

Health Impact

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IMPROVING THE HEALTH OF POPULATIONS, COMMUNITIES, AND INDIVIDUALS

FALL 2018



GROWING BY LEAPS AND BOUNDS

SPHHP IS EXPANDING, AND CLINICAL
ASSISTANT PROFESSOR JESSICA KRUGER'S
PUBLIC HEALTH 101 CLASS PLAYS A PART

PAGE 8

FROM THE DEAN

How do you gauge growth? Bars on a chart? The result of a formula? At the School of Public Health and Health Professions, we've been gauging growth lately by comparing where we are today with where we were just 18 months ago. And the growth we see is, in a word, unprecedented.

Grounds for the use that superlative are everywhere, from a wealth of new programs addressing the ever-evolving needs of public health professionals to the constant advancement of our research efforts. As well, new faculty and staff have arrived, bringing with them new perspectives and experience to help broaden our expertise. (Meet many of them on page 13.)



And, in a measure that soon will be readily obvious, we have been welcoming entering students in steadily increasing numbers that will actually double our student enrollment by 2022. The cover story of this issue of Health Impact offers a 10,000-foot view of all of

these developments, with updates on the status of our school's progress, as well as statistics on where many of our newest initiatives stand.

Another milestone puts the school's recent development in deep context: Next year marks the 100th anniversary of the establishment of UB's Department of Hygiene and Public Health, the precursor of our Department of Epidemiology and Environmental Health. That the most deadly flu pandemic in recent history was in full bloom at the time can hardly be coincidental. Look for a historical perspective of the department's roots in the next issue of this newsletter.

Until we meet again, enjoy the bounty that autumn brings.

Jean Wactawski-Wende, PhD

Dean, UB School of Public Health and Health Professions
SUNY Distinguished Professor

TRENDING AT SPHHP

More All-time Highs for UB

#1

public university in
New York State

Wall Street Journal/Times Higher
Education College Ranking Report

28th

best public university in U.S.

Wall Street Journal/Times Higher Education
College Ranking report

10 Years for OT/PT Programs

SPHHP's degree programs in physical therapy and occupational therapy have both received 10-year reaccreditation from their accreditation organizations. Reaccreditation says that the programs comply with national standards and requirements.

"The preparation and talent of the physical and occupational therapy faculty and staff is extraordinary," said Sue Ann Sisto, PT, MA, PhD, FACRM, chair of the Department of Rehabilitation Science, which houses the programs. "The faculty put forth their great commitment to students and their professions in preparing their accreditation documents."

The Physical Therapy program received its 10-year reaccreditation from the American Physical Therapy Association's Commission on Accreditation in Physical Therapy Education. The Occupational Therapy program received its 10-year renewal from the American Occupational Therapy Association's Accreditation Council for Occupational Therapy Education.



Alumni Association Achievement Awards Recognize Burstein

Earlier this fall, the UB Alumni Association recognized 12 outstanding alumni and university friends for their achievements and bringing distinction to UB. Their accomplishments significantly benefit both society and the university community, advancing the common good and inspiring others with passion and creativity.



DR. GALE BURSTEIN

SPHHP Research Professor Gale Burstein, MD, received the Community Leadership Award. The award is presented in recognition of outstanding accomplishments in making the university community a better place to live and work.

Burstein is health commissioner for the

Erie County Department of Health. There, she works with the community to address the region's most urgent health issues. She co-leads the county's opioid task force, spearheads Erie County's childhood lead toxicity prevention programs and administers the community health assessment and health improvement plan for the county. She also is a practicing physician with Endeavor Health Services adolescent substance use treatment program, and a clinical professor in the Department of Pediatrics, Jacobs School of Medicine and Biomedical Sciences. Through her lectures, mentorships, and participation in workshops and panels, Burstein exemplifies achievements that make UB and her community a better place to live, work, and study.

For more information about the awards, visit buffalo.edu/alumni/events/alumni-association-achievement-awards.



A Legacy of Education Continues

A MEMORIAL SERVICE this summer brought together members of the SPHHP community to remember a healer, teacher, and friend—Alfred (Al) Caffiero, UB emeritus clinical faculty member. As Dean Jean Wactawski-Wende, PhD, recalled in her remarks at the service, “Al was nothing if not inspirational.” Though Caffiero passed away last spring, his support for education—specifically an SPHHP education—continues.

Western New York's most prominent physical therapist, Caffiero co-founded Western New York Physical and Occupational Therapy, once the largest practice in the state. His relationship with UB began in the early 1960s. After a UB physical therapy student completed an internship with him, her husband, an orthopedic surgeon and UB professor, asked Caffiero to speak to his students about how physical therapists can help treat orthopedic patients. That event cemented his ties to UB.

For the next 50-plus years, Caffiero remained a staunch UB supporter, acting as a clinical educator, offering internship opportunities, and hiring numerous UB graduates. Caffiero, however, made further connections at UB, establishing 20 years ago a foundation that awards scholarships to UB doctor of physical therapy (DPT) students. The Caffiero Foundation has given scholarships to some 50 students since 2001.

Caffiero also “funded the White Coat ceremony for first-year DPT students for many years,” said Juli Wylegala, PT, PhD, director of physical therapy clinical education and clinical associate professor, Department of Rehabilitation Science, and a long-time Caffiero colleague and friend. Caffiero attended the ceremonies, during which students receive their first white lab coat symbolizing the transition into the clinical phase of their program, every year from 2006 until his death.

That sort of support seems to epitomize the man. “He was the most fun-loving, generous person anyone could ever meet,” Wylegala added. “He never turned his back on anybody.” In 2015 the UB Alumni Association awarded him the Community Leadership Award for outstanding contributions in the health community.

Pictured above: Al Caffiero, center, in his element at a department White Coat Ceremony.

Caffiero's legacy lives on in his scholarship fund, to which anyone can donate. Contact UB at 716-645-3013 or ubgiving@buffalo.edu to make a contribution.



\$11 million Study Looks at Effects of Air Pollution

SPHPH RESEARCHERS ARE LEADING AN \$11.4 MILLION,

long-term study of how air pollution has affected the health of several communities in Western New York. Tonawanda Coke Corp., a local producer of foundry coke, was ordered to fund the Environmental Health Study for Western New York after the company was convicted of violating the Clean Air Act and Resource Conservation and Recovery Act. The company actually closed its plant recently.

The study tracks the health of area residents and workers over 10 or more years while also taking their health history into account.

