

# News & Views

**A Publication of the  
American Public Health Association  
Student Assembly**

## President's Pen

By Darren Mays, Chair APHA-SA

Greetings from the board of the APHA Student Assembly! As spring approaches, many APHA-SA board members are focusing their efforts on spreading the word about membership in APHA to students across the country. While reading this particular issue of *News & Views*, you will notice several articles focusing on issues surrounding membership in APHA-SA. In fact, you are likely to see brochures and posters this month placed around your school by our campus liaisons encouraging students to join APHA-SA.

**Why do students join APHA in the first place when more often than not budgets are tight and the \$50 could be devoted to more useful causes such as groceries, textbooks, or the electric bill?**

There are several benefits to being a student member of APHA beyond those of APHA membership types. First, and perhaps most importantly, we have numerous opportunities for students to become involved as leaders in the nation's largest student-led public health organization. There are nearly 30 positions

on the APHA-SA board that students from across the country fill. We have several committees comprised of volunteers from our membership who are the cogs that make the Student Assembly churn. Our committees' members help plan our annual meeting program, assist in producing fact sheets with information about health issues and diverse populations, and plan our Annual Student Conference. These are just a few examples of activities that our student leaders make happen. In addition to our

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## Why I joined APHA (and consequently why I will renew my membership year after year)

By Lenette Golding, Campus Liaison Committee Chair

If you are reading this then most likely you are already a member of APHA and you may be aware of all the wonderful things that membership brings with it. You may even be an avid reader of *The Nation's Health* now, or attended an annual meeting at a bargain price. But in my opinion, you haven't really taken full advantage of your APHA membership if you haven't explored all the fantastic networking opportunities membership affords. For instance,

as a student member you can be paired up with a mentor via the National Public Health Mentoring Program, or you can join a committee. The bottom line is that it's all about making connections.

Working in public health means you are part of a group of individuals that don't sit around and wait for things to be better. We make things better. However, this can only happen if we connect with one another, inspire

each other, and share knowledge and skills to be more efficient and effective in making people healthy. Now, and in the future I will gladly pay my membership dues all for the chance to make connections and I encourage you to do the same.



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**Editing and Layout By:**

**Olivia Wackowski  
and  
Ana Luz Chiapa**

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## President's Pen cont.



committee members, APHA-SA has student representatives to several APHA boards and committees, including the AJPH Editorial Board, APHA Committee on Affiliates, and APHA Science, Action, and Education Boards. These students are our liaisons to the groups that make APHA churn—they provide student input into the AJPH editorial process, APHA advocacy, Education for APHA members, and the science base of APHA's policies and practices.

There are several other benefits to APHA membership, even for those students who are not directly involved in APHA-SA leadership roles. Student Members of APHA receive discounts on AJPH subscriptions, APHA publications, and Annual Meeting registration. APHA student members receive frequent updates from the Student Assembly on employment,

internship, fellowship, and conference opportunities, and they have access to our Alumni Database, illustrating the diverse career paths of APHA members who started in our shoes—as student members. Student members receive fact sheets, newsletters, and action alerts to stay abreast on current issues in the field of public health and activities of the Assembly.

Student members of APHA also receive free of cost admission to our Annual Student Conference which features some of the most preeminent speakers in the field of public. Students are also eligible to apply for scholarships offered each year to those of you who are presenting at the Annual Meeting in November.

The benefits of APHA-SA membership are great; however, we are always interested to hear our members' feed-

back on existing programs and ideas for new efforts that could make the cost of APHA-SA membership worth even more. If you have suggestions or feedback about the benefits of APHA-SA membership, do not hesitate to email me directly, or email any of our committee chairs whose contact information you can find on our website.

On behalf of the APHA Student Assembly, I hope you've had a fantastic spring semester! We're looking forward to seeing you in November in Washington, and hearing your thoughts and feedback by email this spring as well.

Best wishes for a happy and healthy spring!

