The Institute for Public health Research and Innovation (IPHRI) celebrated its first year after opening its doors back in March, 2014. The mission of the 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’. Our 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. Since March, 2014, IPHRI has housed seven projects with grant funding that exceeds $2.5 million. During it’s first year of operation, the Institute has employed six ESU faculty, three staff (MPH alumni), and six students (five graduate; one undergraduate).

Under the direction of Drs. Cardelle and Godin, numerous new ventures are underway including the validation of the Apple Watch, development of a smart phone application which uses motivational interviewing to promote physical activity in college students. Presently, a NIH proposal is under review, which if funded will provide a capacity building initiative to improve the county infrastructure to address the pandemic of obesity. Future plans include the Institute serving as an ‘anchor institution’ for regional health systems who need to fulfill IRS requirements for conducting community health needs assessments.
Dr. Kathleen Hillman is retiring from East Stroudsburg University, May 29, 2015. She has spent the last 23 years doing what she loved, teaching and working with graduate and undergraduate students in the Department of Health Studies. Since I (Dr. Hillman) am writing this, it will not be about my professional accomplishments over the past 40 years; courses taught, awards received, etc. (you get the idea). No, I am going to use this moment to reflect on how I followed advice given me and then share my thoughts about life. I was told “Never work harder than your students”…Well, I didn’t do that one very well. I believed if I was going to push you to achieve, then I had to push myself to do my best. I read that I should “Never sweat the small stuff, it is all small stuff”…Nope, I must admit that when it came to students and teaching, I did sweat it all. Despite my efforts to organize and focus on my identified priorities, I accepted that someone or something might come along and redirect my efforts. So I just kept doing all that I could do - which at times left me tired and burnt out. I was advised “Don’t work harder, work smarter”. And yes - this one I actually figured out – albeit close to the end of my career. To the person who advised that I “Travel the road of your passion”, I thank you. I did that one very well. It wasn’t always easy or without stress, but I learned from each mistake and moved on. “It is not about being perfect, just do your best”. I did not get to be the person I am today without the assistance of others - the thousands of students who helped me grow and strive to always be a better teacher, listener/advisor, and mentor. My faculty colleagues in the department and the university also influenced me and I learned from them. Admittedly, not all were kind, but they were a few and my friends more than made up for anything else that was missing in the academy. I will miss my friends and my students. So here are my last words… the last lecture if you will. “Stay true to your passion; Listen with the ears of your heart; Remember you are the voice of those who have limited voice or no voice, and you have the potential to make a difference – so do it”. Best wishes for a long and productive life and career!

ESU Welcomes its Newest Faculty Member Dr. Jennifer Bleck

Jennifer Bleck was hired in April, 2015 to begin her tenured track position in Fall, 2015 as an Assistant Professor in the Department of Health Studies. In Summer, 2015 she started teaching for ESU in the duel-degree program under the HRSA Grant with TCMC. This Fall, she is scheduled to teach courses within the B.S. in Public Health and B.S. in Health Education as well as the graduate level Health Administration and Policy course. Dr. Bleck is working on two manuscripts for publication: 1) “Long-term association between developmental assets and health behaviors: An exploratory study” (for the Journal of Health Education & Behavior); and 2) “Age and intimate partner violence: An analysis of global trends among women experiencing victimization in 30 developing countries” (for the Journal of Adolescent Health).

She is currently working on the completion of a project with bariatric and weight loss centers in Florida in which she accessed ADHD screening protocol and the impact of ADHD on successful outcomes. She also continues to work on several projects related to the evaluation of positive youth development programs, as well as examining the comorbidity of ADHD with binge eating and obesity. In the upcoming year, she hopes to expand her research focus to include examining the influence of genetics and pharmacology on the comorbidity.
“The Relationship of Body Mass Index on Primary Care Physician Practice Behaviors with Their Overweight and Obese Patients” - (Kevin Allen Vrablik, 2014)

Paper Chair: Dr. Steven Godin

“Assessment of Behavioral and Environmental Risk Factors for Lyme Disease in Monroe County, PA” - (Michelle Lynn Teeple, 2014)

Paper Chair: Dr. Steven Godin

“A Study Assessing Drowning Incidents within the Delaware Water Gap National Recreation Area and Upper Delaware Scenic Recreational River: The Need for Drowning Prevention and Water Safety Skills within the National Park Service” - (Noel J. Witzke, 2014)