“The goal is to understand how airborne pollutants, including emissions from the Tonawanda Coke plant, have affected public health in surrounding communities,” said **Matthew Bonner, PhD**, associate professor of epidemiology and environmental health and the study’s principal investigator. The study will also support educational efforts and community-driven initiatives to improve health.

Advisory committees of residents and community leaders will help inform the project, and a scientific advisory committee consisting of national epidemiology and environmental health experts will provide guidance on scientific matters.

Researchers to Use Big Data to Enhance Liver Care



Biostatistics Professor **Marianthi Markatou, PhD**, is co-principal investigator on a study supported by a five-year, \$3 million grant

from Kaleida Health Foundation’s Troup Fund. Markatou, who is associate chair of research and healthcare informatics, Department of Biostatistics, and assistant director, Institute for Healthcare Informatics, will work with Professor of Medicine Andrew H. Talal, MD, Jacobs School of Medicine and Biomedical Sciences.

Their goal is to apply the power of big data to enhance liver health in Western New York by developing better ways to screen and identify patients with chronic liver disease. Markatou will develop new methods to extract credible information from big data and identify patients with liver disease and liver cancer, which will enable the development of population health algorithms.

“The methods,” Markatou says, “... refocus the question of data usage from the massiveness of the data to the question of interest and the associated data analytic task, and leverage, when appropriate, the data size for information extraction.”

Faculty in Print



JOHN VIOLANTI



DAVID HOSTLER

John Violanti, PhD, research professor, Department of Epidemiology and Environmental Health, is co-author on the paper “Evidence-based guidelines for fatigue risk management in Emergency Medical Services.” (Published in a special issue of Prehospital Emergency Care)

In addition, **David Hostler, PhD, EMT-P, DMT**, chair and professor, Department of Exercise and Nutrition Sciences, and Jennifer Temple, PhD, associate professor; director, Nutrition and Health Research Laboratory; and graduate program director, Department of Exercise and Nutrition Sciences, were lead authors on a supporting review on caffeine use and fatigue in shift workers, also published in the Prehospital Emergency Care special issue.

Faculty in Print



MACHIKO TOMITA

Clinical Professor **Machiko Tomita, PhD**, and Clinical Associate Professor **Nadine Fisher, EdD**, both in the Department of Rehabilitation Science, are lead authors of a cross-generational study revealing the need for older women to build up muscle strength early in the

aging process to help ward off the effects of aging. (Published in the journal *Physical & Occupational Therapy in Geriatrics*)



NADINE FISHER



Michael LaMonte, PhD, MPH, research associate professor, Department of Epidemiology and Environmental Health, is

lead author on a study showing for the first time that walking more can significantly lower the risk of heart failure in older women. (Published in the *Journal of the American College of Cardiology: Heart Failure*)



A new study suggests that in women over age 70, working up a sweat can reduce the influence genes have on obesity. "Our sample...is the first to show that in the 70- to 79-year-old age group, exercise can mitigate the genetic effects of obesity," said the study's lead author **Heather Ochs-Balcom, PhD**, associate professor, Department of Epidemiology and Environmental Health. (Published in the journal *Menopause*)



JEAN WACTAWSKI-WENDE

SUNY Distinguished Professor and SPHP Dean **Jean Wactawski-Wende** is senior author of a study that identified several key factors in postmenopausal women associated with height loss, a common occurrence in this age group that is known to increase the risk for death and disease.



XIAODAN MAI

Xiaodan Mai, MBBS, PhD '15, research assistant professor, Department of Epidemiology and Environmental Health, is the paper's first author. (Published in the journal *Menopause*)

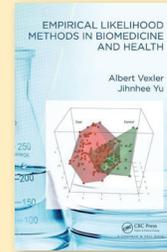


Jessica Kruger, PhD, CHES, clinical assistant professor, Department of Community Health and Health Behavior, is

lead author on a paper about research looking at a sample of college students to understand how drinking affects what they eat when they indulge in the "drunchies," or drunk munchies. (Published in *California Journal of Health Promotion*)



Pavani Ram, MD, associate professor, Department of Epidemiology and Environmental Health, is a co-author on a study showing that improving water, sanitation, and hygiene in poor regions of Bangladesh helped overall health, but contrary to expectations, did not improve children's growth and development. (Published in *The Lancet Global Health*)



Albert Vexler, PhD, professor, Department of Biostatistics, is the author of two books recently published by Chapman and Hall/CRC:

- "Empirical Likelihood Methods in Biomedicine and Health," supported by the National Institutes of Health methodological grant and co-authored with **Jihnhee Yu, PhD, SPHP** associate professor and director of the Population Health Observatory, Department of Biostatistics. The book is designed for scientists who are new to the research area, including statisticians interested in learning more about advanced non-parametric topics including various modern empirical likelihood methods.
- "Statistics in the Health Sciences: Theory, Applications, and Computing," co-written with Alan Hutson. According to reviewer Aleksey S. Polunchenko, Department of Mathematical Sciences, SUNY at Binghamton, "The topics within the book's purview...are all covered with inspiring clarity and precision."



The amount of combat to which soldiers are exposed may have less of an effect on them than their perceptions

of how traumatic that experience was, according to a study co-authored by **Gregory G. Homish, PhD**, associate professor and associate chair, Department of Community Health and Health Behavior. The research studied how perceptions of trauma affect reserve and National Guard soldiers who have experienced combat, especially in terms of their potential abuse of alcohol. (Published online in *Social Psychiatry and Psychiatric Epidemiology*)

