

# Wright Solutions

## Master of Public Health Newsletter

Wright State University Boonshoft School of Medicine

FALL 2008

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### MISSION

*To serve as a model community-based interdisciplinary graduate education program for the present and future public health profession's leadership in Southwest Ohio and beyond.*

### VISION

*Public health and health-related professionals of southwestern Ohio will have increased knowledge, competencies, and skills.*



## From the Director

by Richard Schuster, MD, MMM, FACP

A team of faculty and students from the MPH program and the Center for Global Health Systems Management and Policy participated in a national meeting in Baltimore recently, sponsored by the Consortium for Southeast Hypertension Control. I'm delighted to report on the success of the presenters and the meaning this offers to the MPH program. Doctors Marietta Langlois, Jim Ebert, and I along with students Anjali Rao and Mark Ryan, as well as staff Nancy Terwoord and Sylvia Ellison all participated.

Dr. Langlois presented on health education and promotion to a group of clinical physicians, who benefited from a population-based, prevention oriented approach that she taught. Dr. Ebert provided a very interesting discussion on childhood obesity and the details of his effort to treat lipid abnormalities, high blood sugar, and obesity as the director of the lipid clinic at Dayton Children's Medical Center. Anjali Rao, discussed the so-called French Paradox, explaining why the French have low cardiovascular rates. One of Anjali's key conclusions was that the social determinants of health in France play a key role in lower cardiovascular death rates versus here in the US. We hope to study this more fully. Mark Ryan presented information on the effectiveness of hypertension management in the new clinics established as part of the Venezuelan public health system in an impoverished population.

It appears that the presence of a physician, very locally placed in the community, and the trust of that physician by the community produces better adherence to hypertension medication use by patients. I described the obesity management program done with Nancy Terwoord, implementing obesity guidelines in physician offices. We have had success in working with physicians in reducing obesity; in the end we reported that data. Nancy, Sylvia Ellison, and I also reported preliminary data on an international study that we are doing with colleagues in Japan, France, and Israel. We are studying how physicians actually use guidelines in the management of their patients with high blood pressure, high cholesterol, and obesity. We are attempting to understand the systems, economics and policy issues related to how physicians practice. Cardiovascular death rates in these three countries are approximately 1/3 lower than the United States.

As part of our Global Health Systems Program were trying to understand how they are so much more successful than we are. Wright State University and the MPH program were very well represented. The breadth and depth of skill demonstrated by the team in Baltimore from Wright State shows how we are making it on the national map. I'm especially delighted that the efforts represent the combined work of faculty, staff, and students, all relating to our Center. I'm sure this is the beginning of much more success in academic recognition of our work. Congratulations to all who participated!



WRIGHT STATE  
UNIVERSITY

WSU MPH Special  
Points of Interest

### Did you know?

- **Deadline for Spring Admission is November 1, 2008.**
- **WSU Fall Commencement will be held on Saturday, November 22 at 10:00 a.m. at the Nutter Center.**
- **Two MPH courses will be offered via IVDL during winter quarter - CMH 620 (BioStatistics) and CMH 770 (Social Behavior) - contact Brian Butcher for more info.**
- **October is Children's Health Month; November is American Diabetes Month; December is the time to reflect on the healthy choices you made in 2008**

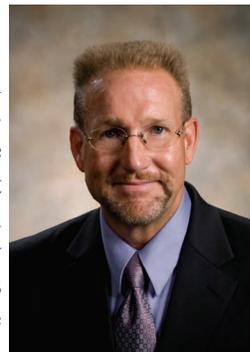
For more information on WSU's Master of Public Health Program visit our Web site at:

[www.med.wright.edu/mph](http://www.med.wright.edu/mph)

*If you have any questions regarding this newsletter, please contact Brian Butcher at (937) 258-5541 or via e-mail at [brian.butcher@wright.edu](mailto:brian.butcher@wright.edu)*

## Faculty Spotlight

### Christopher Eddy, MPH, REHS, RS



In August 2008, Wright State University MPH Program graduate Chris Eddy accepted the reins of our prospering program as our new MPH Assistant Program Director. And he has really jumped in with both feet; he led the new student orientation presentation on the *first day* of his new job and taught an Introduction to Public Health class on his third day on the job! Of course it may be easier than it sounds. Chris comes to us from Hamilton County Public Health where he dutifully served his community as the Director of Environmental Health for fourteen distinguished years. In all, Chris brings to us twenty-two years experience in public health and environmental health science practice. Also, being no stranger to the new student orientation, Chris was obviously thrilled to remind the new students that he too was in their shoes just three years prior. Chris is enthusiastic about teaching Population-based Health Management, "which is really where the rubber hits the road in public health," according to Chris.

When Chris told Ken Dahms, Assistant Director of Public Health Service, that he "will miss the process and is somewhat sad that it is over," in reference to his Practice Placement and complex Culminating Experience project at WSU, we knew that he meant it. Chris remained in contact with many faculty members even after graduation (when he was free to run with his new degree and celebrate its completion). And when he embarked upon his effort to obtain his new position in the MPH Program, it should not have surprised any of us that he would do so "with the energy of a military campaign," according to Center and MPH Program Director, Richard Schuster, M.D.

