



**PARKINSON**  
SCHOOL of HEALTH SCIENCES  
AND PUBLIC HEALTH



## Bachelor of Science in Public Health Fall 2019 Newsletter

### Reflection: Switching to Public Health

*Margaux Whitehead, a sophomore in the B.S. in Public Health program, is a charter member and president of the Public Health Club. Margaux will be studying abroad next term in Vietnam.*



If there is anything that college has taught me, it is that my time is too precious to be studying something that I am not relentlessly passionate about. I came to Loyola for its values. Loyola's core mission to expand personal knowledge—both intellectual and cultural—through the service of humanity resonated with my craving to craft a more equitable world. This resonance only skyrocketed when I joined the Parkinson School BSPH program.

Public health concepts had always been where my passions lay, but I had never connected my parallel loves for medicine, community service, and social justice to the interdisciplinary field of public health. I entered college in a typical pre-med major, but the major's laser focus towards medical school diverted my attention away from pursuing my passions and towards a checklist of to-do's to get to medical school. I began to question if, since I was preoccupied with my love for advocacy and politics, medicine was the right path for me. I added and dropped majors, losing my motivation and fire to pursue *any* of those fields as I grew frustrated with my inability to merge my interests into a single, professional trajectory. Then I got an email from the Parkinson School.

The second I stepped into PUBH 300, Introduction to Public Health, I was met with engaging professors, people who challenged my beliefs, a diversity of opinions and perspectives, and a collective ambition to make the world a healthier, more equitable place. The professors took the time to know my story, not just my name. The student-centric, collaborative, career-focused, quality improvement-driven community of the public health program was evident to me from my very first impressions. The caliber of support and investment in students within the BSPH program is unchallenged—and, in that moment, I knew I am where I am meant to be.

### **BSPH Program Director's Notes** by Julie Darnell, PhD, MHSA

What a start! Since our official launch as a new major at Loyola in July 2019, 25 students have declared Public Health as their major. This pioneering cohort will be setting the tone for future generations of students in the program, and it already looks like they're intent on making their mark: just a few weeks into the semester, a group of our majors has founded a Loyola University Chicago Public Health Club and gotten it registered as a Student Affairs and Greek Activities (SAGA) organization. Congratulations!

In October, we kicked off a new career development workshop series with a seminar about LinkedIn, and we'll be hosting two additional events on resume writing and job-search techniques in the coming months. For more details on those workshops look under *Mark Your Calendars!* later in this newsletter. In addition, if you have any requests or ideas for future topics, please let us know.

It's already clear to me that one of the greatest assets we have as a program is our initial group of committed students who are passionate about the new major. I see that passion as they help us promote the BSPH program at events on campus, and more generally, as they help us spread the word about Loyola's newest major. Word of mouth and student testimonials are critical methods of building awareness in the larger Loyola community about the Public Health major, and I feel we have a terrific group of Ambassadors.

One of the great advantages of public health, both as a major and as a body of knowledge, is how broad-ranging and interdisciplinary the field is. In that spirit, I thought I'd share with you in each newsletter a statistic from a seemingly "non-health" field that in fact relates directly to public health.

*Did you know that the richest 1% of American earners average more than 39 times more income than the bottom 90% (\$1.4 million versus \$36,000)? Moreover, the top 1% has more than doubled during the past half-century while poverty has remained unchanged.*

And, did you know that this disparity correlates with health outcomes of life and death? Americans in the top 5% of income are living longer and today can expect to live to 88, a gain of 3 years over the past 15 years, while those in the bottom 5% have plateaued at age 76.\*

Finally, I'm pleased to report that we just completed voting for a student representative on the Parkinson School's Public Health Programs Committee, which meets monthly, to provide input about the MPH and BSPH programs' curricula. Freshman Maya Roytman was elected by her peers to take on this role and serve for the next year. We are grateful to the students who nominated themselves for this leadership position. Additionally, we have appointed second-year student Sarah Strom to represent the BSPH students on our Steering Committee, a body of internal and external stakeholders who give strategic direction and provide support for our public health degree programs. The Steering Committee meets twice a year, each August and January. And second-year student Chris Dominguez has agreed to serve on the Parkinson's Curriculum Committee, which is responsible for review and approval of curricula across all programs in the Parkinson School. Student participation on our public health committees is essential to our mission of student-centeredness. Moreover, we wholeheartedly embrace the view that students can and should help shape their own learning. We are, therefore, thrilled with the strong interest our BSPH students have shown in serving on these committees.

