

Public Health Rounds

Public Health and Professional Degree Programs - Tufts University School of Medicine

Spring 2007

The Role of Community Health Workers: An Evaluation at Blue Cross Blue Shield of Mass. Foundation



Katherine Fillo, MPH'07

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As the community health worker described to me the complex health and social barriers that her client faced, including limited English proficiency, unemployment, partial paralysis from two strokes and a new cancer diagnosis, I was amazed at the professional manner she used to approach each hurdle. She had an impressive technical understanding of public assistance programs and a strong desire to assist this individual; she succeeded in enrolling the client in MassHealth and find-

ing a surgeon in the Berkshires who would provide charitable care to operate on his tumor. This community health worker was not unique from the others across Massachusetts whom I had the opportunity to interview; the group shared similar traits of

being well-informed and compassionate health professionals.

Community health workers serve a critical role in outreaching beyond the walls of institutions in order to register persons in public assistance programs and connect them with health services. Over the winter I interviewed community health workers about their experiences enrolling people into Commonwealth Care, the state-subsid-

dized health insurance program for people whose income is below 300% of federal poverty level (about \$29,000 for an individual) that was formed as part of the new health care reform legislation. In April 2006, the Massachusetts Legislature passed a comprehensive act that, in addition to creating Commonwealth Care, introduces inexpensive health insurance options for individuals and small businesses through Commonwealth Choice, which mandates that all residents have health insurance. It fines individuals and larger businesses without health insurance through state tax penalties, and calls for the formation of a community health worker advisory council. The newly formed state agency, the Connector Authority, is responsible for overseeing the act's implementation. These new programs will help to bring health insurance to the estimated 500,000 individuals in Massachusetts who are uninsured. This legislation is landmark for constructing an environment of almost universal health care coverage for state residents and particularly for expanding health insurance to vulnerable populations.

Although the legislation lays out ambitious and promising goals for the health insurance programs, they will need to be appropriately applied in order for residents to personally benefit from them. The purpose of the interviews I conducted was to document the current environment for community health workers and then to use these findings to provide recommendations to health policy stake holders like my applied learning experience organization, the Blue Cross Blue Shield of Massachusetts Foundation. The community health workers I met with have been enrolling individuals in the managed care plans that constitute Commonwealth Care since October and have encountered many adversities such as the lack of linguistic and literacy appropriate client materials, unreliable informational resources for support, and increased time spent with the client during visits. Commonwealth Care has stretched the time and energies of this group of health professionals; however, they are meeting the challenges and using innovative solutions.

I am hopeful that community health workers will be better supported in the future so that they can continue to be key

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MS-Health Communication Director's Message



*James N. Hyde, MA, SM
Director, MS-Health Communication
Program*

As many of you know, I will be leaving Tufts at the end of the calendar year after 27 years (40 years in public health practice). It's been an amazingly interesting time for public health, although not always in ways I would have liked. I thought I would take the liberty of sharing with you some of the things I have observed in that interval both to shed light on the progress we have made and

to suggest something about the distance we still have to travel.

When I began my public health career in the early 70's, chronic disease issues were just beginning to attract people's attention. This was the era when the results of the Framingham Heart Study were just beginning to emerge. The focus in public health was shifting away from the provision of direct services and communicable and infectious disease. Coronary heart disease, stroke, and cancer prevention were becoming the new targets and there was widespread talk about the "new epidemiology". The Veterans' Health studies were showing dramatic results from the aggressive treatment of hypertension (albeit initially only in men). The first large scale community-based intervention trials in North Karelia, the Stanford Three Community Study, and the Pawtucket Heart Health Study were either underway or being planned. Money began to pour into chronic disease prevention programs from the Federal government through categorical spending programs, the vestiges of which are still around today.

This was also the era when we were "discovering" tobacco control and when alcohol and substance abuse prevention programs were beginning to shift from provision of treatment services to prevention. The seeds of the consumer product safety movement had been planted by Ralph Nader and others and seat belt and child restraint laws were just being put in place. In 1978, Massachusetts was only the second state in the country to adopt child restraint legislation after an incredibly hard fought battle. Nutrition had not yet been "discovered" except as it related to maternal and child health and WIC (Women, Infants, and Children Programs) was evolving out of an old USDA surplus commodities distribution program.

Although long before routine Hep B and meningitis vaccines, infectious and communicable diseases were pretty

much considered "under control". In 1979, there were so few incident cases of TB (N=314) in Massachusetts that the Department of Public Health decommissioned the state hospital-based TB program and transformed it into an ambulatory care program through state contracts.

The "environment" had been discovered thanks to the work of Rachel Carson ("Silent Spring") and others. The U.S. EPA (Environmental Protection Agency) had just been established in an effort to elevate concern for the environment to a higher level. State and local governments followed this example and created their own environmental agencies. Sanitarians, air, water and radiological health experts were taken from local health departments and assigned to environmental agencies. It was the beginning of a schism between public health and environmentalists, the vestiges of which are still around today. While this may have been good for the environment, it would set back environmental public health for sometime to come.

