

November 2006

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Important Dates:

85th Birthday Tea for Dr. Helen Ross

Sunday, December 10
2:00 – 4:00 p.m.
University Room
SJSU campus

Undergraduate Convocation

Saturday, December 16,
1:00p.m. – 3:00p.m.
LOMA PRIETA
BALLROOM of the Student Union



Message from the Chair

We're in the final stretch! Another semester nearly completed in the SJSU Health Science Department – and this one has been really remarkable. We began with the **August** Reunions and Program Meetings...a fantastic 2nd annual Nyswander Lecture, this time by Dr. Rena Pasick of the UCSF Comprehensive Cancer Center....and a brisk start to a semester with new students, new student leaders, new part-time instructors, and both students and faculty who returned eager to get underway! **September** flew by as HS 104 prepared for the Health Fair at the San Jose Flea Market, new MPH students got oriented to life as graduate students, and we all found the pace of the semester once again....remembered what it is like to work together...New gear (MPH and Undergrad) became available at CafePress – you can get **anything** online while contributing to our department...**October** is always our busiest month, and this one was no exception – the Career Summit brought alumni to campus and to our classrooms to talk about career directions with a degree in Health Science....the Health Fair was a huge success (104 outdid itself!)...and our Dean selected the photovoice research of Dr. Ed Mamary and his/our colleague Jacque McCright as the contribution of our College to the University Homecoming Week! Their research was also the featured October exhibit in the MLK Library's exhibition area...In **November**, many of us traveled to the annual conferences – The Society for Public Health Education and the American Public Health Association...As always, we had a wonderful time, including our annual conference dinner – this time with SJSU alumni, students, faculty, and 9 new colleagues from Iceland (our extended family!)...**December** will be here before we know it – with the MPH Program's Research Forum, the Undergraduate Program's Internship Poster Expo, our Surprise Celebration of our former Chair, Dr. Helen Ross, and her 85th birthday!!!!, and the Convocation celebration of our graduating undergraduate students. We have been extremely lucky to have so many fantastic students, student leaders, great staff, and dedicated faculty working together for the common good this semester. Together, we are quite a team! As always, I look forward to what lies ahead.

Kathleen Roe



Contact Us

<http://www.sjsu.edu/healthscience>

408.924.2970

Message from our professors

Dr. Pollie Bith-Melander

Undergraduate Program Director



Hello Undergraduates!

As the undergraduate program director, I just wanted to remind everyone of how exciting it is to major in Health Science. Health Science is the multidisciplinary study of community health, health services, disease prevention, and health promotion throughout the life span and around the world. Health Science Students study health issues from scientific, global, social, cultural, ecological, and multi-generational perspectives. Our undergraduate education classes prepare students for a broad range of careers in the

health and social service professions, and a wide variety of other fields that impact individual and community health. Students may select a minor from those offered by the university or one of three Health Science concentrations. These options include option 1 (general), gerontology, and health services administration. Students, faculty, staff, alumni, and hundreds of community partners work together closely, in the classroom and in the field, to build healthy communities and stimulate lifelong learning. And I am responsible for advising those who are in option 1.

Please check out my global health class in the spring 2007 semester. Hope to see you there if you are interested in learning about health, diseases, and cultures. Also, you will learn to develop interesting and exciting health projects in developing countries.

Dr. Nancy Hikoyeda, **Gerontology Program Director**



It is hard to believe the Fall 2006 semester is coming to a close – time seems to go faster with each passing year. This term has flown by so quickly – final projects and assignments loom just around the corner.

The Gerontology Program continues to thrive and grow. As the enthusiastic President of the Student Gerontology Organization (SGO), Wanda Hale (an MPH student) and her cabinet (Jeannie Lee, Megan Wadkins, and Cheryl Camba) have a full schedule of events and activities planned. Laurie Morgan from the Career Center and I had the pleasure of presenting at the first meeting.

The discussion focused on careers in gerontology and geriatrics and finding and/or creating a unique niche that matches student skills and interests. Other events will be announced so keep your eyes and ears open! Please contact me if you would like to have your name added to our listserve (924-2938 or nhikoyeda@casa.sjsu.edu).

Mark your calendars during the week of April 9-13, 2007. We will be hosting Careers in Aging Week, where numerous speakers highlight hot jobs in aging from a multidisciplinary and multicultural perspective.

For all the health science students who will be graduating in December – I send my sincere congratulations and best wishes. You have made a choice that matters.

Dr. Ed Mamary, MPH Program Director



NEWS ALERT: Dr. Edward Mamary elected to the National Board of Public Health Examiners.

In April 2006, Dr. Edward Mamary was elected to the National Board of Public Health Examiners (NBPHE) - an independent organization that was established in September 2005. The goal of NBPHE is to assure that graduates with an accredited MPH degree have mastered specific competencies through a voluntary exam. You may view the specific list of competencies by going to the Association of Schools of Public Health website at <http://www.asph.org>.