Chris is trained extensively in "all-hazards" disaster preparedness and emergency response; he has organized several regional task forces dedicated to the preservation of public health infrastructure and early detection of disease. Chris is recognized throughout Ohio public health circles as an expert in public health information systems, zoonotic disease, and food safety; he has lectured on a regular basis to his peers in the Ohio Environmental Health Association and other organizations. In short, Chris brings to the program an unprecedented, local public health experience.

Chris is dedicated to nurturing the future public health workforce and he is enthusiastic about leading the program with innovative recruitment strategies, assisting with applied, community-based health research, and teaching population-based health management techniques and theory. Chris will lead our students with the wisdom of experience and the vision of a public health innovator.

### *Congratulations to ....*

**Anjali Rao MSIII presented "Why do the French have a lower incidence of CVD" at the COSEHC (Consortium of Southeastern Hypertension Control) conference in Baltimore on September 26th. Anjali is a dual degree student who will graduate in 2011 with a MD & MPH.**

# Public Health in Practice by Ken Dahms, JD, MA

MPH student, Kelly Ely, had a very interesting and extremely varied practice placement. Her experiences serve to highlight a number of general characteristics of the practice placement program and provide some valuable lessons for future students.

Kelly originally planned to complete her entire practice placement by spending two weeks in the Dominican Republic teaching basic public health principles to elementary school children in Puerto Plata. However an untimely hurricane and accompanying travel delays reduced Kelly’s anticipated practice placement activities by more than fifty percent. Undaunted, upon returning to the States Kelly made arrangements to spend some time at the Children’s Health Clinic East operated by Public Health – Dayton and Montgomery County. Still lacking about a third of her required 90 contact hours, Kelly’s final practice placement site was at Dayton Children’s Hospital with the Safe Kids Program – Kelly worked full-time in another department at Children’s. Kelly’s first entry in her practice placement journal was in early October, 2007, and her final entry was in late February 2008.

Kelly’s adventures serve to emphasize the following general points regarding the practice placement requirement: (1) **The practice placement can, and often does, stretch out over more than one academic quarter.** Kelly’s practice placement took a full five months. This is about average for in-career students and is perfectly acceptable. However, it emphasizes the need for students to start their planning process as early as practicable. Kelly started planning for her practice placement many months in advance of when her Plan of Study called for her registering for CMH 810 (practice placement). Students are strongly advised not to register for CMH 810 until the quarter in which they will have all of the requirements completed. Kelly heeded this advice so the delays she encountered did not result in her receiving an “Incomplete” for the course; (2) **The practice placement may be served at multiple locations with multiple site preceptors.** Kelly ended up accumulating practice placement contact hours at three different sites under the auspices of three different site preceptors. Approximately a quarter of MPH students end up serving their practice placement at more than one site; (3) **In-career students may serve their practice**

**placement at their primary place of employment.** However, practice placement activities must be beyond the student’s regular scope of work-related duties. Kelly did not work in the Safe Kids Program, although she was employed by Children’s Hospital in another department; and (4) **Always have a “Plan B” (and maybe even a Plan C).** As Kelly will readily attest, if something can go wrong, it probably will. The best thought out practice placement plans will sometimes succumb to Murphy’s Law. Like Kelly, students are highly advised to always have a back-up plan ready in order to obtain additional hours if necessary.

Kelly’s exemplary reaction to these setbacks offers valuable lessons learned. Like Kelly, when contemplating the practice placement requirement, one should: do a lot of early, advance planning; remain flexible when things don’t go exactly as planned; never get discouraged; and, above all, maintain a good sense of humor!

*To discuss your practice placement project or to volunteer to be a practice placement site, please contact Ken Dahms, JD, MA at (937) 258-5555 or ken.dahms@wright.edu.*

## BLOOD CHOLESTEROL

### Making Sense of Your Numbers

A healthy cholesterol profile can reduce your risk for heart disease. All adults should talk to their doctor about when and how often to get their blood cholesterol screened, given their age, sex, and health history.

Type	High Risk for Heart Disease	Borderline-High Risk	Lowest Risk
Total Cholesterol	240 mg/dL* or above	200 - 239 mg/dL	Below 200 mg/dL
HDL (good cholesterol)	Below 40 mg/Dl for men Below 50 mg/dL for women	Not applicable	40 - 49 is ave for men 50 - 59 is ave for women
LDL (bad cholesterol)	160 - 189 mg/dL (190 and above is very high risk)	130 - 159 mg/dL	100 – 129 mg/dL (<100 ideal)
Triglycerides	200 - 499 (500 and above is very high risk)	150 - 199 mg/dL	Lower than 150 mg/dL

\* mg/dL = Milligrams per deciliter of blood

## Culminating Experience Update by Raymond Ten Eyck, MD, MPH

As in prior years, the Summer Quarter was a relatively quiet period in regards to culminating experience completions. Following the record setting pace of this past Winter and Spring Quarters, only two students finalized their manuscripts and presented the results of their research over the summer. Although the number of completed projects was small, the high quality of the manuscripts submitted and the presentations delivered was sustained.

