



UNC
GILLINGS SCHOOL OF
GLOBAL PUBLIC HEALTH

Health Behavior News

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DEPARTMENT OF HEALTH BEHAVIOR

2013-2014



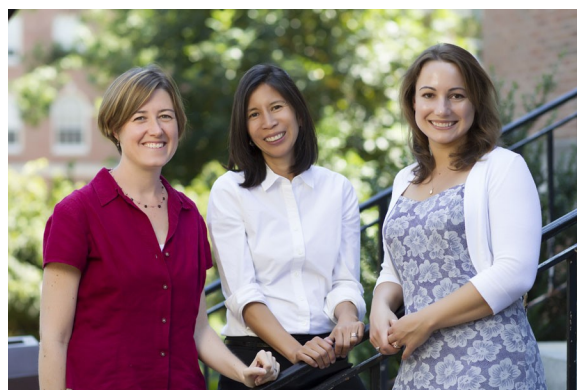
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Greetings from Department Chair Leslie Lytle



This is my first newsletter as chair of the Department of Health Behavior. I realize that I have very big shoes to try to fill, both with keeping our alumni and friends connected with the department and in managing and nourishing the department as well as it has been done under Jo Anne Earp's leadership. I have been so appreciative of the support and help that Jo Anne, Dean Barbara Rimer, and all of the faculty and staff have offered me in the past year. I've enjoyed my opportunities to meet HB alumni and look forward to meeting more of you. Please don't hesitate to drop a line or stop by my office when you are in Chapel Hill.

It has been a great first year. We hired several new faculty: Lori Carter-Edwards, Kate Muessig, Vivian Go and Shelley Golden. Kate and Vivian were hired to expand our Global research and training and Shelley was hired to help with teaching our HB core course and to work on tobacco policy research. We are all so thrilled to have these fantastic women join our faculty. You can read more about them in the newsletter.

Over the past year we saw the retirement of several long-time faculty: Allan Steckler, Brenda DeVellis, and Bob DeVellis as well as Jo Anne Earp's retirement as department chair. Allan's celebration in October 2012 was the first event I had the honor to host as the new chair. It was held in conjunction with the Hochbaum Lecture, where Allan delivered an interesting and entertaining talk that chronicled the history of the department. Afterward colleagues, mentees, family and friends joined Allan and Barbara and their family for a great party at the Top of the Hill. The talk was videotaped and can be viewed at <http://unc.mediasite.mnc.org/mnc/Viewer/?peid=cf2c02f836804dbb86820cd32cf948201d>.

Spring brought a big event for Jo Anne, fondly referred to as "Earpfest" by its planners. Over 250 people attended, coming from many states and several countries. The guest list included former faculty and alumni. The theme of the night was "Mentoring" with story after story told of the tremendous impact that Jo Anne has had on the lives of so many students and colleagues.

We will be celebrating the careers of Bob and Brenda DeVellis in the spring of 2014. Professor Stanton Newman from City University, London, will travel from England to deliver the department's annual Hochbaum Lecture with a retirement celebration to follow on Wednesday, April 30. Keep your eyes open for more information on that event.

The academic and research life of the department remain strong. We graduated 48 MPH students in 2013 and have a new MPH class of 47. Over the past year we also graduated eight doctoral students: Laurie Abler, Stephanie Baker, Paul Gilbert, Susan Haws, Andrea Heckert, Jiang Li, Derrick Matthews, and Lisa Parker. Congratulations to all of our graduates.

In spite of the grim funding picture that characterized the past five years, our faculty have been amazingly successful in obtaining grants and contracts and continuing the important research, teaching and service work that they do. See the section on faculty highlights, starting on page 14, to read what our wonderful faculty have been up to!



I hope you enjoy the newsletter and that each of you will stay connected to the Department. Its rich and important history is shared by many. We are so grateful for our alumni, friends, and supporters. Please keep in touch.

I've enjoyed the opportunities I've had to meet HB alumni and look forward to meeting many more of you.

On the cover, clockwise from top left: Leslie Lytle by Brian Strickland; EarpFest by Tom Fuldner; New faculty by Brian Strickland; Meg Pomerantz at salon for Fall Pilot by Scott Muthersbaugh/Burlington Times-News; 2008 MPH alumni and families, photographer unknown; HB student awardees by Helena Knego Mullen. Photos on this page by Brian Strickland.

Hundreds Gather to Celebrate Jo Anne Earp

As many of you know, former chair and longtime professor of health behavior, Jo Anne Earp, ScD, is a social connector: someone who brings people together so they can get important work done. So when friends and colleagues asked how she would like to acknowledge her coming retirement, it was no surprise that Jo Anne wanted to bring a lot of people together to reminisce, reflect on their past and current work, and to celebrate.

Almost 300 people—former and current students, colleagues, family, and friends—gathered in April to honor Jo Anne's long and successful career and track record of mentorship. It's a career that included 1960s activism, educating and mentoring hundreds of students, researching and advocating for women's health, civil rights, and greater health care quality, equity and access, and leading one of the finest departments of health behavior in the nation.

A symposium at the Gillings School of Global Public Health on April 12 brought together distinguished speakers that included alumni and former faculty members. After welcoming remarks by Dean Barbara K. Rimer and current health behavior chair, Leslie Lytle, audience members were treated to three panel presentations (*see sidebar page 10*).

"It's hard to express how terrific it was for me to see so many of my good friends, colleagues and mentees together for that long weekend," Earp said. "It struck me that virtually every participant at that grand reunion—what my friend Elizabeth [French] affectionately called 'Earpfest'—is making an important difference in the world. Seeing the collective impact of friends, colleagues, alumni and students makes a strong case for my general sense of optimism, my belief in our capacity to make positive change in the world, and for why I chose this career path. As I've said many times: 'best job in the world, best place to work.'"

The symposium was followed by a reception and dinner at Chapel Hill's Carolina Inn. Emceed by alumnae **Edith Parker** (DrPH 1995, MPH 1989) and **Erica Salem** (MPH 1989), the dinner included remarks by alumnae **Celette Skinner** (PhD 1991), **Erma Wright Manoncourt** (PhD 1986), and **Erin Kobetz** (PhD 2004); collaborator **Michael**

O'Malley, PhD (HPM 1995); former UNC RWJ Clinical Scholars Program Fellow **Sheldon Retchin**, MD (UNC School of Medicine 1976; EPID MSPH 1982); retired SPH administrator **Ernie Schoenfeld**, DrPH (PALP 1981); Professor **Kurt Ribisl**, PhD; husband **Shelley Earp**, MD; and Jo Anne herself.



Celette had the honor of announcing the campaign for a Distinguished Professorship in Jo Anne's honor. (Please read the details on page. 11). Erica and Edith kept the crowd laughing with in-jokes about Jo Anne's strong editing support, which has become known as "earping." In fact, as a follow up they recently quipped, "It was wonderful to celebrate Jo Anne with old friends and new ones. However, we did feel the wording on the menu could have been more concise, and would have benefited from a good edit."



On Saturday, April 13, current and former students, faculty, and administrators and their families joined Jo Anne at an ice cream social in the Armfield Atrium of the Michael Hooker Research Center. With ice cream and sorbet graciously provided by alumna **Chris Nutter** (MPH 1951) of Maple View Farms near Hillsborough, the informal social was perfect for kids

of all ages, including Jo Anne and Shelley's grandchildren, Nicholas, Tyler and Alexis, who came from Atlanta with son Nick and his wife Krista. Their younger son Matthew and his partner Sara came from San Francisco.

"It was inspiring from beginning to end," said recent graduate **Nakeva Wilkins** (MPH, 2013). "Participating in the symposium and hearing each of the speakers talk about their work made me so proud to be affiliated with the department and school. The whole weekend further affirmed for me how many different, valuable kinds of career paths are possible with my Master of Public Health in health behavior."

Jo Anne became a faculty member of the then-named Department of Health Education in 1974 after earning her doctorate in behavioral sciences from Johns Hopkins University. She served as department chair from 1996 to 2005 and 2008 to 2012. Her many recognitions include:

See EARP page 10

New Faculty

Several new faculty were hired in the spring of 2013. **Kate Muessig** and **Shelley Golden** were able to join the department right away. We look forward to having a third new faculty member, **Vivian Go**, join us in January 2014. In addition, **Lori Carter-Edwards** joined the faculty at the beginning of the year.

Vivian Go, PhD is a social epidemiologist whose work combines qualitative and quantitative methods to inform the design, implementation and evaluation of HIV/STD behavioral interventions among marginalized populations. She is excited to be coming to Health Behavior after ten years in the Epidemiology Department at the Johns Hopkins Bloomberg School of Public Health (JHBSPH).

Her interest in global health started as a Peace Corps volunteer in Doro, Mali, and was further fueled while completing her dual Masters in international economics/grass roots development and public health at the Johns Hopkins School of Advanced International Studies (SAIS). She then focused on behavioral health and infectious diseases for the completion of her PhD training at the JHBSPH, where she worked with David Celentano in the epidemiology department. Vivian became impassioned about behavioral interventions when she was on the team that demonstrated how a partici-

patory research program in the Thai military resulted in an HIV incidence rate that was 50% lower in the intervention group than in the diffusion and control groups.

