Using the indirect costs funds from the Live Healthy PA grant, Drs. Alberto Cardelle and Steven Godin received administrative support to open the Institute for Public Health Research and Innovation within the Innovation Center at East Stroudsburg University. The Institute has three work stations, two computers with WiFi access, along with two land-line telephones. Drs. Cardelle and Godin serve as Co-Directors of the Institute, and provide work space for the four graduate assistants (Vanessa Wheeler and Shalane Vitris [HRSA grant] and John Turella and Marissa Modica [CDC grant]). In addition, the Institute has access to three conference meeting rooms, along with a staff kitchen and two large computer labs.

The mission of the Institute for Public Health Research and Innovation (IPHRI) is to create inter-organizational collaboration to harness the knowledge and skills of the area’s health services professionals to develop solutions to the region’s health challenges. The IPHRI seeks to address community health needs by improving existing infrastructure and building capacity of local organizations to identify the region’s public health issues and to develop innovative interventions and prevention initiatives. The IPHRI facilitates opportunities for partnerships between community based health and social service organizations, businesses, and the ESU public health faculty and students.

The IPHRI seeks to form collaborative partnerships with social service and health organizations located in the northeast region of Pennsylvania so that professionals can apply scientific knowledge and rigor to the development of health policy, evidence-based public health interventions, and health care practice. The Institute will facilitate the development of a regional coalition of organizations and seek to engage meaningful inter-organizational partnerships; through cross-organizational collaboration, expand and strengthen clinical and population-based approaches to address health inequities in the region; build capacity for organizations to effectively implement and evaluate various innovations and initiatives designed to improve the public health of the region; seek and develop opportunities to engage in community participatory research for the advancement of public health and the health services; and engage students and practicing professionals to participate in professional training opportunities to build capacity within the regional public health workforce.
HEALTH STUDIES FACULTY LAND LARGE CDC GRANT IN PARTNERSHIP WITH THE PENNSYLVANIA STATE DEPARTMENT OF HEALTH

Drs. Alberto Cardelle and Steven Godin received a five year (2013-2018), $935,000 grant to provide evaluation and technical assistance on the multi-million dollar Commonwealth-wide chronic disease prevention initiative funded by the Centers for Disease Control and Prevention (CDC) called “Live Healthy PA”. This CDC evaluation grant is housed in the newly opened “Institute for Public Health Research and Innovation” (see page 1 of this issue) which is located in the Innovation Center at ESU. The Institute recently received the coveted ‘vendor contractor status’ with the Commonwealth of Pennsylvania, allowing faculty within Health Studies to obtain significant sole-source funding opportunities in partnership with the Pennsylvania State Department of Health and other state organizations. Drs. Cardelle and Godin will serve as the Co-Principal Investigators on this grant, and will receive evaluation support from Drs. Lenhart and Razzano on specific grant deliverables. This grant also funds two full-time graduate assistants, with John Turella and Marissa Modica taking on these roles for this past spring (2014) and next year (2014-2015).

The Live Healthy PA grant has a ‘Basic’ and ‘Enhanced’ component. Both basic and enhanced components have numerous ‘domain areas’ and ‘strategies’ that will be evaluated. The Basic Component includes the following strategies: Strategy 1: Promote the adoption of food service guidelines/nutrition standards, which include sodium within ECEs (early childhood centers) across Pennsylvania; Strategy 2: Promote the adoption of physical education/physical activity (PE/PA) in schools; Strategy 3: Promote the adoption of physical activity (PA) in ECEs and worksites; Strategy 4: Promote reporting of blood pressure and A1C measures; and, as, able, initiate activities that promote clinical innovations, team-based care, and self-monitoring of blood pressure; Strategy 5: Promote awareness of high blood pressure among patients; Strategy 6: Promote awareness of pre-diabetes among people at high risk for Type 2 diabetes; and Strategy 7: Promote participation in ADA-recognized, AADE-accredited, state-accredited/certified, and/or Stanford licensed diabetes self-management education (DSME) programs.