\*Saez, E. (2019, March 2). Striking it Richer: The Evolution of Top Incomes in the United States (Updated with 2017 final estimates). Pathways Magazine, Stanford Center for the Study of Poverty and Inequality, Winter 2008, 6-7 <https://inequality.org/facts/income-inequality/>  
<https://eml.berkeley.edu/~saez/saez-UStopincomes-2017.pdf>

## Public Health Faculty Spotlight by Maria Price



**David A. Shoham, PhD, MSPH**

David Shoham, Director of the MPH Program, a part of Loyola's newly established Parkinson School of Health Sciences and Public Health, eagerly seeks to provide students with holistically enriching opportunities that encourage a personal dedication to lifelong learning. As a member of Loyola's Health Sciences faculty since 2007, Dr. Shoham has overseen integral projects within his division including: acquiring a multi-year research grant; retaining program accreditation; and the creation of a BS in Public Health degree program.

In his day-to-day teaching, Dr. Shoham emboldens his students by providing ample opportunities for highly relevant and experiential learning, a pedagogy that is at the heart of Parkinson's articulated curriculum practicum offerings. In reflecting on his undergrad experience, Dr. Shoham laments allowing a limiting mentality to direct his actions and decisions. He regrets the times he denied himself the opportunity to explore different areas of interest by telling himself "no" a lot, or thinking that he "wasn't smart enough" or that "this or that class would be too much work." Today this manifests in his regular encouragement of students to take up class offerings or opportunities that they are not initially inclined to, as he notes, "you never know what has the potential to interest you."

Dr. Shoham's academic interests are found within the realms of epidemiology and public health, where he has utilized the tool of social network analysis in his research. With the pressures of choosing a career and working in the burgeoning fields of health science and medicine, burnout is an increasingly common psychological phenomena. Recently, Dr. Shoham has become a regular practitioner of meditation, which he says has helped him "cultivate perspective on what is important in life."

As the Parkinson School continues to welcome new students, Dr. Shoham is eager for undergrads to explore all that its newly developed program has to offer. The introduction of the Parkinson School is particularly timely as public health challenges and issues such as the Zika virus, the Flint water crisis, the measles outbreak and the health impacts of vaping have all been pervasive in the news media in recent months. Public health, he notes, has an enthralling way of helping us both understand and respond to our ever-changing environment. Alongside this point, Dr. Shoham pays artful homage to British fiction writer Arthur C. Clarke who has this to say with regard to the evolving fields of science, technology and medicine: "Any sufficiently advanced technology is indistinguishable from magic."

**David Shoham**, Associate Professor in the Department of Public Health Sciences, will be teaching PUBH 303, Intro to Epidemiology during the spring 2020 term. For a list of some of David's publications, click [here](#).

**Maria Price** is a sophomore BSPH major and BSPH Newsletter contributor. Maria also serves on the leadership board of the LUC Public Health Club.

## Public Health Club: Building Connections on Campus and Beyond by Maria Price



On October 30, 2019 Loyola's Public Health Club held its first general body meeting. This highly anticipated event included introductions of the Executive Board and new members, a rousing game of jeopardy and, of course, plenty of treats to go around. The road to the Public Health Club's introduction to Loyola's undergrad student body has been nothing short of a dedicated labor of love. Prior to their first student body meeting, the Public Health Club's Executive Board, with the thoughtful guidance of Parkinson School program coordinator/academic advisor Keith Kramer, held many meetings to get the club up and running. They needed to discern and articulate club goals and mission, gain university accreditation for official club status, acquire initial start-up funding, and develop future activities and learning opportunities for its members. After all of this, the Executive Board was eager to welcome its first group of curious-minded and energetic members to the Public Health Club.