Recent SPHHP Research Awards

Recipient	Principal Investigator* / Funding Organization <i>*except where noted</i>	Study Goals
DEPARTMENT OF BIOSTATISTICS		
 Greg Wilding, PhD Professor and chair (Co-investigator)	National Institute of Nursing Research/National Institutes of Health (NIH)	Testing the efficacy and durability of a self-management behavioral intervention for cancer survivors with insomnia to reduce disease burden and disability, improve well-being, strengthen self-determination, and participation in health care, and prevent illness and complications.
	National Institute on Aging/NIH	Improving immunosuppression based upon age, race, and sex by providing a bridge from current non-specific clinical monitoring methods to create novel dosing integrating age, race, and sex with cellular and clinical endpoints, pharmacokinetics, and pharmacogenomics to attain personalized medicine.
	Augusta University/American Diabetes Association	Enabling earlier clinical predictions, thus extending windows for interventions of evolving diabetic nephropathy (DN); and pushing renal diagnostics to take earlier renal biopsies for patients with suspected DN to identify high risk, prolonging patients' quality of life.
 Guan Yu, PhD Assistant professor (Co-investigator)	National Institute of Dental & Craniofacial Research/NIH	Examining damage-associated molecular patterns (DAMPs) to provide knowledge about their role in primary Sjogrens Syndrome and other autoimmune diseases characterized by DAMP-mediated inflammation.
 Jihnhee Yu, PhD Associate professor (Co-investigator)	U.S. Department of Education	Investigating whether the academic and social outcomes of children with ADHD can be enhanced through the use of a daily report card based on Individualized Education Plan goals and objectives.
DEPARTMENT OF COMMUNITY HEALTH AND HEALTH BEHAVIOR		
Gregory Homish, PhD Associate professor and associate chair	National Institute on Drug Abuse/NIH	Examining the impact of two military experiences, never being deployed, and separation from military on substance use outcomes for soldiers and their spouses.
 Lucia Leone, PhD Assistant professor	National Cancer Institute/NIH	Implementing a mobile produce market with eight organizations nationwide to determine if previously documented positive impact on diets of residents in lower-income communities can be replicated and develop a best-practices toolkit to help others implement the program.
 Sarahmona Przybyla, PhD, MPH Assistant professor	University of Rochester	Studying the trajectory of substance use and recovery, HIV-related medication use, and reproductive health behaviors in females participating in drug treatment court.
DEPARTMENT OF EPIDEMIOLOGY AND ENVIRONMENTAL HEALTH		
 Jo Freudenheim, PhD UB Distinguished Professor and chair	Peter T. Rowley Breast Cancer Scientific Research Projects, N.Y.S.	Increasing public awareness and availability of resources for breast cancer screening and treatment



Ekaterina Noyes, PhD, MPH
Professor and director,
Division of Health Services
Policy and Practice

Benaroya Research Institute
at Virginia Mason/NIAID/NIH

National Cancer Institute/NIH

Comparing the Best Available Approved Theory strategy versus the Autologous Hematopoietic Stem Cell Transplant treatment strategy for treatment-resistant, relapsing-remitting multiple sclerosis.

Assessing the feasibility and acceptability of problem-solving skills training among colorectal cancer survivors in order to develop and test a novel intervention to help improve health and function of cancer survivors.



Laura Smith, PhD
Assistant professor

Cornell University/Bill &
Melinda Gates Foundation

Elucidating the potential causal link between mycotoxins, gut dysfunction, and stunting in young children to inform development of more effective child-health interventions.

John Violanti, PhD
Research professor
(Co-principal investigator)

National Institute of Justice

Investigating the effects of PTSD symptoms on attention and cognitive control in police and identifying neural markers associated with deficits in these processes.

DEPARTMENT OF EXERCISE AND NUTRITION SCIENCES



Zachary Schlader, PhD
Assistant professor

Naval Sea Systems Command

Determining the magnitude of increases in core body temperature or reductions in body fluids incurred in a warm and humid-disabled pressurized rescue module scenario at sea level and depth for up to 24 hours.

DEPARTMENT OF REHABILITATION SCIENCE

Machiko Tomita, PhD
Clinical professor

Excellus BlueCross/
BlueShield/Univera
Healthcare

Developing a functional exercise program for nurses in BlueCross/BlueShield of Western New York to implement as part of a program designed to reduce the number of falls and related emergency department visits for older patients.



Jeanne Langan, PT, PhD
Assistant professor

Institute Awards Projects in Transitional Research

SEVERAL SPHHP FACULTY and researchers will take part in promising projects, newly funded by UB's Clinical and Translational Science Institute, designed to translate research into practice in Western New York. Support for the awards comes from local institutions and the National Center for Advancing Translational Sciences/National Institutes of Health.

- Community Health and Health Behavior Associate Professor Heather Orom, PhD, assistant dean for equity, diversity and inclusion; and director of graduate studies, and Professor Gregory Wilding, PhD, chair of the Biostatistics Department, are co-investigators in a study to help schools manage asthma. They propose a multifaceted intervention to reduce disease due to asthma and health inequities.
- Wilding and Epidemiology and Environmental Health Professor Ekaterina I. Noyes, PhD, MPH, director of the

Division of Health Services Policy and Practice and director of the MPH concentration in health services administration, are co-investigators in a study to identify risk factors for health differences in people with lung cancer. The study will compare health utilization of low-income people with lung cancer with evidence-based guidelines for lung cancer.

- Professor David P. Hostler, PhD, EMT-P, DMT, chair of the Department of Exercise and Nutrition Sciences, is a co-investigator on a study seeking to validate a new six-step approach that allows emergency physicians to safely discharge patients after a one-hour observation period following treatment with naloxone.
- Associate Professor Katarzyna Kordas, PhD, co-director of the Community for Global Health Equity, is principal investigator, and Post-doctoral Associate Julia Ravenscroft, PhD, a co-investigator, on a study to investigate the potential of dietary approaches to lower blood lead concentrations in toddlers and young children who are highly susceptible to lead toxicity.

BY LEAPS AND BOUNDS:

SPHHP'S EXTRAORDINARY GROWTH

BY THE NUMBERS

322

2018 GRADUATES
(most ever)

95

CURRENT MPH STUDENTS
(largest class ever)

8

NEW PROGRAMS
SINCE 2017*

More students. More programs. More faculty.

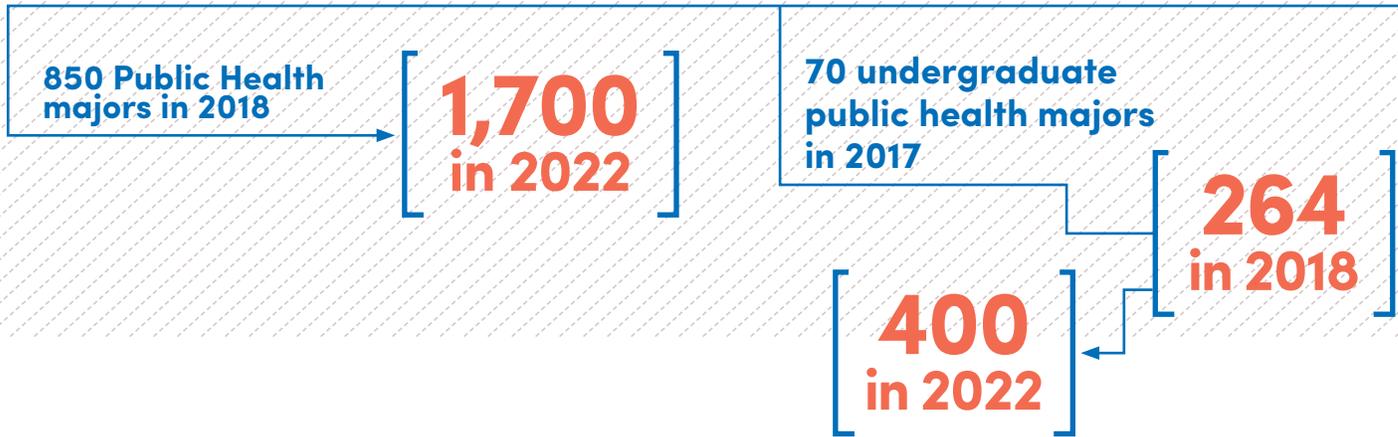
DURING THE PAST 18 MONTHS, growth has been an animating force at the School of Public Health and Health Professions. It's permeating every corner of the school, enriching the way students, faculty, and staff improve the health of people and communities.