Other major public health issues of the early 70s included:

- Water fluoridation. Although strong evidence existed for its efficacy, many still opposed it continuing to see it as a "communist plot".
- Personal behavior. Attempts to address personal behaviors e.g. smoking, diet exercise as targets of public health practice were often met with hostility as consumers and policymakers viewed these as not appropriate targets of governmental intervention.
- Sexually transmitted disease. STDs were acknowledged but more as "facts of life" that should be treated medically than as legitimate targets of prevention.
- Infant mortality. Although infant mortality rates were declining, they were still twice as high in the African American community as for whites.
- Public health campaigns. These were basically knowledge-based efforts that relied heavily on the trifold brochure and the occasional clinic poster.

So much has changed since that time, and, as the saying goes, so much has stayed the same.

The challenge of studying and understanding HIV/AIDS, caring for and treating those with HIV/AIDS, and the prevention of new infections has been the dominant theme of the past 25 years. This task has pointed up the failings of a public health system that is intimately entwined with politics, just as the environmental health movement has at times been crippled because of the lack of political will. The HIV/AIDS

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Medical Education for the Urban Underserved (PRIME-US)

Beth Wilson, MD/MPH'98

I am currently the Interim Director of PRIME-US. My activities include, working on curriculum development, implementation and evaluation; coordinating volunteer faculty and community partners; chairing the steering and selection committees; and acting as a liaison between PRIME-US, the University of California - San Francisco's (UCSF) School of Medicine and the Joint Medical Program at UC Berkeley. The most exciting part of my job is working with the students. I am their teacher, advisor, advocate, friend and occasionally, mother. Their commitment to improving the health and health care of underserved populations is both inspired and inspiring. I can't imagine a better way to bring together my clinical, educational, research and public health interests.

The University of California San Francisco (UCSF) is launching a new Program in Medical Education for the Urban Underserved (PRIME-US). This program is a special five year track for medical students interested in working with the urban underserved. PRIME-US is part of a larger, statewide initiative to increase the number of physicians working to improve the health of vulnerable communities. Next fall, there will be new programs at UCSF, UC Davis and UC San Diego. UC Irvine's program is now in its third year. At UCSF, we are currently running a very successful pilot program which is helping us to shape PRIME-US for the future.

Next fall, PRIME-US will add an additional six students to the UCSF School of Medicine in San Francisco and four to the Joint Medical Program (JMP) administered by UCSF and UC Berkeley (UCB). The goals of the PRIME-US program are to,

- Attract medical students from diverse backgrounds who have a strong interest in caring for the urban underserved in the United States.
- Provide a medical education experience for these students to equip and support them to become leaders in the care of urban underserved communities.
- Enable these students to serve as a catalyst for others at UCSF to appreciate the rewards and challenges of caring for the urban underserved.
- Increase the number of UCSF medical school graduates who choose to pursue careers devoted to improving the health care, and health, of the urban underserved through leadership roles as community-engaged clinicians, educators, researchers, and social policy advocates.

PRIME-US will offer ten medical students in each entering class the unique opportunity to work directly with urban

underserved populations at the individual as well as community level. As an introduction to the program, students will arrive in San Francisco 2 weeks early for a stipend-supported immersion experience that includes visiting community-based organizations; meeting clinicians and patients; learning about UCSF and UCB resources and support services; and getting to know each other and the Bay Area.

Coordinated with the general medical school curriculum at UCSF and the JMP, the PRIME-US curriculum will include targeted assignments within core course expectations, as well as these special elective options:

- Regularly scheduled afternoon seminars that include community-based experiences, as well as interactive teaching sessions that explore the health and health care of urban underserved populations. Experts on homelessness, immigrant health, the prison system, health care disparities and more will come to speak and share their work.
- A longitudinal clinical experience based at a site focused on providing care for underserved populations, affording students the opportunity for longitudinal mentorship and community-based experience.
- A longitudinal community health or social advocacy project.
- Clinical clerkships in underserved communities including San Francisco General Hospital and the Fresno campus of UCSF.
- A fifth year of study to complete a Masters Degree.
- Early and strong academic and social support provided by dedicated staff and faculty to ensure personal, professional and academic success.

We anticipate a diverse group committed to improving all aspects of the health of the underserved, from primary to specialty care, and from direct patient contact to research in epidemiology and outcomes. Upon graduation from the PRIME-US program, students will have acquired unique knowledge and skills that will enhance their residency experience and enrich their future careers as physician leaders.

Dr. Robbins Named the First Director of AuthorAID

Anthony Robbins, MD, MPA

Dr. Anthony Robbins is a Professor of Public Health and Family Medicine at Tufts University School of Medicine.