Vivian has conducted research in a number of international settings, including Vietnam, South Africa, Thailand and India. She has worked in Vietnam for over a decade to develop, implement and evaluate behavioral interventions among injection drug users (IDUs), including recently completed random-



See GO page 23



Shelley Golden

Shelley Golden, PhD is a familiar face in the department as both a graduate (MPH 1999) and longtime course instructor. As a result of a national search for a tobacco policy expert with strong teaching skills, Shelley joined the Health Behavior faculty as a clinical assistant professor in August. In this role, Shelley continues as an instructor for several HB courses and modules, and is collaborating with Professor Kurt Ribisl on several projects examining tobacco prices and purchasing behavior.

Shelley's PhD in public policy, which she completed this summer, enables her to better bridge her interests in health

behavior with policy. Broadly speaking, her research assesses the economic determinants of individual and political decisions that have implications for public health. In recent work, she explored the causes and consequences of state-level alcohol and cigarette excise taxes, examined the ramifications of losing work on smoking behavior, and analyzed the relationships between household financial control and intimate partner violence.

Shelley's dissertation, *Employment fluctuations and tobacco: How changing employment conditions impact smoking behavior and cigarette tax policy*, garnered a 2013 Marci Kramish Campbell Dissertation Award, a competitive prize from the Lineberger Comprehensive Cancer Center that recognizes excellence in dissertation research focused on cancer and the population sciences. The award honors former SPH faculty member and HB alumna **Marci Campbell** (HB PhD 1992; Nutrition MPH 1977), who was a national leader in cancer prevention and control and in disparities and survivorship research before her untimely death in 2011.

See GOLDEN page 23

Kate Muessig



Kathryn Muessig, PhD is a global health researcher whose most recent work has been centered in China on HIV/AIDS and other sexually transmitted infections. She joined the Health Behavior faculty as a tenure-track assistant professor, coming to us from a successful post-doctoral research fellowship with Drs. Mike Cohen and Lisa Hightow-Weidman at UNC's Institute for Global Health and Infectious Diseases (IGHID). At IGHID she focused on HIV treatment as prevention and on developing eHealth and mHealth interventions to reduce sexual risk behaviors and increase linkage and maintenance in care among men who have sex with men in North Carolina. Her work emphasizes the development of innovative approaches to increase HIV testing and support better HIV medication adherence. Kate has been working on adapting successful mobile phone and web interventions developed at UNC to address the rapidly expanding dual HIV and syphilis epidemics among men who have sex with men in China. Kate's research on HIV health issues in China is a continuation of her doctoral work at John Hopkins University where she earned her PhD in 2011. Her doctoral research used qualitative methods to describe HIV/STI health, migration, work, and relational histories of rural to urban migrant men in China who sell sex to men.

Kate began learning Mandarin Chinese as an undergraduate at Princeton where she earned a bachelor's degree in

Anthropology with an East Asian Studies minor. Exposure to Chinese language and culture as an undergrad is responsible for sparking her interest in the region where she now spends several months of the year. She was able to deepen her language skills with a Fulbright Scholarship to China and now speaks Mandarin fluently. As part of her post-doc with IGHID, Kate was also active with UNC Project China for which she mentored undergraduate and graduate students from UNC, Colombia, Harvard and Renmin University in Beijing. One of her mentees was 2012 HB graduate **Elaine Lo** who did qualitative analysis for Project China. Elaine says, "It was definitely a pleasure working with Kate, who provided a lot of guidance and mentorship during the process. I thoroughly enjoyed working with her and think that HB is very lucky to have her!"

Kate's interest in public health began at Princeton, but really took off in an early job with the Robert Wood Johnson

See **MUESSIG** page 23




Lori Carter-Edwards

Lori Carter-Edwards, PhD (EPID 1995) joined the HB faculty as a research associate professor. Her primary UNC appointment is in the Center for Health Promotion and Disease Prevention where she serves as the deputy director for research and operations. Lori's career as an academic researcher spans over seventeen years and has in-

cluded a focus on the prevention of chronic disease in vulnerable populations. She investigates the role of psychosocial correlates on such cardiovascular-related outcomes as obesity, hypertension, and diabetes. Her work primarily evaluates how perceptions and attitudes may influence these outcomes. Currently, her emphasis is on faith-based organ-

izational capacity to promote health and obesity-related perceptions and attitudes among children and adults.

Lori's current projects include a qualitative research pilot project, sponsored by the African American Collaborative Research Network (AACORN) through funding from the Robert Wood Johnson Foundation, designed to understand food marketing to black communities. Her research, which is one of five sites across the U.S., investigates the context in which parents and children make choices about food to address the issue of childhood obesity in the black community. At the state level, she has partnered with the Office of Minority Health and Health Disparities to assess the health promotion capacities of African American churches.

Prior to joining HPDP in 2011, Lori was a research assistant professor in the Department of Community and Family Medicine and faculty liaison in the Center for Community Research at Duke University Medical Center. In the future, we hope to report on some of Lori's new projects, including the Blueprint for Healthy Living and the Health Equity Collaborative Evaluation Planning Project. 

Leslie Lytle joins HB Faculty as Professor and Chair

Last October Leslie Lytle, PhD joined the faculty of Health Behavior as department chair and professor. She came to us from the University of Minnesota's School of Public Health, Division of Epidemiology and Community Health, where she developed her career over twenty years.

The majority of Leslie's research has emphasized school, community, and family interventions to help children stay healthy by focusing on a healthy diet, regular physically activity, and abstention from tobacco, alcohol and other drugs. She is internationally recognized as a childhood obesity prevention researcher serving as the principal investigator on a number of very large randomized control trials where the interventions highlighted school policy, enlisting community support, health education, and behavior change strategies. While her work assesses individual-level outcomes (body mass index; levels of physical activity; and fruit, vegetable, and fat intake) the interventions she designs and tests are multi-component. Her school based interventions typically include health curricula for the students and educators, social marketing at the school level, environmental change in the school—be that changing the food policy in the cafeteria or the way that physical education is presented to students—and working with parents and policy makers to help make the healthy choice the easy, and reinforced, choice for students. Leslie has also done etiological work examining the predictors of youth obesity using a cohort design with data collection that spans biomarkers from fasting blood samples, to parent and child surveys assessing attitudes and behaviors, to accelerometer use to assess physical activity, and twenty-four hour recalls to assess diet. Environmental data are collected from the homes, schools, and neighborhoods where the youth live and attend school.

Leslie is currently the principal investigator on research testing the effectiveness of a one-credit class and a web-based intervention to help community college students maintain a healthy weight. That study, called CHOICES (Choosing Healthy Options in College Environments and Settings), is being conducted in Minneapolis and is in the final stage of a two year intervention. “CHOICES is a stretch for me on two accounts,” said Leslie. “I’d never done research on young adults before, but they are an age group that is

experiencing high rates of obesity, and they are the parents of the next generation of children. If young adults don’t know how to eat well, be active and manage other behaviors and stressors that impact their weight, they won’t be able to help their children maintain a healthy weight. If young adults don’t learn how to manage their weight, our ability to continue to positively impact the declining rates of child-

hood obesity will be compromised.” The other area in which Leslie is stretching herself on CHOICES is in developing, implementing and evaluating a social networking website. “I have a Facebook page that I rarely look at! I’d much rather connect with people face-to-face but technology is the way many people today are interacting with their world. I thought I better figure out how to use technology in my intervention research!”



We all know that someone doesn’t become a world class researcher over night. We had a chance to talk with Leslie about her career path and want to share it as a deeper introduction to her.

Serendipity

Leslie describes her career journey as one characterized by serendipity. As a woman interested in nutrition in the mid-70s, the expected career choice was to become a hospital dietitian. Leslie followed suit, graduating with a BS in Medical Dietetics from Penn State University followed by a year-long internship at Methodist Hospital in Indianapolis. She quickly realized that being a hospital dietitian was not the right fit for her. Time spent in the internship doing outpatient counseling held more appeal, which motivated her to start her own nutrition counseling practice. She found working with people to help them change their diet both interesting and challenging. While Leslie’s dietetics training had prepared her to explain the “why” of dietary change, it provided little information on the “how” of such change. She quickly found herself exploring literature on health behavior change to learn ways to help her clients make the necessary dietary changes.

Serendipity played its first card when Leslie was invited to attend a program on counseling patients with hyperlipidemia. The training was being held in Pittsburgh, Leslie’s home town and the perfect place to attend a week long training since her parents lived there and could take care of

When you're presented with an opportunity that seems interesting to you, take the chance and give it a try. If it doesn't work, don't see it as a failure, but as a learning experience.

her one-year-old daughter, Emily. The training was lead by behavioral scientists in the School of Public Health at the University of Pittsburgh; it was Leslie's first contact with public health and behavioral science. "Attending that training was like the heavens opened up and all the lights came on! All of the issues that I had been trying to learn about, as well as my growing recognition of the importance of prevention, was the focus of the training. I found both public health and the behavioral sciences."

Becoming a researcher

Knowing that she wanted to teach at the college level, Leslie realized she would need a doctorate. Having moved to Ann Arbor for her husband's job, she thumbed through the University of Michigan's course catalogue and found that they had a school of public health with a doctoral program in health behavior and health education. She started the program with two young children—Emily was then four and now had a three-month-old brother, Dan—earning her PhD within 4 ½ years. "I was one of the few doctoral students with children. That experience helped me develop the focus and life balance that has really helped me throughout my career."