"The growth we've seen over the past 18 months—as well as the growth we're anticipating—is unprecedented," says SPHHP Dean Jean Wactawski-Wende, PhD. As well, as an acknowledged crucial element in the University at Buffalo's overall growth, "We're not only mirroring the university's growth, but we're also a major contributor to it," she adds.

To wit: Since its founding 172 years ago, UB has become a public research university of 30,000 students from across the U.S. and more than 100 countries. Likewise, with the addition of innovative programs, SPHHP is expanding its enrollment, expecting to more than double its number of enrollees by 2022.

*Public health BS • Statistics BA • 3+2 exercise science BS/athletic training M.S. • 3+2 public health BS/community health and health behavior MS • 3+2 public health BS/epidemiology MS • 3+2 public health BS/master of public health • Advanced graduate certificate in public health • Dietetic internship + master's degree in nutrition

MORE NUMBERS



RAPID EXPANSION

The expanding universe of SPHHP programs puts a definitive stake in the ground toward preparing the next generation of public health professionals. In fact, The Association of Schools & Programs of Public Health (ASPPH) endorses precisely the type of public health and health professions education evolving at SPHHP. ASPPH’s recent initiative “Framing the Future” calls for schools to “produce professionals whose knowledge is broad, interdisciplinary, and grounded in deep, specialized study of the conditions that shape the health of populations,” emphasizing interdisciplinary learning and the “significant value in education in undergraduate public health regardless of a graduate’s ultimate career destination.”

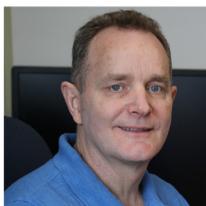
NEW IN PUBLIC HEALTH

- One of the fastest-growing parts of SPHHP is the undergraduate Public Health program, which started accepting students in 2017.



SARAMONA PRZYBYLA

From 70 majors about a year ago, the program now boasts 264 majors—“with very little promotion,” according to Interim Director of Undergraduate Public Health Programs and Community Health and Health Behavior Assistant Professor Sarahmona Przybyla, PhD, MPH. Based on core foundational principles, the undergraduate Public Health program is also “integrative. [Students] get



DIETRICH KUHLMAN

a smattering of each concentration like epidemiology or community health behavior in one course, emphasizing the conceptual commonalities and relevance among different areas.”

- Another new SPHHP undergraduate degree program, kindled by the explosion of big data in a range of fields, is statistics—one of only two such programs in the State University of New York system. “Job growth is strong,” says Program Director and Research Professor Dietrich Kuhlmann. “Statisticians are employed in a wide variety of job sectors.” The program got underway in 2017, and has already graduated seven students.
- Arriving arm-in-arm with the BS in public health in 2017 were the two newest “3+2” programs, in which public health undergraduate students showing academic promise get early entry into the Master of Public Health (MPH) program.

“Dean Wactawski-Wende actually coined a phrase, ‘finish in four, flourish in five,’” says Associate Dean for Academic and Student Affairs Gaspar Farkas, PhD. “The 3+2 MPH programs make education more affordable because you can enter the field earlier, and you don’t have to take courses with similar content at the undergraduate and graduate levels,” Farkas adds. Additionally, 3+2 programs in any public health concentration are available, according to Director of MPH Initiatives Kim Krytus, MSW, MPH, CPH. “We are excited to welcome our first group of 3+2 students into the MPH program in fall 2019,” she says.

Continued on page 10.

WHAT THE IMMEDIATE FUTURE HOLDS

- 24 anticipated public health BS graduates in 2019
- “Culinary Medicine,” a nine-module course bringing dietetic interns and medical students into the kitchen to cook and work interprofessionally
- Seven new public health courses for undergraduates, including “Capstone—Modern Public Health Problems and Solutions,” beginning next semester
- A new 4+2 program, featuring a streamlined application process, for psychology undergrads who show academic promise and want to earn an MPH



RYAN KRZYZANOWICZ

Athletic training master's degree students actually saved the lives of six runners suffering from exertional heat stroke during this summer's Buffalo Marathon, with Athletic Training Program Director Ryan Krzyzanowicz reviving one runner with a 105.8°F temperature.

- Launched this fall are courses leading to an advanced graduate certificate in public health, which students can take online, in the classroom, or both, depending on their needs. The program, says Krytus, “aims to fill an acknowledged skill gap in people who work in public health.” Students gain knowledge and skills to apply in their current job or to advance further. If they’re in another field, they might discover opportunities to embark on a new career.

NEW IN HEALTH PROFESSIONS

- Three concentrations new this fall in the Department of Exercise and Nutrition Sciences address the growth in the fields of wellness and sport. “Fitness, for instance, is a multi-billion dollar industry,” says Professor David Hostler, PhD, FACSM, the department’s chair. The pre-health professions track gives students who are planning healthcare careers the scientific understanding of how exercise affects the body and disease processes. They also get the advantage of getting in some of their health-profession prerequisite courses like biology. The health promotion track offers a foundation in aspects of health promotion and wellness like physical activity, nutrition, stress management, and health coaching. This concentration ties into the trend Hostler notes of more and more

employers putting wellness programs into place that require professionals with the skills to help keep employees healthy. The applied exercise physiology track gives students the understanding and skills to help people “achieve outcomes like running faster or lifting more to gain strength,” Hostler explains. Graduates work as fitness directors, sports performance coaches, and more.