I am pleased to let everyone know that I have accepted the initial directorship of AuthorAID to be based at the International Network for the Availability of Scientific Publications (INASP) in Oxford, UK. (See <http://www.inasp.info/>)

AuthorAID, to remedy a publishing gap between rich and poor, will be launched shortly. Perspectives of researchers who are closest to problems that beset the developing world poverty, gender inequity, poor health and other hindrances to development—are under-represented in the body of knowledge to draw upon for solutions locally and globally.

Since 2002, Phyllis Freeman and I have developed the AuthorAID concept, based on extensive consultation with researchers, authors, editors, and publishers. Scientific publications have become more accessible to readers everywhere in the world, a process to which INASP has made major contributions. Less progress has been made in addressing barriers to greater representation of developing world contributors in scientific and policy-relevant publications—the focus of the AuthorAID demonstration project.

An analysis, published in *Science*, of 4061 health-related journals from 1992 to 2001 (encompassing 3.47 million peer reviewed articles, notes, and reviews, with collaborating authors in 190 countries) shows that the gap in scientific publications between low-income countries and the rest of the world has grown.¹

AuthorAID will leverage resources unavailable in developing countries—experienced scientist authors and editors—using the web to offer help to developing country authors. This project will be carefully monitored to learn how best to serve authors and enhance communication of science to the audiences that can benefit. At the start, the demonstration project will work with a limited number of researchers participating in existing research networks: the International Foundation for Science (focusing on sustainable biological and water resources) and the Tropical Disease Programme based at the World Health Organization. We will engage volunteer scientist and editor mentors from around the globe.

The AuthorAID Demonstration Project will gather lessons for use in many more experiments with the AuthorAID concept by,

¹ G Paraje, R Sadana, G Karam. Increasing International Gaps in Health-Related Publications. *Science*, 2005;308:959-960, p. 959.

1. Using electronic means to encourage teamwork, linking authors with promising work to volunteer senior scientist mentors and experienced editors worldwide.
2. Establishing an AuthorAID website as a dynamic focal point for a new community of interest among authors, mentors, editors, publishers, scholarly and professional societies, archivists and others. The common interest for this new, web-based “knowledge community” will be improving communicating science for policy and practice to reduce poverty, encourage gender equity and improve health as aspects of development. It will promote generation of knowledge about writing and editing, open sharing of resources, and teamwork dedicated to supporting developing world authors.
3. Offering workshops in developing countries for scientists and editors who wish to expand mentoring and editorial services locally.

The AuthorAID Knowledge Community website, once launched, will be open to anyone who wants to make use of it. It is our hope that this website will support many other experiments with the AuthorAID concept—in many disciplines, with many forms of writing, in many parts of the world, organized by a diversity of sponsors. To date, experiments are beginning within the International Society for Environmental Epidemiology and the Council of Science Editors. Others are under discussion.

The Swedish International Development Agency has provided funding for this AuthorAID project—the demonstration project and the AuthorAID knowledge community website. British and Canadian agencies have been asked to contribute. The first AuthorAID Advisory Board meeting will take place at the Tufts European Center at the end of April.

India's Paradox



Laura Rowe, MS-Nutrition/MPH'07

Within the borders of the largest democracy in the world, lays a disturbing paradox. juxtaposed between Silicon Valleys, impressive technical institutes, and a booming telecommunications industry are over 300 million people living on less than a dollar a day, the world's second largest HIV population, and rates of severe mal-

nutrition and female illiteracy that exceed 50% in most states. This is India, and the dichotomy found within these different worlds is perplexing and, quite often, amazingly frustrating and tantalizingly fascinating, all at the same time.

As a nation, India has achieved substantial economic growth in the past 20 years, but it has been far less successful at reducing malnutrition, particularly when compared with countries experiencing similar economic growth patterns.

In the western state of Rajasthan, where my Applied Learning Experience (ALE) was conducted, malnutrition continues to be staggering despite the presence of the Integrated Childhood Development Services (ICDS), India's nationwide nutrition program. The prevalence of undernutrition among children under five in Rajasthan is estimated to be 66.7% and the Infant Mortality Rate is 93/1,000 (compared to 63/1,000 nationwide) placing Rajasthan behind most Indian states. A failure to address the problem of malnutrition not only reduces the potential for economic growth but also has dire consequences for morbidity and mortality.

In collaboration with UNICEF, the Government of Rajasthan, and two local universities, my team, including myself and two other Gerald J. and Dorothy R. Friedman School of Nutrition Sci-

ence and Policy students, was given the opportunity to conduct an evaluation of a UNICEF child survival strategy. This strategy, implemented in Rajasthan in 2001, was designed to supplement the ICDS system. The aim of our project was to evaluate the effectiveness of the strategy in improving the health of children 0-3 years of age, improving child-care practices in the areas of sanitation, child-feeding, and diarrhea management, in addition to assessing the strategy's management practices.