Darren Mays  
[chair@aphatsudents.org](mailto:chair@aphatsudents.org)



## Statement on Virginia Tech Tragedy

Following the tragic events that occurred on the campus of Virginia Tech, I am writing on behalf of the board of the APHA Student Assembly and APHA to express our heartfelt condolences to all of our members who are students or members of the Virginia Tech community, or who were in some way touched by this incident. Our thoughts and prayers go out to all of those involved including the victims, their families, and loved ones during this very difficult time.

This event brings to the surface the issue of students' safety on campuses nationwide, and APHA-SA is committed to helping ensure that students safety and well-being are protected by college and university administrators nationwide through our advocacy and communication efforts.

If there is anyway that the APHA-SA board can personally assist those who were affected by this incident,

please don't hesitate to contact me directly.

We at the APHA-SA board extend our deepest condolences to all of those involved.

Sincerely,

Darren Mays

# How to Network to Create Professional Circles

By Kristy Siegel, MPH, CHES, Programming Co-Chair

Are you a student looking for a mentor, job, internship, or professional opportunities? The first place to look is no further than your personal and professional network. What? You don't have a network? Don't worry, with some tips and practice you can be on your way to establishing a great networking circle.

- **Carry the right tools.** When attending business meetings and conferences, always carry business cards with your contact information. If you don't have a school/job that offers business cards, you can easily print your own (with various software packages) or get free professionally printed cards from different website companies (with paid shipping and handling). Just include your name, contact information, school program, and research interests on the card. If you hold a leadership position in an organization, you can also include that on the business cards.
- **Prepare, prepare, prepare.** Dr. Sharon Rudy from the USAID Global Health Fellows program in her career presentation during the 134th APHA Annual Meeting suggested everyone should have his/her story prepared in an "elevator speech". When you meet someone, you only have a matter of moments to tell them about yourself. Think about the time you spend in an elevator watching the light change from one floor to the next – in the time it takes to get to the 3rd floor of a building, you should have your specs prepared to tell the next person you meet at a conference. An example is "My name is... I am a \_\_\_ student at... My research interests are...". Keeping it brief is key.
- **Plan it out.** Have a plan on what you need to gather from individuals – remember who, what, where. Greet each person inquiring who

they are, what they do, and where they work. After meeting them, jot down any pertinent details on the back of their business card. You did get their business card, correct?

- **Listen, don't talk.** This is not a job interview, you are not supposed to spend the short amount of time with one individual talking about yourself and your accomplishments. Say enough to be memorable and pleasant enough to have the person think kindly of you. But don't maximize the time – you should gather enough information about the person to assist you in gauging their place in your network circle. A special note is that though this is not your interview, it is also not their interview – don't pester them with questions, let the conversation happen naturally.
- **This is the one time when it is better to take more than you give.** Just as you should listen more than you talk, you should take more business cards than you give out. Set a goal to speak and receive business cards from a certain number of people at each encounter. If you did not meet your quota, reflect on the event to elucidate the reasons – was your quota too high? Did you spend too much time with one person? Were you not able to approach people? As said earlier, creating networks takes practice. Each experience should be reviewed and expounded on.
- **Follow-up is more than just kind.** By gathering business cards, you are in control of establishing and developing the relationships. A simple follow-up will also allow you an additional opportunity to promote yourself by making yourself more memorable. Be it an email, phone call, or good old fashion letter (on personalized stationary created using software package),

say "it was really great to meet you at... thanks for talking with me... I would especially like to acknowledge... I look forward to further developing our professional relationship in the future." Someone who is willing to be a part of your network circle will likely acknowledge receipt of your follow-up, and offer further advice.

During the 133rd APHA Annual Meeting in Philadelphia, Dr. Jay Bernhardt from the National Center for Health Marketing relayed that every job he had was as a result of his network connections. He never responded to a job announcement, but rather was referred to a job opening from someone within his circle. Now in a position of developing job opportunities, Dr. Bernhardt mentioned that he never reads unsolicited resumes that are sent to him, illustrating the importance of students developing their network circle now.

