

# MPH Memos

## Fall 2019 Edition 2

### 50 YEARS OF ACCREDITATION

The public health education program at the University of Tennessee was the first accredited program outside a School of Public Health.

In 1969, the Master of Science degree with a major in public health education was accredited by the committee on professional education of the American Public Health Association.

This year, we celebrate 50 years of accreditation!

The Council on Education for Public Health (CEPH) initially

accredited the community health education program in 1982.

The MPH program currently holds CEPH accreditation through 2013.



You can read more about our program's history here: <https://publichealth.utk.edu/degree-programs/mph/mp-history/>

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### Important Dates



Date	Event
Nov. 22	Academic Program Committee Meeting
Oct. 25 & Nov. 22	Equity & Diversity Committee Meeting, 1—3PM, Public Health Conference Room
October 15	Spring 2020 registration open
Nov. 1	Stop the Bleed Training
Nov. 4	PHGSA Meeting, 4:25—5PM, HPER 393
Nov. 2-6	APHA <a href="#">Annual Meeting</a>
Nov. 15	Fall 2019 Comprehensive Exams

Be sure to frequent the Graduate School page for information and important deadlines related to graduation. It is your responsibility to meet the posted deadlines for your anticipated graduation date.



**SAVE A LIFE**

## Free training to save lives!

- Learn knowledge and skills to stop uncontrolled bleeding and increase survival during emergencies
- No pre-requisites or prior medical training necessary to attend
- Receive a certificate for attending this 1-hour training session
- Open to all students, faculty and staff

**FRIDAY, NOVEMBER 1**

**5 - 6:00PM**

**Toyota Auditorium of the Baker Center**

Register at <https://research.utk.edu/stop-the-bleed-save-a-life-workshop/>

Contact [sehrlic1@utk.edu](mailto:sehrlic1@utk.edu) for more information



THE UNIVERSITY OF  
TENNESSEE  
KNOXVILLE

DEPARTMENT OF  
PUBLIC HEALTH

The Department of Public Health, in partnership with the Office of Research and Engagement, is gearing up for UTK's first ever **STOP the Bleed training** on Friday, November 1 at 5 P.M. in the Baker Center's Toyota Auditorium.

The University of Tennessee, Knoxville, has joined the nationwide effort to empower bystanders to help save lives in bleeding emergencies before professional help arrives by placing trauma kits around campus (<https://prepare.utk.edu/ep/stop-the-bleed/>).

STOP the Bleed training prepares our community for use of these lifesaving resources. The training is free and no medical knowledge is necessary to take the course.

Contact Dr. Ehrlich at [sehrlic1@utk.edu](mailto:sehrlic1@utk.edu) with questions. Spread the word!

## Department of Public Health Front Office Assistants

They are the face of the Department to those who walk in.  
Get to know them, and say hi when you pass by!



**Name:** Grace Carpenter

**Year:** Senior

**Major:** Pre-Pharmacy

**Post-graduation hopes:** Attend pharmacy school and move to Michigan or Memphis

**Best part of UTK:** My work study because it allows me to have a dedicated study time.

Also, the special projects help me learn real-world skills I wouldn't have learned otherwise

**Fall Break plans:** work and sleep in!



**Name:** Caden Dyer

**Year:** Sophomore

**Major:** Communication Studies

**Post-graduation hopes:** Be an educator

**Worst part of UTK:** All the walking

**Fall Break plans:** No plans, yet!



**Name:** Carissa Britt

**Year:** Junior

**Major:** Psychology

**Post-graduation hopes:** Attend graduate school for Occupational Therapy in Memphis

**Best and worst part of UTK:** Football games!

**Fall Break plans:** Go home & visit family in West TN



**Name:** Dylan Vongsa

**Year:** Sophomore

**Major:** Computer Science

**Post-graduation hopes:** Take my parents out on a long vacation as a thanks for everything

After that, move into a home with my girlfriend, possibly out of state

**Best part of UTK:** Fellow students and professors

**Worst part of UTK:** All the hills that must be walked!

**Fall Break plans:** Fix my truck. My truck is old and needs some loving.



## MPH Alumni Highlight: CJ Whitfield, MPH (CHE)

Pictured left: a photo of CJ and his field placement preceptor, Kevin Ernsberger, Director of IT and Analytics at HealthCare 21 Business Coalition

Hey, CJ! Thank you for being a part of the MPH Memos. Please introduce yourself.