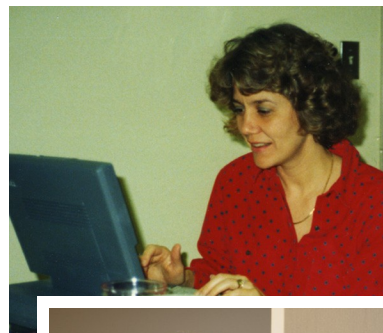
Finishing up at Michigan, she applied for a post-doctoral fellowship in cardiovascular health behavior at the University of Minnesota. Before she was able to begin that post-doc, serendipity played a hand again with an invitation from Minnesota researcher Dr. Cheryl Perry asking Leslie to become involved with a new study: Child and Adolescent Trial in Cardiovascular Health (CATCH). CATCH would be a multi-site study to evaluate school and family approaches in reducing cardiovascular risk in children. Leslie's first reaction was lukewarm since she hadn't worked with children before, but then decided that it might be good to have a project to focus on in her post-doc. Leslie accepted the offer and Cheryl quickly involved her in the study, having her create teacher trainings and work on a team to develop a valid and reliable methodology to assess dietary intake of children. After less than six months on CATCH, Leslie decided that youth health promotion was a perfect fit for her. In addition, in Cheryl Perry she had found a mentor and friend who would support her throughout her career.

In retelling her story, Leslie stressed her belief in taking chances and trying new things that beckon, even when the outcome may be uncertain. "When you're presented with an opportunity that seems interesting to you, take the chance and give it a try. If it doesn't work, don't see it as a failure, but as a learning experience." This attitude is evident in her unwavering support of students for whom she is always willing to lend some time and advice. Not only are the stu-

dents fortunate to have a new advocate in the chair's office, but the entire department, school, and community benefit from Leslie's leadership and commitment.

Balance

On the non-academic side, an inspiring thing about Leslie is how she manages to accomplish an enormous amount of work while practicing "good health behaviors." She eats well and exercises daily—usually starting her day with a run—and also enjoys yoga, gardening, hiking, canoeing, sailing, golf and skiing (downhill and cross country). Indeed, Leslie likes to spend her free time outdoors, whether on a hike near her Chapel Hill home or a weeklong canoe trip with friends in Minnesota's Boundary Waters Wilderness Canoe Area. "Balance is very important in my life. I have been blessed with a career that I'm passionate about that allows me to work with really smart, caring people. But I stay energized by balancing work with quality time with my family and friends and with finding time for activities that help me recharge. I'm more productive, and happy, when I feel like I'm in balance." ☘



Clockwise from top left: Leslie working on CATCH in the early 1990s; on a September canoe trip in northern Minnesota; and with MPH student and Hatch-Barnhill Scholarship recipient Alexis Dennis at the 2013 Student Awards Ceremony

Student News

MPH Students Travel to Haiti

Second year Master's student Michael Wilson is the U.S. director of New Hope Haiti Mission, a nonprofit that runs an orphanage in Haiti. During his first spring break in HB, he led a group of fellow MPH students on a trip to Haiti. Following the success of the spring 2013 visit, another trip took place over the fall break. A group of ten HB students travelled to the mission's orphanage to perform a health needs assessment of the community where the orphanage is located, about 5 miles outside Port au Prince.

The students hoped to accomplish several things during the brief trip, including:

- sexual education sessions with the older kids
- health checks on all of the kids--something the team did in the spring and hopes to do every 6 months.
- trainings for the orphanage staff on how to perform routine health checks on the children
- nutrition education with the cooks.

During the fall break trip, the students also spent a day visiting other area NGOs to discuss the effectiveness of aid to Haiti over the last 40-50 years. The groups will use these conversations to learn ways to ensure that the international work they undertake in the future is not only effective, but also both community-driven and sustainable, based on the needs and desires of the Haitians. ☞



A group shot from the fall break trip

Our students are involved in all kinds of research and activities, the Haiti trip being just one example. Please visit our website periodically for more student news!



Spring 2013 award winners who are now second year MPH students; clockwise from left: Michael Wilson, Mieka Sanderson, Maryka Lier, Alexis Dennis, and Charla Hodges.

2012-2013 Department Awards

Hatch-Barnhill Scholarship

Alexis Dennis
Mieka Sanderson

Harriet Hylton Barr Memorial Award

Michael Wilson

Godfrey M. and Lore Hochbaum Scholarship

Cara Person

Ethel J. Jackson Health Education Practice Award

Andre Brown

Kathryn J. Kerr Memorial Scholarship

Laura Baker

Lansky Family Scholarship in Health Behavior

Brian Adams

Lucy S. Morgan Fellowship Award

Charla Hodges
Maryka Lier
Mieka Sanderson

Delta Omega recognition

Student inductees

Justin Bailey
Dane Emmerling
Amanda Houpt
Sarah Kowitt
Stephanie Baker
Derrick Matthews

Alumna inductee

Lisa Parker, PhD (2012)

Service Award

Adrienne Gill

Academic Excellence Award

Deanna LaMotte

Scenes from Awards Day



Right: Hochbaum fellow, Cara Person

Bottom: Amy Lansky congratulates Brian Adams, first winner of the award Amy established in honor of her parents

Left: Kerr awardee, Laura Baker, with Fran and George Kerr (Kathy Kerr's parents), and Jo Anne Earp



The *Lansky Family Scholarship in Health Behavior* is a new award that is intended for students working on domestic health issues. Brian Adams, who graduated in the spring, is the first recipient of the award. Brian was nominated for his work, commitment, and leadership roles in LGBT health promotion. Alumna Amy Lansky was in Chapel Hill for the award ceremony and was able to both speak at the ceremony and congratulate Brian in person.



2012-2013 DOCTORAL DISSERTATIONS

Laurie Ablor

Developing a Measure of Hope for Exploring HIV-Related Risks Among Young South African Women in a High Prevalence Setting. October 2012. Chair, Suzanne Maman, PhD.

Stephanie Baker

School Racial Climate and Racial Disparities in Youth Sedentary Behavior. February 2013. Chair, Susan Ennett, PhD.

Paul A. Gilbert

A Mixed-Methods Investigation of Alcohol Use among Immigrant Sexual Minority Latinos in North Carolina. May 2013. Chair, Eugenia Eng, DrPH.

Susan W. Haws

A Multilevel Study of Schools' Influences on Adolescent Substance Use. July 2012. Chair, Susan Ennett, PhD

Andrea L. Heckert

A Mixed-Methods Examination of the Influence of Social Conditions and Social Networks on the Sexual Risk Behavior of Structurally Vulnerable African American Male Substance-Users. March 2013. Chair, Eugenia Eng, DrPH.

Jiang Li

Understanding Pathways to Weight Loss among Employees and Organizations Enrolled in the WAY to Health Worksite-based Weight Loss Study. October 2013. Chair, Laura Linnan, ScD

Derrick D. Matthews

Socialization Influences on Sexual Health Behaviors Among African American Men: Utilizing an Inter-group and Intra-group Approach to Health Disparities. January 2013. Chair, Wisdom Powell Hammond, PhD.

Lisa Parker

Positive Prevention with Youth Living with HIV/AIDS in Kinshasa, Democratic Republic of the Congo. June 2012. Chair, Suzanne Maman, PhD



In the spring, **Stephanie Baker** (PhD 2013) was honored with the prestigious 2013 Boka W. Hadzija Award for Distinguished University Service by a Graduate or Professional Student.

Stephanie, center, pictured at the 15th Annual Graduate Student Recognition Celebration with Jo Anne Earp, Susan Ennett, Assistant Dean for Student Affairs Charletta Sims Evans, and Leslie Lytle



Tom Fulmer

designation by the National Cancer Institute's Research-Tested Intervention Program (RTIP) for the N.C. Breast Screening Program in 2011; becoming an Academic Leadership Program fellow at the UNC-Chapel Hill Institute of the Arts and Humanities (2006); and receiving the UNC Women's Leadership Council Mentoring Award (2008), the John Larsh Jr. Award for Mentorship at the Gillings School (2005), the Greenberg Alumni Award for outstanding scholarship (1996), the McGavran Award for Teaching (1983), and the N.C. Equity Carpathian Award for Research on Women and Health (1994).



Tom Fulmer

Jo Anne with 2013 MPH graduates Chelly Richards, Erin Lebow-Skelley, Elizabeth Hayward, Claire Mershon and Nakeva Wilkins

"In the end," reflected Jo Anne, "although I certainly am proud of my work with the N.C. Breast Cancer Screening Program and helping reduce inequities and disparities in health-care access in other ways, my primary role as a faculty member in the Gillings School of Global Public Health has been as advocate, connector, bridge-builder, ally, supporter, cheerleader, networker—really a guardian of what was entrusted to me. For almost 40 years, I've been privileged to play this role with hundreds of students and dozens and dozens of faculty members. I can't imagine a more rewarding work life." ~Linda Kastleman, GSGPH Communications

The department extends its sincere gratitude to Elizabeth French and Stephen Couch (pictured right, at the ice cream social) who led the event's planning committee, which included students, alumni, and both former and current staff.

After many years with HB, Elizabeth has taken her talents to the Dean's Office where she now directs special initiatives for the Gillings School of Global Public Health.