Just remember that Six Degrees of Kevin Bacon isn't just a silly game, but is the quickest way to expand your network. One person in your circle can contact someone in their circle to contact another person to find that right opportunity for you!

For more career advice, make sure to attend the new, restructured SA career sessions during the 135th APHA Annual Meeting and Exposition in Washington, DC in November. See you there!

## Reflections on a Meeting with the American Medical Students Association

By Cory Mitchell, Treasurer-Elect

As the Treasurer-Elect of APHA-SA, I felt fortunate and honored to be able to represent our great organization at the Organizational Student Leaders Diversity Summit hosted by the American Medical Student Association at their 57th Annual Convention. This year's theme was Health Care Justice: Pursuing the Dream of a Healthy Society. In my infinite ignorance, I had gone to the meeting intending to defend the virtues of the public health field and to ensure we didn't take any guff from physicians who didn't understand our population perspective. Further, as a black man, I was prepared to get downright militant about health disparities if conversations warranted such an approach. I was armed with four pages of facts, figures, and talking points in case these doctors-to-be were just paying lip-service to the goal of eliminating health disparities and enhancing healthcare workforce diversity.

Participants included leadership from the American Medical Stu-

dent Association (AMSA), American Medical Association – Medical Student Section (AMA-MSS), Student National Medical Association (SNMA), Canadian Federation of Medical Students (CFMS), Asian Pacific American Medical Association (APAMA), and the Association of Clinicians for the Underserved (ACU). As soon as I met these top-notch student leaders (our Chair would have fit right in), I realized how silly my preconceived notions were. They welcomed me with open arms and were genuinely interested in what APHA-SA was doing to address disparities and enhance recruitment of minorities into public health. This line of inquiry helped me to highlight our National Mentoring Program and Diversity Committee vehicles of promise. Of course, everyone was aware that one of public health's reasons for being is the elimination of health disparities, so the focus of the discussion was on how our organizations can work together to battle disparate health outcomes for various subpopulations.

As the meeting unfolded, AMSA leadership introduced key elements of the Health Equity Campaign, which included scholarship and advocacy. The goal of the Health Equity Campaign is to coordinate advocacy efforts with the aforementioned organizations as well as with Justice Speaks, a nonprofit organization committed to social justice, founded by Gloria Wilder Brathwaite, MD, MPH. Instead of each individual organization attempting to be a drop in the bucket of policy influence, our collaborative efforts may evince a tsunami for health equity. A draft 9-point pledge was also developed for each organization's review and subsequent sign-on. Parties to the Health Equity Pledge will have their respective logos placed on a new Health Equity Website that will be launched by early summer.



## Food Allergy Awareness Week, May 13-19th, 2007

By Lori P. Enriquez, RD, CSP, CNSD, LDN, Temple University

An estimated 12 million Americans suffer from a food allergy to one or more common foods: egg, fish, milk, peanut, shellfish, soy, tree nuts, and wheat. Every year 150-200 deaths and approximately 30,000 visits to the emergency room result from food allergy reactions. There is no cure for food allergies and avoidance of the food allergen is crucial.

Food allergy is a public health issue and Healthy People 2010, Objective 10-4, is to reduce deaths from food allergies.

The Food Allergy and Anaphylaxis Network (FAAN) is a non-profit organization established in 1991 and has close to 30,000 members worldwide. FAAN's mission is to raise public awareness, to provide advocacy and education, and to advance

research on behalf of all those affected by food allergies and anaphylaxis. Food Allergy Awareness week is May 13-19th, 2007 and is an opportunity for people to share their knowledge or learn how to help people with food allergies. To find out more about FAAN, food allergies, and Food Allergy Awareness Week including how to get involved visit, [www.foodallergy.org](http://www.foodallergy.org).

## New Open Access Journal to Debut

By Jennifer Colburn, ATC, George Washington University

The newest addition to the public health literature will arrive on June 1, 2007! *Cases in Public Health Communication and Marketing* is a peer-reviewed on-line journal that is student authored, edited and managed.

The journal offers public health practitioners, researchers and students important insights from the field in how to best use public health communication and social marketing to advance public health goals.