My name is CJ Whitfield, and I graduated from UT in May of 2018. I grew up in West Tennessee, moved to Knoxville to pursue my MPH degree, and now I currently reside in Nashville, where I've lived for the past year and a half. Prior to Knoxville, I spent 4 years at UT Martin completing my BS in Exercise Science. During my spare time, I enjoy exercising, learning, and exploring Nashville with my better half – you can catch us at the Farmers Market on most Saturday mornings!

Awesome! Why did you choose to pursue an MPH at UT?

I chose the MPH degree because I wanted to help others, and at its core, public health is about empowering and helping others. One of my favorite aspects of UT's program was the opportunity to learn public health theories and concepts, and then apply this knowledge with the field practice experience.

Speaking of the field placement, where did you complete yours?

I completed my field practice with the Healthcare 21 Business Coalition (HC21) based in Knoxville. In short, HC21 brings leaders together to improve the health of their respective communities. Data-driven decision making was an underlying theme of my experience with HC21. Shortly after my field practice, I landed a job in Nashville as a telemedicine coordinator.

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That's exciting! What are you doing now? How has your MPH served you in that role?

I'm currently the Director of Partner Services for Wellpath, a healthcare company that provides care to incarcerated individuals, a population that experiences health issues at a greater rate than others. After HC21, I served in the telemedicine coordinator role for six months before stepping into a role as telemedicine manager, and then onto my current role.

My experience in the MPH program gave me several opportunities to engage in systems thinking, and this has served me well when faced with planning a telemedicine program or understanding the impact correctional healthcare can have on the local community.

Thanks so much, CJ! Any advice for current MPH students?

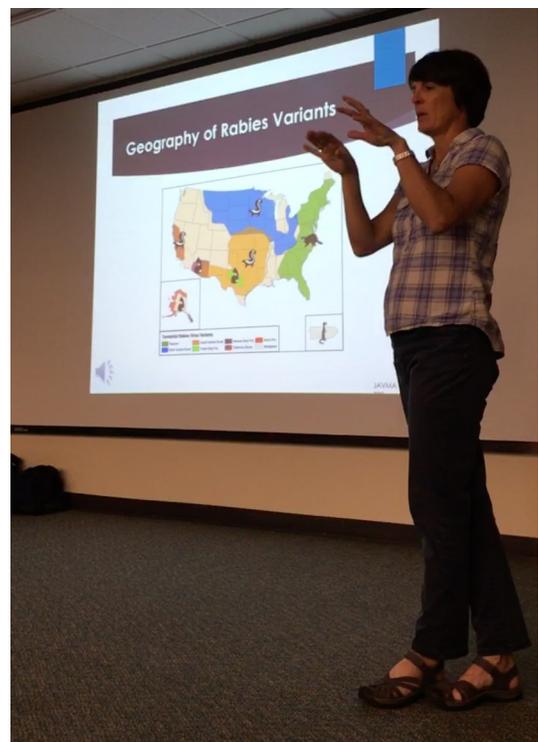
Enjoy the process, take advantage of the AMAZING faculty & staff, and continuously reflect on how you can apply the material you're learning, both in and out of public health.

## Event Recap

### Joint Meeting: College of Veterinary Medicine and the Department of Public Health

The College of Veterinary Medicine and the Department of Public Health teamed up to raise awareness about rabies in the Southeastern US. [Dr. Marcy Souza](#) discussed the effects of rabies on wildlife and the environment in the Southeast.

Recap from Faith Turner (VPH): The meeting was wonderful! We learned about the distribution of rabies in Tennessee and the public health implications of human rabies as well as what we can do to decrease its incidence. There were about 10 people in attendance, and we hope for many more in the future!





## Department of Public Health Technology Committee

Our Department Technology Committee works in concert with College Technology Committee to use student Technology Fee as a resource to meet three of the identified priorities within our college:

1. Recruit, enrich, and graduate a diverse body of undergraduate students who are prepared to enter the global community as lifelong learners and authentic leaders.
2. Strengthen graduate education through an emphasis on excellence and improvement of the graduate student experience.
3. Strengthen our capacity, productivity, and recognition across our total portfolio of research, scholarship, and creative activity.

Our committee solicits input and requests from students and faculty in our Department to acquire equipment and resources to enhance student research skills and opportunities for experiential learning (e.g. increasing access to needed hardware, software and training, outreach and engagement).