Earp Symposium Speakers

From Disaster to Victory: Health Behavior Alumni Changing the World, Even in the Face of Obstacles

Kristie Long Foley, PhD 2000, professor and associate director of medical humanities at Davidson College

Nicole Bates, DrPH 2008, MPH 2000, director of global advocacy and policy strategy, polio eradication, vaccines and child health, Bill & Melinda Gates Foundation

Ingrid Morris, MPH 2003, director of product support at N.C. Prevention Partners

Gina Upchurch, MPH 1993, founder and executive director, Senior PharmAssist

Ronda Zakocs, PhD 1999, MPH, public health consultant

Inventing the Future: Significant Contributions of HB Alumni

Jillian Casey, MPH 2011, senior associate, National Alliance of State and Territorial AIDS Directors

Adina Kalet, MD, MPH, Gold Professor of Humanism and Professionalism, New York University School of Medicine

Rebecca Kohler, MPH 1994, senior vice president for corporate strategy and development, IntraHealth International

Amy Lansky, PhD 1996, MPH 1991, deputy director for surveillance, epidemiology and laboratory science in the Division of HIV/AIDS Prevention at the U.S. Centers for Disease Control and Prevention

Liana Richardson, PhD 2009, MA, MPH, assistant professor of sociology at UNC-Chapel Hill

The UNC Department of Health Behavior as a Proving Ground: HB Faculty in their Early Years

Rosalind Thomas, MPH 1975, research scientist at the AIDS Institute in the Bureau of STD Prevention and Epidemiology, New York State Department of Health

Mark Daniel, PHD, MSc, professor of epidemiology and head of the School of Population Health, University of South Australia

Sandra Quinn, PhD, associate dean for public health initiatives, professor of family science and senior associate director of the Center for Health Equity at the School of Public Health, University of Maryland at College Park

Arjumand Siddiqi, PhD, assistant professor, Dalla Lana School of Public Health at the University of Toronto and adjunct assistant professor in health behavior at UNC-Chapel Hill

Victor Strecher, PhD, professor and director of innovation and social entrepreneurship at the University of Michigan School of Public Health





Clockwise from top left: Vic Strecher makes a point; Becky Bowden and Gina Upchurch; Celette Skinner and Jo Anne; Jo Anne with Alexis Moore, Eva Butler-Hill and Gary Hill; Sara Stratton and Angela Thrasher; Joan Cates and Erma Manoncourt; Charlene Voyce, Susan Ennett, Jason Smith, and Molly Cannon. Center: Jo Anne and Shelley Earp. Photos by Tom Fuldner.

A Legacy in Action

Be part of a lasting tribute to Jo Anne by helping to establish a distinguished professorship in her honor.

Thank you to the many who have contributed thus far. The Jo Anne Earp Tribute campaign total has reached a third of the amount needed to leverage the State's Distinguished Professor matching program.

The department depends on private funding to safeguard the quality of education we have been able to provide past generations and hope to do the same for future generations of Health Behavior students. Your gift to the distinguished professor fund will help ensure the same quality of training and the long-term vitality of the Department of Health Behavior.

We urge you to join in this effort to make the Jo Anne Earp Distinguished Professorship one of the early successes of the School's 75th Anniversary—a season of celebration that started this fall!

You may contribute to the fund in one of three ways:

- **Phone** Call 919-966-0198 and one of our staff will gladly assist you.
- **Online** Make a gift [online](https://secure.dev.unc.edu/gift/) (<https://secure.dev.unc.edu/gift/>) with our secure donation form. Enter "Earp Tribute" in the search field on the right side of the screen.
- **Post** Mail your check, payable to the "Public Health Foundation," to
Public Health Foundation
P.O. Box 309
Chapel Hill, N.C. 27514-0309
Please reference "Earp Tribute" in the memo line

If you have any questions, please contact Stephen Couch, Campaign Director in the Office of External Affairs, UNC Gillings School of Global Public Health; 919-966-0219 or spcouch@email.unc.edu.

Research Project News

Fall Awareness and Prevention

Falls are the leading reason that people of all ages end up in emergency rooms. Injury rates are higher for people over 65, with the risk increasing as people age. Although women suffer more falls and report more injuries, men are more likely to die as a result of a fall. Conditions that put people at a greater risk of falling include poor balance, poor eyesight, poor lower body strength, and the effects of taking medications. Environmental factors include slippery surfaces, unsecured small mats or rugs, cluttered walkways, an absence of stairway handrails, and poor lighting.

This summer Laura Linnan, ScD and the NC BEAUTY project research team conducted a pilot study called “BEAUTY is a Balancing Act” in two North Carolina beauty salons. The pilot study was funded through the UNC Injury Prevention Research Center (IPRC). The project was part of IPRC’s application to the Centers for Disease Control and Prevention for continued funding as a CDC-designated Injury Control Research Center; it served to test data collection measures for a proposal for a larger falls awareness and prevention project.

Salon customers first completed a written health questionnaire, then received a basic health assessment that included blood pressure, height, weight, grip strength, and several functional balance measures (the Timed Up and Go, 30 second chair rise, and 4-stage balance test). The goal of “BEAUTY is a Balancing Act” is to assess risks for falling and to refer risk-prone individuals to local evidence-based programs to help reduce both fall risk and fear of falling. HB master’s student Phil Hanson who worked on the team for his summer practicum told us, “Getting out in the field and working in the beauty salons gave me a real appreciation for why salons are a great avenue for bringing health education to communities. Salons really are a microcosm of the larger community, and a place where people already come to talk and socialize, so why not talk about health?”

Additionally, many women in the beauty salons care for children and aging parents or other loved ones who may be at risk of falling. Information about how to make a home safe and reduce fall risks within the home will allow them to make better choices. Caregivers can help check medications, make sure folks are getting vision checks, and ensure that lighting, handrails and other safety measures are in place to help prevent falls. As Dr. Linnan’s previous research has shown, beauty salons are effective places to share health information because of the cross-section of people who attend, among them the elderly and their caregivers.



Wesley Beeson/ The Sanford Herald

MPH student Phil Hanson conducts a health assessment at a salon in North Carolina for BEAUTY is a Balancing Act

Individuals of all ages who have more information about how to reduce risks can benefit from doing so at all life stages.

Phil Hanson sums it up well, saying: “It’s really important not only to reach individuals at high risk of falls, but also their friends and family. Because falls are so common, everyone is at some level of risk and everyone knows someone at high risk. Just getting the word out can make a big difference because most of the strategies for lowering those risks are quite simple.”

~Meg Pomerantz, Project Director,



On November 20, doctoral student Allison Myers, MPH will speak at the session on *Solving Public Health Problems Through Innovation* during Global Entrepreneurship Week at UNC-Chapel Hill. Allison is a co-founder (with Kurt Ribisl) of [Counter Tobacco](#) and also serves as deputy director of the non-profit startup [Counter Tools](#). Both organizations offer resources and tools to empower policy makers, health departments, and community partners to pass measures that counteract retail tobacco marketing and reduce tobacco consumption.

Tobacco use remains the leading cause of preventable death and disability in the U.S., where tobacco kills more than 440,000 people and costs over \$150 billion in health care expenses every year. The point of sale (typically a convenience store, gas station, or small grocery store) is currently the lead channel for tobacco industry marketing, with tobacco companies vying for brand impressions, shelf space, and consumer loyalty. In 2010, the tobacco industry spent \$7 billion dollars on ads, displays and discount pricing at retail outlets.

Counter Tools' [store audit](#) and [store mapping](#) tools help document and visually display tobacco retailer data to directly support policy change, taking public health advocacy from a community problem to a policy solution.

Microfinance and Health Intervention

Unequal power distribution in relationships has a devastating impact on women, leading to HIV prevalence among young women in some sub-Saharan African countries four to seven times higher than among young men the same age. In response, Associate Professor Suzanne Maman and her HIV and Gender-based Violence Prevention study team recently completed the first phase of an innovative intervention designed to prevent HIV and reduce gender-based violence among Tanzanian youth. This five year, cluster randomized control trial funded by the NIH will engage young men and women living in economically disadvantaged wards in Dar es Salaam and will test a combined microfinance and health promotion approach. The intervention is unique not only in that very few studies have combined microfinance with health promotion, but also because microfinance interventions rarely involve men. According to Maman, “Finding effective strategies to reach out to young men in Africa and to mobilize them to reduce their HIV risk is critical, given men’s control over the terms and conditions of most sexual partnerships.”




Young men from one of the social camps

The aim of the first phase of the study is to identify “camps” within four economically disadvantaged wards within Dar es Salaam. Half of these social camps will receive the intervention and half will receive delayed HIV prevention information. Described as a cross between a club and gang, camps are locales where young men and women have been found to socialize in the city. Maman, her co-investigator Lusajo Kajula-Maonga, and **Nina Yamanis** (PhD 2009, MPH 2004) have been working on reducing violence against women and HIV risk behavior among young men in Tanzania’s largest city for eight years, and it

was through this work that the idea of intervening at the camp level emerged. With approximately 70% male membership, camps are promising venues through which to reach the desired demographic for this study.