- The new connection between the dietetic internship and the MS degree in nutrition addresses a new requirement of the profession: Students who take the registered dietitian exam must hold the master’s degree in addition to completing their 1200 hours of dietician field experience. Combining the requirements “lets students complete their training and MS in 16 months, which is almost half of what they would have had to do otherwise,” explains Nicole Klem, MS, RDN, CDN, director of the Dietetic Internship with MS in Nutrition program.
- The newest graduate professional program—the MS in athletic training—combined with the BS in exercise science kicked in this past summer for students interested in sports medicine and working with physically active patients. In addition to adding diversity to the school’s student body, Athletic Training Program Director Ryan

Krzyzanowicz, DAT, LAT, ATC, explains that, since “the new entry-level degree for an athletic trainer will be a master’s, we are set up well for the shift in athletic training education.” A new coordinator of clinical education sets up clinical sites and instructors for the program, and another faculty member will join the program in January, Krzyzanowicz adds.

NEW IN INTERPROFESSIONAL EDUCATION

- UB’s Interprofessional Collaborative Practice, which SPHHP helped found in 2017, recently introduced its micro-credential program made up of three digital “badges.” To earn the badges, students learn and experience how to work collaboratively within a healthcare team made up of health professionals in occupational and physical therapy, medicine, nursing, social work, pharmacy, dental medicine, and others. “The opportunity for UB health professions students to learn how to work together in interprofessional healthcare teams before they graduate provides them with the knowledge and skills that are essential to optimize their patient outcomes by ensuring their patients are receiving the care they need from the most appropriate practitioner,” explains Assistant Vice President for Interprofessional Education Patricia Ohtake, PT, PhD.

Researcher Shares Findings on Impacts of Science-based Tobacco-control Policies



Geoffrey Fong presents ITC findings

AS THE WORLD CONFRONTS the continuing pandemic of deaths caused by tobacco use, a research program led by noted scholar Geoffrey T. Fong offered scientific evidence for policies that fight the epidemic worldwide. Founder and chief principal investigator of the program, Fong, PhD, FFRSC, FCAHS, discussed its impact during the 30th J. Warren Perry Distinguished Lectureship, "The use of scientific evidence in the fight against the global tobacco epidemic: Examples from the International Tobacco Control Policy Evaluation Project."

The International Tobacco Control Policy Evaluation Project (ITC) is the first-ever international cohort study of tobacco use. It is conducted by more than 150 researchers in 29 countries covering half the world's population and two-thirds of its tobacco users.

According to Fong, the ITC is "the greatest disease-prevention initiative in history." He adds that the keys to reducing deaths

from tobacco are strong policies of the types recommended by the ITC and fast implementation of those policies.

The stakes around Fong's effort could hardly be higher: "Tobacco use is the number one preventable cause of death throughout the world and is projected to kill one billion people in the 21st Century," he explains.

Fong is professor of psychology and of public health and health systems at the University of Waterloo, and senior investigator at the Ontario Institute for Cancer Research. He has published some 320 journal articles and contributed to major reports from the International Agency for Research on Cancer, United States Institute of Medicine, the U.S. Surgeon General, and more.

SPHHP sponsors the J. Warren Perry Award and Distinguished Lectureship, which honors the late J. Warren Perry, PhD, founding dean of UB's School of Health Related Professions.

Expert on AIDS in China Outlines Intervention Results

Na He, dean of the School of Public Health at Fudan University in Shanghai and an expert on the AIDS epidemic in China, delivered the third annual Richard V. Lee Lecture in October. Lee's talk, "HIV/AIDS Epidemic and Control: China CARES," focused on how China's reaction to its AIDS epidemic helped mitigate the ravages of the disease.

As the AIDS crisis swept China, He worked to prevent HIV transmission using antiretroviral drugs. This work includes initiating combination antiretroviral therapy (cART) early for patients; treatment to prevent transmission for couples in which only one of the individuals is HIV

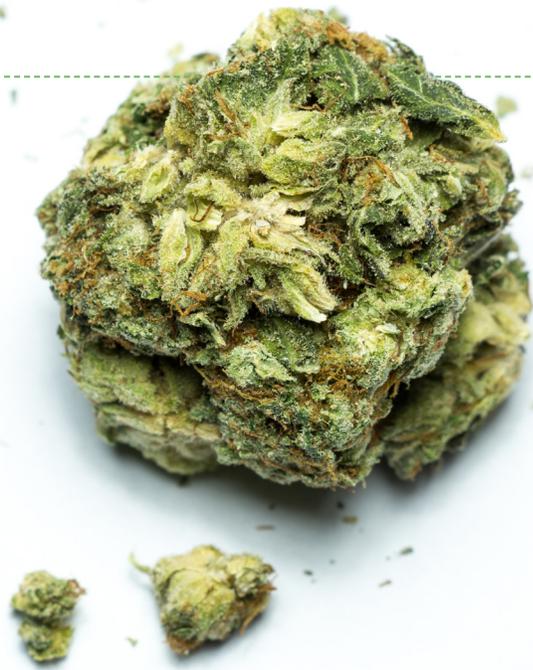
positive; and giving medication that prevents HIV infection to men who have sex with men but do not yet have HIV.

A professor of epidemiology, He also noted that his country maintains nearly 800 clinics to help intravenous drug users manage their addiction through the use of methadone. In addition, He described how China's strategy of mass testing for HIV has been adopted by the United Nations program to help end the AIDS epidemic, UNAIDS 90 90 90.

The School of Public Health and Health Professions' Office of Global Health Initiatives presents the Lee Lectureship, which the school established to honor former faculty member Richard V. Lee.



Na He highlights results



Associate Dean Named To Marijuana Working Group



R. LORRAINE COLLINS

SPHP ASSOCIATE DEAN FOR RESEARCH R. LORRAINE COLLINS, PHD, was named to a working group, created by New York Gov. Andrew M. Cuomo, tasked with drafting legislation on how to regulate marijuana use in New York State. Collins is a psychologist with decades of experience in substance use and abuse research who has studied marijuana over the past 20 years.

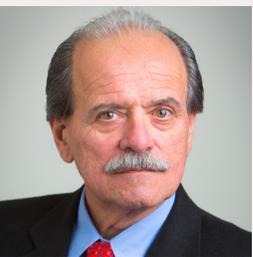
“There are lots of complexities in regulating marijuana,” Collins said. “What mode of product are you going to allow? What’s the maximum amount that people can buy? Where can the dispensaries be located?”

The workgroup was created based on the findings of a

multi-agency study commissioned by the governor. Its report concluded the positive impacts of a regulated marijuana market in New York State outweigh the potential negative impacts, and that areas that may be a cause for concern can be mitigated with regulation and proper use of public education that is tailored to address key populations.