The most valuable aspect of this experience was our involvement from its inception to its completion. After being briefed on the intricacies and objectives of the ASAT Program (Achal Se Angan Tak, Hindi for "from the womb to the courtyard") strategy, we designed qualitative and quantitative questionnaires to gather data on village health and socio-economic indicators. After training local university students as enumerators, we collected cross-sectional data from mothers/primary caregivers in 48 villages and conducted anthropometric measurements (height/length and weight) on 1403 children.

Our evaluation revealed a number of successes associated with ASAT as well as some continuing challenges, particularly in terms of program monitoring and management. Fewer stunted children (a measure of long-term malnutrition) were found in ASAT villages along with significantly better rates of colostrum feeding. Yet, the number of wasted children (a measure of short-term malnutrition) was higher in ASAT villages and diarrhea management remained poor. Additionally, our evaluation revealed a need to improve the quality of training for health workers, to establish a timely and effective monitoring system that tracks community level indicators, and, more broadly, to collaborate with government to rectify existing problems inherent in ICDS.

Important lessons were learned with each obstacle we faced, including the challenges of conducting an evaluation without baseline data, the importance of flexibility and creativity in survey design and implementation, and the challenges that internal corruption can pose to data collection quality. We hope this evaluation will draw increased attention to the need to identify barriers that hinder the adoption of child-care practices critical for the promotion and protection of child health in addition to addressing issues related to management structure and motivational incentive. Until then, childhood morbidity and mortality will remain significant problems in a country that is preparing to enter the world as a newly developed nation.

In collaboration with UNICEF, the Government of Rajasthan, and two local universities, my team, including myself and two other Gerald J. and Dorothy R. Friedman School of Nutrition Sci-

Faculty Notes



Photo by Melody Ko

Aviva Must, PhD, Professor of Public Health and Family Medicine

Congratulations to **Aviva Must, PhD**, on her promotion to Professor of Public Health and Family Medicine and on being the recipient of the 2006 Milton O. and Natalie V. Zucker Research Prize awarded to woman scientists for outstanding research. Dr. Must's research area is epidemiology of childhood and adolescent obesity, with a focus on long-term consequences of childhood growth characteristics; obesity antecedents and effects

across the lifespan; and health promotion in children with disabilities. She is co-investigator on a recently awarded new grant "Diet and Activity in Children with Autism".

Harris Berman, MD, Dean of Public Health and Professional Degree Programs, traveled to Saudi Arabia in February as a consultant to Saudi Aramco, the world's largest petroleum company. Aramco provides health services to 500,000 people, employees and dependents of the company, including preventive health services and public and occupational health. They are looking to Tufts University School of Medicine to develop and provide training courses for their health workers to develop and/or improve their public health skills.

Doug Brugge, Associate Professor of Public Health and Family Medicine (PHFM) presented the work of his 2006 MD/MPH and DVM/MPH spring elective class, a study comparing community and student researchers conducting field surveys, in February at the Healthy Public Housing Initiative Summit at the New York Academy of Medicine in New York City.

Lauro Cavazos, PhD, Professor of PHFM, book *A Kineno Remembers: From the King Ranch to the White House* has been chosen by The Texas State Historical Association's Award Committee as one of two finalists for the Coral H. Tullis Memorial Prize for the best book on Texas published in 2006. The book sold out and is going to a second printing.

Catherine Coleman, MA, Adjunct Clinical Instructor of PHFM, has been appointed to the editorial board of the *Prevention and Control Journal*, an Elsevier publication on cardiovascular disease prevention with a focus on developing countries. In October, she was a presenter at the Association for Health Information and Libraries in Africa Conference in Mombasa, Kenya (view presentation at www.ahila.org).

Sheldon Krimsky, PhD, Professor of Urban and Environmental Policy and Planning and PHFM, is on sabbatical at Columbia University, at the Mailman School of Public Health. On March 21st he delivered a lecture to the Columbia University community titled "Of Mice and Men Divided by 10: Ethical Implications of Testing Industrial Toxins on Humans."

Barry S. Levy, MD, MPH, Adjunct Professor, who has edited the books *Terrorism and Public Health* and *Social Injustice and Public Health* with Dr. Sidel and five editions of a textbook on occupational and environmental health, has recently presented lectures at Brown University, the College of William & Mary, and the University of Illinois at Chicago School of Public Health and for the Harvard Alumni Association.

Paula Minihan, PhD, MPH, Assistant Professor of PHFM, recently published an article with co-authors, **Aviva Must, Professor of PHFM** and **Sara Fitch, MD/MPH'09**, entitled "What does Obesity Epidemic Mean to Children with Special Health Care Needs" in the Spring 2007 issue of *Journal of Law, Medicine and Ethics*.

Carole Palmer, EdD, PhD, Professor of Dental Medicine and PHFM, recently published a book entitled *Diet and Nutrition on Oral Health*, Editors Pearson/Prentice Hall, 2006.