The Enhanced Component of the grant includes the following ‘environmental/population-based strategies’ that promote health: Strategy 1: Increase access to healthy foods and beverages (i.e., provide access to healthier food retail through the Healthy Corner Store initiative); Strategy 2: Implement food service guidelines/nutrition standards where foods and beverages are available (e.g., Guidelines and standards should address sodium, and implement food service guidelines in priority settings- ECEs, worksites, and communities); Strategy 3: Create supportive nutrition environments in schools (i.e., implement policies and practices that create a supportive nutrition environment, including establish standards, including sodium, for all competitive foods; prohibit advertising of unhealthy foods; and promote healthy foods in schools, including those sold and served within school meal programs and other venues); Strategy 4: Increase physical activity access and outreach (i.e., create or enhance access to places for physical activity with focus on walking combined with informational outreach; design streets and communities for physical activity); Strategy 5: Implement physical activity in early care and education (i.e., implement ECE standards for physical activity); Strategy 6: Implement quality physical education and physical activity in K-12 schools (i.e., develop, implement, and evaluate comprehensive school physical activity programs (CSPAP). Comprehensive School Physical Activity Programs include quality physical education and physical activity programming before, during, and after school, such as recess, classroom activity breaks, walk/bicycle to school, physical activity clubs); and Strategy 7: Increase access to breastfeeding friendly environments (i.e., implement practices supportive of breastfeeding in birthing facilities; provide access to professional and peer support for breastfeeding; ensure workplace compliance with federal lactation accommodation law).

The Enhanced Component of the grant also includes ‘health system interventions’ that include the following strategies: Strategy 1: Increase implementation of quality improvement processes in health systems (i.e., Increase electronic health records (EHR) adoption and the use of health information technology (HIT) to improve performance; increase the institutionalization and monitoring of aggregated/standardized quality measures at the provider and systems level); and Strategy 2: Increase use of team-based care in health systems (i.e., increase engagement of non-physician team members such as nurses, pharmacists, and patient navigators in hypertension (HTN) and diabetes management in health care systems; increase use of self-measured blood pressure monitoring tied with clinical support.)

Last, the Enhanced Component of the grant also includes ‘creating community-clinical linkages’ including the following strategies: Strategy 1: Increase use of diabetes self-management programs in community settings (i.e., increase access, referrals, and reimbursement for AADE-accredited, ADA-recognized, State-accredited/certified, or Stanford-licensed DSME programs); and Strategy 2: Increase use of health-care extenders in the community in support of self-management of high blood pressure and diabetes (i.e., increase engagement of community health workers (CHWs) in the provision of self-management programs and on-going support for adults with diabetes; increase engagement of CHWs to promote linkages between health systems and community resources for adults with high blood pressure; and increase engagement of community pharmacists in the provision of medication/self-management for adults with high blood pressure and adults with diabetes).
Funded by the HRSA grant, Health Studies faculty and graduate assistants Vanessa Wheeler and Shalane Vitris (with technical assistance from Educational Resources, Inc.) developed an informational web portal to market the MD-MPH dual degree program. The MD-MPH dual degree program combines the strengths of two highly specialized degree programs to train medical and health professionals who will help improve community and rural healthcare in northeastern Pennsylvania. The Commonwealth Medical College (TCMC) students can receive additional training in public health by integrating public health studies, experiences and research at ESU during their medical school training. The MD degree will be conferred by TCMC and the MPH degree by ESU. Students applying for admission to the dual degree program in Medicine and Public Health Administration must meet the standards and be accepted by both TCMC and East Stroudsburg University. The web portal provides information about the joint degree programs, along with examples of public health applications in 12 different high need areas that have been identified in northeast Pennsylvania. Use the following link to visit the website: www.esu-tcmeportal.org.
2013-2014 GRADUATING STUDENTS:
PUBLISHABLE PAPER TITLES

  
  Paper Chair: Dr. Steven Godin

  
  Paper Chair: Dr. Steven Shive

  
  Paper Chair: Ms. Christina Brecht

◆ “Analysis of the Oxnard Plain, California Latino Community Health Needs Assessment” - Leslie Roehrig (MPH, 2013)
  
  Paper Chair: Ms. Christina Brecht

◆ “Assessing the Relationship between Alcohol Consumption and High Risk Sexual Behaviors at East Stroudsburg University” - Joanne Torres (MPH, 2013)
  
  Paper Chair: Dr. Steven Godin

◆ “Motivation for Long-Term Physical Activity in Adults” - Katrina Nadine Wagner (MPH, 2014)
  
  Paper Chair: Ms. Christina Brecht

◆ “Assessing the Relationship between Stress, Physical and Mental Health, and Academic Performance of ESU College Students” - Kerry Ann Boyer (MPH, 2014)
  
  Paper Chair: Dr. Steven Godin

◆ “An Assessment of Nutrition Knowledge, Attitudes and Behaviors of East Stroudsburg University Students” - Jessica Malachowsky (MPH, 2014)
  
  Paper Chair: Dr. Steven Godin

◆ “A Descriptive Analysis and Cross County Comparison of Diabetes Screening Rates in Rural and Urban Pennsylvania” - Danvas N. Omare (MPH, 2014)
  
  Paper Chair: Dr. Steven Godin

◆ “The Effect of the Affordable Care Act on Workplace Wellness Programs in the Lehigh Valley” - Jenna K. Papaz (MPH, 2014)
  
  Paper Chair: Ms. Christina Brecht

  
  Paper Chair: Ms. Christina Brecht

  
  Paper Chair: Dr. Clare Lenhart

◆ “Perceptions and Use of Prescription Stimulant Abuse Among College Students” - Margret Ann Watkins (MPH, 2014)
  
  Paper Chair: Dr. Steven Shive
WHERE ARE THEY NOW?

