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Inspiration + Motivation

“If there is no struggle,
there is no progress”
-Fredrick Douglas

“Just don’t give up what
you’re trying to do. Where
there is love and
inspiration, I don’t think you
can go wrong”
-Ella Fitzgerald

“The future rewards those
who press on”
-Barack Obama

“When I dare to be
powerful, to use my
strength in the service of
my vision, then it becomes
less and less important
whether I am afraid”
-Audre Lorde

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Public Health Memos

Spring 2023, Volume I



Welcome Back, Vols!

Spring semester is here!
We hope your break was relaxing and
refreshing, and that you are ready to take on the
new semester!

Many new and exciting things are happening
this spring!

We encourage you to mark your calendars with
the events shared by Memos and the ListServ.

Upcoming Professional Development Opportunities

To register for any of the events listed below, please click [here](#). Contact Peyton Prothero (pprother@vols.utk.edu) with questions.

The graphic features a blue background with a white grid pattern. At the top, the title 'Professional Development Events' is written in a large, bold, dark blue font. Below it, a blue banner with white text reads 'Spring 2023'. Three event cards are arranged vertically, each with a circular date indicator on the left and a dark blue content box on the right. The first card is for February 23rd, the second for March 24th, and the third for April 28th. Each card includes the event title, time (12-1 PM EST), and a brief description.

Professional Development Events

Spring 2023

23 FEB **12-1 PM EST**
Resume & Cover Letter Workshop
Hosted by Diondre Brown from the Center for Career Development & Academic Exploration. Learn tips and best practices for crafting your resume and cover letter when searching for internships or jobs.

24 MAR **12-1 PM EST**
Public Health Job Searching: *Where do I begin?*
Learn about effective job searching strategies and hear from Department of Public Health faculty and alumni who will share about their job search and advice for future graduates.

28 APRIL **12-1 PM EST**
Public Health Certifications: *Why more when I'm getting a degree?*
Learn about two certifications you're eligible for with an MPH - Certified in Public Health (CPH) and Certified Health Education Specialist (CHES).

Community Pantry!

Reminder! The Department of Public Health is Home to a Community Pantry!

The Community Pantry, located in **HPER 383**, is a need based, take what you need, give what you can pantry. All UTK Public Health students, staff, and faculty can utilize this FREE department resource!

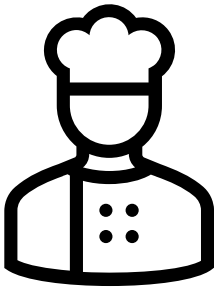
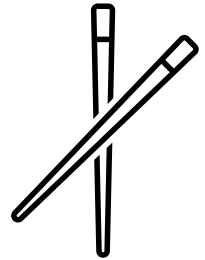
The pantry is open Monday-Friday

8:00am-5:00pm

(Excluding holidays and scheduled university closings)

Currently, the following items available for taking or giving:

- Non-perishable food and beverage items
- Personal hygiene products & toiletries
 - Cleaning supplies
 - Pet food and treats



APHA Conference!

Showcase your work in Atlanta, Georgia!

The American Public Health Association (APHA) Conference is being held November 12-15, 2023 in Atlanta! The theme of this year's conference is "**Creating the Healthiest Nation: Overcoming Social and Ethical Challenges.**" Consider submitting an abstract for review (deadline is March 31). For more information, visit: <https://www.apha.org/events-and-meetings/annual>



Department Research!

Interested in the work our department is doing? Check out some recently published peer reviewed journal articles and conference presentations by Public Health faculty, students, and recent alumni!