Andrea Dillon worked closely with the Community Blood Center in Dayton to evaluate the projected impact of an aging population on the blood supply along with the demand for blood products. Andrea's research entitled "Demographic Trends in Blood

Donation and Utilization in the Community Blood Center/Community Tissue Services Catchment Area" was completed under the guidance of her committee chair, Mr. William Mase and her consultant, Dr. Judith Woll .

Andre' Holland evaluated the relationship between condom use by college students and a number of variables including the history of safe sex discussions, HIV/AIDS testing behavior, current sexual practices and attitudes toward condom use. Andre's research project entitled "Condom Use and College Students in Barbados" was completed under the guidance of Dr. Marietta Langlois, who served as his committee chair and Dr. John McAlearney who served as his consultant.

I would like to offer my congratulations, along with those of the whole MPH faculty, to Andrea and Andre' for their hard work and success in completing the culminating experience and the MPH program. Their research has helped address significant public health issues in our community and has contributed to the reputation of our program. I would like to also express my sincerest appreciation to the guidance committee members who shared their time, expertise and experience to help our students achieve their research goals in the MPH program.

*For more info about the MPH Culminating Experience Project, please contact Ray Ten Eyck, MD, MPH at (937) 258-5555 or [raymond.teneyck@wright.edu](mailto:raymond.teneyck@wright.edu)*



### Alumni Spotlight: Melissa Wallace

Melissa Wallace is a proud 2007 graduate of WSU's MPH program. Going back for her MPH degree proved to be very rewarding. After graduation, Melissa took on more responsibility which led to her promotion to Health Commissioner for the Preble County General Health District on May 1, 2008. The MPH program helped prepare her for the role of Health Commissioner — meeting the public health needs of the community and mandates of the State while developing the public health workforce, achieving and maintaining fiscal health and wellness for your organization.

Finance is one of the biggest challenges facing public health, especially in a small rural county like Preble. City and county governments across the country are currently faced with budget reductions and the effect can be felt at the local level even in public health. In Preble County as an example, revenue for the local health fund has remained unchanged or decreased slightly since 2005. Associated costs of doing business have continued to climb at the same time. So in response to that, in 2007 they adopted a goal to achieve fiscal health and the process they used was to align their cost of doing business with their available sources of revenue. Do we hear a John McAlearney lecture on economics?

Completely different and positive news happened in June of 2008. Melissa married Greg Wallace from Middletown, OH. Greg is the Fire Chief for the City of Carlisle and a minister. They have five really great children Adam, Derek, Sarah, Andrea, and Amber plus a dachshund named Miles.

**SAVE THE DATE**

**CENTER FOR GLOBAL HEALTH SYSTEMS,  
MANAGEMENT, & POLICY  
9<sup>TH</sup> ANNUAL CONFERENCE**

**Summit on Public Health:  
Improving Healthy Lifestyles  
in the Miami Valley**

**Joint Sponsorship with Public Health – Dayton & Montgomery County,  
the Hittner Community Event, and Sinclair Community College**

**Wednesday, March 11, 2009 – 8:00 AM-4:00 PM**  
David H. Ponitz Sinclair Center, Sinclair Community College, Dayton, OH



**Boonshoft  
School of Medicine**  
WRIGHT STATE UNIVERSITY

Contact Pam Mondini at [pam.mondini@wright.edu](mailto:pam.mondini@wright.edu) or 937-258-5555  
to be placed on our brochure mailing list

## **Student & Faculty Invitation to Research Meetings**

The Center for Global Health Systems, Management, and Policy holds a monthly Research Meeting with faculty and staff involved in research. During the meetings, faculty and staff are asked to present on their research. Dr. Schuster would like to extend an invitation to the students & affiliated faculty to attend these presentations if they are interested and available. The meetings are usually held on a Friday from 10-11:30 am. The presentation dates and topics for upcoming meetings are listed.

Please contact Pam Mondini at (937) 258-5555 if you would like to attend any of these meetings.

**November 7, 2008** (Friday)  
**Sara Paton, PhD:**  
Low Birth Weight Registry

**December 5, 2008** (Friday)  
**Scott Richardson, MD:**  
Access to Specialty Care in the U.S.

## **Graduate Notes:**

### **Dionna Hatch (MPH '08)**

Dionna and her husband Mike are new proud parents of baby Maxwell Thomas. Max was born on October 1, 19 inches long and weighed 7 lbs. 5ozs. Welcome Max and congratulations to Dionna and Mike!

WSU MPH graduates - remember to submit any happenings since you've graduated, i.e. promotions, presentations, new job, publications, to Brian Butcher at [brian.butcher@wright.edu](mailto:brian.butcher@wright.edu).