Each case study -- written by a graduate student, one or more practitioners, and a faculty advisor -- analyzes some aspect of how communication or marketing was used in delivering an important public health program.

The journal welcomes submissions from all disciplines so long as the case study content is relevant to the field of public health communication and marketing. In addition to the peer-reviewed case studies, Vol-

ume 1 of *Cases* will also feature commissioned case studies from leading professionals.

*Cases* is published by the Public Health Communication and Marketing Program of the George Washington University School of Public Health and Health Services.

*Cases in Public Health Communication and Marketing* can be accessed online free of charge. For more information, please visit [www.casesjournal.org](http://www.casesjournal.org).

Announcements

## After the Rain: Celebrating Memories, Supporting Mental Health

By Tamara Michel & Kasandra Scales, Mailman School of Public Health, Columbia University

Gulf Coast Recovers is a student organization at the Columbia University Mailman School of Public Health that was founded in the immediate aftermath of Hurricane Katrina. The organization's mission is to improve the wellness of the Gulf Coast community through efforts that respond to the health needs of all people affected by the Hurricane. One of our recent projects, funded by the Arnold P. Gold Foundation in April of 2006, was a traveling art therapy exhibit called, *After the Rain: Celebrating Memories, Supporting Mental Health*. Because extensive research demonstrates the relationship between displacement and a range of serious negative health outcomes, the primary objective of this project was to improve the mental health and overall wellness of

individuals who have been affected by Hurricane Katrina.

Through photographs of the Gulf Coast, submitted by people across the nation, *After the Rain* intended to create an environment for survivors to commemorate their losses and celebrate their memories. Unlike many exhibitions, *After the Rain* invited individuals to participate by contributing to a collage, or by writing narrative reflections of their memories and new beginnings. This collage and narrative diary grew and evolved as it traveled with the exhibit on a 3-month exhibition to New York, NY, Baton Rouge, LA and New Orleans, LA. Recognizing that *After the*

*Rain* would evoke a range of emotions, Gulf Coast Recovers provided on-site volunteer counselors/therapists for individuals in need of additional support. Each participant also received a disposable camera to create new memories to help facilitate the healing process. This project established a virtual gallery ([www.gulfrecovers.org/aftertherain](http://www.gulfrecovers.org/aftertherain)) with over 100 photo submissions and engaged more than 300 people. Because additional requests to show the exhibit have been made, we are currently working to develop a sustainability plan to continue showing the exhibit after our funding ends.

## Universal Health Care is Music to the Ears of Many

By Lindsey L. Cook, Indiana University Department of Applied Health Sciences

Blooming flowers of spring are not the only things flourishing at Indiana University this season. This April 22nd assures the blossoming of public health policy awareness through Bloomington, Indiana's celebration of National Cover the Uninsured Week. Kicking off the week is a dynamic fundraising and awareness-raising concert developed and sponsored by Students for a Common-sense Health Plan (SCHP). A new and incredibly active club on campus, SCHP works to

raise consciousness of the adversities in the nation's employer-based health care system. Its mission is to empower students to advocate for sensible universal health care by contacting their legislators and educating others.

SCHP is very excited to make more than just political noise this season through its headlining concert. Attendees will be able to relax and listen to the

tremendous musical talent in Bloomington, Indiana. Intermittently, students and community members will discuss the pitfalls and solutions of the nation's current health care system. Advocacy for universal health care is, in fact, music to the ears of many, as supporters view universal health care coverage to be a necessity for the future of the United States' health, economy and integrity.

