood Johnson Foundation funded an interdisciplinary team to examine impact of the economic recession on N.C.'s local health departments, with particular attention to how financial cuts affect the health of North Carolinians. Early analyses reveal that, during the study period (2005 - 2008), there was

great variation in counties' per-capita expenditures, with 15 percent of studied counties experiencing a decrease. Future analyses will determine associations between expenditure levels and the health of the community. Team members included **Anna Schenck, PhD**, the School's associate dean for practice and director of its Public Health Leadership Program and N.C. Institute



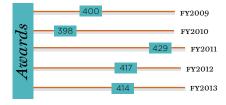


THE MAJORITY OF EXTERNAL FUNDING IN FY 2013 WAS FROM THE FEDERAL GOVERNMENT.

for Public Health (NCIPH); Anne-Marie Meyer, PhD, research assistant professor of epidemiology and facility director at UNC Lineberger Comprehensive Cancer Center's Integrated Cancer Information and Surveillance System (ICISS); William Carpenter, PhD, associate professor of health policy and management and ICISS faculty director; Dorothy Cilenti, DrPH, clinical assistant professor of maternal and child health and NCIPH senior investigator; and Tzy-Mey (May) Kuo, PhD, senior statistical analyst for ICISS. Additional information about this project is available at *sph.unc. edu/nciph_ROI_brief.*

 Kurt Ribisl, PhD, professor, James Bowling, PhD, research associate professor, and Heathe Luz Reyes,
 PhD, research assistant professor, all in the Department of Health Behavior, are working on a five-year study funded by the National Cancer Institute to evaluate impact of the 2009 federal Family Smoking Prevention and Tobacco Control Act. The law dramatically changes marketing and sale of tobacco products in N.C. and throughout the U.S. Extensive surveillance, training and analysis are needed to help state and local governments implement new federal regulation on tobacco control. Now, a companion study in England with collaborators from University of Cambridge will describe retail environments and monitor compliance with tobacco and alcohol control policies in the U.K.

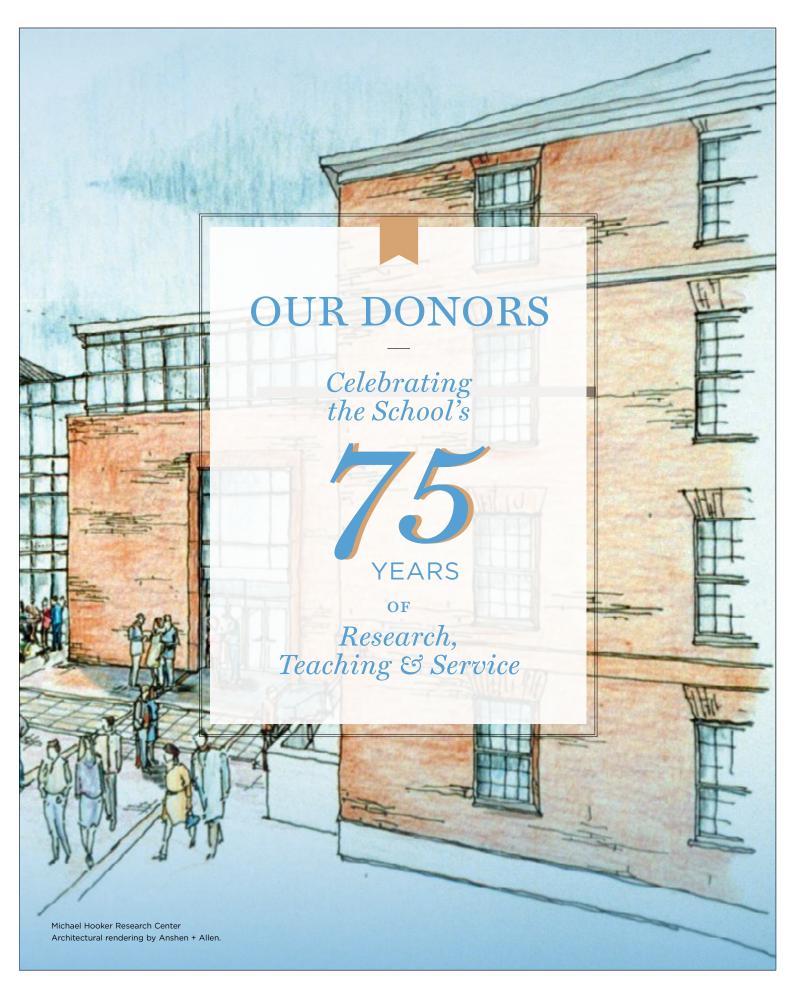
Andy Olshan, PhD, professor and chair of epidemiology, Amy Herring, ScD, professor of biostatistics, and Arthur Aylsworth, MD, professor and chief of the Division of Pediatrics, Genetics and Metabolism



