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Coordinator's Message by Dr. Deborah Flynn

Welcome to the Fall/Winter 2011-2012 edition of the MPH News! Although the intervals between issues have been longer than planned, I am very glad to be bringing you this latest edition. I hope it proves worth waiting for.



Once again travel is a highlight, this time including the international travels of Drs. Jean Breny and Christine Unson. Look inside for their stories about health promotion in Turkey and New Zealand. The annual trip to Guatemala is included as well, as are student activities at local and national public health events.

This year at the annual American Public Health Association meeting, held at the end of October in Washington, D.C., the Healthy People 2020 Leading Health Indicators were formally announced. There are twelve indicators, and making it to the list for the first time are the social and behavioral determinants of health, factors long-known to be associated with health status but not yet fully embraced in all areas of public health research. Specifically, efforts will focus on K-12 education since available research does suggest that keeping children in school leads to better overall health outcomes.



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## Coordinator's Message by Dr.. Deborah Flynn

Interestingly, this past spring I was invited to participate in two Environmental Protection Agency (EPA) working groups, one on-line and the other in Arlington, VA. The work of the groups was to propose ways in which the EPA could incorporate the social and behavioral sciences into its research. Almost seven years ago EPA administrators concluded that research within the Agency should include social and behavioral determinants of health. The Agency has struggled with implementation however since a major component of its work is based on laboratory science. Hiring its first behavioral scientist in the past year, the EPA is now ready to broaden its scope. Working group participants provided many suggestions for incorporating the social and behavioral sciences into current environmental research, based on the EPA's priority areas. It is expected that new funding opportunities for the study of social and behavioral science within the context of the EPA will be forthcoming.

I hope you enjoy this edition of the MPH news. Best wishes to all for a happy and healthy holiday season. I look forward to seeing you again in the spring!



Dr. Flynn enjoying herself in the rainforest. Guatemala Trip 2011



## Dr. Perlin

Beloved professor and friend

Dr. Michael J. Perlin, 66, of North Branford, CT, died August 25, 2011 at The Connecticut Hospice in Branford, CT, after a long illness. A loving father, Dr. Perlin is survived by his devoted wife of 27 years, Elaine Damon, son Jared Perlin and daughter Jordyn Perlin of North Branford, CT. He is also survived by his sister Marcia Laski, nieces Beth Laski-Blankstein and Dara Laski, and nephews David and Evan Laski of the Los Angeles, CA area. He was the son of the late Ben and Lillian Perlin of Canoga Park, CA. Born in Brooklyn, NY, Dr. Perlin was Professor Emeritus of Public Health at Southern Connecticut State University, where he distinguished himself as a well-loved teacher, uniquely respected colleague and unflagging advocate for the highest academic standards and accountability in higher education. During 41 years as an educator - the majority spent at SCSU as a Professor of Public Health - he was well known as an energetic and ingenious educator, who left an indelible mark on countless students. He received Bachelor of Science and Master of Science degrees from Brooklyn College/City University of New York, a Master of Public Health from the University of California Los Angeles and a Doctor of Education from Columbia University, Teachers College. According to his wishes, funeral services will be privately celebrated by the family. In remembrance of Dr. Perlin, donations can be made to the Southern Connecticut State University Foundation (501 Crescent Street, New Haven, CT 06515) to establish the Michael J. Perlin Memorial Scholarship.

### Michael J. Perlin Memorial Scholarship

Designate: Michael J. Perlin Memorial Scholarship

<http://www.giving.southernct.edu>

### Michael J. Perlin Memorial Page

<http://www.bettycjung.net/Perlin.htm>



Public Health Professors around the world!

**Uluslararası Sağlık Geliştirilmesi Ve İletisimi Sempozyumu**  
“First International Health Promotion and Communication Symposium”

Dr. Jean Breny



On April 11<sup>th</sup>-13<sup>th</sup>, I had the great honor and pleasure to be a part of the First International Health Promotion and Communication Symposium, held in Istanbul Turkey. Along with Turkish and Canadian counterparts, my United States colleagues and I were invited to be a part of this three day conference focused on planning, implementing, and evaluating health promotion programs as well as social marketing, health communications, and health policy. Turkey's Ministry of Health opened its Health Promotion Office in 2008, and their entire staff is excited to get going! Since its inception, they have been successful at establishing indoor smoking bans throughout the country. Legislation like that is easily facilitated in a country with a republican parliamentary democratic government, like Turkey. Meaning, if the Health Minister wants it done – it's done.