Marva Sertotkin, MPH, Assistant Clinical Professor, was elected President of the Codman Square Health Center's Board of Directors.

Jill Shuman, MS, Visiting Lecturer for PHFM, gave a presentation in January entitled "Identifying and Utilizing Educational Strategies that Promote Knowledge Retention and Influence Practice Change" at the Alliance for Continuing Medical Education, Phoenix, Arizona and another in February entitled "Transitioning into Medical Writing: Roundtable Presentation" at the New England Chapter of the American Medical Writer's Association.

Thank You Students, From Public Health Student Senate

Cindy Marti, BA/MPH'07

The Senate couldn't have done it without you! Thank you to all the students who made this year great for us! We had a lot of fun organizing a range of activities for you including socials on and off campus, surprise gift baskets of goodies to classes during finals week, local and national volunteer opportunities, intramural basketball with the medical school students, and the Student Feedback Forum. Thank you again for all your helpful suggestions during the Student Feedback Forum. We will continue to voice your anonymous praises and constructive criticisms to the PHPD administration who have always been receptive to making changes based on student suggestions. We also appreciated you showing your school spirit by purchasing MPH/HCOM T-shirts and Mugs. We raise \$191.00 from our sales and donated that money to the Boston Health Care for the Homeless Program.

We would also like to take the opportunity to let you know what the Senate has been working on behind the scenes as we work to represent the student voice. The Senate has been working with the school store to sell MPH apparel such as sweatshirts and T-shirts. They will continue to expand on the availability of products and apparel with various degrees as sales grow. In addition, Senate members have met with our program's website designer to improve the new site's usability for students. The Senate has also created two new venues for students to communicate with each other by creating a PHPD web board and a new e-list. As always, students on the Senate have continued to represent the student voice at various faculty and staff committees including the Academic Affairs Committee, Admissions Committee, Library Committee, Steering Committee, and Promotions Committee. Thank you again to students and Senate members! Have a great summer!

The Role of Community Health Workers

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facilitators of Commonwealth Care enrollment and enable individuals to access needed health services. Their dedication to the communities they serve is remarkable. The health reform that this group has helped implement in Massachusetts in less than a year is also astounding; the realization of the legislation's goals provides a great opportunity to impact positively the health of the state's future and serve as an example to other states.

MPH Fall 2006 Applied Learning Experiences

Jennifer Banks, MPH'07 - *Change: Evaluation of a School-Based Overweight Program*, Preceptor: Christine Economos, PhD, Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, Boston, MA

Katherine Fillo, MPH'07 - *The Role of Community Health Workers: An Evaluation of BC/BS of Massachusetts Foundation*, Preceptor: Phillip Gonzalez, Health Access Programs, Blue Cross & Blue Shield of Massachusetts (see article on p. 1), Boston, MA

Julia McDonald, MPH'07 - *Characteristics of Self-Efficacy Among Somerville Youth*, Preceptor, Dr. Suzanne Mitchell, Institute for Community Health, Cambridge, MA

Sara Rakaczky, MPH'07 - *Disordered Eating Prevalence and Associations: An Exploratory Analysis of Cambridge YRBS Data*, Preceptor, Virginia Chomitz, Institute for Community Health, Cambridge, MA

Carolyn Reveta, MPH'07 - *Cervical Cancer and the Pap Test: An Educational Program for College-Age Women in Massachusetts*, Preceptor, Susan DeCristofaro, Patient Family, Dana-Farber Cancer Institute, Boston, MA

Laura Rowe, MPH'07 - *UNICEF: Child Survival Evaluation, Rajasthan, India*, Preceptor, Sangita Jacob, Rajasthan/UNICEF, Jaipur, Rajasthan, India (see article on p. 5)

Daina Sleky, MPH'07 - *Quality Improvement Project: Boston STEPS at Upham's Corner Health Center*, Preceptor, Patrick Healy, Upham's Corner Health Center, Dorchester, MA

Julie Thayer, MPH'07 - *Addressing the Food Security and Nutritional Needs of Individuals With HIV in Emergencies: A Policy Analysis*, Preceptor, Mija Ververs, International Federation of Red Cross and Red Crescent Societies, Geneva Switzerland

Career Services 2006 - 2007 Activities

Doina Iliescu

The Office of Career Services was busy this year! Many of you took advantage of a variety of services including skills development workshops in resume writing, networking, and interviewing. Two of the workshops were conducted by outside professionals with over 30 years of combined experience in workforce development. Students and alumni interested in attending future workshops should check the Events Calendar on the Career Services Web page, <http://www.tufts.edu/med/about/student-services/careerservices/events.html>.

Since September, nearly 30 students have sought career advising and help with their resumes. The result for some of you has been a job placement! It's always a good idea to have someone review a draft of your resume. The Career Services Office is available to meet and work with students and alumni to review resumes until a strategic resume is achieved.