Dr. Jiangang Chen ([jchen38@utk.edu](mailto:jchen38@utk.edu)) and Wendy Smith ([wsmith12@utk.edu](mailto:wsmith12@utk.edu)) are current active members. We welcome the participation and appreciate any idea and input from public health students. Past requests included an iPad, radon test device, and conference meeting equipment that were used to facilitate service learning classes as well as help students to showcase their internship activity remotely.

## Comprehensive Exam

**The Fall 2019 Comprehensive Exam will be administered on November 15th.**

A study group meets every Thursday from 3:30—5:30 PM in HPER 239 to study. Contact [Jiah Toms at jiahToms@vols.utk.edu](mailto:JiahToms@vols.utk.edu) for updates and information.

Best of luck to students taking the Comprehensive Exams this semester!

Contact [Dr. Brown at kcbrown@utk.edu](mailto:kcbrown@utk.edu) with concerns and questions related to the Comprehensive Exam.

## CEHHS Scholarships

The 2020-2021 CEHHS Graduate Student Scholarship online Application is now open!

There are awards specific to Public Health – like the Dr. June Gorski Scholarship.

The link is here, and requires a UTK login: <https://forms.gle/tHUeGd83PW4uyMhZA>

If you have any questions, please contact Dr. Chen at [jchen38@utk.edu](mailto:jchen38@utk.edu).

# UT Knoxville IRB 101

## Fall 2019 Workshops for Faculty, Staff and Students



This overview of IRB requirements and procedures is open to and appropriate for anyone who wishes to learn how to receive human subjects approval for research at the University of Tennessee, Knoxville—whether you are new to the campus, new to human subjects research, or just want a refresher!

This workshop will answer questions such as...

- Do I need IRB approval? Why?
- How does the IRB process work at UT Knoxville?
- Who can help me with my IRB application?
- How do I submit an IRB application?

### Available Workshops

All sessions are open to the whole campus

Date	Time	Location	Room Capacity
Mon Sept 23	9:30 to 11:30 a.m.	A004 Blount Hall (BLNT)	50
Wed Oct 2	2:00 to 4:00 p.m.	A004 Blount Hall (BLNT)	50
Mon Oct 28	1:00 to 3:00 p.m.	A004 Blount Hall (BLNT)	50
Wed Nov 13	12:00 to 2:00 p.m.	A004 Blount Hall (BLNT)	50
Tues Dec 3	10:00 a.m. to 12:00 p.m.	A004 Blount Hall (BLNT)	50

Register at [tiny.utk.edu/irb101](http://tiny.utk.edu/irb101)

Registration is encouraged, but not required.

Please attend even if you are not able to plan ahead.

**More sessions will be added as spaces are confirmed, so check the link from time to time.**

If you have any questions, please contact the IRB at [utkirb@utk.edu](mailto:utkirb@utk.edu)

**Presented by members of the IRB and by HRPP staff:**

Colleen P. Gilrane, Chair  
Tami H. Wyatt, Vice Chair  
Gina P. Owens, Vice Chair  
Renee Smith, Vice Chair

Kristine Hershberger, HRPP Dir & IRB Compliance Officer  
Jennifer Engle, IRB Assistant Compliance Officer  
Tammy Loy, IRB Assistant Compliance Officer  
Jenny Dunn, IRB Assistant Compliance Officer

 RESEARCH & ENGAGEMENT

**Institutional Review Board**  
[utkirb@utk.edu](mailto:utkirb@utk.edu) (865) 974-7697  
[irb.utk.edu](http://irb.utk.edu)

Check out this resource from the Office of Research & Engagement if you are interested in human subjects research or anticipate going through the IRB process at UT Knoxville!



## Student Highlight: Hannah Robinson, VPH

### **Hello, Hannah! Will you please introduce yourself?**

I am from a small town in West Tennessee called Savannah (Hannah from Savannah)! I spend the majority of my time reading on the couch with my dog, Pippa. However, I have recently discovered a love for Buti yoga, and it has reminded me of how much I enjoy working out. My undergraduate degree is in chemistry with a biology minor.

### **Thanks! Why did you choose to pursue an MPH degree?**

Prior to going to veterinary school, I had a hard time choosing whether I wanted to become a MD or a veterinarian because I wanted to help both humans and animals. Therefore, when I heard about the dual DVM/MPH program I just knew that it was for me.

Health and Society was the first MPH class that I took before even enrolling in the Program, and knowing that I had that class at the end of the day got me through many days of 8 hour veterinary lectures. I was just amazed by the topics, the discussions, and the openness that happened in that room every Monday night.