PRINCIPAL INVESTIGATORS (PIs) AT THE SCHOOL WERE AWARDED 414 GRANTS & CONTRACTS DURING FY 2013 (an average 2.67 awards per PI).

in UNC's School of Medicine, were funded by the U.S. Centers for Disease Control and Prevention for work with the N.C. Center for Birth Defects Research and Prevention (NCCBDRP). NCCBDRP researchers aim to understand environmental and genetic causes of birth defects. Project personnel are interviewing mothers of 400 children in N.C. - 300 with birth defects and 100 without. They also are collecting genetic data from the parents and children to investigate occupational, environmental, lifestyle and genetic factors in birth defects etiology.

Our Gillings School researchers are devoted to improving the health of North Carolinians. Our reach is global, but we never forget our commitment and responsibility to neighbors right here at home.



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CONTINUED ON PAGE 40







Clell, Paul and Jim Brendle

FRED AND LAURA BROWN

Their endowed scholarship honors family while helping heroes

The Brendle brothers, born in Statesville, N.C., served their country proudly. During World War II, Clell was an Army staff sergeant, and Paul was a Navy chief petty officer. Jim, the youngest, was an Army sergeant during the Korean conflict.

Years later, their sister's son, Fred Brown, followed in their footsteps, first as an Army captain for three years, and then for three decades, as a colonel in the N.C. Air Guard/U.S. Air Force. He was on active duty for nine months during Operations Desert Shield and Desert Storm.

Now Brown, who earned a master's degree in public health administration from UNC's public health school in 1981, and his wife, Laura, have established the "Brendle Brothers Scholarship for Veterans."

"We've basically been at war for the past 20 years," Brown says. "Many veterans coming back want to pursue graduate degrees. Public health needs men and women who are dedicated and know how to get the job done. This seemed like a great way for us to honor my uncles and all veterans - and to give back to UNC."

The scholarship was announced at the School's first 75th anniversary event in Charlotte, N.C. The event was "Many veterans coming back want to pursue graduate degrees... The scholarship seemed like a great way for us to honor my uncles and all veterans - and to give back to UNC."



Fred and Laura Brown

sponsored by Carolinas HealthCare System, where Brown is group senior vice president.

FRED BROWN

Brown is devoted to Carolina, especially to the Gillings School of Global Public Health. He is an adjunct health policy and management faculty member and frequent guest lecturer. He has served as president of the School's Public Health Foundation board and on numerous alumni committees. Currently, he chairs the 75th anniversary campaign.

Other alumni also are supporting the celebrations, which will be held in various locations over the next three years. Among them are Roy Ramthun, MSPH (HPM, '87), who chairs the Public Health Foundation's campaign cabinet (planning committee), and Deniese Chaney, MPH (HPM, '90), who chairs the anniversary programs committee. (See more about Chaney on page 42.)

Learn more about the School's anniversary events on the inside back cover of this issue and at www.sph.unc.edu/ alumni/75.

-Ramona DuBose

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DENIESE CHANEY

Providing students with a great place to collaborate

Deniese Chaney, MPH, is one of the many Gillings School alumni who steps forward whenever she's needed.

A principal in Accenture's Health and Public Service Operating Group (www.accenture.com), Chaney serves on the School's Public Health Foundation board and is program committee chair for the School's 75th anniversary campaign.

Several years ago, she endowed a fellowship that continues to support outstanding scholars in the Department of Health Policy and Management.

