



Public Health Connections

Southern Connecticut State University
School of Health and Human Services

Department of Public Health

A Message from the Chair Dr. Jean Breny

Welcome to our Fall 2018 Public Health Connections newsletter. Is it me, or did this semester just go by faster than any other? We hope the semester was positive for you and are thrilled to be bringing you this newsletter.

Your Department of Public Health continues to grow, with some staffing changes and blossoming new initiatives. We are excited to welcome Ellen Clinesmith as the new Department University Assistant (UA)! Ellen's is now the first (and incredibly friendly) face visitors see when walking into the Orlando House. Ellen, also a student in our MPH program, puts the finishing touch on our front office staff joining Department Secretary; Michelle Mann, our Graduate Assistants; Rose Richi and Nijah Wilson, and our student worker; Danielle Dixon. We also welcome Elizabeth Schwartz (MPH '16), next semester, to our faculty as a special appointment hire. Sadly, we bid farewell to Dr. Michael Mink, who departed SCSU last summer and is now Professor of Health Science at Sacramento State University. We wish him the very best as he ventures out, taking leadership on developing an MPH Program there. Valen Grandelski will also leave her special appointment with us, moving on to bigger things as Project Manager for the REACH grant at CARE. We are so proud of her and are thrilled that she won't be farther away than across campus.

If you haven't heard about the REACH grant, please read the update by Alycia Santilli in this newsletter; there are many exciting initiatives on the horizon. Finally, if you have not had a chance to visit our Department's additional space, we proudly house five of our faculty, including a new office for Dr. Bernard, in the OB1 building with space for adjuncts as well.

In international news we welcomed Hannah Madden from Liverpool John Moores University (LJMU) this semester, who visited with the Department for ten weeks conducting her PhD research data collection as well as making connections to further our collaborative efforts with LJMU. We are excited for the work we have done together and will continue to do, moving forward. Please see Hannah's article on her visit in this issue of the newsletter. This spring, Graeme Mitchell, who teaches environmental health at LJMU, will visit campus to engage in continued discussion and planning for co-taught courses in the future.

In closing, I want to thank you – our Public Health family – for your continued support of our students, our programming, and our future. We would not be here without you and you are all appreciated. As we wind down 2018, please take time to reflect, renew and re-engage with yourself and your loved ones. As we approach 2019, I wish you many blessings and good fortune.

"I think it would be a far greater world if people were kinder and more respectful to each other."

- (The incomparable) Aretha Franklin



In This Edition

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Valen Grandelski, Coral Jiménez, and Candace Chapman

Southern Connecticut State University represents CT at Advocacy Summit in D.C.

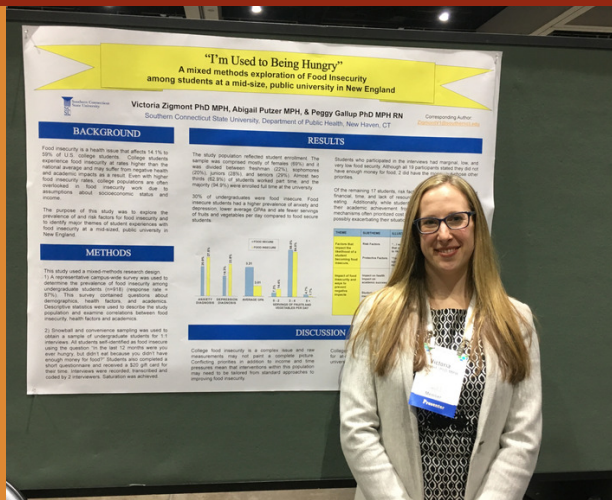
“The weekend was empowering and career-defining for me, and it’s because of this experience that I have decided to pursue a public health career in advocacy and health policy.” – Candace Chapman

Two students and two professors from Southern represented Connecticut at the 20th annual Advocacy Summit sponsored by the Society for Public Health Education (SOPHE) on October 13th through October 15th, 2018. This year’s summit theme was, “mobilizing the next generation of health advocates” and its focus was on the public health impacts of gun violence in the United States. Dr. Jean Breny, Professor and Chair of the Department of Public Health; Valen Grandelski, Assistant Professor at Southern and project manager for CARE at SCSU; Coral Jiménez, graduate student in the Department of Communication Disorders and Candace Chapman, undergraduate student in the Department of Public Health spent a weekend in Washington D.C. for the Advocacy Summit.