Publications

1. Erwin, P. C., **Grubaugh, J. H.**, Mazzucca-Ragan, S., & Brownson, R. C. (2023). The Value and Impacts of Academic Public Health Departments. *Annual Review of Public Health*, 44(1), null. <https://doi.org/10.1146/annurev-publhealth-071421-031614>
2. **Ehrlich SF, Rand BG**, Zite, NB, Fortner KB, Paudel A, Peterson C, Maples J. *Exploring the Relationship between Regular Physical Activity and the 24-hour Glucose Cycle in Gestational Glucose Intolerance or Gestational Diabetes Mellitus*. *Am J Obstet Gynecol*. 2023 Jan;228(1):100-102. PMID: 36088987.
3. **Ehrlich SF**, J Maples, Burnette S, **Rand BG**, Zite NB, Paudel A, Fortner KB. *Individual Level Determinants of COVID-19 Vaccination in Pregnant People*. *Int J Gyn Ob*. Accepted for publication January 26, 2023.
4. **Tran, P.**, Tran, L., Zhu, C., & Tran, L. (2023). US insufficient sleep trends between 2011-2020 by Visual impairment/Blindness status using cross-sectional Behavioral Risk Factor Surveillance System survey data. *The Journal of Visual Impairment & Blindness*. [In press]
5. **Pehrson, A.**, Solla, C.A., Buehler, J. *et al*. A prescription drug monitoring program, data sharing, and upholding states' rights under the United States Constitution. *J Public Health Pol* (2023). <https://doi.org/10.1057/s41271-022-00385-3>
6. Solla, C. A., **Pehrson, A.**, **Onar, G.**, Indranoi, T., Montgomery, M., & Buehler, J. (2022). The impact of reducing opioid unit dose quantities on perioperative utilization and pain scores for laparoscopic cholecystectomies. *Pain Management*, 12(07), 821-827.
7. Maples JM, Zite NB, **Oyedeji O**, Chamberlin SM, Mastronardi AM, Gregory S, Gatwood JD, Hohmeier KC, Booker ME, Perry JD, Moss HK, Kilgore LC. Availability of the HPV Vaccine in Regional Pharmacies and Provider Perceptions Regarding HPV Vaccination in the Pharmacy Setting. *Vaccines*. 2022; 10(3):351. <https://doi.org/10.3390/vaccines10030351>

Conference Presentations

1. **Cummings, Z.** and **Grubaugh, J.**, *Healthy and inclusive workplace culture: What is it, and how do we enact it?* Oral Presentation at the 2022 Tennessee Public Health Association Annual Conference, Murfreesboro, TN, September 28-30, 2022
2. **Coley, S.** and **Russomanno, J.**, *Interactive Learning: Using board games to teach about social determinants of health and their impact on health outcomes*. Poster presented at the 2022 Tennessee Public Health Association Annual Conference, Murfreesboro, TN, September 28-30, 2022
3. **Pehrson, A.**, **Onar, G.**, Buehler, J., Solla, C. (2022, November) *Sex Differences in Perioperative Opioid Utilization in Patients Undergoing Laparoscopic Cholecystectomy*. American Public Health Association Annual Conference.
4. **Pehrson, A.** (2022, November) *Strategies for Health Service Organizations to Address the Impact of Social Determinants of Health on Cost and Quality of Care*. American Public Health Association Annual Conference.
Top Abstract Winner
5. **Pehrson, A.**, **Onar, G.**, Vance, M., White, W. Buehler, J.(2022, September). *The Impact of Multimodal Analgesia on Length of Stay and Patient Satisfaction After COVID-19: A Retrospective Study Examining Lean Methodology in Pain Management for Patients Undergoing Partial Nephrectomies*. American College of Medical Quality Annual Conference. Top abstract award.
6. **Oyedeji O**, Maples JM, Mastronardi AM, Chamberlin SM, Zite NB, Moss HK, Perry JD, Booker ME, Kilgore LC. Provider Assessment and Recommendation for HPV Vaccination Across Different Age Groups. Abstract accepted for oral presentation at the Tennessee Public Health Association Annual Meeting. Murfreesboro, TN. September 27 – 30, 2022.
7. Brechtel L, Maples JM, Gregory S, Mastronardi AM, **Oyedeji O**, Zite NB, Carlson ER, Boone J, Heidel RE, Kilgore LC. HPV Vaccination: Broadening the Scope of Education and Administration. Abstract accepted for oral presentation at the Tennessee Public Health Association Annual Meeting. Murfreesboro, TN. September 27 – 30, 2022.
8. Maples JM, Mastronardi AM, Chamberlin SM, **Oyedeji O**, Zite NB, Moss HK, Perry JD, Booker ME, Kilgore LC. Provider Knowledge About TennHS and Using It To Increase Vaccination Among Eligible Patients. Abstract accepted for oral presentation at the Tennessee Public Health Association Annual Meeting. Murfreesboro, TN. September 27 – 30, 2022.

Student Spotlight!

Sara Lyon

Meet Sara!

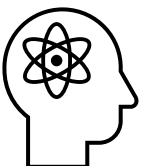
Hi everyone! My name is Sara Lyon, and I am a second-year MPH student with a concentration in epidemiology and a minor in statistics. I have lived in East Tennessee since I was three. I grew up in Oak Ridge, and, currently, I live in Knoxville with my fantastic husband, Rick, our five cats, and two dogs. I love animals and spend my free time dabbling in wildlife photography, video games, reading, and gardening. I got my BS in biochemistry here at the University of Tennessee. In 2016, I was lucky enough to author a paper during undergrad studying the thermodynamic properties of P450 enzymes, which are crucial to drug metabolism.