In November, some of you attended an information session about the work of the Institute for Community Health located in Cambridge, MA. Dr. Virginia Chomitz, Senior Scientist at the Institute, discussed the organization's community-based approach to public health research and evaluation, as well as opportunities for students seeking applied learning experience (ALE) placements. The ICH has worked extensively with students on their ALE projects and is currently working with three students. Julia McDonald, MPH '07, who completed her ALE in February with the Institute, was recently hired full-time to work on the Healthy Weight Promotion Team. Congratulations Julia!

In February, the Career Services Office joined forces with Action Without Borders (idealists.org) to co-host their annual nonprofit career fair. The fair, which hosted 138 organizations, provided a mix of educational and professional opportunities for students, as well as non-student job seekers. According to idealists.org staff, the Boston fair had the largest attendance of any nonprofit career fair in the organization's history! Three panel discussions including one on nonprofit careers in public health were provided free of charge to job seekers. Dr. Ruth Palombo, Associate Director of the MPH Program, and Emmanuel Daphnis, MPH '00, outreach coordinator with the Brookline, MA Health Department, participated on the panel.

The 5th Annual Alumni Career Panel took place in early March. Seven panelists, including Emily Backman, MPH '06, Sunindiya Bhalla, MPH '05, Melissa Brennan, JD/MPH '05,

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Welcome!

The Office of Student Services for the Public Health and Professional Degree Program is pleased to announce the addition of Peg Martin, Assistant Director of Admissions and Student Services and Meredith Bixby, Student/Academic Services Assistant. In addition, we wish to congratulate Lauren Budd on her promotion to Assistant Registrar.

Peg Martin, Assistant Director of Admissions and Student Services



Peg Martin joins Tufts Public Health and Professional Degree Programs after eight years at Salve Regina University in Newport, Rhode Island as associate director of admissions where she supervised staff, coordinated student transfers, facilitated the admissions process, admissions counseling and was the Web liaison. Peg's

wealth of experience will be a great asset to the Public Health and Professional Degree Programs. Overall she will be responsible for overseeing the admissions and recruitment activities for the PHPD including identifying new recruitment strategies, reviewing and evaluating admissions applications, overseeing new student orientation and open houses and working closely with the admissions committee and program directors in the admission process. Peg's office is located in the PHPD's Office of Student Services.

Meredith Bixby, Student/Academic Services Assistant



Meredith Bixby is a graduate of Portland State University where she majored in English and Linguistics. She was most recently employed at Sun Life Financial as a Data Entry Specialist. In Meredith's new role at Tufts, she provides frontline student services and assists with the coordination of student, academic and career services. She is located in the PHPD's Office of Student Services.

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Alumni Notes

Class of 1991

Samuel Stebbins, MD/MPH'91 was selected by the Phoenix Business Journal as winner of their 2006 Community Outreach Award. In September 2005 he was appointed as Director of the University of Pittsburgh Center for Public Health Preparedness and Assistant Professor of Epidemiology.

Class of 1995

Holly Dorr (Gallivan), MD/MPH'95 is married to her college beau, Greg Dorr, and has two stepdaughters, Fiona and Sophie, and a little one, Sabrina (11 months). She practices at Winchester and Massachusetts Eye and Ear Infirmary.

David Turok, MD/MPH'95 has been living with a family of 5 in Utah for almost 10 years. He is working at the Salt Lake Community Health Centers and the University of Utah as an OB/GYN physician. David was recently honored by Planned Parenthood of Utah.

Class of 1996

Erica Pan, MD/MPH'96 is now living in Oakland, CA and is the proud parent of Jaden Fei Shocket, born April 2006. She is married to Stephen Shocket, also a pediatrician, whom she met during residency at UCSF.

Class of 1998

Vanda Blinn (Suzuskiewicz) MD/MPH'98 her husband Alan and children Isaac, 7, and Isabelle,

6, are well and happy. She misses all of her MD/DVM/MPH classmates and hopes you are happy and changing the world.

Congratulations to **Laurie LaRusso, MS-Health Communication '98** on the birth of her son, Peter Anthony LaRusso, born November 30, 2006.

Congratulations to **Julia Roberts MS-Nutrition/MPH'98** on the birth of her daughter, Georgia Mae, born September 23, 2005. Georgia was welcomed home by big brothers Zach and Casey.

Class of 1999

Elke Blaetz, MS-Health Communication '99 has been promoted to Global Medical Information Leader in Hoffmann-LaRoche's Pharma Business unit. She is based at Roche's US offices in New Jersey.

Class of 2000

Stephanie Miller, MPH'00 earned a Master of Science in Nursing with a concentration in Maternal and Child Health in December 2006.

Class of 2001

Congratulations to **Skye Colclough, MS-Nutrition/MPH'01** and her husband on the birth of their son, Shane Riley Douglas, born in March 2006.