Staff identified and verified 303 active camps in the four wards marked for the study using the PLACE (Priorities for Local AIDS Control Efforts) method. PLACE is an intervention-planning tool designed to identify high-risk venues where people meet their sexual partners. Following method protocol, research assistants traveled the wards street by street and conducted community informant interviews to learn of potential camps, then returned to verify each camp through interviews with camp leaders. From the 303 camps verified, 60 have been randomly selected to take part in the study. Half the camps will receive the HIV prevention intervention and half will receive delayed information.

With phase one completed, the study now turns its attention to baseline data collection, which will be followed shortly thereafter by the intervention. The study team will train health leaders nominated from camps in HIV prevention, including the compounding negative effects of gender-based violence; it has partnered with YOSEFO, a local Tanzanian organization, to facilitate the microcredit component. Through the combined microfinance and health promotion approach this study aims to reduce HIV transmission and perpetration of gender-based violence by sensitizing youth to risky behaviors that make them susceptible to HIV. It will also increase hope and a future orientation through business training and access to credit. 

~Peter Balvanz (MPH 2009), Project Director



Co-Investigators Lusajo Kajula-Maonga (left) and Suzanne Maman in Dar es Salaam

Faculty Updates

Brenda and Bob DeVellis are both enjoying retirement after decades of service to UNC—they both joined the department in 1978. Please consider joining us for a celebration in their honor on April 30, 2014.

Noel Brewer now serves on the Risk Communications Advisory Committee of the Food and Drug Administration

Carolyn Crump continues her work with injury prevention in U.S. tribal communities with a CDC contract for Technical Assistance and Evaluation Services to Support Tribal Motor Vehicle Injury prevention. Carolyn is also keeping up her busy training schedule, traveling around the country to enhance professional competencies for health policy [funded by Directors of Health Promotion and Education].

Professor **Geni Eng**, who's also a department alumna (MPH 1978 and DrPH 1984), wrote the book on CBPR, literally. This year she published the second edition of *Methods for Community-Based Participatory Research for Health*, Jossey-Bass, San Francisco with several other experts in the field: **Barbara Israel** (DrPH 1982, MPH 1978), Amy Schulz, and **Edith Parker** (DrPH 1995, MPH 1989). The book features a foreword by former U.S. Surgeon General, David Satcher. In the CBPR realm, Geni is PI on a project with HB adjunct faculty Scott Rhodes from Wake Forest University on using CBPR to reduce HIV risk among immigrant Latino MSM.

Geni and Adjunct Assistant Professor **Alex Lightfoot** co-instruct a popular elective on CBPR and Photovoice. A recent student project for the course involved the Art Therapy Institute in Carrboro with HB students working with their clients with schizophrenia. Photos, artwork, and findings were co-presented by students and clients at the "Brushes with Life" exhibit at UNC Memorial Hospital in May 2013.

Susan Ennett published a paper in the *Journal of Studies on Alcohol and Drugs* on "Parental socialization and children's susceptibility to alcohol use initiation." The article's findings suggest that youth initiation of alcohol use is lower when parents talk openly with their children about the harmful consequences of alcohol. This positive influence was especially important in households where the adults drink alcohol frequently.

Vangie Foshee is the author of "Families for Safe Dates," the first family-based dating abuse prevention program. Vangie and colleagues evaluated the program and, based on its success at promoting positive changes in the family environment, changing risk factors for dating violence and reducing dating violence victimization, results of which were

reported in the *Journal of Adolescent Health*, the program is being disseminated nationally and internationally through Hazelden Publication and Educational Services.

Also, implementation of Family for Safe Dates is being required of communities participating in a large CDC dating abuse prevention effort, "Dating Matters," being conducted in four U.S. cities.

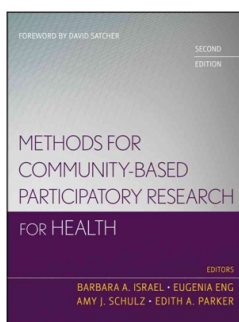
Carol Golin's SafeTalk motivational interviewing program, designed to help people living with HIV/AIDS adopt and maintain safer sexual practices, was tested and found effective in a randomized control trial, with findings published in *AIDS Behavior* (2012). It has been approved by the CDC as an evidence-based intervention. In addition, Carol received a 2012 Telly Award for a SafeTalk video she produced targeted to soon-to-be-released HIV-positive prisoners. In the video actors depict situations that ex-prisoners may find themselves in and include examples of how to negotiate and practice safe sex to reduce the transmission of HIV after their release.

Wizdom Powell published a high profile piece in the *American Journal of Public Health* titled, "Taking it like a man! Masculine role norms as moderators of racial discrimination—depression among African American men." The paper suggests that the effects of racism may be strongest in men who suppress emotion. Wizdom will present a department colloquium on this line of her research on December 5, 2013.

Earlier this fall, it was announced that **Kurt Ribisl** will direct the FDA and NIH funded UNC Center for Regulatory Research on Tobacco Communications, one of 14 Tobacco Centers of Regulatory Science scheduled to receive up to \$53 million for tobacco-related research in fiscal year 2013. Kurt's research on cigarette marketing practices (especially at the point of sale) has helped change laws nationwide on how and where tobacco products can be sold.

Kurt was also appointed to lead the Cancer Prevention and Control Program at the UNC Lineberger Comprehensive Cancer Center. As program leader, he will coordinate program member effort and related Cancer Center resources that facilitate faculty research.

Christine Rini's work benefits cancer survivors and other populations in North Carolina and beyond. Her work focuses on improving the outcomes of patients who receive stem cell transplants and on helping people better cope with chronic pain. Chris and her colleagues have developed an automated, interactive web-based pain coping skills training program to assist people with osteoarthritis in pain management. Chris also completed a randomized controlled trial showing how stem cell transplant patients with survivorship problems benefited from an "expressive helping" program that included emotionally expressive writing about their transplant experience and preparing a written narrative to help fellow transplant patients.



Ed Fisher in China for *Peers for Progress*


During August, Ed Fisher spent two weeks in China on projects for *Peers for Progress*, the American Academy of Family Physicians Foundation program he directs through its Program Development Center in our department. His visit included lectures in Suzhou on peer support in prevention and chronic disease management as part of the Asia-Pacific Congress on Diabetes Education and the Chinese Diabetes Society's International Symposium on Diabetes Education and Management. He also visited with colleagues and gave a lecture at Southeast University and Zhongda Hospital in Nanjing.

The work of *Peers for Progress* is showing remarkable impacts of peer support in reaching and engaging people and achieving benefits in terms of improved health and quality of life. In one project in San Francisco, the greatest benefit of peer support relative to usual care was among those who reported poor adherence to their diabetes medications at the program's outset (Moskowitz et al. *Journal of General Internal Medicine*, 2013). In Hong Kong, about 20% of participants showed high levels of depression/anxiety/stress and, also, high levels of hospitalizations. Peer support reduced the distress and brought the hospitalizations down to levels of the rest of the population.

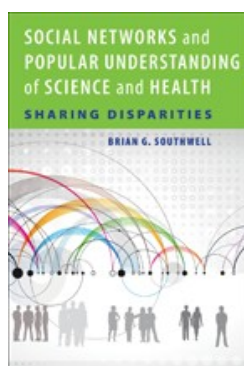
Fisher's colleague in the *Peers for Progress* Program Development Center, Maggy Coufal, has led a number of workshops in China and Taiwan, preparing program managers



from hospitals and community health centers to develop and lead peer support programs. These culminated in a workshop for over 200 at the meetings in Suzhou in August.

A rubric Fisher and colleagues have developed to communicate the need for education and support programs is that with 8,766 hours in a year (365.25 X 24), if someone spends even a total of 6 hours in a health provider's office annually, there are then 8,760 hours where people are "on their own." Pictured above, from the *Xinhua Health News*, Fisher at the kick-off of a program of the Beijing Diabetes Prevention and Treatment Association that aims to train 500 peer supporters through 50 hospitals to reach 50,000 adults with diabetes—named the "8,760 program"! 

~Ed Fisher with input from the PFP team



Adjunct Associate Professor **Brian Southwell**, PhD has a new book out this year: *Social Networks and Popular Understanding of Science and Health: Sharing Disparities* (2013, Johns Hopkins University Press).

Brian is a senior research scientist at RTI International and also holds a faculty position in UNC's School of Journalism.

Jason Smith and his group at MEASURE received a multi-million dollar "South Africa Associate Award" from USAID. Jason and his team work to improve the infrastructure for accountability in the health sector with an emphasis on developing countries. His approach is multi-faceted and includes: 1) finding resources; 2) help with decision-making regarding the allocation of resources; and 3) training the next generation of health professionals.

Deborah Tate and colleagues discovered that a stepped-care intervention approach, adjusting the intensity of a weight loss program based on the patient's response to the

program, was an effective way to treat obesity in adults and more cost-effective than traditional approaches. Findings from the study were published in the *Journal of the American Medical Association* (2012).

Angela Thrasher published a paper in *Journal of Aging and Health* (2012) on the development of measurement tools to assess racial and ethnic disparities in older adults. Also, Angela was inducted into Delta Omega in the spring.

Faculty marriages

Noel Brewer and Jon Mozes, pictured at right, were married on June 8, 2013 in Brooklyn, New York.



As mentioned in the profile about her, Kate Muessig and Justin Byron were married this year. The ceremony was held in Pennington, New Jersey on August 24.

From the Alumni Section President

Ingrid Morris, MPH



Greetings from your new Health Behavior Alumni Section President!