“A lot of people focus on the psychoactive ingredient, which is THC, but we also know that there are medicinal properties of CBD, which is another important component of the cannabis plant,” Collins added. “We’re talking about a plant that has multiple cannabinoids, and we don’t know a whole lot about them and what they can and cannot do.”

Hear Collins further discuss the topic at news.wbfo.org/term/lorraine-collins.



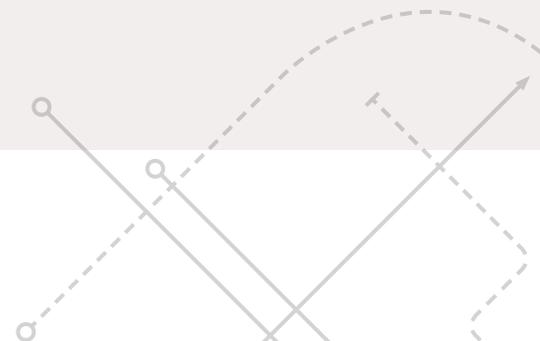
ARTHUR MICHALEK

RESEARCH PROFESSOR INVITED TO CANCER ASSOCIATION ACADEMY OF FELLOWS

ARTHUR MICHALEK, PHD, FACE, research professor, Department of Epidemiology and Environmental Health, will be one of the inaugural members of the new Academy of Fellows of the American Association for Cancer Education (AACE).

The academy recognizes preeminent cancer education leaders of national and international renown who “have rendered dedicated and outstanding service to the Association and the field of cancer education.”

The Academy will be established in 2018 at the International Cancer Education Conference, when the first cohort of Fellows will be recognized at the AACE Annual Business Meeting, with a formal induction conducted in 2019. The Academy will serve as a think-tank to define trends and direction for cancer education needs, curriculum, programs, and initiatives. It will also help shape the future of the field of cancer education.



New to SPHHP

THE SCHOOL OF PUBLIC HEALTH AND HEALTH PROFESSIONS

added and promoted several faculty and staff this autumn. They include:

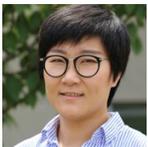
Department of Biostatistics



Joseph Consiglio, PhD '14, research assistant professor

Role: Contributing to the teaching, scholarship, and service mission of the department with an emphasis on work with the undergraduate statistics program.

Department of Community Health and Health Behavior



Yibin Liu, PhD, clinical assistant professor

Research focus: Implementing and evaluating multi-level and community-based interventions to improve food security, diet, and health among low-resource populations and rural communities.

Education: Postdoctoral research in community nutrition and epidemiology, Purdue University Department of Nutrition Science.

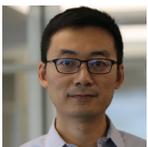
Department of Epidemiology and Environmental Health



Jennifer Forgnone, MS, department resource manager

Previously: Clinical research manager, Immco Diagnostics, Buffalo, N.Y.

Education: MS '06, biology, UB



Meng Wang, PhD, assistant professor, Environmental Health Division

Research focus: Environmental exposure monitoring, air pollution modeling, and health impacts of environmental exposures.

Education: PhD in environmental health, Utrecht University, the Netherlands; senior fellowship, Department of Occupational and Health Sciences, University of Washington School of Public Health.

Department of Exercise and Nutrition Sciences



Nicole Klem, MS, RD, program director, Dietetic Internship with MS in Nutrition

Expertise: Site visitor for the Accreditation Council for Education in Nutrition and Dietetics.



Sarah Krzyzanowicz, MSED, ATC, clinical instructor and coordinator of clinical education for athletic training

Role: Initiates affiliation agreements and secures clinical sites where students complete their athletic training clinical experiences.



Danielle Meyer, MS, RD, clinical director, Dietetic Internship with MS in Nutrition program

Expertise: Holds a specialty certification in oncology nutrition.

Department of Rehabilitation Science



Michael Brown, PhD, clinical assistant professor, Physical Therapy program

Previously: Taught in the Physical Therapy program at Daemen College, Buffalo.

Education: Doctor of physical therapy degree, UB; currently completing his PhD at UB.



Sharon Ray, ScD, OTR/L, clinical associate professor, Occupational Therapy program

Previously: Led the Behavioral and Community Health doctoral program concentration at Stony Brook University.

Education: MS in occupational therapy, Boston University; ScD in therapeutic studies, Boston University.

Dean's Office



Stacy Hills, MS, program coordinator, graduate public health programs

Previously: Program director in the Chemung County Health Department for a tobacco-control grant funded by the New York State Department of Health.

Education: MS, community health, SUNY Cortland.



Deborah Kane, BS Ed, marketing and program development, Practice Facilitator program, N.Y.S. Ombudsman, advocating for residents of nursing homes, assisted living, and other licensed adult-care homes

Previously: Associated with the Continuing Education and Professional Development Unit of Millard Fillmore College.



SONIA SHARMA, PHD

PhD Graduate Wins First Place in Poster Competition

A RECENT GRADUATE of the doctoral program in epidemiology and environmental health won first place in an international poster competition for her

study assessing whether injury and types of injuries increased risk among adults for development of temporomandibular (TMD) pain disorders, a condition of pain in the face, mouth, lips, or jaw.

Dr. Sonia Sharma, PhD '18, won the award in the pre-doctoral category of the International Network for Orofacial Pain and Related Disorders Investigator Awards. She is a research assistant professor in the Department of Oral Diagnostic Sciences in UB's School of Dental Medicine and a post-doctoral fellow in the faculty of odontology at Malmö University.

Data for Sharma's study were from the seven-year Orofacial Pain Prospective Evaluation and Risk Assessment project, an NIH-funded study that assessed risk factors associated with development of TMD. Findings from Sharma's dissertation showed that jaw injuries identified when they occurred during the study's observational phase are strongly associated with TMD.

"The strength of that association is influenced by using a statistical model that is sensitive to the element of time from when the injury occurs to when TMD begins, and we believe that this better merges with what we know about the process of injury," Sharma said.

ATTEND AN EVENT!

TO REGISTER FOR ALUMNI EVENTS VISIT [BUFFALO.EDU/ALUMNI/EVENTS](http://buffalo.edu/alumni/events)

#UBSPHHP ON SOCIAL MEDIA



Preeminent in Their Field

Two alumni of the doctoral program in epidemiology and environmental health are beginning and ending associations with the preeminent organizations of epidemiologists in the U.S.