## Public Health Professors around the world!

### **Uluslararası Sağlık Geliştirilmesi Ve İletisimi Sempozyumu** “First International Health Promotion and Communication Symposium”

The Ministry of Health invited us to present on our various chapters from the new textbook, *Health Promotion Programs: From theory to practice* (Fertman & Allensworth, 2010), to help them develop national programs and policies to curb some of their emerging health issues. On their agenda are familiar health concerns like, obesity prevention, reducing smoking rates, and cancer prevention. In between frequent coffee/tea breaks, and with the use of translation services, presenters from all three countries touted the importance of using a social ecological model to not only plan, but to assess communities and develop health promotion policies and programs. Sessions included topics on globalization and health, implementing and evaluating health promotion programs, and health promotion in specific settings like; worksites, schools, and hospitals.

Our trip, however, was not all business and we were introduced to the beautiful architecture, decadent food, and rich history of Istanbul by our hosts. Among the highlights were the Blue Mosque, Agia Sofya, Topkapi Palace, and the Spice Market. So much history, shopping, and eating – it’s a wonder we ever left. In the end, we made some wonderful professional connections with our health promotion counterparts abroad, and, our work together is just beginning. I spoke to several academics and practitioners who were eager to meet our students and host us once again, in their country. So, keep posted MPH students and alumni – there may be Turkey travel opportunities in your future!

Fertman, C.I. and Allensworth, D.D. (eds.). (2010). *Health Promotion Programs: From theory to practice*. San Francisco, CA: Jossey-Bass.

## Public Health Professors around the world!



This past January, Dr. Unson embarked on a journey to Hamilton, New Zealand, where she conducted research at the University of Waikato's Management School. Dr. Unson's research the lived experience of 30 older persons in encore careers (purposeful work in the second half of life) in New Zealand and the United States. They examined they barriers they faced, enabling actions they had taken and attitudes held, and aids used to overcome barriers to achieve these goals. The respondents had multiple goals. The most often mentioned were to help others, obtain work satisfaction, and acquire knowledge. Among workers in paid employment, many had earning an income as a goal. Respondents faced several barrier related to the encore career itself (e.g., difficult tasks, problems with co-workers and management). Other barriers they reported were a lack of self confidence, health limitations, ageism and stereotyping. Enabling strategies were also identified. Some respondents, because of their life course (i.e., little or no family obligations), were free to take on risks of starting a new career. They drew on their past experience, assessed their skills, sought careers/organizations that fitted their values, were willing to start at a lower level, accept lower pay or unpaid work,. They seized the opportunity to work when it was offered. They focused their energies, were persistent and enjoyed the challenges of their new careers. Finally, they had a positive attitude towards change. Factors they found helpful in overcoming barriers to obtaining and maintaining employment were supportive co-workers, family and friends and favorable management practices. These practices included training programs, flexible work schedules, supervisors' patience and formal recognition of the value of older workers.



## Public Health Professors around the world!



Along with conducting research, Dr. Unson had the opportunity to meet with many local public health professionals. She learned about local health issues, common health practices and the importance of keeping cultural traditions. Health promotion practice in New Zealand is guided by the Ottawa Charter on Health Promotion which states that the ultimate goal of health promotion is to empower communities to identify and prioritize health-related needs and to develop ways to meet these needs in a sustainable way. Health promotion practice, as mandated by the Treaty of Waitangi (1840) / Waitangi Tribunal (1975) and further clarified by the Royal Commission of Social Policy (1988) has three principles: Partnership, Protection and Participation (Kingi, 2007). With the principle of Partnership, central and local government agencies are required to include Maori communities in formulation of legislation and design of health policies and programs. The principle of Protection requires government agencies to protect Maori interests, including its culture, so that they have the same level of well-being as the majority population. In other words, the government is mandated to eradicate health inequity. Finally, the principle of Participation aims to have Maori communities involved in the delivery of health services. These principles, though they pertain mainly to Maori health, have been extended to other minority groups.