I look forward to working with you over the next two years. Please allow me to introduce myself. I graduated with an MPH from Health Behavior in 2003 and on this 10 year anniversary of getting my degree it is my honor to volunteer for our department as your alumni chair. Twelve years ago I came to Carolina with an undergraduate degree in Human Biology from Stanford University. I currently work as a director at NC Prevention Partners, a Chapel Hill-based national nonprofit organization that guides businesses, hospitals and schools to develop a culture of wellness by improving policies and environments to address tobacco, nutrition and physical inactivity. I'm also proud to be a member of the Health Behavior adjunct faculty. Before joining Prevention Partners, I worked at Blue Cross and Blue Shield of North Carolina, Kaiser Permanente, and Lineberger Comprehensive Cancer Center. Each job has given me a different perspective on the role and importance of prevention.

In both my work and volunteer experience, I have learned that healthcare and public health organizations of all kinds have different motivations and strengths that can be leveraged to create healthier communities. Finding the intersection in goals and developing strategic partnerships across the public and private sectors is essential to accelerating the pace of change. Collaboration is a key ingredient and our alumni network allows us to form new collaborations for greater impact. I'm looking forward to helping alumni explore new ways to connect and I welcome your ideas.

One of my goals for this year is to increase alumni engagement, including alumni who live both near and far. Staying in touch with classmates, faculty and staff -- and meeting new people -- can open doors for collaborations, friendships or new career directions. As we continue to weather a challenging economy, networking remains one of the most important investments we can make. I challenge you to think about how you can become more connected with the School of Public Health.

Collaboration is a key ingredient and our alumni network allows us to form new collaborations for greater impact.

Mentoring student interns is a gratifying way for me to give back and to remain connected. I have mentored 15 student interns so far. Students greatly contribute to and extend my programs and I feel fortunate to learn from students. One recent Prevention Partners intern and current MPH student, Lindsay Tague, shared "the work I got to do in my internship translates to real skills that I am eager to take back to my second year of graduate school. I interacted with public health professionals from multiple sectors over the summer and have expanded my outlook on what it means to be a part of public health practice."

How will you be more involved with Health Behavior this year? Will you attend Career Information Day in early 2014? Return to UNC to give a guest lecture? Mentor a student practicum or a capstone team? Reach out to a faculty member to share a research or collaboration opportunity? Attend a SPH 75th Anniversary celebration event? Make a contribution to our department? Volunteer to write articles for the HB alumni newsletter or website? Please share your ideas by emailing hbnewsletter@unc.edu or visiting one of the social media links on the back page.

I look forward to seeing you in the coming year. Here's to a successful academic year! 🍀

We want to thank Ingrid for serving as our alumni representative and to congratulate her for receiving a School Health Champion Award from the North Carolina Department of Public Instruction last year. She worked on a co-pilot to launch the Carrboro Elementary Wellness Team with Professor Kurt Ribisl.

Alumni Updates

1940s

Mazie Jones Levenson (MSPH 1945) died in March 2013, a few months after her 99th birthday. A long-time friend and supporter of the department, she established the Mazie J. Levenson Fund to benefit students in our department. Mazie stayed in touch with faculty and staff who note that her sense of activism and passion never abated.



Leslie and Jo Anne at lunch with Mazie in December 2012.

Mazie and her husband, Harold Levenson, moved to Greensboro, NC in the early 1950s where she worked as one of the first public health educators in Guilford County's Department of Public Health. In addition to her work with the health department and in public schools, Mazie was active in the League of Women Voters of the Piedmont Triad, leading their environmental activities for fifty years, chairing their Natural Resources Committee in the 1970s, and representing them on the Watershed Committee. Her work with the League earned her several awards including the 2004 Woman of Achievement Award. In the 1960s, Mazie was active in the civil rights movement in Greensboro and with the Committee of Civic Affairs at the YMCA. In 2003 she was honored by the Jubilee Grass Roots Hall of Fame for her work in civil rights and the environment. She had a good life and will be fondly remembered.

Louisa L. Spell (MSPH 1945), who was a classmate with Mazie Levenson, died in August 2012 in Emory, Virginia at age 95. In addition to a great love of learning that prompted her to earn a master's degree, Louisa had a great love of teaching. She taught high school English and biology, and nursing at a community college, retiring at age 76.

1960s

Betty Owen (MPH 1962) died in August 2012. A few career highlights include Betty's work as senior policy advisor to Governor James Hunt, Jr., executive director of the

Emerging Issues Forum at North Carolina State University, and chief of staff for the National Task Force on Education. She is survived by husband Larry Owen, their two sons and their families.

Julian L. Lewis (MPH 1962) wrote to us in response to Allan Steckler's request for historical information about the department:

"When I graduated from UNC in 1962, I was one of the first two African American students to receive an MPH in the department. The other African American is Van Allen. Being minority students, Van and I developed a close relationship and studied together.

Dr. Lucy Morgan, Director of the Department, was one of the most memorable persons I met while at UNC. She interviewed me for enrollment in the program and for a Public Health Service Traineeship (scholarship), which I received. During the interview she informed me that if I experienced any discrimination on the campus of UNC, she wanted to be the first to know about it. During the year I had nothing to report to her. Other faculty members who were most helpful were Ralph Boatman, Rosemary Kent, Hiawatha Walker and Elizabeth McMahon. Dr. Morgan advised and counseled me during the school year. I also had a mentoring relationship with Dr. Hiawatha Walker who provided insight regarding class work in health education.

The most memorable class I took was Statistics or Stat, as we referred to it. There was a persistent rumor that it was so difficult that only about half the students passed the course. This caused all of the members in my class to become hyped up about the course. Van and I studied for the class together and with help from our instructor we passed the course. Only one of our classmates failed.

The class that had the greatest impact on my career was Community Organization. It helped to prepare me to complete tasks and projects I was assigned during my field training. It also helped to prepare me for the professional positions which I achieved during my career. As a minority graduate student in the early 1960s, there were not many activities available to me or for which I had time.

My degree in Health Education and subsequent experiences qualified me to become the first African American in the United States to serve as Executive Director of a local chapter/affiliate of the Leukemia Society of America and the American Lung Association, both in Cleveland, Ohio.

I retired from the Ohio Department of Health as a consultant on tobacco use in 2000."

Virginia C. Li (PhD 1968) is a research professor (a title she calls a euphemism for *Emerita*) at the UCLA Fielding School of Public Health. Virginia is currently involved in

tobacco crop substitution, biogas fuel, and village school toilet implementation with an emphasis on local ownership and sustainable development in Yunnan province, China (home of the WWII Flying Tigers).

A video on *China After Tobacco*, produced by Rocco Rorandelli of the Terraproject in Rome, tells the story of her team's three year experiment on tobacco crop substitution in Yuxi, Yunnan. The video is available [online](#).

Virginia writes that the core of the crop substitution experiment was a for-profit farmers' cooperative in which farmers learned skills, such as market research and seed selection. In all three participating sites, farmers earned an income 20% to 115% higher than tobacco farmers with grapes being the most profitable crop.

While tobacco crop substitution is a politically sensitive problem worldwide—especially in China, due to the high revenues to governments—the Yuxi experiment is gaining momentum.

1980s

Cynthia Bolton, PhD (BSPH 1983) is the Assistant Dean of the College of Education at Armstrong Atlantic State University in Savannah, Georgia. In addition to her administrative duties, she is also a full professor and Assessment/Accreditation Director. Currently, Dr. Bolton is serving as Program Chair for AERA SIG Teaching Educational Psychology for the 2013 Annual Meeting in San Francisco, California.

Erma Wright Manoncourt (PhD 1986) was elected to serve on the Global Executive Board of the International Union of Health Promotion and Education for 2013-2016. At the 21st IUHPE World Conference in Pattaya, Thailand, the Board also elected Erma as vice president of communications.

Tom Davis (MPH 1988), Chief Program Officer with [Food for the Hungry](#), co-authored a [paper](#), *Reducing child global undernutrition at scale in Sofala Province, Mozambique, using Care Group Volunteers to communicate health messages to mothers*, published in [Global Health: Science and Practice](#). In this five-year project, underweight was reduced by 38% (and child mortality declined an estimated 30%) at only \$0.55 per capita. The final evaluator concluded, "The Food for the Hungry/Mozambique Child Survival Project is perhaps one of the world's best examples so far of what can be achieved at low cost to improve the health of children in high-mortality, low-resource settings." The project relied on the use of volunteer peer educators organized into [care groups](#) and the formative research methodology, [Barrier Analysis](#), created by Tom in 1990 based on Leonard Dawson's class at UNC-CH. Brief narrated presentations on these methods are available [online](#). Tom (along with Helena Verdelli at Columbia University) is now organizing a RCT of interpersonal

therapy for groups based on an RCT that found that depression in developing countries could be reduced by 93% using this method. A recent meta-analysis found that elimination of maternal depression (which is common in developing countries) could result in a reduction in stunting of 23-29%. The RCT will look at whether treatment of maternal depression will increase behavioral adoption for infant and young child feeding practices, and water, sanitation and health (WASH) behaviors. Tom lives in Lewisville, NC, with his wife (Rev. Judy Davis [MPH in MCH 1989]) and their two children.