"I feel strongly about using personal giving to provide our students with opportunities to finish school debt-free," Chaney says. "I'm committed to improving access to funds to help defray the cost of their education at UNC Gillings School of Global Public Health."

Chaney's most recent gift supported the installation of a "collaboration commons" at the School. The bright, comfortable, technology-equipped space, set by a wall of windows, is a perfect place in all seasons to study alone or discuss projects with colleagues.

"I love the idea of enhancing collaboration and networking in any form among students, faculty members and visitors," she says. "This study area is in close proximity to one of the School's (and UNC's) most updated and adaptable classrooms [2308 McGavran-Greenberg Hall]. The area's open space is a complement to the classroom and provides a venue for small-group preparation, presentation rehearsal,





Deniese Chaney dropped by the Collaboration Commons in McGavran-Greenberg Hall recently, where she chatted with epidemiology doctoral students Nicholas Taylor (left) and Peter Samai. The men expressed appreciation for the comfortable work space established through Chaney's gift to the School.

brainstorming and just having fun conversations that often open the door to new discoveries about a project."

Students began visiting the space as soon as it opened and continue to find new ways to use it.

"It's been a real pleasure to know that our public health students started using and enjoying the space immediately and that it has the potential to improve their educational experience," Chaney says.

-Linda Kastleman

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Master of Public Health concentration in veterinary epidemiology was launched at Gillings School in collaboration with N.C. State University.

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Linda West Little, collecting water samples in the 1980s

LINDA **WEST LITTLE**

Breaking gender barriers, paving the way for student success Linda West Little is no stranger to barricades - or scrambling over them. The first woman to receive a doctorate (in 1968) from the Gillings School's Department of Environmental Sciences and Engineering (ESE), she became the department's first woman faculty member in 1970.

In the decade following, she conducted industrial waste research at UNC-Chapel Hill and the Research Triangle Institute and served as administrative judge with the U.S. Nuclear Regulatory Commission's Atomic Safety and Licensing Board. Little was one of three judges who conducted hearings on the restart of Three Mile Island Unit 1 after the catastrophic accident at Unit II in 1979.

In 1983, she was named executive director of the N.C. Governor's Waste Management Board, established to develop facilities for handling low-level radioactive and other hazardous wastes produced by industry, medicine, utilities and other sources. In 1990, she acquired additional responsibilities as the first director of the N.C. Office of Environmental Education.

While she taught at UNC's public health school, Little advocated for her students to attend conferences, present papers and conduct field research.

"A student needs to be introduced to the real world, not just be confined to classrooms and laboratories," she says. "Complex environmental problems may have simple answers – but they're usually simple wrong answers. When students meet environmental professionals at conferences and in field set-

tings, not only can they network about career opportunities, but they can test their own ideas against other scientists', thereby improving the quality of their thought and their research."

Finding the money to defray student expenses for travel was difficult, though. "Research grants and contracts provided little or no support," she says, "and I suspect the situation is even worse now."

That lack of funding inspired the establishment of The Linda West Little Research Endowment in Waste Management.



Dr. Little, today

CONTINUED ON PAGE 46

Income paid from the fund will be used to support ESE graduate students learning about scientific waste management, particularly for student travel or field research support.

At the start of her career, Little was especially inspired by the teaching and research of ESE faculty member Dr. James C. Lamb III and by encouragement from Lamb and Dr. Charles Weiss. "Without their support, I wouldn't have been admitted to the program, nor would I have had the success I've had," she says.

Now other ESE students may pay similar tribute to Little, for her interest in their success.

-Linda Kastleman

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The future of North Carolina's public health school depends upon gifts made by you – today's alumni and friends – to benefit the public health heroes of tomorrow. For more information, contact the School's Office of External Affairs at 919.966.0198, or visit giving.unc.edu/gift/sph.

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Dr. Jo Anne Earp (left) with husband Dr. Shelley Earp

In April 2013, Jo Anne Earp, ScD, former chair and longtime professor of health behavior at the Gillings School, drew more than 200 current and former students, colleagues and friends to events celebrating her 40-year career in public health. Earp's career has included 1960s activism, educating and mentoring hundreds of students, researching and advocating for women's health, civil rights, and improved health care quality, equity and access.