After graduating in 2017, I took about four years off from school, soul-searching, and waffling between the decision to go to medical school or not. After a long period of uncertainty, I realized that public health was where I would truly find my passion. As I want to have an impact on finding the patterns of disease in underserved populations by investigating root causes and the effects, social determinants of health have on marginalized populations.



What she's up to!

Upon admission to the MPH program, I've had the wonderful opportunity to work for The Rape Prevention Evaluation team with the fabulous Dr. Meschke! Under Dr. Meschke's mentorship and guidance, I developed a proposal to better understand the effects of COVID-19 on interpersonal violence (IPV) in Tennessee. We secured CDC funding to pursue this study, and the past year has been a whirlwind of recruitment and interviews. Most recently, we were asked to execute a health equity assessment to evaluate the promotion of equity and diversity in organizations across the state in relation to sexual violence. The findings from the COVID-19 study will also be included in this assessment to inform stakeholders of the challenges IPV advocates faced in the wake of the pandemic when serving clients.



Check out her work!

<https://doi.org/10.1073/pnas.1807473115>

Faculty Spotlight!

Dr. Jennifer Perion, DE Coordinator

Meet Dr. Perion!

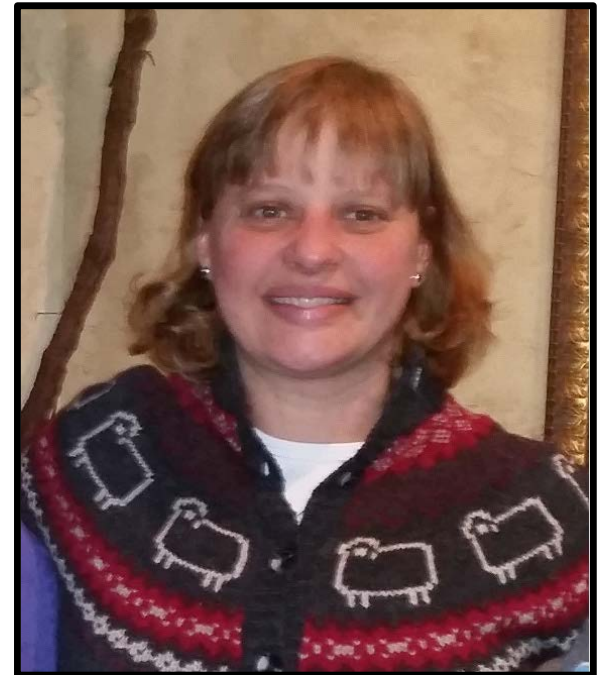
Before entering the field of public health, Dr. Perion worked as a Network Administrator and IT Manager for businesses in the private sector. Returning to school after a 19-year hiatus, she first earned a Master of Arts in Liberal Studies and then a PhD in Health Education from the University of Toledo.

Dr. Perion teaches Biostatistics, Principles of Epidemiology, Research Methods, Program Evaluation, and a summer book club elective to students enrolled in the distance education MPH program. She is also the MPH Distance Education Program Coordinator.

What she's up to!

Dr. Perion's research activities primarily focus on topics related to aging, especially the needs of family and professional caregivers and the social experiences of older adults with dementia. She is currently investigating a multi-sensory technology designed to deliver engagement opportunities for older adults with moderate or severe dementia. This summer she will be an invited guest speaker at the first International Tover Summit in Amsterdam.

Students and faculty who visit Dr. Perion via Zoom know that she has two devoted sidekicks: Ringo Starr (a pug) and Bunky (an English bulldog). She lives in Temperance, MI (just north of Toledo, Ohio) with her husband Jack and daughter Emily.



Alumni Spotlight!

Carman North

Background Information!

Carman recently gave an incredible guest lecture for PUBH 509: Public Health Seminar. In her lecture, Carman introduced 509 students to College Health, and how a Master of Public Health degree can be used at colleges and universities across the nation. She set the bar high for future 509 presenters, and we are so excited to introduce her in this volume of Memos!

Meet Carman!

Carman North, MPH, CPH, works as the Campus Health Surveillance Coordinator on the Community Health Team in University of Tennessee's Student Health Center. Carman took the long way round to get to her current career, and her path to public health has included bartending, massage therapy and Traditional Chinese Medicine, bench research, health insurance, grant writing, and environmental activism. She has worked in college health for close to seven years and received her Master's in Public Health from UT in 2021. Carman served in a leadership role in UT's COVID-19 response, helping to oversee both contact tracing and vaccine provision and promotion. In her current role, she focuses on reducing the impact of illness on student success by facilitating layered prevention behaviors, understanding campus disease patterns, and advancing community resilience to public health emergencies.

