



THE UNIVERSITY
OF IOWA
College of Public Health

A DECADE OF PUBLIC HEALTH EXCELLENCE

something to **celebrate**

From the Dean

As the College of Public Health marks its 10th anniversary, we have a lot of reasons to celebrate. We've made great strides in our first decade as a college, including groundbreaking research, new educational offerings, and expanded outreach and service activities.

We're proud of our current and former students, who are engaging with public health challenges at home and abroad. We're excited to see the college's new academic building taking shape as our flagship, state-of-art facility for education and research.

In honor of our 10th anniversary, this publication will help you appreciate the many ways that public health makes a difference. Public health is exciting and dynamic because it touches our lives every day in so many ways. When public health works, it's often invisible, and so the committed public health professionals who keep us healthy and safe often go unnoticed.

In this brief publication we celebrate our anniversary by highlighting our people and our work in—appropriately—lists of 10! I hope that just a taste of how 10 individuals found their path to public health, what 10 students did in their internships, and where 10 alumni are now will inspire a better understanding of the many ways that our college engages with public health. You'll also find a fun look—from our students' perspective—at what makes Iowa such a great place to study public health.

Our first 10 years have been extraordinarily productive and rewarding. We anticipate a very bright future—and that's truly something to celebrate.

Sue Curry
Dean



THE UNIVERSITY OF IOWA
College of Public Health



Points of Pride

The College of Public Health has a lot reasons to be proud. Our programs, our productivity—and, most importantly, our people—make the college stand out.



- The College of Public Health is young but builds on a University tradition of public health teaching, research, and service that dates back more than 100 years.
- The College of Public Health is one of forty-three accredited schools of public health—and the only such school in Iowa.
- The college provides critical public health outreach services that extend to each of Iowa's 99 counties.
- The College of Public Health's new building, scheduled to open in 2011, will be our first-ever academic home and among the first buildings on the University of Iowa campus to achieve gold-level LEED certification.
- There are 29 multidisciplinary research centers and outreach programs based in the College of Public Health.
- More than 8,000 individuals received continuing education through outreach programs based in the college last fiscal year.
- The College of Public Health offers an interdisciplinary education, including seven combined degrees available in conjunction with other University of Iowa colleges and Iowa State University.
- The college fosters mentoring and collaboration through a low faculty-student ratio and matching students' interests to faculty advisors.
- College of Public Health faculty members secured 149 grants totaling \$47.6 million last fiscal year for public health research, positioning the CPH as the college with the highest level of per-faculty productivity at the University.
- Student-run organizations offer research, service, and leadership activities.

Paths to Public Health

In a field as diverse and multidisciplinary as public health, there are many paths to our profession. Some College of Public Health students, faculty, and staff followed unconventional routes on their journey to discovering public health opportunities—all motivated by a desire to help people lead healthier lives.

Rebecca Arnold, M.P.H. student in community and behavioral health

Arnold's experience as a Peace Corps volunteer in Africa revealed her underlying interest in public health. "I had to go all the way to Madagascar to find my passion," she said. "Now, I am working on my M.P.H., so that I can go back and continue the kind of work I was doing before."

Bill Field, professor of occupational and environmental health and epidemiology

Twenty-five years ago, Field was exposed to dangerous fumes following a work accident involving improperly disposed chemicals. The experience deepened his desire to help others live and work in healthful environments and led him to a career dedicated to research and education.

Ginger Yang, assistant professor of community and behavioral health

As a former college athlete, Yang, at left, was inches away from playing professional volleyball in her native China. Though her height hindered her athletic dreams, her sports background continues to play a role in her work researching youth sport-related injuries and the mental health of injured athletes.





Joe Cavanaugh, professor of biostatistics

Upon entering college, Cavanaugh, at left, was determined to avoid taking extraneous math courses. Fortunately, his professors shed new light on the quantitative sciences. Now, Cavanaugh introduces students to the practical applicability of biostatistics—the same formula his mentors used for him.

Steph Leonard, WORKSAFE IOWA industrial hygienist

Leonard earned an M.S. in industrial hygiene in 1984 and was hired as a research assistant, driving a 26-foot Winnebago to hog farms and poultry operations to conduct environmental sampling and lung-function tests. Her work has varied over the past 25 years. Looking back, her career path was almost a mother-knows-best scenario. “The weird thing is my mom found industrial hygiene in an encyclopedia when I was still in high school and told me I should get into it,” she said.

Ronald Bedford, Ph.D. candidate in occupational epidemiology

Bedford witnessed countless work-related injuries and exposures as a paramedic for 20-plus years. Now, the graduate research assistant is interested in further study of occupationally related chronic diseases.