Rebecca Crane, MD/MPH'01 finished meds/peds residency at Cedars-Sinai in 2005 and is now

employed as an attending in the Family Medicine Dept at Kaiser-Permanente, Los Angeles.

Allison Rashkin (Waxman), MPH'01 and her husband Jason had a baby boy, Noah David Rashkin, on December 31, 2005.

Anthony Porto, MD/MPH'01 was awarded a teaching fellowship in 2006. He will complete his pediatric gastroenterology fellowship in June 2007 at Columbia University and continue on as an attending.

Jocelyn Weiss, MPH'01 completed her PhD in Epidemiology at the University of Washington in 2005. She is currently working as a post-doctoral fellow in the Occupational & Environmental Epidemiology Branch at the Division of Cancer Epidemiology and Genetics in Rockville, MD.

Class of 2002

Jonathan Epstein, DVM/MPH'02 is currently in his second year of a PhD at Imperial College, London studying the emergence of Nipah virus in Bangladesh.

Congratulations to **Amy Giuliano (Branow) MPH'02** who married Eric Giuliano in April 2006 in Quechee, VT. They are expecting their first child in September.

Congratulations to **Jennifer Nix, JD/MPH'02** on the birth of her son, Desmond, born in September 2005.

Rozanne Puleo, MS-Health Com-

Alumni Notes

munication '02 just began a new job as a marketing consultant for MEDITECH, a medical software company. Before beginning her new job, Rozanne was invited to Pakistan to compete in a 3-day mountain bike race to benefit victims of the 2005 earthquake.

Congratulations to **Allison Roditi (Doyle), MPH'02** on her marriage to Randy Roditi on August 19, 2006 in Rockleigh, NJ. Other alumni in attendance included **Molly Belozor, MPH'02, Pamela Foster Albert, MPH'02, Melissa Aab Rutherford, MPH'03.**

Arthur Wendel, MD/MPH'02 will be moving to Atlanta in June to do a preventative medicine residency at the CDC.

Inez Wu, MS-Health Communication '02 recently participated in Paralympic Equestrian events in Hong Kong.

Class of 2003

Congratulations **Betsey John (Phillip), MPH'03** married July 3, 2004 and expecting her first child this summer.

Julie Martin, MS-Health Communication'03 started a new job in October as the Communications Manager for the Stoeckle Center for Primary Care at Mass. General Hospital. She is also the program director and president-elect of the New England Chapter of the American Medical Writer's Association.

Congratulations to **Thomas Os-**

trander MPH'03 who married Rosa Hung in June 2006. He is currently in the TUSM MD class of 2010.

Class of 2004

In April 2006, **Amanda Book, MS-Health Communication '04** and her husband Kevin welcomed Claire Elizabeth into the world. Amanda currently spends most of her time with Claire but will begin working part-time as a Stroller Strides instructor next month. Stroller Strides is an organization that educates new moms about health and fitness post-delivery.

Chris Chinn, MD/MPH'04, Susan and Zoe welcomed Conner Chinn, who was born on August 6, 2006.

Jennifer Hastings, MS/MPH'04 is the Prevention and Communications Manager at NC Prevention Partners, a non-profit organization based in Chapel Hill, NC.

Christopher Rake, MD/MPH'04 would like to report that his wife is a fellow in Pediatric Critical Care at Children's Hospital LA. They were married in his second year of medical school.

Jennifer Marie Suga, MD/MPH'04 will be starting a Hematology/Oncology fellowship at UC Davis in Sacramento, CA in July 2007.

Shilpa Vimalananda, MPH'04 is a first year medical student at University of Maryland School of Medicine.

Class of 2005

Meredith Haines, MPH'06 moved to Seattle and is working in performance assessment for Group Health. She wears her work badge on a Tufts lanyard and tells everyone that quality improvement is a public health activity.

Mary Ly, MPH'05 has a new job as Hospital Quality Improvement Project Specialist at Cambridge Health Alliance.

Congratulations to **Amy Lynch, MPH'05** who will be getting married this May.

Keith Rafal, MPH'05 traveled to China in June 2006. He is in the process of working on a new model of health service that focuses on the power of belief and use of intuition in a more conventional medical setting.

Class of 2006

Elizabeth Bowie, JD/MPH'06 has been working at WHO as a junior fellow, passed the bar, and joined Leslie Moser and Alyssa Knotts Spier at the Harvard School of Public Health.

Meghan Slining, MS-Nutrition/MPH'06 is currently pursuing a doctoral degree in Nutritional Epidemiology at UNC-Chapel Hill.