I graduated from ESU with my MPH in Community Health Education in 2013 and I am currently the Lead Educator for Dignity Health St. John’s Hospitals in Camarillo, California. My career began with Dignity Health St. John’s Hospitals as an intern for the Vice President of Mission Integration. I was involved in the preparation of their Community Health Needs Assessment, and I recently published my research on behalf of the hospital, “Oxnard, California, Latino Community Health Needs Assessment.” This report focuses on the needs of the Latino residents in the high agricultural area of the Oxnard Plain.

With the help of my colleagues and volunteers, we were able to collect 486 bilingual health behavior surveys completed by Latino residents indicating numerous significant health inequities within this population. I also found that the majority of the population did not graduate high school and educational attainment was a strong predictor of poor health indices. The Community Health Education program at ESU has prepared me above and beyond the expectation. Particularly, I found myself well prepared to speak on the Affordable Care Act and other industry happenings that are a common point of discussion. In addition, information provided in the statistics classes has become a frequently referenced document. The program at ESU is unique and the rigors should not be underestimated, the preparation provided by the professors allowed me to pass the CHES with ease and allows me to standout above the crowd just based on my education.

CYNTHIA S. KUSORGBOR-NAHR

Cynthia S. Kusorbor-Nahr is the Credentialing Project Specialist (CPS) with National Commission for Health Education and Credentialing Inc. (NCHEC). As the Project Specialist, her responsibilities include project management related to credentialing initiatives such as, the National Commission for Certifying Agencies (NCCA) accreditation application processes, standards revisions, practice analysis, and strategic initiatives. She oversees communication and marketing for the Master Certified Health Education Specialist (MCHES) exam and performs the eligibility screen/pre-screen for all MCHES exam applicants as well as assist in other marketing efforts. In this capacity Cynthia supports activities of the three Division Boards regarding the development of materials and policies that are critical for the implementation and maintenance of all levels of certification. She also assists with preparation and participates in NCHEC conference presence at national conferences.

Prior to assuming this position at NCHEC, she was the Health Educator/Risk Communicator with Somerset County Department of Health, New Jersey for six years. She was in charge of the development and implementation of community health education programs in the areas management of Chronic Disease, Emergency Preparedness and Crisis/Risk Communication.
Kristin Behler MPH, MCHES, obtained her bachelor’s and master’s degree in public health from ESU. She is currently the Manager, Health Education and Wellness with Valley Preferred's BeneFIT Corporate Wellness program. She is responsible for the health education and wellness coaching teams. Before her promotion, she served as health educator at BeneFIT Corporate Wellness, where she implemented worksite wellness programs and developed health coaching and wellness initiatives.

Prior to employment at Valley Preferred Kirstin was most recently the Director of Health Care Services at the Muscular Dystrophy Association (MDA). In this role she coordinated a variety of health care programs, including: hospital affiliated clinics, support groups, disability awareness programs, public health education, educational seminars and trained new employees within her division. Before her promotion as the director she spent two years as a Health Care Services Coordinator where she planned and directed MDA summer camp, executed successful fundraising events, sought grant funding for the association and acted as a liaison and advocate between MDA, patient families, clinic team, vendors, schools and other community-based organizations. Kristin also spent 4 years working as a Health Educator for two County Health Departments in New Jersey. Her primary responsibility was in Emergency Preparedness where she recruited and trained over 400 medical personnel to respond in a public health emergency.

Kristin's professional history is highlighted by a consistent track of leadership and success that she attributes to the solid foundation she gained while at ESU. "I thank my professors in Health Studies who provided me with unique opportunities for growth and improvement; I believe that those opportunities were a key component to my success".

Dr. Richard Peterson graduated from East Stroudsburg University with his MPH in 1995. He then obtained his MD degree from the American University of the Caribbean in 2000. He completed his General Surgery residency at St. Agnes Hospital in Baltimore, MD and then went on to pursue a fellowship in Advanced Laparoscopic and Bariatric Surgery at the University of Southern California.