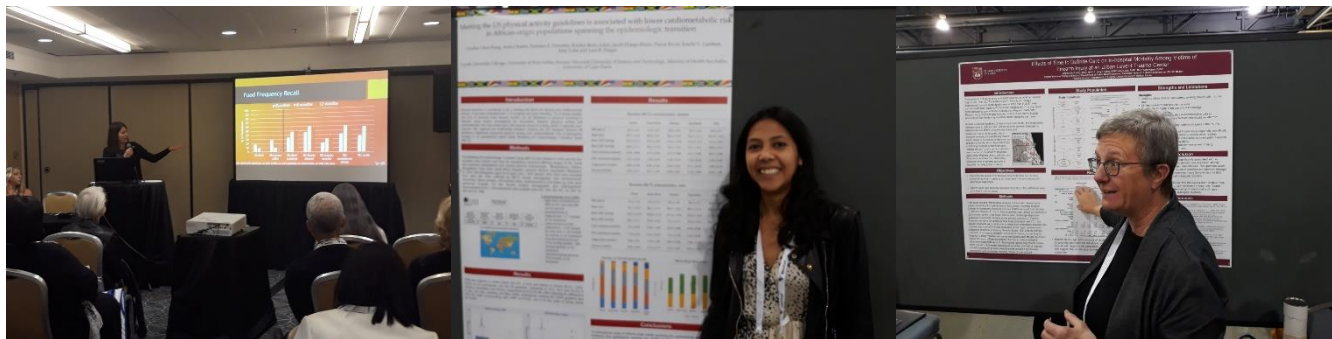
Established at the start of the 2019/2020 academic year, the Public Health Club's mission emphasizes a commitment to promoting opportunities in the areas of service, education, social and community connections, and professional and leadership skills development. In seeking to achieve this mission, the Public Health Club reinforces interests in and connections to public health. During club meetings, the Executive Board will help to lead projects and activities that facilitate education, service and leadership development for its members. In doing so, the Public Health Club's intention of creating a close network of diversely gifted young professionals is an outcome that everyone embraces.

At the first general student body meeting, the members of the Executive Board, consisting of five enthusiastic leaders for the 2019/2020 academic year, introduced themselves. Serving as President of the Club is second-year student, Margaux Whitehead, who is majoring in Public Health and is pursuing a minor in Biostatistics. First-year student Maya Roytman is serving as Vice President of the Club and is currently pursuing a dual major in Neuroscience and Public Health. Club Secretary and first-year student Liam Thomas currently majors in Public Health and is "excited to help create new ways for students to engage with their chosen major throughout undergrad." Public Health major and second-year transfer student Veronica Grissett looks forward to continuing to serve as the Club's Treasurer. She is excited to cultivate her new position and welcomes the chance to become acclimated to Loyola through such a unique and apropos opportunity. Second-year student Maria Price will be serving as Campus Activities Network (CAN) Representative and Public Health Club contributor to the Parkinson School newsletter. Also in attendance at the October 30 meeting was Keith Kramer, who endlessly champions and supports both the academic and extracurricular engagements of the undergrad students he serves. His encouragement is deeply felt and appreciated by the Public Health Club's Executive Board.

As the year continues, though there will be some time for fun and games, members of the Public Health Club are looking ahead eagerly for serious opportunities to forge their individual interests within the vastly interdisciplinary realm of Public Health studies.