As someone whose education was deeply rooted in science, it was something I had never experienced; it was a whole new magical world, and I loved it. I also never expected that I would only be doing MPH, but here I am!

### **What perspective does the MPH bring to the veterinary science field?**

I am no longer enrolled in the DVM program, but I can definitely say that having knowledge about topics such as social determinants of health, socioeconomic status, health disparities, access to care, etc. really did change my outlook of animal owners (less assumptions).

The MPH program also introduced me to One Health and from that point on, it was impossible for me to think of animal health without viewing it together with the environment, and the effect we humans have on them and them on us.

## **In simplest terms, what is One Health? Why should all MPH students know about One Health?**

In simplest terms, One Health is how human health, animal health, and environmental health are all intertwined and impact one another. Although the concept of One Health is new to many of us, it is not a new concept. I challenge you to google both the “history of One Health” and “Indigenous people and One Health.”

We all tend to work within our specific sectors and have limited communication with people in different disciplines. The One Health approach involves people from many different sectors communicating and working together to achieve our goal of better health outcomes. No matter your concentration in the MPH program, we are all aiming to improve health outcomes of our target communities and populations. I truly believe, that in order to efficiently reach these optimal health outcomes, we should all have at least an awareness of what One Health is because of the interdisciplinary approach that it provides.

## **Tell us about your summer internship at the Center for One Health Research!**

There are not enough words in the world to express how grateful I am for my time at University of Alaska Fairbanks Center for One Health Research (COHR). One of my favorite parts was meeting community members at outreach events and telling them about what One Health is, the programs that COHR has already implemented, and the plans that they have for the future.

One major project, which I was a part of while there, was the organization of 13 One Health working groups. I attended the 2019 March One Health Conference, when the surveys were being completed, that prioritized the issues that ultimately became the topics of the working groups. It was a great experience to be able to see that project to completion.

One goal for us was to make the teams as interdisciplinary as possible; people that are part of the working groups are researchers, community members, doctors, veterinarians, social workers, educators, students, state officials, etc.

The working groups are conducting research throughout the year and will present at the 2020 One Health, One Future International Conference which you are all invited to attend! Here's the link for more info: [https://www.uaf.edu/onehealth/events/2020\\_conference/index.php](https://www.uaf.edu/onehealth/events/2020_conference/index.php)

Here is a link to the working groups: [https://uaf.edu/onehealth/research/2019\\_working\\_groups.php](https://uaf.edu/onehealth/research/2019_working_groups.php), and make sure you check out the other projects, programs, and conferences that COHR is working on as well. Feel free to email me with any questions at [handrobi@vols.utk.edu](mailto:handrobi@vols.utk.edu).



# Public Health Graduate Student Association (PHGSA)

The Public Health Graduate Student Association (PHGSA) is currently looking for Public Health Students (MPH or DrPH) to fulfill the following **leadership positions** for the next term: December 2019—November 2020:

- President
- Vice-President
- Secretary
- Treasurer
- Philanthropy Chair

If interested, contact Jiah Toms at [jtoms2@vols.utk.edu](mailto:jtoms2@vols.utk.edu) and include the PHGSA Leadership Form (find in an email sent to the Listserv, or request again from Jiah) **by November 1st at 5PM.**

The goals of PHGSA are:

- To promote and coordinate professional development and socialization activities
- To serve as the official means of communication between students and faculty/administration
- To provide resources and opportunities for academic advancement
- To create opportunities for community service and networking

## Upcoming Events:

**The next PHGSA meeting will be held on  
Monday, November 4th from  
4:20-5:00 p.m. in HPER 393.**

To become a member, pay \$10 per semester or \$20 for the year either in cash or a check payable to PHGSA to a PHGSA Executive Board member or send via Venmo to @PHGSA-UTK.

PHGSA will be hosting a **Graduation Farwell/End of the Semester Party in December.** More details to come in the next few weeks—check your emails!



Pictured left: PHGSA members volunteered at the Smokey's Closet on October 11th. Members sorted and sized clothing at the professional clothing exchange on campus. MPH students can check out the [Smokey's Closet](#) for their professional clothing needs!

## PHGSA Continued...

Pictured right: PHGSA members walked at the Making Strides Breast Cancer Walk on Sunday, October 12th in Knoxville!

Be sure to attend PHGSA events to be entered into a raffle to win UT swag! There is one winner per event.



## Graduate Student Senate (GSS)

Ashlyn Schwartz, DrPH student, ([aschwa13@vols.utk.edu](mailto:aschwa13@vols.utk.edu)) serves as our Department's GSS Senator. Please note some updates from her!