John Tumolo, MPH'06 is currently employed at Uphams Corner Health Center as Project Manager, following in the footsteps of Mark Haas, Clinical Instructor of Public Health and Family Medicine

MD/MPH Class of 2007 Residencies

Kristin Anderson, Family Practice, Swedish Medical Center, Seattle, WA

Joseph Donroe, Medicine/Pediatrics, Yale - New Haven Medical Center, New Haven, CT

Andrea Finkelman, Family Medicine, Greater Lawrence Family Health Center, Lawrence, MA

Robyn Greenfield, Pediatrics, New York Presbyterian Hospital, Columbia, New York, NY

Garen Hamalian, Psychiatry, NYU School of Medicine, New York, NY

Kimberly Hanley, Family Medicine, Boston University Medical Center, Boston, MA

Elizabeth Harausz, Internal Medicine, University of Rochester - Strong Memorial Hospital, Rochester, NY

Marjorie Janvier, Internal Medicine, Caritas St. Elizabeth's Medical Center, Boston, MA

Danielle Kauk, Family Medicine, Greater Lawrence Family Health Center, Lawrence, MA

Kerry Kay, Family Practice, University of California - San Francisco, San Francisco, CA

Daniel Koo, Family Medicine, Greater Lawrence Family Health Center, Lawrence, MA

Anh Nguyen, Internal Medicine, Albert Einstein College of Medicine - Montefiore, Bronx NY

Mitesh Popat, Family Medicine, O'Connor Hospital, San Jose, CA

Marcia Salas, Pediatrics, McGaw Medical Center - Northwestern University, Chicago, IL

Jonathan Snyder, Medicine/Pediatrics, University of Maryland Medical Center, Baltimore, MD

MS-Health Communication Director's Message

Continued from p. 2
public health campaigns that focus on personal risk behaviors of the greatest complexity without destroying the very fabric of our society as some have alleged would happen.

The tobacco control movement has shown that if given enough time and organization, the public health community can take on some of the most entrenched, refractory, and politically powerful corporate interests in America and "win". This certainly bodes well as we begin to focus on other corporate interests such as the alcohol, food, pharmaceutical and energy industries.

It is shocking to me that after 40 years things like water fluoridation, infant mortality, mental health services, access to medical care, environmental air quality are still items causing debate. Domestic challenges confront us as we move to address obesity, an aging population, and emerging infections. Globally, TB, malaria, HIV/AIDS, diet and nutrition, infectious disease, chronic disease, mental health and clean drinking water are still major items on the world's public health agenda.

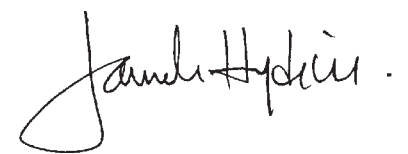
Hope lies in the challenges and opportunities of the future. Oddly, I see the emergence of global health concerns such as

pandemic flu, global environmental change, and emerging infections as the agenda items that may finally motivate citizens and policymakers to take these threats seriously and to build a public health system robust enough to meet and address these challenges.

There are amazing new tools available with which to address these challenges starting at the molecular level and going all the way to the population level. As the outgoing Director of the Health Communication program, I cannot help but note that many of these tools are the tools of communication e.g. the Web, computer-based audio, video and text-based technologies, and the ability to deliver tailored messages to highly segmented audience sectors.

But I could hardly sign-off without reminding you that "knowledge alone does not alter behavior". Real sustainable change only comes from taking an ecological perspective and fundamentally altering the institutional, organizational, community and public policy agendas of our state and nation.

Clearly there is still work to be done.



Career Services 2006 2007 Activities

Continued from p. 8

Hallie Greenberg, MS '04, Nancy Lyons, MPH '05, Tara McCarthy, MD/MPH '96, and Laura Whittaker, MPH '01, shared specific information about their job responsibilities and addressed questions by the moderator Roberta Friedman, Director of Education at the Massachusetts Public Health Association. Panelists shared their thoughts about classes that have been the most useful in their current work, discussed the most satisfying and most frustrating aspects of their jobs, speculated on salary ranges for individuals starting out in their fields, and concluded by offering advice to help students prepare for similar jobs. The panel was attended by more than 40 students, faculty and prospective students.

As the academic year winds to a close, the Career Services Office is already making plans for next year. Future goals include comprehensive internship and fellowship directories, an updated website, an alumni career advisory board, and broader employer outreach. Students and alumni are invited to use career services throughout the year, including the summer months. Please e-mail Doina Iliescu, Student/Career Services Coordinator at PHFM-CareerServices@tufts.edu for an appointment.

Public Health Rounds

The Public Health and Professional Degree Programs of Tufts University School of Medicine publishes the Public Health Rounds semi-annually. It reports on the activities of the programs, students, faculty, and alumni. We welcome your suggestions, photographs and news items.

Editor

Robin Glover

Comments should be sent to:

Robin Glover

Public Health & Professional Degree Programs

Tel: 617-636-2497

Fax: (617) 636-4017

robin.glover@tufts.edu

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School of Medicine

Public Health & Professional Degree Programs

136 Harrison Avenue

Boston, MA. 02111