They attended skill-building workshops and educational lectures where students and practitioners engaged and collaborated with one another in order to sharpen their advocacy skills and gain a better understanding of gun violence as a public health emergency. The summit culminated in a day spent on Capitol Hill meeting with aides for Senators Christopher Murphy and Richard Blumenthal to advocate for changes in gun violence legislation, offer assistance as professional resources, and thank the senators for their continued efforts in this important policy area. “I can’t say enough positive things about the SOPHE summit,” stated Candace Chapman. “The weekend was empowering and career-defining for me, and it’s because of this experience that I have decided to pursue a public health career in advocacy and health policy.”



Valen Grandelski, Coral Jiménez, Dr. Jean Breny, Dr. Camara Jones, and Candace Chapman



Dr. Vicki Zigmont



Dr. Peggy Gallup, Dr. Marion Nestle, Dr. Vicki Zigmont

American Public Health Association – October 2018

Presentations and Research

Zigmont, V.A., Putzer, A., and Gallup, P.A. “I’m used to being hungry”: A mixed-methods exploration of food insecurity among students at a mid-size, public university in New England. (Accepted Poster Presentation) 2018 APHA Meeting.

Zigmont, V.A., Shoben, A., Harris, R., Clinton S., Kaye, G., and Olivo-Marston, SE. Antidepressants are not associated with new onset type 2 diabetes mellitus for patients with indications for antidepressant use. (Accepted Poster Presentation) 2018 APHA Meeting.

HHS at the Bob Corda 5K Run Homecoming Weekend in October



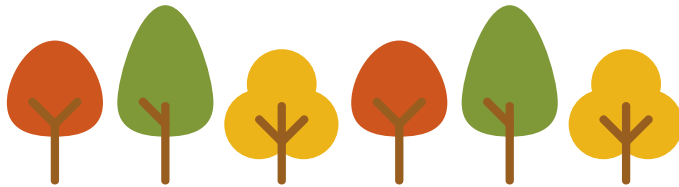
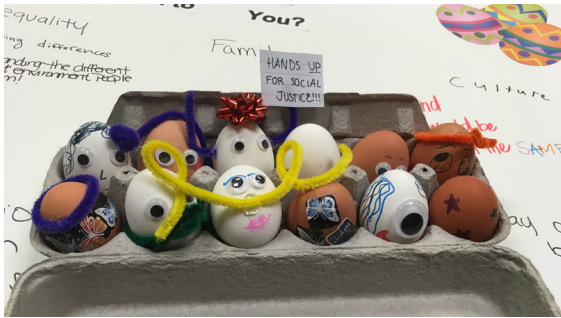
Natalie Van Komen, Dr. Jean Breny, Dr. Vicki Zigmont, Dean Sandra Bulmer, Dr. Deb Risisky, and Nablebo Wureh



Michael Pascucilla

The East Shore District Health Department’s (ESDHD) Shoreline Regional Pump-Out Boat Program has partnered with Pilots Point Marina in Westbrook, to build the world’s first full-size solar-electric pump-out boat. This vessel will be utilized for pumping-out sewage from the holding tanks of recreational boats. ESDHD is excited to enhance their ability to keep our waters and environment as clean as possible for residents/visitors of the Connecticut shoreline.