## Why we should screen all foreign-born Asian American adults for hepatitis B: a cross-sectional study of 3,163 Asians in California

By Steven Lin, Stanford University School of Medicine

A new study shows that as many as 1 in 10 Asian American adults are chronically infected with the Hepatitis B virus (HBV), and that up to 2 in 3 infected individuals are unaware that they are infected.<sup>1</sup> From 2001 to 2006, students at Stanford University School of Medicine provided free HBV testing to over 3000 foreign-born Asian adults in the San Francisco Bay Area of California. This target group was selected because HBV is endemic in Asia and the Pacific, where up to 16% of the population is chronically infected with this liver cancer-causing virus.<sup>2</sup> The students discovered that 10.7% of foreign-born Asian adults were chronically infected with HBV. Of those who were not infected, 44.8% lacked protective antibodies against HBV and were susceptible to future infection. Only 12.0% reported having been vaccinated against HBV. Alarming, 65.4% of those chronically infected with HBV were unaware that they were infected.

Asians are at disproportionately high risk for liver disease due to their high prevalence of chronic HBV infection<sup>3</sup> – a disease that, if undetected, is associated with a 25% chance of death from cirrhosis or liver cancer.<sup>4</sup> Given the serious medical implications of this study, a strong public health response is needed. On December 2006, the Centers for Disease Control and Prevention (CDC) recommended that all adults born in countries where HBV is endemic, including Asia and the Pacific, should be tested for HBV.<sup>5</sup> In support of the newly released CDC recommendations, Stanford medical students are calling for all foreign-born Asian adults to be screened for HBV.

References:

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5. Mast EE, Weinbaum CM, Fiore AE, et al. Advisory Committee on Immunization Practices (ACIP), Centers for Disease Control and Prevention (CDC). A comprehensive immunization strategy to eliminate transmission of hepatitis B virus infection in the United States: recommendations of the Advisory Committee on Immunization Practices (ACIP) Part II: immunization of adults. *MMWR Recomm Rep*. 2006;55:1-33.

## Graduate Students Conduct Health Fair for Elementary Students

By John Blosnich, West Virginia University

For students, sometimes public health feels too much like theories, papers, and ANOVA procedures. Sometimes it feels good to put down the books and practice a little public health. MPH students at West Virginia University did just that last November when they designed a health fair for a local elementary school. Graduate students and faculty members from the Department of Community Medicine coordinated seven modules for students in pre-

kindergarten through fifth grade. Some of the activities included a nutrition station using the new food guide pyramid and a physical fitness station incorporating the *Dance, Dance Revolution* video game. For a helmet safety lesson, classes worked in groups of three, using cardboard, felt, and foil to construct “helmets” for eggs. The students compared their constructed helmets with Styrofoam “helmets” to see which provided better protection during an egg’s fall.

This was the fifth and last year of the health fair program, a program which has proven to be capable of inspiring interaction and participation amongst both the grade school and MPH students. Students in schools of public health should consider organizing their own school health fairs as a fun way to “get involved”.

## Don't forget to join a Section!

By Dana K. Rice, M.S., Membership Chair

Be part of a truly influential voice in public health. Join an APHA Section today! With over 24 sections to choose from, the interests and opportunities available to APHA-SA members are abundant. Section membership offers numerous opportunities for professional advancement, as well as further involvement in APHA. Section members are involved in health specific activities including:

- Public Policy/Advocacy Initiatives
  - Scientific/Technical Development
  - Section Activities- planning and coordination of local events and sessions at the Annual Meeting
  - Committee Participation
  - Career Information and Advancement
  - Association Governance
  - Scholarship Opportunities- such as registration fees for the annual meeting, one-year membership in APHA, and conference expenses to union representatives and students interested in participating in APHA and the section's activities
- And more...

Your expertise, involvement, and support are welcomed! For more information on APHA sections, or to join, visit the APHA section's website at <http://www.apha.org/memborgroups/sections/> or contact the section chairs listed on the website.

**Note:** To be an active section member, an individual must hold current membership in APHA. Anyone who is a member of APHA may become a member of a section- so sign up today and don't let the opportunities pass you by.

## Become a Campus Liaison!

The American Public Health Association's Student Assembly (SA) is looking for public health students to act as Campus Liaisons. This is a wonderful way to gain leadership experience and to network with students from other schools of public health.