## What we've been up to – Updates from the Spring 2011 Semester

### Unnatural Causes

The episode “Place Matters” from the documentary *Unnatural Causes* was shown to faculty, students and the community at SCSU. This documentary explores racial and socioeconomic inequalities in health. “Place Matters” explores the relationship between place of resident and health status. A discussion followed with a panel of experts.

### Career Connections Expo

In April, the Public Health Department held its first ever Career Connections Expo. Alumni from both the undergraduate Public Health program and Master of Public Health program were invited to participate in the expo and interact with students. Students were encouraged to ask questions about their experience in the field and gain insight into the field of public health in Connecticut. The Career Connections Expo provided Public Health students with an opportunity to network with Public Health Alumni and professionals in the field. Students were able to connect with future internship preceptors, future mentors, employers and community colleagues. Student feedback was extremely positive for this event, making the Career Connections Expo an event the department plans to hold annually.

### SAVE THE DATE!

The 2nd annual Career Connections Expo will be held on Thursday, April 26, 2012.

Are you a BS or MPH alumni in the field who would like to participate?

Please contact:

[Dr. Vancour @ vancourm1@southernct.edu](mailto:Dr.Vancour@vancourm1@southernct.edu)

for more info on how to become involved!

### Healthy People 2020

Also in April, the Public Health Department along with the CT Department of Public Health held in a Healthy People 2020 presentation. Students and public health professionals were invited to attend a presentation and discussion on Healthy People 2010 program and the Connecticut Department of Public Health's plan to implement the objectives. Presentations were given by Michael Milner, DHHS Region 1 Administrator and CT's new Department of Public Health Commissioner, Jewel Mullen. This event had a great turnout.

Alicia Hanke, current MPH student, has been awarded the John P. McGovern, M.D. National Scholarship Award from Eta Sigma Gamma. Alicia recently traveled to Louisville, Kentucky to attend the annual ESG meeting and receive her award.

## Road Trip!

By: John Hanke, Father

Of all the Road trips I've taken, last month's was by far the best. Why wouldn't it be! Our daughter was being recognized as this year's recipient of the John P. McGovern award, a National honor given to one graduate student for outstanding accomplishment in the field of Public Health. Alicia had applied for the scholarship 6 months ago. Time passed and other things crowded it out of her thoughts. Then, wham!, caught in the net, late on a Friday night an e-mail came from the President of the Eta Sigma Gamma (ESG) honor society, Ranjita Misra. Ali had been selected, she had won! Based on her written application, past work in the public health field and recommendations, Ali had caught the selection panel's attention. Later, we would learn that it was her personal statement and essay that



swayed the group in her favor. They completely felt the "spirit of Ali" as they read her heartfelt story and personal journey into the field of Public Health. Wow! We were going to Louisville, Kentucky, just the three of us, Ali, Dad and Mom. We decided to drive.

(Amos Aduroja and Ali Hanke)





## Road Trip!

From the time we left Connecticut until we arrived at the Galt House Hotel we took turns driving. We talked, laughed, stopped for snacks, and ate lunch. I even sang songs ranging from Rod Stuart favorites to KT Tunstall's, "Black horse and a cherry tree". Woo Hoo, Woo Hoo. I must say, I was feeling it. Like the lyrics said, I would let my, "heart do all the talking". For the first time, I did not have to close a deal or confer on a project. We were Eta Sigma Gamma's guests, getting their award and receiving their check. Sweet! We laughed, thinking about Donny Osmond in "College Road Trip". No wonder the corn fields we passed were wilting. We had all the corniness in the car.

Although the hotel was very nice, we enjoyed the people even more. Every person affiliated with ESG at the Business Meeting/Awards Ceremony impressed me with having a personal dedication to the society. Each showed a passion to keep the society vibrant, financially healthy and fun. Highlighting this fact, last year's McGovern award recipient spoke at the meeting as a student representative. She outlined the winning, "service activity of the year". Then the outgoing ESG president who held the position for 6 years introduced the incoming president who would also hold the office for 6 years. While the new president outlined what she would like to accomplish, it was obvious, it would happen. The support from those in the room was overwhelming. The room was rich with talented, motivated, well educated workers spanning at least 5 decades in age. This society displayed diversity in every possible category. I was very happy and comfortable being in the room.

(Proud Parents: John and Cheryl Hanke, on the way down to Kentucky!)