The board is comprised of organizational members appointed by the American Public Health Association (APHA), the Association of Schools of Public Health (ASPH), the Association of State and Territorial Health Officials (ASTHO), the Association of Teachers of Preventive Medicine (ATPM) and the National Association of County and City Health Officials (NACCHO). Dr. Edward Mamary is one of seven at-large members. For a complete list of board members, go to <http://www.nbphe.org/BoardMembers.cfm>.

The credentialing exam will cover the five core public health areas (biostatistics, epidemiology, environmental health, health policy and management and social and behavioral sciences) and several cross-cutting areas relevant to contemporary public health. The first exam is scheduled for 2008. You may visit the NBPHE website at <http://www.nbphe.org>.

Dr. Dan Perales MPH Distance Program Director



The MPH Distance Education Program began accepting applications on October 1, 2006 for its first class that will enter in fall 2007. During the summer and in October, Dr. Perales and MPH alumnus Valodi Foster, hosted MPH Distance Program information meetings in Sacramento. Approximately 50 people turned out to learn more about the distance program. The Distance Program is seeking experienced professional who wish to complete an MPH degree in 2 and ½ years.

SOPHE's Highest Honor

By: Mikiko Inoue

Dr. Roe has received the *SOPHE Distinguished Fellow Award*, the highest recognition given by the Society, during the SOPHE 57th Annual Meeting in Boston.

Dr. Roe's contributions to the field of health care are recognized throughout the United States. She has particularly worked in the areas of HIV/AIDS as well as the rights and needs of marginalized populations, including the elderly, minorities and gays. Dr. Roe has played an important role in the field of healthcare not only in California, and the United States, but in other countries. She taught graduate courses at the Reykjavik University in Iceland last summer.

Dr. Roe has also received APHA's Early Career Award, Northern California SOPHE's Dorothy Nyswander Leadership Award, San Jose State University Outstanding Professor Award, SOPHE Health Education Mentor Award, SOPHE 2005 Open Society Award and more.

We are very lucky to have her as our professor at SJSU! Please congratulate Dr. Roe for being honored as the *SOPHE Distinguished Fellow Award*.



San Jose Bank giving away millions...of ounces!

By: Joy Mulhern

Human milk banks have been around for quite a while, however not many people are aware that right here in San Jose is the largest one in the United States. The Mother' Milk Bank of San Jose is located at the Valley Medical Center Campus and has been in operation for over 30 years. Roughly 2 million ounces of milk have been processed and distributed to needy babies thanks to the efforts of donor mothers.

An often asked question is who is receiving this milk? Preterm infants still in Intensive Care Units within California receive the majority of it. Children and infants outside of the hospital, but who are not thriving, receive the rest. Research is currently being done on the many benefits of human breast milk, but surprisingly it is not limited to infants and children. Some current research topics include the effects of banked milk on prostate cancer and dosing burn victims with human milk.

Donors hear about the Mothers' Milk Bank through their doctors, the internet, friends, and other donors. There is a simple screening process and if everything checks out the woman can begin donating immediately. Currently, donors are located from right here in San Jose, to New Mexico and Canada. For more information please visit the Mother's Milk Bank of San Jose at www.milkbanksj.org

Internship Opportunity for SJSU Health Science students

By: Isabel Quiñonez

Want to gain real life and valuable experience in the health field?

Want to attend workshops on topics like career planning, graduate education, among others?

Want to obtain a PAID internship during the summer?

Want to discover what other careers there are in the public health field?

Want to gain school credit for HS 166AB, the Field experience seminar class at SJSU?

If you answered yes to all these questions, then Health Career Connection is the internship program for you. Health Career Connection (HCC) is a program that offers undergraduate students and recent graduates the opportunity to work at a health care setting for 10 weeks during the summer. These paid internships allow students to gain real life experience working in the field and the ability to be mentored by their preceptors, many with years of experience in the field. This internship will also help students in deciding what type of career they will like to have after graduating from San Jose State University. In the past, interns have been placed in Kaiser Permanente (various locations), La Clinica De La Raza, Integrated Health Association, Operation Access, Ravenswood Family Health Center, Ethnic Health Institute, Alta Bates Summit Medical Center, San Francisco General Hospital Medical Center, among others. As a former HCC intern, I encourage all SJSU health science students to apply to this program. For more information on applying, eligibility, or other topics, visit the HCC website at:

<http://www.healthcareers.org/main/index.htm>

HCC Contact Information:

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Arnab Mukherjea - HCC Program Director & Manager for Northern and Southern California

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8th Annual Jane Gremmell Cancer Symposium

By: *Vida Fereydouni*

For the past eight years, the Women's Health Partnership (WHP) of the Community Health Partnership has honored Breast Cancer Awareness Month by hosting a special event for the community focusing on issues surrounding cancer. Last year, this event was named in honor of Jane Marie Gremmell, a health advocate for breast cancer and other women's health issues here in Santa Clara County. Jane dedicated over 25 years of her life to public service and was integral in establishing WHP in the mid 1990s. A committed and genuine woman, Jane lived her life proudly and boldly.