Campus liaisons serve as their school's representative to the Student Assembly of the American Public Health Association (APHA). Becoming a campus liaison is a great way for a student to get involved in the SA and, in doing so, develop leadership skills and foster relationships with other public health students. This position will also provide students with a unique opportunity to become more cognizant of national student initiatives within the APHA. A liaison plays a key role in SA by helping recruit new members and disseminating information about SA and APHA to students, faculty and administrators at colleges and universities across the country. It does not take a significant amount of time to serve as a liaison.

If you are interested in serving, or finding out more information, you can contact Lenette Golding, APHA-SA Campus Liason Sub-Committee Chair at [lenetteg@yahoo.com](mailto:lenetteg@yahoo.com)

To see if your campus already has a liason, visit  
[http://www.aphastudents.org/campus\\_liasons.php](http://www.aphastudents.org/campus_liasons.php)

## About Our Organization

The American Public Health Association's Student Assembly is the nation's largest student-led organization dedicated to furthering the development of students, the next generation of professionals in public health and health-related disciplines. APHA-SA represents and serves students of public health and other health-related disciplines by connecting individuals who are interested in working together on public health and student-related issues.

Chair: Darren Mays

[chair@aphastudents.org](mailto:chair@aphastudents.org)

Chair-Elect: Tamar Klaiman

[chair-elect@aphastudents.org](mailto:chair-elect@aphastudents.org)

Past Chair: Meredith Masel

[past-chair@aphastudents.org](mailto:past-chair@aphastudents.org)

Secretary: Jacqueline Bromley

[secretary@aphastudents.org](mailto:secretary@aphastudents.org)

Secretary-Elect: Mary Martinasek

[secretary-elect@aphastudents.org](mailto:secretary-elect@aphastudents.org)

Treasurer: Haroun Habib

[treasurer@aphastudents.org](mailto:treasurer@aphastudents.org)

Treasurer-Elect: Cory "Mitch" Mitchell

[treasurer-elect@aphastudents.org](mailto:treasurer-elect@aphastudents.org)

Abstracts Committee: Open

[abstracts@aphastudents.org](mailto:abstracts@aphastudents.org)

Action Committee: Denise Burke and Mariza Luna

[action@aphastudents.org](mailto:action@aphastudents.org)

Advancement Committee: Elizabeth Reitano and Robert Nelb

[advancement@aphastudents.org](mailto:advancement@aphastudents.org)

Campus Liaison Committee:

Lenette Golding

[campusliaison@aphastudents.org](mailto:campusliaison@aphastudents.org)

## Student Assembly



American Public Health  
Association's Student  
Assembly  
800 I St. NW  
Washington, DC 20001-3710

Check us out on the web!  
<http://www.aphastudents.org>

Diversity Committee: Sabrina Robinson and Julie Suzuki-Crumly

[diversity@aphastudents.org](mailto:diversity@aphastudents.org)

Development Committee: Ryan Estaris and Jamie Lok

[development@aphastudents.org](mailto:development@aphastudents.org)

Membership Committee: Dana Rice

[membership@aphastudents.org](mailto:membership@aphastudents.org)

Mentoring Committee: Pam Gundrum and Joy Gamble-George

[mentoring@aphastudents.org](mailto:mentoring@aphastudents.org)

Newsletter Committee: Olivia Wackowski and Ana Luz Chiapa

[newsletter@aphastudents.org](mailto:newsletter@aphastudents.org)

Nominations Committee:

Lianne Fuino Estefan

[nominations@aphastudents.org](mailto:nominations@aphastudents.org)

Opportunities Committee: Jennifer Cremeens and Anna Pollack

[opportunities@aphastudents.org](mailto:opportunities@aphastudents.org)

Programming Committee: Kristy Siegel and Supriya Reddy

[programming@aphastudents.org](mailto:programming@aphastudents.org)

Student Meeting Director: Bryn Bird

[studentmeeting@aphastudents.org](mailto:studentmeeting@aphastudents.org)

Website Committee: Open

[website@aphastudents.org](mailto:website@aphastudents.org)

# *Congratulations*

*to all the*

# *May 2007 Graduates!*

# *You did it!!!*