### *Teaching & Learning Innovation: The Teaching Support Awards Program*

- Deadline: November 11, 2019
- Provides funding to instructional faculty members, graduate student teachers, and staff members to help them enhance the learning experience for students that take their courses. Learn more and apply here: <https://teaching.utk.edu/teachingsupport/>

### *Teaching & Learning Innovation: The Innovative Teaching & Learning Conference 2020*

- Deadline for proposals: November 8, 2019
- Conference will take place on March 31, 2020 in UT's Student Union. This conference highlights the importance of good teaching in higher education settings by featuring the innovative teaching practices that occur in college classrooms across the state of Tennessee. The period for accepting proposals that highlight practices, pedagogies, and/or methods of delivery in the higher education context is now open. You can learn more and submit your proposal here: website: <https://teaching.utk.edu/itlc2020/>. Email [tli@utk.edu](mailto:tli@utk.edu) with questions!

### *Chancellor's Excellence in Graduate Mentoring and Advising Award*

- Deadline: December 15, 2019
- Each year at the Chancellor's Honors banquet two awards are presented to faculty advisors who show their commitment to the advising and mentoring of graduate and professional students at UTK. The Chancellor seeks to reward individuals who have excelled in guiding graduate and professional students toward their research and career objectives. Nominate your faculty mentor/advisor today at <https://honorsbanquet.utk.edu/advising/>

## Faculty Highlight: Dr. Laurie Meschke



Hi, Dr. Meschke! Thank you for letting us highlight you in the MPH Memos. Please introduce yourself!

**LLM:** I have had a rather nontraditional career path to public health in the academy that has included study abroad, Extension, owner of a research consulting firm, and residence across 4 states.

But community engagement has been a steadfast theme throughout all of my varied experiences. For leisure, I enjoy travel, baking, stitching, and gardening.

What courses do you teach in the Department? What are your research interests?

**LLM:** I teach Health of Adolescence (PUBH 315) for undergraduates, and Assessment and Planning (PUBH 552) and Program Development and Implementation (PUBH 550) for graduate students.

My research focuses primarily on adolescent and perinatal health. Opioid use disorder, particularly in rural Tennessee, has received most of my attention over the past several years. I also manage the statewide evaluation of rape prevention education for Tennessee.



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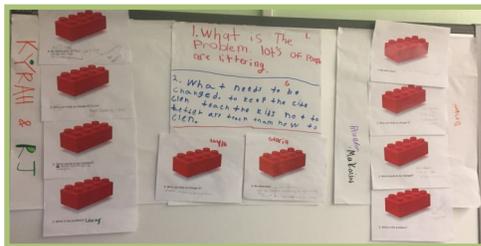
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Your graduate courses are known for their ToWeR component. What is ToWeR? How did it get started? What is on the horizon for ToWeR?

**LLM:** ToWeR is Teens Working for Reform, a 20 session out-of-school time program for 4<sup>th</sup> to 12<sup>th</sup> grade students, which guides youth through the selection and assessment of a health concern. This is followed by a youth-guided advocacy project to promote change in relation to the selected concern.

In Spring 2013, the PUBH 552 class completed a health assessment focused on the Five Points neighborhood of East Knoxville. Upon hearing the results, community leaders requested a program to engage youth in the community and its people. ToWeR was initiated in Spring 2014 and expanded to a full year program in Fall 2015.

In Spring 2020, ToWeR will be implemented and evaluated in rural East Tennessee with a focus on opioid use disorder. This initiative is associated with a 3-year project recently funded by Health Resources and Service Administration (HRSA) of the U.S. Department of Health and Human Services.



Pictured left: An example of a ToWeR activity in which 4<sup>th</sup> and 5<sup>th</sup> grade students at Green Magnet Academy identified littering as a significant health issue and brainstormed ways to create change.

## Traveling Spring 2020? Looking for funding?

The deadline for students who wish to apply for GSS Travel Award funding for travel *January 1 –April 30, 2020* is **Monday, November 11, 2019.**

This is to allow Dr. Cihak time to review requests by the GSS deadline of November 18.

More information and the link to the GSS application can be found here: <https://gss.utk.edu/travel-awards/information/>.

Remember to also submit the college travel request form simultaneously. The college form is found at: <https://cehhs.utk.edu/information-for-faculty-and-staff/>.



Contact [gsstravel@utk.edu](mailto:gsstravel@utk.edu) or Diane Booker at [dbooker@utk.edu](mailto:dbooker@utk.edu) with questions.