Paper Chair: Dr. Clare Lenhart

“Pit Bulls and Public Health: How Policy Doesn’t Always Equal Prevention” - (Vanessa Christine Kehr, 2014)

Paper Chair: Dr. Alberto Cardelle

“A Policy Analysis on the Effects Deinstitutionalization on Severe Mentally Ill” - (Andre L. Gomes, 2015)

Paper Chair: Dr. Alberto Cardelle


Paper Chair: Dr. Kelly Boyd


Paper Chair: Dr. Steven Godin


Paper Chair: Dr. Clare Lenhart


Paper Chair: Dr. Clare Lenhart


Paper Chair: Dr. Alberto Cardelle
WHERE ARE THEY NOW?

Meredith McCracken

I graduated from ESU with my MPH in Community Health Education in 2012. After graduation, I worked for a Healthcare Technology company located at the ESU Innovation Center. This allowed me to build upon and utilize many of the skills learned in the MPH program, while also continuing to network with fellow ESU colleagues. In 2014, I was approached with a new and exciting opportunity, which was to develop and integrate a Community Health Department within a social service agency. Currently, I am the Director of Community Health at United Neighborhood Centers of NEPA, which is one of the largest non-profit multi-service social service agencies in Northeastern Pennsylvania.

The MPH program prepared me with the foundational skills I needed to develop new programs and prepare me well for launching a successful career. I value the importance of the tools and guidance I received at ESU and how my training provided the skill sets needed to create and sustain collaborative partnerships in the development of regional health programming. I found the emphasis the MPH Program provided on cultural competency and health inequities has now become a strength and a major focus within my current role as Director of a large non-profit organization.

Gary Leipheimer

I graduated the MPH Program in December, 1992. Hard to believe it has been 23 years! After graduation, I was a part-time faculty member in the Health Sciences Department at Youngstown State University. I also worked for the American Red Cross. Now I am working at the American Cancer Society where I am the Vice President of Health Systems (East Central Division, Ohio and Pennsylvania). My work includes accountability for significant mission delivery efforts and related income development targets. I am accountable for quality delivery of patient services and mission programs throughout the Division. In my work, I identify and develop an execution plan for serving disparate populations through systems engagement and targeted program delivery. I also serve as a member of the senior leadership team with shared accountability for an integrated approach to achieving organizational goals. Within my role, I manage an operational budget of $2.5 million, and provide direct supervision of four senior directors and 41 account management and program execution staff overall.

I look back and realize the faculty in the MPH program was very committed to the success of their students and offered valuable learning experiences pulling from a variety of public health settings to illustrate real world examples. I really valued the internship experience, as it gave me exposure to all aspects of a voluntary community-based health organizations which I knew I wanted to be part of...which ultimately became The American Cancer Society. I have been fortunate enough to have a career with an organization I love and that is very mission-focused. I have had good mentors along the way and worked with people who have believed in me and have given me opportunities for which I have succeeded. As a manager and leader, I have learned the most important factor to success is to focus on people and nurture professional relationships. Doing so, the successful outcomes will come.
WHERE ARE THEY NOW?

**DR. CHRISTINE FISHER**

I graduated from ESU with my MPH in May, 2011. After graduating from ESU, I enrolled in a doctoral program at the University of Toledo where I graduated with a PhD in Health Education. After completing this program, I took the national exam to be CHES certified. The summer after graduation, I had the opportunity to update an instructor resource manual for a health education textbook: *Health Education Elementary and Middle School Applications*. I have four published articles and two that are currently under review. I have also presented at several national, state, and local conferences. I was also selected as one of SOPHE’s 30 under 30 to be highlighted during National Health Education week in 2014. I am a member of the Research and Publications Committee for the ASHA which was an appointed position by the ASHA president.

I am currently in my second year in my new faculty position as an Assistant Professor in Health Education at Rhode Island College. I teach both undergraduate and graduate health education courses, advise students, as well as being the department liaison for the technology committee. In Fall 2016, I will be transitioning to become the M.Ed. Coordinator for our department.

I loved attending ESU for both my undergraduate and graduate degrees. While at ESU, I learned so many useful skills that I continue to use on a daily basis. Routinely, I still bring out my old notebooks to look for information I learned during my training at ESU. The course materials I have found most helpful include Scientific Foundations of Health Behavior, Public Health Measurement Sciences, and Introduction to Research.