On Thursday, October 19, 2006, nearly 70 health advocates, health care professionals, and cancer survivors attended our 8th Annual Jane Gremmell Cancer Symposium titled "Cancer Survivorship and Innovative Health Communication Tools." Co-sponsored by American Cancer Society, this intimate, informative, and purposeful luncheon took place at David's Banquet Hall in Santa Clara, California.

The program highlighted distinguished speakers May Bakken and Armando Valdez, PhD, sprinkled with dance performances by Niosha Dance Academy. May Bakken is the Executive Director and Co-Founder of the Asian American Cancer Support Network (AACSN). She spoke about the importance of advocacy and the value of partnerships in cancer survivorship and highlighted several advocacy tools and techniques used by AACSN. Ms. Bakken's presentation was followed by a Persian dance performance by Niosha Dance Academy whose graceful dancers dressed in bright traditional attire floated across the stage. The Academy has been dedicated to providing a fun and healthy learning environment for performing arts, dance, and choreography while enhancing the awareness of Persian dance and culture. Niosha Nafei, founder of Niosha Dance Academy is a breast cancer survivor and dedicated to the cause. She briefly spoke about her experience with cancer and the lessons learned throughout treatment, summed up in one word "Dance!" Next, Dr. Valdez shared his research on the use of interactive, multimedia touchscreen technology as a cancer education medium for reaching low-literacy Latinas. Dr. Valdez is a behavioral scientist specializing in the development and evaluation of health communication interventions, principally in the area of prevention.

Mary Nacionales, MPH, CHES, Director of Women's Health Partnership shared program highlights, images, and stories from FY 2005-6 and expressed the department's future initiatives in team building and staff development, refining and sustaining programs, and diversifying funding. The WHP individual donor campaign was also launched, receiving a modest yet positive response from the community.

This event was made possible with the generosity of community organizations, donors, and volunteers. WHP of Community Health Partnership would like to extend a special thank you to the volunteers and members of the Health Education & Outreach Committee. Committee members include Mylene Madrid Mei (chair), Dr. Ky Lai, Rachel Mesia, Vivian Silva, Marianne Szeto, and Armando Valdez, PhD.

Please save the date for next year's symposium on October 18, 2007! Interested in learning more about the Jane Gremmell Cancer Symposium? If so, please contact Vida Fereydouni, WHP Health Educator II at (408) 556-6605 ext. 224 or via email at vida@chpscc.org.

Messages from Chair of HS-USA

Greetings fellow students!!!

What an amazing and fast semester this has been, it just seems like yesterday that we were starting yet another semester and in a few short weeks we will be done. For some of us this is our last semester as undergraduates at San Jose State, CONGRATULATIONS to all my fellow friends graduating. For others you are just one semester closer to that special day in your life.

HS-USA had a busy and productive semester. First, we started out the first week of school participating in Welcome Week for the first time. With a generous donation from Spartan Bookstore, I was able to get prizes for those who participated and won by guessing a new question every day of the week.

In September with the help of Sarah Langford we had a bake sale to raise money for December convocation, THANK YOU to Sarah for doing this sale.

In October we had two great career panels. The first was on Monday the 16th we were delighted to have alumni of our undergraduate and MPH program come and speak about their careers with their degrees. Also on that Friday the 20th, we had our first ever pharmaceutical panel., with guests from Glaxco Smith and Kline, Pfizer, and Genentech . It was a successful week and I hope those who attended enjoyed themselves and was able to learn a few things.

As I end this semester as Chair of HS-USA and pleased to announce that Nikole Trainor will be your Chair for the Spring semester and I know she will do a wonderful job. I wish you all a very happy holiday season and best of luck for your futures. Don't forget! You can order Health Science Gear anytime at <http://www.cafepress.com/hsusa> Buy some gifts or buy something for yourself!

Warmest Regards

Anna Foster- Combes

Chair, HS-USA Fall 2006

Messages from Chair of MPH-SA

By: Frank Strona

Greetings Everyone.

As one of the student leadership team, I wanted to take a few moments to remind us all of the opportunities that life and being in this program offers us. It seemed timely as we go into the season of giving to take a moment and appreciate the gifts of academic education and the program here at San Jose State University.

We have among us some of the countries most recognized faculty in our field and as we maneuver closer to graduation, we each are posed to become the next leaders in the field of public health.

It was only a few short months ago; we welcomed our latest batch of graduate students, who by now have grown accustomed to the rigors and challenges of adapting to life as a working graduate student. While in less than seven months, we will once again say farewell to another class of graduating students. This semester we have seen loss, through the eyes of our classmates who experienced the passing of loved ones, yet we also have seen the joy of new births, of marriages, or personal and professional achievements. Life as a student isn't a capsule for most of us. We all continue to experience a rich and full life outside the SJSU campus.

Before you know it, time passes before our eyes. It's my hopes this holiday season, that you take the time to recharge, sleep, read and share some quality time with the ones you love. Don't let this precious time go, January will be here before you know it and we will once again be hard at work.