In late October 2013, **Erica Salem** (MPH 1989) married long-time partner Patrick Lenihan in Lake Geneva, Wisconsin with her twins Sophie and Charlie in attendance as well as grad school pal **Edith Parker** (DrPH 1995, MPH 1989), her co-emcee for April's EarpFest.

1990s



Mark A. White (MPH 1991) and his wife Chan Theary White moved to Haiti this spring. A career member of the Senior Foreign Service, Mark assumed the role of Acting Mission Director of USAID/Haiti in April. A former U.S. Peace Corp volunteer who has worked on four continents and in over 30 countries, he started his career with USAID in 1995 as a health officer serving in both Zambia and Egypt. In 2002, Mark became director of the public health office in Cambodia, where he promoted contractual relationships between USAID and indigenous organizations, promoting public-private sector development. Later, in Afghanistan, he served as the USAID director of the Office of Social Sector Reform from 2006-2008, where he managed a \$590 million portfolio, the largest health and education project of any development mission at that time. In 2008, he was sworn in as USAID Mission Director in Timor-Leste.

Prior to arriving in Haiti, Mark was named USAID's Senior Development Advisor to the United States Africa Command (AFRICOM) based in Stuttgart, Germany where he helped coordinate development projects and advised the four-star commander and his staff on how to integrate and synchronize defense activities with development and humanitarian assistance.

Mark has received numerous awards and citations for his development work including a Meritorious Honor Award, the Award of Collaboration from the U.S. Navy/Seabees, the Department of Defense Medal of Recognition, the Franklin Award, and several awards of achievement. He also received the Presidential Gold Medal of Achievement for

his work in Cambodia and a Special Achievement Award in Health for team work in Afghanistan.

Sandra Morgan Dalebout (MPH 1994) recently returned from a trip to Macedonia and Kosovo for **Project HOPE**, a non-profit international health organization based in Virginia. She's been working as the Monitoring & Evaluation Director with the organization since 2008. The Balkan trip helped her team assess the impact of their Strategic Medical Re-Supply program in the area.



Robert Letourneau (MPH 1997) is pleased to announce his marriage to Russell Burns on August 11, 2011 in Provincetown, MA. Surrounded by family and friends, they were married at the Provincetown Art Association & Museum during their annual summer trip to 'P-town.' The couple lives in Durham, NC with their three Chihuahuas (Willie, Griffin, and Pintxo). With recent Supreme Court rulings in favor of marriage equality, Robert and Russell look forward to the day their marriage (and relationship of 11+ years) is recognized in their home state of North Carolina.



Elena Carbone (DRPH 1999), associate professor of nutrition with the University of Massachusetts-Amherst School of Public Health and Health Sciences, received a two-year grant to assess the impact of new policies implemented as part of a project called "Live Well Springfield." The project will expand healthy eating and physical activity in the city of Springfield, MA. The grant comes as part of a larger CDC Community Transformation grant won by a coalition of

community groups led by the Pioneer Valley Planning Commission.



Sarah Thach (MPH 1997) is now the associate director for the Center for Healthy Aging at Mountain AHEC in Asheville, NC. She is just starting a two-year Bernstein Community Health Leader Fellowship with HB alumna **Marian Sadler Arledge** (MPH 2012), examining models of integrating public health and primary care to improve population health. Sarah and her partner Dizy Walton are active in the Campaign for Southern Equality advocating for LGBT rights in the South and US. Their 3 boys Otis (9), Miles (4), and Rustin (2) are picture above.

Anita Shankar (MPH, 2000) lives in Nairobi, Kenya. As a consultant she works with organizations around the world. Locally, she facilitates health education sessions through ZanaAfrica, a social enterprise addressing the root causes of poverty. Her most recent international assignment was a series of Training of Trainers in Somalia to support UNICEF nutrition workers.

Jean Breny (PhD 2000) was recently appointed chair of the Department of Public Health at Southern Connecticut State University where she's been a faculty member since 2000. Jean's two main research areas are gender and relationship dynamics as they relate to condom use among adolescents and using CBPR approaches to reduce cardiovascular disease in Izmir, Turkey.

Aviva Grasso (MPH 2002) and husband Glenn welcomed son Jerome Phillip Grasso to the family this past May. Aviva is on leave from her job as an alcohol policy analyst with the New York City Department of Health and Mental Hygiene. She reports that parenting is much more demanding than she expected, but does make it easier to connect with any friends coming through the city.





Pictured above with her family, **Colleen Daly** (MPH 2003) lives in Seattle with husband Chip, son Rocco (age 7) and daughter Sydney (age 3). Colleen works at Microsoft as the Global Wellness Manager.

Julia Martin (MPH 2004) recently graduated from Yale's midwifery program and has relocated to Denver, Colorado with husband, John, and their two kiddos (Sam age 7, and Maggie age 5). She now works as an instructor at the University of Colorado at Denver teaching future midwives and provides full-scope midwifery care. Julia and her family are very happy in Denver, but do miss the east coast oceans. Julia says, "Sending love to everyone at Health Behavior!"



Last summer, **Jingzhen "Ginger" Yang** (PhD 2004) joined the Kent State University faculty as a tenure-track associate professor of social and behavioral science. Ginger is an expert in sports injury prevention and control and has spent over 10 years studying sports injuries and the ramifications they have for

athletes' mental health. Her recent research has focused on National Collegiate Athletic Association Division I athletes and on Major League Baseball pitchers. Last year she completed a five-year CDC study investigating the influence of social support on physical and psychological recovery from injury among nine teams of college athletes at three Big Ten universities, including Iowa, Michigan State University and Purdue University.

Ginger joined husband Dr. Kele Ding on the Kent State faculty; he's an associate professor of health education and promotion in the College of Education, Health and Human Services.

In July **Nancy Weaver** (PhD 2004) was promoted to associate professor with tenure at Saint Louis University's School of Public Health.

Ayana Woods (MPH 2005) is the Director of Education at the National Hemophilia Foundation where she oversees national education programming for 51 chapters across the country. She recently launched Steps for Living, a comprehensive website funded by the CDC and Pfizer, that takes a life stages approach to health education and includes age appropriate information for kids, adolescents, parents, and caregivers dealing with the daily challenges of living with a rare bleeding disorder. She is currently developing animated videos and mobile apps to help children learn about their condition, engage in their treatment, and disclose to their friends. Ayana is also working with former HBHE classmate **Morgan Johnson** (MPH 2005) to launch a consulting company. Ayana lives in New York with her husband and two children. Her 6 year old daughter and 3 year old son may be future health educators (class of 2033?)—they encourage their friends to eat healthy snacks and always request second helpings of broccoli.

Deanna Kepka, PhD (MPH 2006) is starting the second-year of a tenure track faculty position at the University of Utah's College of Nursing and Huntsman Cancer Institute. Deanna tells us that Salt Lake City is a beautiful location to raise a family. Her son Jonah (age 4) and daughter Evelyn (age 2) love their new picnic, camping, and hiking options.



Doug Rupert (MPH 2006) and wife Amy celebrated their twin sons' second birthday this summer. Pictured above, Alex and Nick turned two in June and their parents are thrilled to have survived the first two years!

Doug didn't tell us, but we found a [podcast](#) of a recent [article](#) he published in *Injury Prevention* on carbon monoxide risk behaviors.

Last autumn, **Lindsey Bickers Bock** (MPH 2004), husband Dan, and adorable daughter Hazel joyfully welcomed a beautiful Halloween pumpkin with the birth of Ada Claire on October 31, 2012 in Chapel Hill.

Last winter, **Marcus Johnson** (MPH 2007) was promoted to assistant director of operations at the Durham Epidemiologic Research and Information Center (ERIC). The mission of the Durham ERIC is to support and encourage VA-sponsored population-based research that includes the col-

lection of information on the epidemiology and natural history and clinical course of disease, with an emphasis on medical care interventions and their evaluation. In this new role, his work includes the execution and management of operational plans, ensuring that the center meets the research goals and objectives of the national VA Cooperative Studies Program as directed by the VA Central Office.

Ryan Morgan (MPH 2007) and **Tim Schwantes** (MPH 2009) completed Ironman Coeur d'Alene in Coeur d'Alene, Idaho in 2012. The race through the rolling landscape of Idaho was a total of 140.6 miles: 2.4 mile swim, 112 mile bike ride, and 26.2 mile run. The two then spent a while after the race debating about how "healthy" a behavior it is to do any exercise for that distance. Ryan and Tim received lots of support and encouragement from their partners, **Abby Zeveloff** (MPH 2006) and **Anna McCullough** (MSPH in MCH 2008).



Meg (Ellenson) Landfried (MPH 2008) and husband Erik were thrilled by the birth of their son, Soren Donovan Landfried, on November 8, 2012. The picture below is from the summer—needless to say Soren is a lot bigger now.



Anne Morris (MPH 2008) became Anne Morris Reid when she married Justice Reid in October 2011. Last fall the couple moved into their first home in Alexandria, VA (just outside of Washington, DC). Anne and Justice proudly welcomed a son, Morris Justice "MJ" Reid, this past summer.

Melissa Watt (PhD 2008) is now an assistant professor of Global Health at Duke University and associate director of Duke's MSc Program in Global Health.

Nina Yamanis (PhD 2009, MPH 2004) and husband Joon Lee welcomed son Simon Yong-Min Yamanis-Lee last summer on the morning of July 31, 2012. Simon and his mom traveled to Chapel Hill from Washington, DC in April to

attend the Jo Anne Earp celebration, as pictured below with **Lara Vaz** (PhD 2008).