## Road Trip!

Clearly, the most exciting time came when the Presenter of the McGovern Award, Amos Aduroja, asked Ali's Mom and Dad to stand up and be recognized. The room exploded with applause. Then the members stood up and cheered even louder. I never thought a hundred people could sound like a thousand. The last paragraph that Amos read while giving Ali her award was very touching for Cheryl and I. Amos read, "Ms. Hanke contributes to the growth and development of Public Health in her community and her University. Eta Sigma Gamma is offering her an opportunity to contribute her many talents to Eta Sigma Gamma at the local and national level. We are convinced that she has a very bright professional future. We proudly present her with the Eta Sigma Gamma 2011 John P. McGovern, M.D. National Scholarship Award".

At the conclusion of the awards ceremony Cheryl and I floated out of the room on a Louisville cloud. We left the hotel and strolled up Louisville's famous 4<sup>th</sup> avenue, to a local restaurant. There was a light mist coming down on the city. It's strange how the rain in a city 700 miles inland can have such a salty taste. Our little girl wasn't so little anymore. She was off to Dinner with her 25 new friends who called themselves "Gammans". One was in a wheel chair and Ali was right behind him smiling and chatting, as if she'd been with them all year.



## Guatemala

“The field course in Guatemala was phenomenal. I learned more about global health in those two weeks than I would have in a classroom. It demanded that we engage all of ourselves—mentally, emotionally, and spiritually. It was challenging, enriching, and life changing. I did not want it to end. I am a better person and a better professional for having had this opportunity.”

Andi Lolos, Guatemala, Summer 2011



2012 Guatemala Study Abroad : July 29– Aug 12, 2012

[http://www.southernct.edu/public\\_health/guatemala/](http://www.southernct.edu/public_health/guatemala/)



## Awards, Announcements & Congratulations

### Congratulations Dr. Sandy Bulmer!

SOPHE Trophy - By: Sara Barrows

Each year at the SOPHE conference preceding the APHA conference, there is an awards ceremony, recognizing public health professionals and students for their contributions not only to SOPHE, but the field of public health as well. One such award that recognizes an individual who has contributed and done so much for SOPHE is the SOPHE trophy, and often the person receiving the award is unaware until their name is announced. This year, I had the opportunity to attend the dinner and awards ceremony at the 2011 SOPHE conference in Arlington, Virginia as a guest of Dr. Sandy Bulmer. When the time came to announce the winner of the SOPHE trophy, the presenter spoke of a person who has not only contributed so much to the organization over the years, but someone who had also taken the time out of their schedule to put together a team to review and judge abstract submissions for the conference, and that person was Dr. Sandy Bulmer. As Dr. Bulmer's graduate assistant this year, I have seen how much time she contributes to SOPHE as well as other organizations and causes. It was great to see her given this award, and know that her hard work and contributions do not go unnoticed. Congratulations Dr. Bulmer!

[Betty C. Jung](#), MPH '93, has been awarded the 2011 Outstanding Alumni Award. She is the founder of the Public Health Chapter of the Alumni Association.

[Alison Gilcreast](#), recent MPH graduate, is a new board member and a chair of the program committee for CPHA. Alison recently worked on the 2011 annual CPHA conference and meeting. Her hard work made the conference a success. Congratulations Alison!

[Devin Madden](#), recent MPH graduate, won SOPHE's 2011 Graduate Student Research Paper Award. She received her award at SOPHE's annual awards program in Washington, D.C.

## Awards, Announcements & Congratulations



Congratulations to the  
MPH class of 2011!



Congratulations to our newest members of Eta Sigma Gamma!

Albertina Baptista . Lauren Bifulco . Christine DePierro . Joy Eribo . Maura Esposito

Heather Gilbert . Laura Hayes . Elizabeth Lorenson . Victoria Zigmont

Congratulations to 2009 MPH graduate, [Cortney Larkins](#) on her new career as Program Manager for the American Liver Foundation. All the best!

[Victoria Zigmont](#), current MPH graduate, has received a CDC/SOPHE fellowship. Dr. Bulmer will be her faculty mentor for this fellowship. Victoria will explore nutrition knowledge and food choices among undergraduate college students at SCSU. Congratulations!!

It is with a heavy heart that the SCSU Department of Public Health informs students, faculty and alumni on the passing of MPH student Kwane Osei Antwi. Our thoughts are with Kwane's wife, children and family.



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