Darrian Nash

## Equity & Diversity Committee



Dr. Jabson Tree

The Equity and Diversity Committee welcomes all faculty, staff, and students to join us at our next meeting on Friday, October 25th from 1-2:30pm.

In our next meeting, we will discuss:

- ⇒ The results of the Climate Survey, presented by doctoral student Maruf Khan
- ⇒ Our monthly reading titled "Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders" by Sue et al.
- ⇒ Suggestions for the book club that we plan to start next semester

If you have any questions, suggestions, or concerns, please email Darrian Nash ([dnash6@vols.utk.edu](mailto:dnash6@vols.utk.edu)) or Dr. Jabson Tree ([jabstree@utk.edu](mailto:jabstree@utk.edu)). We hope to see you there!

### GNSA Presents

## NED: Nutrition Education Discourse

A series of nutrition research presentations

At this month's N.E.D. (Nutrition Education Discourse) Talk, we heard from Dr. Steve Douglas, a post-doctoral fellow in the Department of Nutrition.

Dr. Douglas discussed his research regarding novel school-based strategies to improve participation in school breakfast programs, and the relation of school breakfast programs to diet quality and eating behavior in adolescents.

About 12 were in attendance. We hope to see you at the next one on November 11th, where Dr. Melissa Hansen-Petrik, the director of the undergraduate nutrition and didactic program in dietetics, will discuss upcoming changes to the Department of Nutrition's undergraduate dietetics program.

Contact Kaela McIver, MS-Nutrition/MPH student at [mmciver1@vols.utk.edu](mailto:mmciver1@vols.utk.edu) with questions and interest!



# Spirit Wear!

The Public Health Graduate Student Association (PHGSA) is now taking spirit wear orders **through November 4, 2019!**

Use the following link (also sent by email) to see the products on sale and sign up to purchase: <https://docs.google.com/spreadsheets/d/1FVM-wyTd8QrcroT1REmqza1bycdg20BhcT7EwGbqRJw/edit?usp=sharing>

There are 3 options for payment:

1. Give **cash** to Jiah Toms (PHGSA President) or Breanne Tremblay (PHGSA Treasurer)
2. Give a **check** to Jiah Toms (PHGSA President) or Breanne Tremblay (PHGSA Treasurer) - make the check out to: Public Health Graduate Student Association
3. **Venmo** to @PHGSA-UTK



Long Sleeve #1 (\$15)



Long Sleeve #2 (\$15)



Crewneck #1 (\$15)



Crewneck #2 (\$15)



Short Sleeve #1 (\$15)



Short Sleeve #2 (\$15)



Tank Top #1 (\$12)



Tank Top #2 (\$12)



1/4 Zip (\$19)

# Public Health Resources

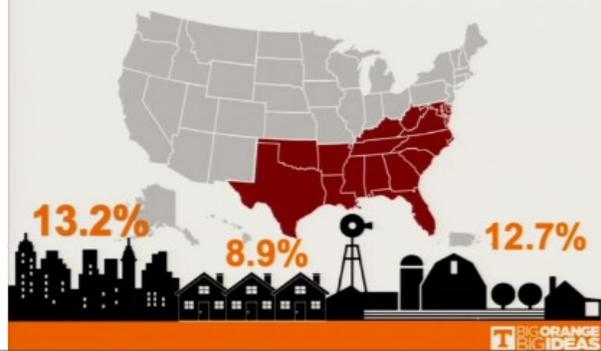
## APHA: American Public Health Association

APHA's Annual Meeting will be held November 2—6 in Philadelphia. APHA says: "APHA's Annual Meeting and Expo is the largest and most influential annual gathering of public health professionals. Nearly 13,000 attendees join us each year to present, learn and find inspiration. "

You can [register](#) as a student for \$292. A couple of MPH and DrPH students from our Department are going to present and participate!



## Food Insecurity by Region



Did you miss the Promoting Healthy Weight 3.0 event? You can still watch and learn about promoting healthy weight for the maternal and child health population using a socio-ecological lens at any time at: <http://mediasite.utk.edu/UTK/Catalog/catalogs/promoting-healthy-weight-3-0-fall-2019>



Thank you so much for reading the MPH Memos newsletter!

Please contact Editor, [Catherine Miller at cbmiller@vols.utk.edu](mailto:cbmiller@vols.utk.edu), with feedback and suggestions and entries for future editions.

Be on the lookout for the last Fall 2019 edition in November!