See photos from the "Earpfest" events at tinyurl.com/sph-flickr-earp2013.

Our thanks go to those listed below who have made a gift in her honor. To make your gift, contact Stephen Couch at spcouch@email.unc.edu or 919.966.0198, or visit giving.unc.edu/gift/sph.

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POPKIN'S PROFESSORSHIP GIFT WILL CONTINUE THE FIGHT AGAINST **OBESITY**

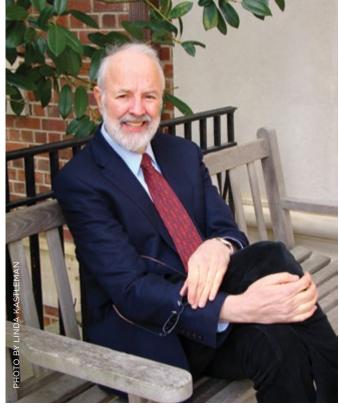
Where in the world is Barry Popkin? He could be anywhere.

Barry Popkin, PhD, the Gillings School's W.R. Kenan Jr. Distinguished Professor of Global Nutrition, consults or leads studies in China, Russia, the Philippines, Brazil, Mexico and other countries. As a faculty member since 1977, he examines changes in diet, physical activity and body composition in groups of people around the world, leading the charge for policy changes at the state and national levels.

Popkin developed the concept and the term "nutrition transition" to describe shifts in patterns of eating, drinking and moving and subsequent body composition. He and other scholars and policy makers now use this to capture rapid shifts in obesity globally.

In June 2013, he organized a weeklong meeting of global nutrition leaders and members of major foundations and international agencies to address large-scale policy change related to obesity in low- and middle-income countries (www.bellagioobesity2013.org).

Despite his love of travel, one of his favorite places to collaborate is right here at home. Popkin has taken dozens of doctoral students and junior faculty under his wing, helping



Dr. Barry Popkin

"He has an amazing ability to mentor colleagues across all levels."

-PENNY GORDON-LARSEN, PHD

them grow as researchers and people and become better prepared to be respected junior faculty members.

"Barry has been a terrific mentor," says Carmen Piernas Sanchez, PhD, recent nutrition alumna. "He provided me with all kinds of resources to be successful. He helped me feel confident and not be afraid to take risks."

"He has an amazing ability to mentor colleagues across all levels," adds Penny Gordon-Larsen, PhD, now professor of nutrition at the School. "He has successfully advised countless faculty members on how to navigate difficult waters as they move up through the ranks."

Now, Popkin has made more tangible his support for young researchers. This year, he established the first of several Barry Popkin Distinguished Professorships in Public Health Nutrition, an award to support an assistant or associate professor in nutrition at the School.

He intends the award to help advance epidemiological research on determinants, consequences and solutions to U.S. and global dietary, activity and nutrition-related noncommunicable diseases, especially obesity.

"It was the combination of service and research that brought me to UNC's public health school," says Popkin, a former community organizer whose doctorate is in economics. "It is the School's fostering of interdisciplinary collaboration in U.S. and global nutrition and obesity prevention that I hope to see continued with this endowment."

-Linda Kastleman

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DR. SARAH MORROW A scholarship established by her children honors her advocacy for maternal and child health

Rereading Dubose Heyward's The Country Bunny and the Little Gold Shoes was a fitting prerequisite to writing about Dr. Sarah Morrow.

In the timeless children's book, the mother of 21 baby bunnies triumphs through hard work and perseverance, superhuman organizational skills and an abundance of kindness, despite the prejudices of rather snobbish male rabbits. The country bunny's unlikely success parallels Morrow's own. A sole breadwinner with six young children and a husband who was ill, Morrow earned medical and public health degrees, becoming one of the most respected and effective administrators in the state of North Carolina and a crusader for women's and children's health.

Now, in gratitude and to honor their mother's contributions, her children have made a gift to the UNC Gillings School of Global Public Health so that others may prepare for illustrious public health careers. The Sarah Taylor Morrow Scholarship in Maternal and Child Health, established by Lynne Morrow Perrin, Sally Morrow Shelley, Thomas Lacy Morrow III, Frank Paul Morrow, Alice Morrow Dean and John Howard Morrow, will support maternal and child health students at Morrow's alma mater.