Following the completion of his training he entered into Active Duty service as a Major with the United States Air Force. He served two combat tours in support of Operation Iraqi Freedom and Operation Enduring Freedom. During his time in the Air Force, Dr. Peterson served as Chief of Bariatric and Advanced Laparoscopic Surgery at Wilford Hall Medical Center. He expanded the program to be the largest bariatric surgery program in the Department of Defense. He also served as the Consultant to the Air Force Surgeon General on Bariatrics during this time.

For the seventh year in a row, Dr. Peterson was nominated by his fellow physicians as one of San Antonio's Best Doctors. He currently is an Associate Professor of Surgery at the University of Texas Health Science Center in San Antonio. He is involved in local and national societies in the prevention and treatment of obesity. He currently is the President of the Texas Association for Bariatric Surgery.
Alberto J.F. Cardelle, PhD, MPH

Dr. Cardelle served as interim Dean for the College of Health Science during the 2013-14 academic year. He and Dr. Steven Godin founded the Institute for Public Health Research and Innovation along with other faculty and public health practitioners in the northeast region of Pennsylvania. Drs. Cardelle and Godin were awarded a five year $900,000 dollar grant from the CDC to serve as lead evaluators for the statewide “LiveHealthyPA” initiative designed to reduce chronic disease in the Commonwealth. He is also the principal investigator on the second Community Health Assessment for Pocono Health System. As interim Dean, he celebrated the graduation of the Department of Health Studies first graduates from the Lehigh Valley based BS in Public Health. This degree is designed as a degree completion program for returning adult learners. Last, he was re-elected to serve on the Governing Council of APHA representing the Community Health Policy and Planning Section.

Steven Godin, PhD, MPH, PHI Certificate

During the 2013-2014 academic year, Dr. Godin worked with the faculty to develop a sequential self-assessment survey methodology to assess whether our MPH students were obtaining our program competencies. Students’ self-assessments are then validated with those assessments conducted by preceptors and employers using a parallel form of the survey. This assessment process is required by the Council on Education in Public Health (CEPH). Later this year in November, Dr. Godin will give an invited presentation about this methodology in New Orleans at the Annual Meeting of the American Public Health Association. After serving one year as a ‘Member at Large’ of the Association of Accredited Public Health Programs (AAPHP), Dr. Godin won a national election to serve a five year term as President of AAPHP. This year, his role will be “President Elect”, with 2015-2017 as “President”, and 2018-2019 as “Past President”. Beyond his administrative duties and leadership commitments, he has been working on two grant funded projects: 1) “Primary Care Training and Enhancement: Interdisciplinary and Inter-professional Dual Degree Graduate Program” (federally funded by the Health Resources & Services Administration or HRSA); and 2) ‘LiveHealthyPA’ chronic disease program evaluation grant (federally funded by the Centers for Disease Control and Prevention).
Steven E. Shive, PhD, MPH, CHES

Dr. Shive has recently published papers entitled, “Social Influences on Cigarette Smoking among Mainland Chinese and Chinese Americans: A Comparative Study,” in the American Journal of Health Studies, and “Pathways of Cervical Cancer Screening among Chinese Women” in the International Journal of Women’s Health. At the 141st APHA Annual Conference, he presented a paper entitled, “Knowledge, perceptions, and behaviors related to salt use among Chinese take-out restaurant owners and chefs in Philadelphia.” In addition to his research, he has developed and implemented two additional distance education courses. He has also received a small grant from the Pennsylvania Department of Health to address Lead exposure. The purpose of the grant is to raise awareness of lead exposure for renters, landlords, and elementary school children and ways of remediating the problem.

Clare Lenhart, PhD, MPH, CHES

Dr. Lenhart recently completed her first year as an Assistant Professor in the Department of Health Studies where she transitioned to overseeing the Health Services Administration concentration within the undergraduate B.S. in Public Health program. In addition to teaching and advising in the undergraduate program, Dr. Lenhart also taught Epidemiology and Environmental Health at the graduate level and has begun mentoring several MPH students toward completion of their publishable paper requirement. During her first year on campus, Dr. Lenhart brought several research projects to completion in collaboration with colleagues from Temple University and The Children’s Clinic at Lehigh Valley Health Network in addition to ESU student research assistants. Several presentations highlighting this work were delivered at academic conferences across the country. A paper reflecting shifting trends in adolescent obesity and highlighting additional areas in need of intervention to ensure optimal health of youth, Weight status and weight management behaviors among Philadelphia high school students, 2007-2011, was published in the CDC’s Preventing Chronic Disease in October. Two additional articles- Multiple health risk behaviors in adolescents: An examination of Youth Risk Behavior Survey data, and Disparities in physical activity among urban youth: An ecologically-guided assessment- are currently in press with the American Journal of Health Education.