Peter Reed (PhD 2006, MPH 1999) recently accepted a dream job at the University of Nevada, Reno as director of the Sanford Center for Aging and professor of Community Health Sciences. The Sanford Center is a statewide aging center that bridges translational research, community outreach, clinical practice, and education to promote a mission of enhancing quality of life for elders.

Peter writes that he looks forward to the opportunity to work in an environment that will enable him to bring together all of his interests in research, practice, policy, and organizational leadership to support older adults in the Reno community, Nevada and beyond saying, "This leadership role offers me the opportunity to do what I love, contributing to both knowledge generation and direct service to support older adults in living the lives they choose, achieving everyday meaning, purpose and enjoyment."



In April **Pam Diggs** (MPH 2007) began a new position serving as Director of Local Program Development and Regulations for the NC Tobacco Prevention and Control Branch (TPCB). The TPCB is housed in the Chronic Disease and Injury Section of the Division of Public Health. Pam's primary role is to provide advanced leadership and expertise on tobacco use prevention and control program development, planning, and evaluation. In this capacity, she works with local health departments, boards of health, and city and county officials across the state to plan, advance, and evaluate evidence-based policies and programs in tobacco prevention and control. She also serves as the state's tobacco-free living direction lead for North Carolina's Community Transformation Grant Project, which aims to reduce chronic diseases and promote healthier lifestyles through evidence-based environmental and policy change strategies. Prior to joining the Branch, Pam served as a senior public health educator for over five years at Orange County Health Department in Hillsborough, NC. During that time she facilitated the planning, development, and implementation of the Orange County Board of Health's 2013 Smoke-Free Public Places Rule, one

of the most comprehensive smoke-free policies in the nation. She also worked very closely with both local school districts in the county to promote 100% Tobacco-Free Schools compliance and train youth to educate their peers about the dangers of tobacco use.

2010s

Congratulations to **Trent Johnson** (MPH 2012) and his wife Jean on the birth of son Everett William on April 21, 2013 in Palo Alto, California!

Natalie Rich (MPH 2013) partnered with current MPH student, **Andrew Amolegbe**, on a poster that was accepted for the 2013 APHA Annual Meeting. The poster shows the adaptation, implementation, and evaluation of an evidence-based brief alcohol intervention for college students, called BASICS.

Alumna Spotlight

Last year **Sharon Chalmers Melvin**, RN (MPH 1986) was installed as the 74th president of the Auxiliary to the National Medical Association, Inc. (ANMA) at its annual convention in New Orleans. The ANMA is a national, non-profit organization established in 1937 for charitable and educational purposes in health and health care. It is comprised of spouses of the National Medical Association, Inc. (NMA) members, who represent approximately 50,000 African American physicians across the Nation, including in Puerto Rico and the U.S. Virgin Islands.

The ANMA has a rich and proud history of providing community-based health education and advocacy initiatives to reduce racial and ethnic health disparities as well as to increase workforce diversity in research and health-related professions. Over the years, the organization has provided hundreds of thousands of dollars in medical and nursing scholarships. The thematic agenda of Sharon's administration is "Building a Healthier and Safer World through Partnerships, Community Service, and Volunteerism—A Call to Service." The agenda will focus on triple-negative breast cancer and maternal health, HIV/AIDS, drug abuse, underage drinking, neglected and abused children, character education, and promoting excellence in education. This agenda will be implemented through the 30 local and state affiliated auxiliaries of the ANMA across the nation..

Sharon is a registered nurse, public health educator, wife, mother, and community volunteer. In addition, to her MPH from HBHE, she received her BS in Biology from UNC-CH and her Nursing degree from Tennessee State University in Nashville. Her professional experiences include: cancer research; clinical laboratory practice in chemistry,

After graduation, **A.C. Rothenberger** (MPH 2012) worked at IntraHealth International in Chapel Hill supporting two global health projects in Kenya. This spring she started a new job back home in Montana with the state's Department of Health and Human Services in Helena, coordinating the administration of Title X family planning programs at 14 primary clinics and 11 satellite clinics throughout Montana. As the Affordable Care Act liaison for Montana's family clinics, A.C. tells us "I am excited about all of the upcoming changes of the Affordable Care Act and, especially, how they impact women's health." She also serves on the Board of NARAL Pro-Choice Montana, advocating for reproductive rights and social justice. A.C. and her husband are happy to be home in Montana, spending time with family and friends. ☞




toxicology, blood gases, and immunology; medical/surgical nursing; and public health education and administration in the field of HIV/AIDS.

Her volunteer commitments include working with homeless women living with HIV/AIDS and co-occurring mental health and substance abuse issues and serving as a Guardian Ad Litem or Court Appointed Special Advocate (CASA). As a Guardian she investigates and determines the needs of abused and neglected children who have been petitioned into the court system by social services. She then makes independent recommendations to the court about service needs of the children and advocates for a permanent and safe home for each child. Sharon is also a board member of the Wilson Education Partnership, which promotes excellence in the public school system by working with the Wilson County Schools and local businesses

Sharon is married to Al Melvin, MD, MSPH, an anesthesiologist and member of the National Medical Association, Inc. They have a daughter attending UNC-Chapel Hill and a son who recently graduated from North Carolina State University. Al and Sharon are life members of the UNC-Chapel Hill Alumni Association. The couple resides in Wilson, NC. ☞




ized control trials among both HIV-negative and HIV-positive IDUs and their injecting and sexual partners. Among those who are HIV-infected, she worked with a team to conduct a four-arm trial to show that an intervention targeting the individual HIV-infected IDU and his social context is more effective than addressing the individual or the community separately. Most recently, she is working with a team to start a three-arm trial to compare the effectiveness of two alcohol reduction behavioral interventions (Motivational Enhancement Therapy and Cognitive Behavioral Therapy) to assessment alone among anti retroviral therapy (ART) clients in Vietnam.

At UNC, Vivian is collaborating with Drs. Bill Miller and Irving Hoffman at the Institute for Global Health and Infectious Disease in a multi-site study assessing the impact of facilitated ART treatment for people who inject drugs. This year she was awarded an NIH-funded Implementation Research Institute (IRI) fellowship, which will provide her with the opportunity to translate the experience of her ongoing research into the relatively new, exciting area of implementation science. 


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Foundation on an \$8 million dollar national initiative to reduce racial and ethnic disparities in health care. Indeed, her U.S.-based research has centered on improving mental and physical health services for vulnerable populations. In addition to her position with RWJF, Kate worked on the U.S. Adolescent Trials Network through Tulane University School of Public Health and Tropical Medicine conducting qualitative data analysis to identify patterns of risk behavior, history of drug use, violence and abuse among a national sample of HIV-positive adolescent females. Several other research positions led her to Hopkins to earn her doctorate from the Department of Health, Behavior and Society.

“We’re thrilled to have Kate on faculty,” says Associate Professor Suzanne Maman who led the search for global health faculty. “It is exciting to expand our global work in the department into Asia. Kate has such an impressive track record of work in China and her connection to the UNC China program is an enormous asset to our department.”

In addition to her first faculty appointment, Kate celebrated another milestone this summer. In August, she married Justin Byron who is finishing his PhD at Johns Hopkins, specializing in international tobacco control policy. The wedding was held in her home state of New Jersey. 

The dissertation award merely crowns Shelley’s academic achievements as a graduate student, which also include a prestigious five-year Royster fellowship awarded by the UNC Graduate School for her doctoral studies. As a “HBHE” masters student she was awarded a Lucy Morgan fellowship and induction to both the Frank Porter Graham Honor Society and Delta Omega. Other recognitions include the Orange County (N.C.) Rape Crisis Center’s 2009 Margaret Henderson Award for Service and Self-Care (she served as a volunteer and board president for the Center) and the 2012 Lawrence W. Green Paper of the Year Award, awarded by the journal *Health Education & Behavior*, for her article, co-authored with Professor Jo Anne Earp, entitled “Social ecological approaches to individuals and their contexts: Twenty years of HEB health promotion interventions.” Last year, she received a Teaching Innovation Award from the School to work with nutrition and health policy faculty to develop a version of the core course in social and behavioral sciences that Shelley has taught for the past decade with a focus on smoking, diet, and physical activity. Shelley also teaches the population health and social determinants modules in the year-long theories and concepts course taken by first year HB doctoral students.

In her free time, Shelley enjoys spending time with her husband, UNC Lineberger Cancer Center employee Tom Bodenheimer, and their two children, Maya (7) and Cian (5). She is active in the parent-teacher association of her children’s elementary school, a new Spanish dual language magnet school established as part of the Chapel Hill-Carrboro City Schools. 

The Marci Kramish Campbell Dissertation Award that Shelley received is funded by donations from Marci’s family, friends and colleagues. The goal is to endow the award to establish a permanent legacy in her honor.

We love to hear from our alumni! We’re always thankful to everyone who sends in news or photos (or both!). Whenever you have updates for a future edition of the HB News or our website, please write to us!

Send your news to
hbnewsletter@unc.edu

The Gillings School of Global Public Health is in the process of revamping and improving its website. We invite all of you to visit our updated web pages to learn about departmental events and what our faculty, students, and alumni are doing.



Thank you to our supporters!

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