

MPH Memos

The University of Tennessee | Department of Public Health

Spring 2018
Issue 1



Public Health Graduate Student Association News



New 2018 PHGSA Elected Officials

President: Claire Holladay

Vice President: Jennifer Schablik

Secretary: Mandi Casteel

Treasurer: Sarah Walsh

Philanthropy: Zeruiah Buchanan

**Their first PHGSA meeting will be held
January 31st from 5:30-6 pm in HPER building
room 235**

Dates to Remember

*1st Spring PHGSA
Meeting- 1/31*

*Research Day
Submissions- 2/5*

Research Day- 2/23

*Public Health Week-
4/2-4/8*

Comps- 4/6

*TPHA East TN Regional
Meetings- 4/6*

Classes End- 4/27

Exams- 5/1-5/8

Graduate Hooding- 5/10



Kelsey Gordon

Hello all, Becca Elias here. It was a great pleasure to serve as the MPH Memos editor for the past year and a half. I have learned a lot throughout this process and hope you have enjoyed the work I have produced. I am off to Nashville for my field placement and Kelsey Gordon, a second-year MPH student in the HPM concentration, will be taking over as the new editor. I am very excited to see Kelsey take over and to see her work. This issue for the Spring 2018 Memo is a collaboration of mine and Kelsey's efforts and I hope you enjoy!

All the best,

Becca

Public Health Podcast Corner

Check out these public health related podcast channels!



“GovLove is a podcast about the people, policies and profession of local government. From Mayors and City Managers to interns and everyone in between, we interview the people making a difference in their communities to learn about the great work being done at the local level.”



“Frank Pasquale, Nicolas Terry and their guests discuss the significant health law and policy issues of the week.”



“The Food Chain examines the business, science and cultural significance of food, and what it takes to put food on your plate.”



“The Lancet (www.thelancet.com) is a weekly medical journal, renowned for the publication of high-quality peer-reviewed research and reviews from around the world. In the Podcasts, our editors discuss journal highlights, including interviews with authors of key articles to provide context and insight to advancements in medicine and health worldwide.”

Source: NPR Podcasts - Health



Public Health In Action!



By: Kelsey Gordon

I grew up in interior Alaska where earthquakes were a regular part of growing up. I remember in elementary school we would have earthquake drills just as often as our fire drills and I would often wake up to tremors and items falling from shelves. Fairbanks, my home town, is 360 miles from the Gulf Coast where on Tuesday January 23 around 12:30 am an earthquake hit about 200 miles off the Gulf Coast of Alaska. The quake was first registered as 8.2 on the Richter Scale, close to the same magnitude that devastated Anchorage back in 1964. As the quake reached land it had downgraded to a 7.9 magnitude and was accompanied by two dozen aftershocks. The highest-level aftershock was measured at a 5.3. The earthquake hit Kodiak Island first and, according to the residents, the shaking lasted around 30 seconds long. Any earthquake on this scale that occurs in the ocean immediately poses risks for possible Tsunami's. An immediate warning was issued not only to those living on Kodiak Island but all along the Gulf Coast of Alaska as well as down the West Coast and even in Hawaii to prepare for a Tsunami and to get to higher elevations. Luckily, in this situation there were no Tsunami's that ensued, but it is an excellent learning experience in Emergency Preparedness.

Often, people do not evaluate if they are prepared for disaster situations until it is too late. Every geographical area has different threats that are specific to that location and it is important for the safety of, not only yourself, but your family as well to know what to do if something does happen.

An excellent website to go to is <https://www.ready.gov/>

This site allows for families to get informed, plan, take action, and it even offers suggestions on how to discuss this information with kids.



Earthquake.usgs.gov



MPH on the Go

By: Julie Grubaugh, MPH



Students at the CDC

On January 19, the eve of the federal government shutdown, 26 UT graduate public health students and faculty (nearly half of our department), travelled to Atlanta to visit the Centers for Disease Control and Prevention (CDC)—a “field trip” that the department has not done in decades.

Students learned about federal career paths and needed skills. The visit included a guided tour of CDC’s Public Health Emergency Operations Center, a walk-thru of the CDC History Museum (exhibits ranged from recent Ebola outbreak and response to older PH achievements like fluoridation of drinking water), and job talks by an array of UT public health alums who work at CDC.

Here are key points for students who are pursuing federal careers.

- **Always say yes to an assignment.** This builds experience and creates a network. It shows you are willing to learn and not above doing any particular task.
- **Identify a pipeline to employment.** There are 77 ways to enter CDC. An ideal way for an MPH graduate is through an ORISE fellowship. Fellowships are more educational focused (ideal for recent graduate) compared to contractor positions.
 - Example pipeline after graduation: Start as an ORISE fellow. After a couple of years, move into a 2 year term position, and then into an FTE (Full Time Equivalent, permanent position).
- **Get cross-trained.** Develop skills in epidemiology, program and resource management, and more. Having a well-rounded skill set will help you enter and advance. It takes about 2 years to become a content expert.
- **Be a mentor and have a mentor.** Starting as an MPH student, cultivate a mentor who can guide you during your internship and beyond. Continue this throughout your career, and be sure to give back by being a mentor and committing to lifelong learning.
- **Hone your plain language writing skills.** Be able to distill scientific, complex information down into easy-to-understand language. Keep a copy of Strunk and White’s “Elements of Style” at your bedside table.
- **Positive attitude makes a difference.**
- **Be detail-oriented and organized.**
- **Continually develop technology skills.** Excel, Word, Publisher and PowerPoint are expected. Learn new software. Do not be afraid to apply for a job that lists a software program you have not used. You will receive training on the job.

Quinten Ash, an MPH student who is currently interning at CDC, reported, "I am thoroughly enjoying my experience as an intern with the CDC's Global Emergency Management Capacity Development Branch. I have had the opportunity to establish relationships and enhance my global perspective from the Public Health Emergency Management Fellows..."

Nicole Galler, MPH student, also added, “The department's recent trip to the CDC was a wonderful experience to be a part of. It really put the importance of public health work into an exciting real life setting for me.”

A networking mingle immediately followed, drawing nearly 40 alumni, friends, students and faculty who gathered at a nearby restaurant for food, fun, and fellowship!

Missed this trip? Don't worry! The departments is planning to make this an annual trip for students and alums.