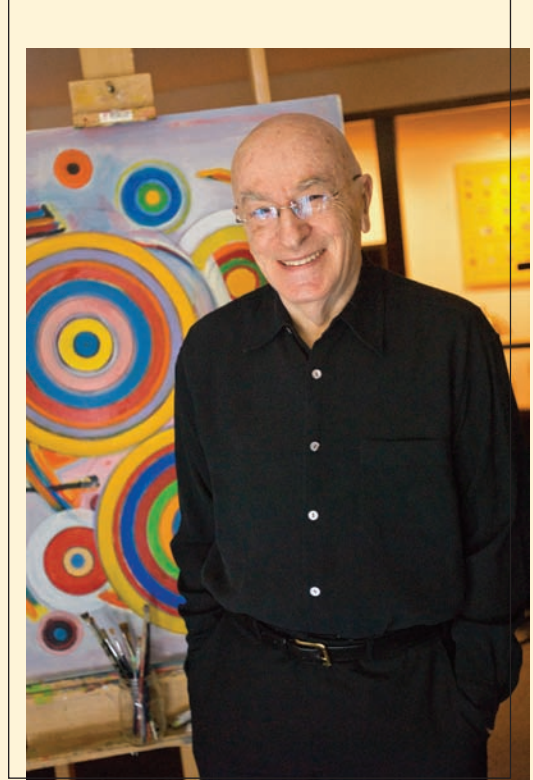
Ana Capuano, Ph.D. candidate in biostatistics and Center for Emerging Infectious Diseases statistician

As a kid, Capuano remembers loving mathematics and helping her peers with their homework, because math “was just so much fun.” Her master’s degree in probability and statistics and her work as a statistician for the Center for Emerging Infectious Diseases exposed Capuano to biostatistics and encouraged her to seek formal biostatistical training.

Paths to Public Health

Sam Levey, professor of health management and policy

Growing up in Cape Town, South Africa, Levey, at right, often caught glimpses of national leaders and used to wonder if they could ever get together to solve problems. “I learned that no matter what the problem is—racial turmoil, world war, or the rising costs of health care—leaders from the opposing factions must come together to develop a shared vision.” Levey is convinced of the importance of understanding leadership philosophies in all walks of life, particularly health care administration.



Hiba Ahmed, M.P.H. student in epidemiology

While in medical school in Sudan, Ahmed worked for a program in which she visited rural villages surveying tuberculosis patients and conducting women’s educational programs addressing female genital mutilation health hazards and good nutrition for mothers and children. Later, an academic advisor introduced her to public health. “Working in that program gave me a deep pleasure that made me want to pursue this degree,” she said. “In the future, I see myself working in underprivileged areas, where most of the work of public health is needed.”

Jennifer Thompson, M.P.H./M.H.A. student

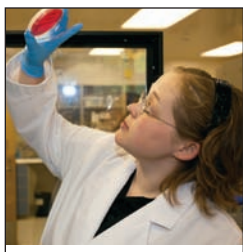
Growing up, Thompson witnessed the role of nutrition in her grandparents’ health, which led her to a B.S. in dietetics. She was the first in her family to earn a college degree, but as her health care interests have expanded, so have her academic pursuits. With an M.P.H. and an M.H.A., Thompson hopes to someday hold a leadership position in an Iowa hospital to make “a difference in the lives of Iowans.”

Hands-On Public Health

Many College of Public Health students complete internships and practicum experiences as part of their programs. Others seek internships to round out their studies and gain additional hands-on skills. Students find a wide array of practice opportunities throughout Iowa, out of state, and around the globe.

Joanna Dawson, M.P.H. in epidemiology

Conducted teen health education at United Action for Youth, an organization offering youth development, counseling, and prevention programs in Iowa City, Iowa.



Abby Harper, Ph.D. candidate in agriculture health and safety

Investigated methicillin-resistant Staphylococcus aureu (MRSA) in U.S. swine and swine workers as a research assistant and lab manager at the University of Iowa Center for Emerging Infectious Diseases.

Saloni Nayar, M.P.H. in health communication

Assisted in activities related to dissemination of scientific research and developed health communication materials at the National Cancer Institute in Bethesda, Maryland.

Hana Hinkle, M.P.H. in community and behavioral health

Designed and implemented a maternal mental health initiative focused on postpartum depression in the Latina community in Washington County, Iowa.

Justin Brueck, M.H.A. program

Completed a health administration internship at the Kameda Medical Center in Kamogawa, Japan.



Rachel Cain, M.H.A. program

Worked as an administrative intern at the Grinnell Regional Medical Center, an 81-bed private non-profit hospital in Grinnell, Iowa.