## APHA 2019 Annual Meeting & Expo

This past week in Philadelphia at the APHA Annual Meeting and Expo – *Creating the Healthiest Nation: For science. For action. For health*, several of our public health programs faculty and graduate students gave oral/poster presentations about their research:



### Students

Using Geographic Information System (GIS) to map firearm incidents and victim residence for targeted interventions

**Duwa Alebdy, BA<sup>1</sup>**, Amy Luke, PhD<sup>2</sup>, Francois Modave, MS, PhD<sup>2</sup> and Ruth Kafensztok, DrPH<sup>2</sup>, (1)Loyola University Chicago Stritch School of Medicine, Maywood, IL, (2)Loyola University Chicago, Maywood, IL

Meeting the US physical activity guidelines is associated with lower cardiometabolic risk in African-origin populations spanning the Epidemiologic Transition

**Candice Choo-Kang<sup>1</sup>**, Lara Dugas, PhD, MPH<sup>2</sup>, Amy Luke, PhD<sup>3</sup>, Pascal Bovet, MD, MPH, Louise Lie<sup>2</sup>, Vickie Lambert, PhD, Terrence Forrester, DM PhD, Jacob Plange-Rhule, MD, PhD<sup>5</sup> and Anita Charles<sup>2</sup>, (1)Loyola University Chicago, Chicago, IL, (2)Loyola University Chicago, Maywood, IL, (3)Loyola University Chicago, Health Sciences Division, Maywood, IL, (4)Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

Utilization of Electronic Health Records to Identify Opioid Misuse in Hospitalized Patients

**Kristin Swope, B.S.**, Loyola Stritch School of Medicine, Forest Park, IL, **Majid Afhsar, M.D., M.S.**, Loyola Stritch School of Medicine, Maywood, IL, **Cara Joyce, PhD**, Loyola University Chicago, Maywood, IL, **Meng Xie, B.E.**, Loyola University Chicago, Chicago, IL, et al.  
Paths of Gun Violence Victims Through a Chicago-Area Tertiary Care Center: A Process Map

**Jacqueline Wood, MD candidate, MA**, Virginia McCarthy, MDiv, Mark Cichon, DO, FACEP/FACOEP and Ruth Kafensztok, DrPH, Loyola University Chicago, Maywood, IL

**BSPH/MPH faculty**

Mode Matters: An analysis of the effects of mode of transportation on hospital discharge disposition amongst firearm injury victims at an urban level-I trauma center

**Amy Luke, PhD**, Ruth Kafensztok, DrPH and Virginia McCarthy, MPH, MDiv, Loyola University Chicago, Maywood, IL

Addressing food insecurity to support patient success in diabetes prevention programs

**Julie Darnell, PhD, MHSA, AM<sup>1</sup>**, Sal Migliaccio<sup>2</sup>, Morgan Smith, RN, PHN, CNS, CDE<sup>3</sup>, Kim Prendergast, RD, MPP<sup>4</sup> and Tiffany Ku<sup>1</sup>, (1)Loyola University Chicago, Maywood, IL, (2)Americares, Stamford, CT, (3)Feeding America, La Mesa, CA, (4)Feeding America, Framingham, MA

Improving blood pressure control among vulnerable patients: Evidence from implementing the Extension of Community Healthcare Outcomes (ECHO) model in five free clinics

**Julie Darnell, PhD, MHSA, AM<sup>1</sup>**, Richard Campbell, PhD<sup>2</sup>, Heather Pauls, MPH<sup>3</sup>, Christina Newport<sup>4</sup>, Tamara Hamlisch, PhD<sup>5</sup>, Daniel Johnson, MD<sup>6</sup> and George Bakris, MD<sup>6</sup>, (1)Loyola University Chicago, Maywood, IL, (2)University of Illinois at Chicago, Chicago, IL, (3)University of Illinois at Chicago, Chicago, IL, (4)AmeriCares, Stamford, CO, (5)University of Illinois at Chicago, Chicago, IL, (6)University of Chicago, Chicago, IL