"We are very proud of our mother and what she has accomplished throughout her life and continues to accomplish even today as a pediatrician and public health professional," wrote Lynne Perrin, on behalf of her siblings. "Mom always placed high priority on children having good health and a good education. We – her children and grandchildren - established this scholarship to honor her and encourage others to learn about her life's work and embrace her ideals."

Morrow earned a medical degree from the University of Maryland in 1942 - at age 23 - and a Master of Public Health from UNC in 1959. As a clinician at the Guilford County (N.C.) Health Department, she established the department's groundbreaking Child and Youth Program, and soon became the department's first woman director. In 1976, she was appointed by Governor James Hunt Jr. as



Dr. Sarah Morrow

"We are very proud of our mother and what she has accomplished throughout her life."

-LYNN PERRIN

Secretary of the N.C. Department of Health and Human Services, again the first woman to serve in that capacity. Later, she served for more than 20 years as medical director for Electronic Data Systems.

Even in her 90s, Morrow has remained, her children say, "a tireless public health



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and their teachers have learned about proper nutrition and active living through Dr. Dianne Ward's NAP-SAAC program (www.napsacc.org).

advocate, working with the N.C. Citizens for Public Health and inspiring new generations of public health leaders through her continuing involvement with the Gillings School."

"We are proud of Dr. Morrow and so grateful to her," says Herbert Peterson, MD, Kenan Distinguished Professor and chair of the School's maternal and child health department. "She is a true pioneer in the field and has made many important contributions over the years to our department and those we serve."

-Linda Kastleman

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We have made every effort to ensure the accuracy of our Honor Roll lists and regret any errors or omissions. To report an error, please contact Susie Smith at susies@email.unc.edu.

Linda Kay Worman

2014 SCHEDULE of ANNIVERSARY EVENTS

CHAPEL HILL, N.C. Saturday, March 1

Minority Alumni Reunion

All alumni and friends are welcome.

Location to be determined

Hosted in conjunction with the School's 35th annual Minority Health Conference

Learn more at *minorityhealth.web.unc.edu*.



Alumni event, hosted by UNC Department of Biostatistics

Baltimore Marriott Waterfront Hotel

Held in conjunction with the Eastern North American Region/ International Biometric Society Conference



CHICAGO, ILL. Tuesday, March 25

Alumni event, hosted by the UNC Department of Health Policy and Management

Held in conjunction with the American College of Healthcare Executives CHAPEL HILL, N.C. Thursday, April 10

Speaker: Greg Allgood, PhD

School alumnus and former director of Procter and Gamble's Children's Safe Drinking Water Program

6 p.m. – 46th annual Foard Lecture

7 p.m. - Reception

William and Ida Friday Center for Continuing Education

Selected departmental events begin at 4 p.m.

Visit *sph.unc.edu/foard*.

WASHINGTON, D.C. Tuesday, April 29

6:30 p.m. - 8:30 p.m.

National Geographic Museum at Explorers Hall 17th and M Streets, NW

Learn more at *tinyurl.com/ nationalgeographicmuseum*.

MARK YOUR CALENDARS!



Fall receptions in Charlotte, Atlanta and Boston brought together alumni and friends.

On the back cover, clockwise from top left: Byron Bullard, Mary Webster and Laura and Fred Brown at the Levine Museum of the New South in Charlotte; Jamal Jones, Collin Lane and Ben Buchanan renew acquaintances in Charlotte, N.C.; Co-hosts Judy and Rich Vinroot celebrate with Dean Barbara K. Rimer in Charlotte; Larry Kupper, Joan Gillings, Dean Barbara K. Rimer, and Joy and Chet Douglass celebrate the announcement in Boston of the Douglasses' gift of a new Distinguished Professorship in Dental Public Health; and Cynthia Cassell and Stephen Marshall enjoy The Carter Center in Atlanta.





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Learn more on inside back cover and at sph.unc.edu/alumni/75.