Pauline Mendola, PhD '94, recently completed a term as the president of the American College of Epidemiology, which is

dedicated to continued education and advocacy for epidemiologists in their efforts to promote good science and the public health.



Enrique Schisterman, PhD '99, is current president of the Society for Epidemiologic Research, whose

mission is to keep epidemiologists at the vanguard of scientific developments.

Both Mendola and Schisterman were mentored by Germaine Louis, MS '80, PhD '87, also a graduate of the program.

STAY CONNECTED.

We want to hear from you! Visit the UB Alumni Association's UB Connect page and let us know what you've been doing since graduating.

>> sphhp.buffalo.edu/alumni/connect



Amy Shaver, MPH '17 (right) receives award from Commander Victoria Ferretti-Aceto of the Food and Drug Administration's Center for Drug Evaluation and Research.

Alumna Receives U.S. Public Health Award

THE UNITED STATES Public Health (USPHS) Service Pharmacist Professional Advisory Committee awarded Amy Shaver, MPH '17, PharmD '18, as a recipient of the 2018 United States Public Health Service Excellence in Public Health Pharmacy Award.

Shaver was chosen "for her continued dedication and contributions to the people of Erie County, New York, primarily through diabetes and antibiotic overuse awareness events and materials."

With the increase in public health issues, including obesity, diabetes, and cardiovascular disease, pharmacy students play an important role in finding innovative ways to address these challenges. This prestigious award recognizes pharmacy students who have made significant contributions to public health by promoting wellness and healthy communities.

The USPHS's Pharmacist Professional Advisory Committee provides advice and consultation to the Surgeon General on issues related to both the professional practice of pharmacy and the personnel activities of Civil Service and Commissioned Corps pharmacists.

Back to Celebrate 30

The Class of 1988 doctor of physical therapy graduates got back together in September to celebrate their 30th reunion. Reunited via a Facebook search by classmate Dawn Blatt, attendees (and two spouses) enjoyed an evening of great memories and their 1988 class photos reproduced on their reunion nametags. Pictured, left to right: Lisa Botash Ellison, Sue Chute, Dawn Blatt, Carla Loop Rzepka, Lisa Rothwell, Cindy Lenihan Byrne, John Lewczyk, Glenn Labrozzi.





PAUL WASHBURN, MD

Lifestyle Medicine Vital to Alumnus's Healthcare Philosophy

WHEN PAUL WASHBURN talks about healthcare, he uses words like “commodity,” “investment,” and “consumption” as often as he does “productive lifespan,” “quality of life,” and “helping patients.” That seeming linguistic dichotomy resolves itself once Washburn, MD '16, MPH '16, describes his approach to helping people stay healthy and to the healthcare system itself.

Director and founder of the Health Medical Institute in Cheyenne, Wyoming, Washburn has spent a good portion of his career promoting the ideals of what's known as lifestyle medicine. (Actually, he was a member of the world's

first class of the American College of Lifestyle Medicine and is currently one of only about 200 physicians worldwide board-certified by that group.) The value of lifestyle medicine, he explains, “is keeping people outside hospitals, increasing their quality of life, mitigating end-of-life complications, and increasing their productive years for their family and in society.”

“We need a population approach to medicine, and public health can help.”

That focus, however, dovetails for Washburn with looking at how healthcare providers and payers can optimize every dollar invested in the system and patient care and increase its value. “So little value comes out of all our financial investments in healthcare,” he says. For this reason, he urges significant logistical and operational changes in the healthcare system and in where society allocates healthcare resources.

“We need a population approach to medicine,” Washburn says, “and public health can help.” His interest in the macroeconomic side of healthcare is reflected in his article, published by the International Journal of User-driven

Healthcare, called “Health Ballistics: Multiple Reference Point Informed Probability Theory.” In it, he examines ways to quantify how preventive health measures can affect people's productive lifespans and, ultimately, benefit society.

Working strictly “outside of hospitals,” Washburn provides his patients with comprehensive assessment and treatment plans to reverse and prevent chronic diseases. To do so, he joins forces with a range of providers, from physical therapists and dietitians, to long-distance collaborators like healthcare professionals at Western New York's Restore Medical Fitness.

Indeed, Washburn welcomes collaboration with anyone interested in lifestyle medicine. He believes that part of his job is “to assist in trajectory change for our populations. And I'm enthusiastic about talking to people about their visions for the same.”

Washburn's time at UB as a preventive medicine resident and master's degree student in public health helped incite his philosophical bent. The programs, he remembers, were “very good for diversity and collaboration between modern Western medicine practices. They reach inside the core of medical providers and bring out what they really want to do—help people.”

His tenure at UB and struggle finding time to write “Health Ballistics” combined to benefit SPHHP when Washburn created the Vision Award. Given to MPH students implementing their vision for important improvements in healthcare delivery, population health, health economics, health behavior, health administration, or health-promoting environments, the award is designed, Washburn says, “to support students' work on their personal vision of what healthcare and public health leadership should be before it's been corrupted by real life.”



Recreation on the Move

Students from SPHHP's Department of Rehabilitation Science showed how specially designed equipment can help people with disabilities participate in sports and recreational activities at the recent WNY Adaptive Recreation Expo. The students planned and promoted the event, which attracted dozens of people interested in learning more about resources for adaptive recreation. During the event, the department's chair, Sue Ann Sisto, PT, MA, PhD, FACRM, led a wheelchair skills workshop to teach students who will be future clinicians how to educate their patients about wheelchair skills.

Pictured above: **1** Front left (student names in italics): Luther Vucic, Front right: Steve Spitz. Row 2: Carrie Callahan, *Lisa Harb*, *Kristen Gonfiantini*, Sue Ann Sisto, Jeanne Langan, *Alyssa Surdam*, *Natalie Abialmouna*, *Chuck Foley*, Dan Vucic. Row 3: *Graeme Gowland*, *Ryan Reed*, *Katy Diekmann*. **2** The WNY Adaptive Recreation Expo featured hands-on experience with special equipment.



NANCY H. NIELSEN, MD

Commencement Speakers Offer Sage Advice

WHEN SPHHP'S 2018 GRADUATES gained their diplomas during commencement, they also gained pointed advice from the event's keynoters: Nancy H. Nielsen, MD '76, PhD, senior associate dean for health policy and clinical professor at UB's Jacobs School of Medicine and Biomedical Sciences; and alumna Laura Barnum, MBA '00, MS, vice president for finance and management at Buffalo State College.