## Mark Your Calendars!

- Admissions Open House, Saturday, November 9, 9:30 AM, Gentile Area
- **Public Health Club: Speaker Mira Krivoshey, MPH, Asst. Dir., Loyola Wellness Center; Seminar on Vaping**, Thursday, November 14, 6:15 PM, Mundelein, 203.
- **BSPH Faculty/Student Social**, Wednesday, January 15, 5:30 PM, *Mundelein Greenhouse*, 7<sup>th</sup> Floor, 719.
- **Parkinson Professional Development Lunch & Learn Series: Resume Writing in Public Health**, Wednesday, January 29, Noon – 1:30 PM, IES, 123/124.
- **Parkinson Professional Development Lunch & Learn Series: Job Search Jump Start**, Wednesday, March 11, Noon – 1:30 PM, IES, 123/124.
- **Healthcare Career & Internship Fair**, Wednesday, February 5, 3:30 PM – 6:30 PM, Damen Student Center

## Public Health (PUBH) Courses - Spring 2020

**PUBH 303, Introduction to Epidemiology**, Class #5932 (3<sup>rd</sup> year students)

Wednesdays 2:45 PM – 5:15 PM, Crown Center 104, 1/13/20 – 5/2/20; David Shoham, PhD, MSPH

*Epidemiology is the study of the distribution and determinants of disease in populations and remains the basic science of public health. The objective of this course is to familiarize students with the range of tools used to conduct epidemiologic analysis, including study design and measures of association.*

**PUBH 306, Critical Thinking in Public Health**, Class #5950 (2<sup>nd</sup> Year or 3<sup>rd</sup> Year students)

Tues/Thurs 8:30 AM – 9:45 AM, Crown Center 530, 1/13/20 – 5/2/20; Julie Darnell, PhD, MHSA

*This course is designed to prepare students to make reasoned, intelligent decisions about public health matters by learning about and practicing how to think, read, write, and speak critically.*

**HSM 210/ENVS 385** (substitute for **PUBH 314**), **Introduction to Global Health**, Class #4915/#6443 (3<sup>rd</sup> year students)

Tues/Thurs 2:30 PM – 3:45 PM, Dumbach Hall 229, 1/13/20 – 5/2/20; Sasha Adkins, PhD, MPH

*This course examines major global health challenges, programs and policies through a lens of access and quality. Factors influencing the presence of health inequities around the world are explored.*

## One-credit public health overview course (perfect for a student considering the BSPH major):

**UNIV 102, Loyola Seminar Course on Public Health** (1 credit), Class # 6470 (open enrollment)

Mondays 12:35 PM – 1:25 PM, IC 112, 1/13/20 – 5/2/20, Justin Harbison, PhD

*This course examines major global health challenges, programs and policies through a lens of access and quality. Factors influencing the presence of health inequities around the world are explored. Key areas of study include cultural and political context, epidemiological considerations, health status and healthcare delivery systems of various countries.*

Reach out to Keith Kramer, Program Coordinator/Advisor for the BSPH at [kkramer4@luc.edu](mailto:kkramer4@luc.edu) if you have questions about BSPH courses.

## Additional Information

### Public Health Resources:

- **Career Services**, Christie Andersen Asif, Career Development Advisor (Health Sciences), [casif@luc.edu](mailto:casif@luc.edu)
  - <https://www.luc.edu/career/index.shtml>
- **Librarian for the BSPH Program**, Geoff Swindells, Associate Dean of Research, Learning, & Engagement, [gswindells@luc.edu](mailto:gswindells@luc.edu)
  - Public Health Guide: <http://libguides.luc.edu/publichealth>

### Student Support Resources:

- **ITS Help Desk**
  - [helpdesk@luc.edu](mailto:helpdesk@luc.edu)
  - 773-508-4487
- **Student Accessibility Center**
  - <https://www.luc.edu/sac/>
- **Tutoring Center**
  - <https://www.luc.edu/tutoring/index.shtml>
- **Writing Center**
  - <http://www.luc.edu/writing/>

For more information about the B.S. in Public Health program, please contact:

**Keith Kramer**, BSPH Program Coordinator/Advisor, [kkramer4@luc.edu](mailto:kkramer4@luc.edu)

**Julie Darnell, PhD**, BSPH Program Director, [jdarnell1@luc.edu](mailto:jdarnell1@luc.edu)



*Know someone who is interested in public health? Please share this newsletter.*