**CYNTHIA BIGLEY**

I graduated from the MPH program ESU in 2012. Since graduating, I have continued to work in the pharmaceutical industry and was recently promoted to Program Manager in charge of patient access and reimbursement in Pennsylvania. In the Fall of 2013, I joined the faculty within the Department of Health Studies at ESU as an Adjunct Instructor teaching mostly undergraduate public health coursework. In 2015, I joined the staff at the Institute for Public Health Research and Innovation with the role of Evaluation Coordinator on a CDC funded asthma grant secured by Dr. Cardelle through the Pennsylvania State Department of Health. I found the core competencies, skills and knowledge I gained through the MPH program at ESU has afforded me the opportunities to position myself for upward mobility within my career and also to have the credentials to assume new responsibilities. Additionally, with the support and encouragement from the MPH faculty I have begun a new chapter in my education as well. In 2015, I started my doctoral studies at the University of Illinois in Chicago working towards my Dr.PH (Doctor of Public Health). I would be remiss if I didn’t specifically mention Drs. Steve Godin and Alberto Cardelle as two people who guided me through the doctoral application process as well as being strong supporters and champions for me. My career path is going very well, and I truly couldn’t have done it without them.
WHERE ARE THEY NOW?

DR. NANDI A. MARSHALL

I graduated from the MPH program in 2006. My publishable paper title was *HIV/AIDS Prevention Efforts Among African-Americans in Newark, NJ*. After graduation, I worked at NACCHO from 2006-2008 (Areas of Preparedness and Health Equity Campaign). I started my Dr.PH program at Georgia Southern University in 2008 and graduated in December 2012. During my doctorate training, and continuing a few months after graduation, I worked with colleagues at the Georgia Practice Based Research Network where we focused on improving health outcomes through quality improvement within Health Districts in Georgia. We also provided technical assistance in the area of Health Department Accreditation. Additionally, I continued my work in community health and health equity through a rural community coalition whose mission was to address diabetes health disparities in numerous communities.

Currently, I am in my third year of a tenured-track faculty position as an Assistant Professor at Armstrong State University. I teach in our undergraduate public health program and our CEPH Accredited MPH program. Within the MPH program, I serve as the Practicum Coordinator.

My experience at ESU provided me the space needed to figure out my path in public health while exposing me to mentors who I still have contact with today. The student-centered focus of the MPH program and the push to be involved at the local and national level prepared me in ways I could have never imagined!

JESSICA MALACHOWSKY

I graduated from the MPH Program in 2012. My publishable paper was entitled *The Knowledge, Attitudes & Behaviors of ESU College Students on Nutrition.* Since graduating from the MPH program, I have been employed by Youth Infusion. I was first employed as the Program Coordinator for their *Shape Up After School Program*. This July 2015, I will have the new role of Executive Director and Director of Programs for Youth Infusion. Youth Infusion is a non-profit organization located in Northeast Pennsylvania. Our mission is to create community and school based programs throughout Monroe County. We currently have programs in three different school districts and host six different programs. The biggest focus within our organization is to engage youth into service-learning projects. Looking back, the MPH program of ESU has been incredibly valuable to me. I feel fortunate to have studied under the professors within the MPH program. They have equipped me with the necessary skills to be confident within my leadership position. At ESU, I received the foundational abilities to successfully develop and evaluate programs for our community, and to collaborate well with a diverse group of individuals. I am proud to say that I have received my MPH from ESU!
Alberto J. F. Cardelle, PhD, MPH

After ESU conducted a national search to replace Dr. Mark Kilker (who retired), Dr. Cardelle went through the formal application process and was offered the Dean’s position. He was appointed Dean for the College of Health Science at ESU in August 2014 and continues to serve as Co-Director of the Institute for Public Health Research and Innovation along with Dr. Steve Godin. In August of this year, he will also assume the role as ‘Assistant to the Provost for Research’. Dr. Cardelle was recently awarded a five year $200,000 dollar grant from the CDC to serve as lead evaluator for the statewide “Pennsylvania Asthma Control Program” designed to reduce asthma in the Commonwealth. As Dean, he celebrated the formation of the East Stroudsburg University-Pocono Medical Center Educational Collaborative, the PA Department of Health Evaluation Learning Collaborative, the creation of a Certificate in Performance Coaching and a two new RN-BSN programs. He also has two consulting agreements with Children’s Hospital of Philadelphia and the Geisinger Foundation.