Mitchell Kang, Ph.D. candidate in industrial hygiene

Analyzed air quality in Iowa City and the Johnson County area during an M.P.H. practicum experience with the Johnson County Public Health Department.

Carmen Smith, Ph.D. candidate in biostatistics

Conducted health research in Banjul, The Gambia, as part of the Minority Health and Health Disparities International Research Training program.

Benjamin Henkle, M.P.H. in epidemiology

Assisted in the design of an evaluation plan for a lead poisoning prevention program and developed a provider report card on childhood lead poisoning while interning with City of Dubuque Health Services.

Christopher Ford, M.P.H. in community and behavioral health

Piloted and expanded an obesity prevention intervention among preschool-aged children as part of an internship with Healthy Linn Care Network in Cedar Rapids, Iowa.



Where Are They Now?

Between 1999 and 2009, the College of Public Health produced more than 900 graduates. Here's a look at where 10 alumni who graduated within the past 10 years are now.



Londa Vander Wal worked with local farmers when based in The Gambia, West Africa.

Londa Vander Wal (Ph.D. Agricultural Safety and Health '09)

Food Safety Specialist, Food and Agriculture Organization of the United Nations

Rome, Italy

Adjunct Assistant Professor, Department of Occupational and Environmental Health

The University of Iowa College of Public Health

"I really appreciate the excellent faculty and staff in the college. I am very appreciative, particularly to my committee members and other lecturers and mentors, for helping me to finish my degree in a timely manner, learn a great deal, and have an enjoyable experience!"

Vickie Shavers (Ph.D. Epidemiology '99)



Epidemiologist
Division of Cancer Control and
Population Sciences
National Cancer Institute
Bethesda, Maryland

Words of advice to new graduates:

“Don’t always take the easy road.

The easy road is not always the best way in terms of your personal development. I have learned so much more from meeting challenges and overcoming them. Not only do you get a sense of accomplishment, but it builds self-confidence in your abilities.”

Elly Steffen (M.H.A. and M.P.H. in Policy '01)

Administrator

Continuing Care Hospital @ St. Luke’s
Cedar Rapids, Iowa

“What I enjoy most about my current position is being able to lead the development of and bring a new level to the continuum of care available to Iowa patients. ... There is nothing better than being able to see a patient who came to us in a very debilitated state after a life-changing event be able to walk out of our hospital with a smile and new chance on life. It is all about the patient and the outcomes we can help them achieve.”

Vijay Golla (Ph.D. Industrial Hygiene '07)

Assistant Professor

Department of Public Health
Western Kentucky University
Bowling Green, Kentucky

Brenda Saldivar Granillo (M.S. Epidemiology '02)



Director
Arizona Center for Public Health
Preparedness
The University of Arizona
Mel and Enid Zuckerman
College of Public Health
Tucson, Arizona

“My time at Iowa was enriching. The faculty at the College of Public Health are highly qualified professionals with a vast knowledge of various aspects of public health. Public health is an exciting, multi-faceted field that has global impact.”



Ann Garvey, D.V.M. (M.P.H. General '03)

State Public Health Veterinarian
Iowa Department of Public Health
Des Moines, Iowa

“What sticks with me is how willing the faculty at the College of Public Health were to be ‘available’ to the students and go the extra mile when we had questions or concerns.”

Eric Schaefer (M.S. Biostatistics '05)

Biostatistician/Scientific Coordinator
Penn State Cancer Institute
Hershey, Pennsylvania

Emma Gelman (M.P.H. Community and Behavioral
Health '08)



Public Health Prevention Service Fellow
Centers for Disease Control and
Prevention
Atlanta, Georgia

Eric Mooss, F.A.C.H.E., C.M.P.E. (M.H.A. '04)



Associate Administrator
Alegent Health Clinic
Omaha, Nebraska

“My experience and education at Iowa allowed me to be ready to tackle the challenges our organization is facing today.”

Christine Hradek (M.P.H. Community and Behavioral
Health '09)