Nielsen is a nationally recognized authority in medicine, outspoken advocate for affordable health insurance for all Americans, and a past president of the American Medical Association. A sample of her thoughts:

"We need every one of you, in all the fields represented here today... to generate new knowledge, disseminate it and help us act on it, and always look for unintended consequences."

"Bring your best analytic skills to [your work], and don't be afraid to speak truth, especially in these times when opinions often overshadow facts....You may have access to data...that contain secrets or clues to solutions if only analyzed rigorously as many of you will do. Turn data into information, actionable information, but remember to respect the privilege that society has given you...It's your responsibility to keep information from harming others. Tread lightly."

Barnum, who also holds a BS in exercise science from UB, has more than 24 years of higher-education administration. Noting that her career path was not what she had guessed when she began her work life, she told her audience to "Be open and flexible to new opportunities."

"If you don't have one already, get a mentor. Get two—someone to give you honest feedback, guidance, and strength on days you'll really need them."

"Stay connected to UB, your school, and the alumni association. They're here to help. This is also an opportunity that I have found to give back to the next generation of students—your experience your knowledge—to help them along their journey."



PhD Candidate Receives Research Fellowship Award for Obesity Project



AMANDA CRANDALL

AMANDA CRANDALL, a community health and health behavior doctoral candidate, received an F31 Research Fellowship award from the National Institute of Diabetes and Digestive and Kidney Diseases/National Institutes of Health (NIH) for a project related to obesity in adults. The award funds her graduate work for three years.

According to Crandall, her project “An investigation of the effects of food scarcity on reinforcement pathology among parents and offspring” is designed to “learn about the mechanisms behind the relationship between childhood poverty and adult obesity.”

“Based on previous work in this area we suspect that experiences of poverty in childhood may raise one’s risk for food reinforcement pathology,” Crandall adds. “To test this, we’re going to bring children and adolescents, along with their parents, into our laboratory and look at their reactions to financial gains and losses in terms of food motivation.”

Reinforcement pathology originates from the drug abuse literature and is the intersection of high reinforcement by a particular substance—in this case it will be food—and high impulsivity. “Those who are high in both of these traits are at a very high risk for obesity,” Crandall explains. “This project aims to connect the concepts of reinforcement pathology and the developmental effects of scarce resources.”



100% OF 2017 GRADUATES

from SPHHP’s epidemiology and environmental health, master of public health, occupational therapy, and physical therapy programs gained a position in their field or went on to further study.



GLORIA AIDOO-FRIMPHONG

Finding Her Way to—and at—UB

PHD CANDIDATE GLORIA AIDOO-FRIMPHONG SITS DOWN FOR A ONE-ON-ONE INTERVIEW

WHAT IS YOUR HOME COUNTRY?

Ghana. I've been in the United States for five years.

WHAT ARE YOU DOING AT UB?

I'm in the PhD program in Community Health and Health Behaviors, working with [Assistant Professor of Community Health and Health Behavior] Sarahmona Przybyla on HIV and PrEP [pre-exposure prophylaxis].

WHAT ARE YOU WORKING ON?

A study that looks at providers who are not prescribing PrEP: What are their barriers to prescribing PrEP? If they had an interest in prescribing it, what training could we give them?, etc. The data has been collected, and I'm analyzing it. We'll send the analysis to our community partners.

I'm a fellow in Navigate, a UB training program for women in STEM, funded by the National Science Research Foundation. We learn how to adjust to grad school through case studies, retreats, and other things. I was initially struggling in some classes but didn't know what to do. Because of the skills I learned from Navigate, I approached my mentor and asked if there were any resources that would help. She was glad I came to her so early in the semester. I felt reassured.

I'm also part of the Collaborative Learning and Integrated Mentoring in Biological Sciences—CLIMB—program, hosted in the medical school and funded by the National Institutes of Health. During your first two years, you learn

professional development skills like time management and building mentor relationships. Those first two years are critical to start out on the right foot.

WHY PUBLIC HEALTH?

In Ghana, I got a BA in communications and development with a focus on HIV/AIDS interventions—basically, behavior change campaigns. My master's at Ohio University was also in communications and development, and a professor there asked if I had an interest in public health. I said, "What is that?" He said, "You're interested in the health of populations—that's public health." So mine wasn't a direct line; it started with passion for promoting health and behavior change and become the field I really want to be in.

WHAT WOULD YOU TELL SOMEONE CONSIDERING GOING INTO THE FIELD?

Public health is enriching and satisfying. Seeing the gap between research and practice can also be daunting. But don't have any doubts—this is the field you want to be in. People think you need to go a certain route, but you can come from any background, like economics, and come to public health.

HOW DID YOU END UP IN BUFFALO?

I always wanted to get my PhD in public health. When I was at the American Public Health Association conference last year, I met a Ghanaian doctor who said he got his degree at UB, thought it was a good school, and said that I should go to the UB reception that night. I didn't want to go because I had

been to other receptions, and no one talks to you! But everyone from UB was welcoming. [Assistant Dean for Equity, Diversity and Inclusion and Director of Graduate Studies] Heather Orom and I struck up a conversation, and she said, "I'm going to introduce you to Sarahmona Przybyla, who works on AIDS studies." When someone says that, you usually get their card and never hear back. Heather sent an email that very evening. I got admission to all the schools I applied to, but Heather became the face of UB for me. In my interview, time flew by so fast. I decided I'm going to UB.

WHERE IS BUFFALO?

When I was moving here, my friends were trying to decide if Buffalo was in New York or Canada. So I ended up with two key rings, one from New York and one with the Canadian flag.

WHAT'S YOUR FAVORITE ASPECT OF THE UB EXPERIENCE?

When I came for my interview, people here were very honest, so there have been no surprises. It's still the same way now that I'm here. The professors are very invested in your development professionally and as a person. The vast resources at my fingertips at UB are almost overwhelming.

WHAT'S IN YOUR FUTURE?

I plan on going into academia, probably with a post doc and then a faculty position. For me, it's a way to be able to give back. I also want to challenge people to learn and have an impact.

Health Impact

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School of Public Health
and Health Professions

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BOLDLY BUFFALO

THE CAMPAIGN FOR UB

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At UB, being bold means advocating for better nutrition. Understanding barriers to care. And improving the health of individuals through evidence-based practice. The Boldly Buffalo campaign represents countless opportunities to invest in critically important causes that can change the lives of our Public Health and Health Professions students and improve our world.

buffalo.edu/campaign

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