Steven Godin, PhD, MPH, PHI Certificate

During the 2014-2015 academic year, Dr. Godin won a national election to serve a two year term (2015-2016) as President of the Association of Accredited Public Health Programs (AAPHP). AAPHP is a professional organization that provides a voice for the 108 CEPH accredited graduate programs in the US, and internationally. Beyond his departmental administrative duties and leadership commitments, he has been working on two major grant funded projects: 1) “Primary Care Training and Enhancement: Interdisciplinary and Inter-professional Duel Degree Graduate Program” (federally funded for $1.5 million by the Health Resources & Services Administration or HRSA); and 2) “LiveHealthyPA” chronic disease program evaluation grant (federally funded for $1 million by the Centers for Disease Control and Prevention). He is also collaborating with ESU faculty on two smaller leveraging grants. The first one involves measuring the accuracy of the Apple Watch in quantifying caloric expenditures in various forms of adult physical activity. The second study involves the development of an interactive smart phone application to encourage physical activity in college students.

Dr. Godin co-authored a manuscript with faculty at the Commonwealth College of Medicine entitled “Collaborative efforts towards an interdisciplinary and inter-professional dual degree program for public health training in a new rural medical school” that was published in the International Journal of Public Health. Last, Dr. Godin had paper presentations at the Annual Meeting of the Pennsylvania Academy of Family Physicians, APHA, the Annual Meeting of the Association for Prevention Teaching and Research (APTR) , and at the International Conference on Education, held in Canada.
Clare Lenhart, Ph.D, MPH, CHES

During her second year at ESU, Dr. Lenhart was awarded PASSHE FPDC funding to support her research study, “Racing Toward Health”. This work took a community-based participatory approach and examined physical activity habits among adult women, which has been a group historically at risk for insufficient physical activity. Three waves of data collection have now been completed and final analysis is ongoing. Preliminary findings of this research were presented at the National Academy of Women’s Health in the spring and additional presentations will be delivered at this year's 2015 APHA meeting in Chicago. This year, Dr. Lenhart was elected into the role of a Section Councilor for the Physical Activity Section of the APHA. Dr. Lenhart has been collaborating with ESU colleagues on the evaluation of the CDC funded “LiveHealthyPA” chronic disease prevention grant and heads evaluation efforts for the Healthy Corner Store Initiative. She continues to teach multiple courses within the undergraduate and graduate public health programs at ESU's main campus and extended learning sites (i.e., Bethlehem). Dr. Lenhart continues to serve as the Program Coordinator for the BSPH/Health Services Administration Concentration.

Steven E. Shive, PhD, MPH, CHES

Dr. Shive was on sabbatical in Spring 2015. He developed and implemented several grant funded projects and worked with a number of ESU undergraduate and graduate students. These projects included a CDC Racial and Ethnic Approaches to Community Health (REACH) Grant entitled, “IDEAL: Improving Diets with an Ecological Approach for Lifestyle”. The project was funded at the Center for Asian Health at Temple University. This project identified Asian supermarkets, churches and senior centers to improve the display of healthy foods and to educate the cooks/chefs to prepare healthier foods in those organizations. The project aim is to reduce sodium intake, and increase the use of healthier oils in food preparation as well as increase the consumption of whole grain products. He also was awarded a Pennsylvania Department of Health grant for a Lead Awareness Project that was conducted in the Monroe County and the Lehigh Valley areas to increase awareness of environmental lead exposure. Renters and landlords were the focus of an awareness campaign because of the vulnerability of lower income populations who rent their housing. He also developed a NIH R21 research grant proposal to study the efficacy of an intervention developed for reducing hypertension among Korean Americans. Dr. Shive also has a manuscript under review entitled, “Structural Equation Modeling Analysis Associated with Breast Cancer Screening among Chinese American Women” submitted to the International Journal of Women’s Health. He had another manuscript recently published in the BMC Infectious Disease entitled, “Hepatitis B Screening among Chinese Americans: A Structural Equation Modeling Analysis”.

Do you have any information you would like to share in our next newsletter? To share your ideas with us, please contact Dr. Steven Godin at sgodin@po-box.esu.edu

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