Community Health Consultant
Iowa Department of Public Health
Des Moines, Iowa

Public Health Research

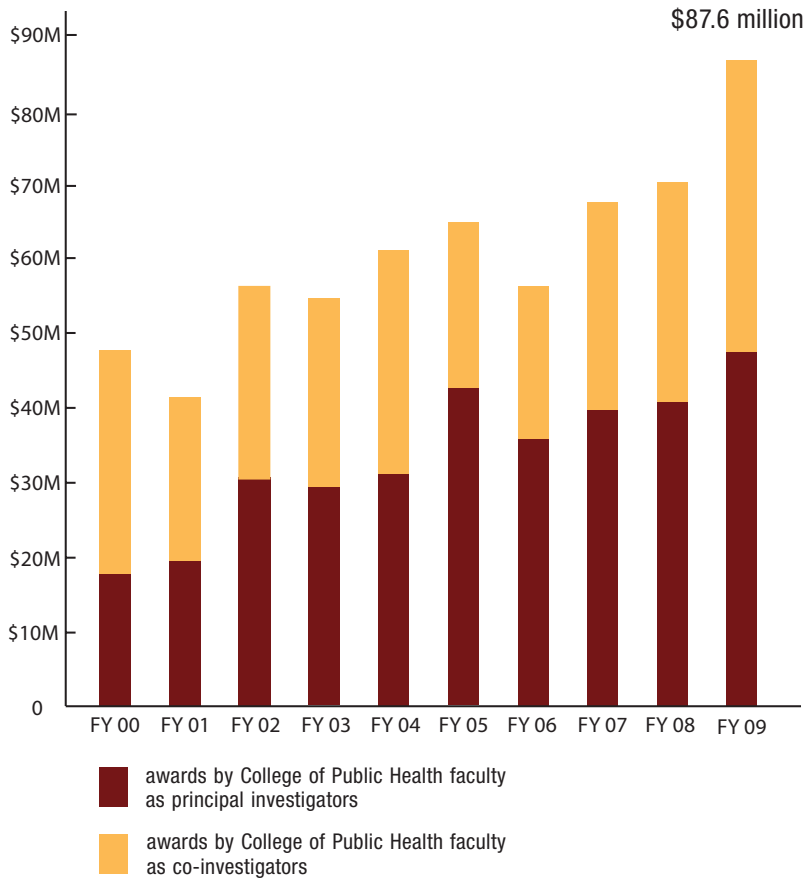
The College of Public Health has established a vibrant research program addressing areas such as rural health, injury prevention, health services, chronic diseases, data management and analysis, and many others. As we enter our second decade—and public health challenges continue to evolve—investigators in the college are keeping pace by developing new areas of research expertise, among them:

- Health policy—including studying the implications of health care reform for rural health, healthy aging, and health information technology.
- Emerging infectious diseases—including investigating the transmission of diseases from animals to humans.
- Health communication and social marketing—including developing ways to motivate and help individuals lead healthier lifestyles and to understand biomedical advances.
- Innovative training for the global public health workforce—including using appropriate technology to promote health information and education in developing countries.
- Employee wellness—including studying ergonomics, employee safety, and health promotion to create a healthier workforce.
- Pharmacoepidemiology—including improving the safety and effectiveness of medication use among the elderly.
- Community-based participatory research—including working with the communities of Muscatine and Ft. Dodge, Iowa to promote health and reduce obesity among children.
- Sustainability—including investigating air and water quality and other environmental factors that affect human health.
- Nutrition—including providing medical students with nutritional knowledge to enhance their understanding and promotion of nutrition as future physicians.
- Human toxicology—including researching the human health effects of chemical use and toxicants, such as nanomaterials and polychlorinated biphenyls.





10 Years of Research Funding



10

10 Reasons to Study Public Health at Iowa

Students in the College of Public Health excel as scholars, researchers, and conscientious community members. Here, three students provide a light-hearted look into what it's like to be a student at Iowa.

1. Like the “Cheers” theme song, the people are friendly and classes are small, so everybody knows your name; well, mostly.
2. M.P.H. seminars are not only informative, but they provide a lunch—meaning you can eat at least one solid meal for that week.
3. When the college’s new building opens, we will finally get to see the Occupational and Environmental Health people.
4. Several well-known magazines have noted that Iowa City is an excellent place to live. The city thrives on a vibrant mix of eclectic restaurants, live music, visiting scholars, and farmers markets. Though the weather can be fickle and winter can be hard, summer makes up for it.
5. Hospital food isn’t that bad. Gotta love Taco Wednesday!
6. The college offers opportunities to travel to the American Public Health Association Annual Meeting in its cool locations, such as San Diego, Philadelphia, and Denver.
7. The college has our own, very helpful librarian to assist with public health research.
8. The professors are well-connected in the field of public health, which translates into internship and job opportunities down the road.
9. The custodians are really nice to talk to as you’re finishing that paper at 2 a.m. in the public health computer lab.
10. You may not understand what public health is—and some of us are still figuring it out—but the intro classes help you find your way. The more you learn about public health, the more you see it everywhere.

Compiled by Anne Crotty, 2010 M.P.H. community and behavioral health graduate, Alex Shockey, 2010 M.P.H. aging studies graduate, and Adriana McMullan, M.P.H. student in community and behavioral health.



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