SCSU Public Health Society



Public Health Society consists of a group of like-minded students who are passionate about furthering the well-being of the SCSU community and beyond. In the fall they participated in food drives, volunteered at the Connecticut Food bank, and held an event at the SCSU self-care fair. They also participated in social justice month with an interactive event that focused on celebrating diversity. Outside of events they held, they proudly sent many of their members to the 2018 CPHA conference. Next semester they are hoping to recruit more members and to continue supporting the SCSU community!



New Food Pantry for Students in Orlando House

Food insecurity is an ongoing issue for our students and the Department wants to do what it can to help alleviate hunger on campus. A location has been selected for our Public Health Food Pantry and it is ready to receive donations! This food pantry, once stocked, will be available to all students (no forms to fill out, no questions asked). It is located on the 2nd floor of the Orlando House (the door is clearly marked). Please help us to keep it stocked with healthy non-perishable items.

Thank you for your support of this worthwhile cause!





Eleven incredible weeks at Southern.

Hannah Madden, PhD Candidate. Public Health Institute, Liverpool John Moores University, UK.

I am at the end of my first week home in Liverpool and I already miss Southern so much! I was in Connecticut collecting data for my PhD thesis. I am researching health behaviour and LGBTQ dating apps – comparing the UK and USA. I am particularly interested in how people make decisions on apps, increase health benefits and reduce risk. It was a challenge building relationships and recruiting participants in a new country without any existing networks. Nevertheless, it worked and I did some very successful interviews. I also met some wonderful people who work in the LGBTQ community in CT. The support from my advisor, Dr Breny, was invaluable (she also makes a delicious Thanksgiving feast!)

I loved learning about the differences between our higher education systems – our undergraduates only take classes in their Major, have less structure and fewer assignments, but are expected to do a lot more independent study. One of the most interesting and amusing parts of my trip was the number of language misunderstandings. I knew the words but, often, they seemed to mean something totally different in the US! I had to write myself a glossary of UK vs USA education terms.

I was impressed by the dedication to the student learning experience of those working in Public Health. Faculty are also great fun and experts in New Haven pizza joints! I thoroughly enjoyed the teaching I did and was moved by the passion of the Public Health students themselves. Students are such advocates for their communities, fighting for justice and health equity. We had some fascinating conversations about the UK universal healthcare and cheaper universities. I hope to see some Southern students on a placement in Liverpool soon.

Other (non-academic) highlights of my trip included: experiencing my first US Halloween, Thanksgiving and election; leaf-peeping; endless compliments on my British accent; the craziness of the Big E; and the amazing food and happy hours in New Haven!

Thank you to Dr Riscky for being an amazing roommate, to Dr Breny for her generosity and to Dr Gallup for sharing her office. I also want to say a huge thank you to Michelle and the UAs and GAs for just being so kind and fun. I was very sad to leave just at the point where I was really getting to know everyone and make some great friends. I am currently trying to work out how to fund a trip back to see you all next year!

You can find out more about my research at: fb.me/datingappresearch or [Click Here](#)

If you use apps to meet same-gender partners, have a look at my online survey here: bit.ly/DatingAppResearch or [Click Here](#)

If you want any more information or just to keep in touch, my email is: h.c.madden@ljmu.ac.uk



Justin Kolosky 18' – After graduation, Justin joined AmeriCorps. He is now serving in the VISTA arm of AmeriCorps and doing his service with The Village for Families & Children in Hartford. Justin is in charge of the agency's food security program.

Alma Dwumfour 13' – Alma graduated with her BS in Public Health from Southern in 2013, and currently works as an ICU nurse. She is a contestant on the new athletic competition show The Titan Games, which premieres on NBC January 3, at 8:00 PM. You can follow Alma on Instagram: @almamicheala



Scott LeRoy 04' – For ten years Scott was the City of Danbury Health & Human Services Director. In 2017, he became the Health Officer for Caroline County, MD. Scott was recently appointed to the Governor's State of Maryland Children's Environmental Health & Protection Committee as well as the rural Health Collaborative.

We are looking for more Alumni Updates! Please email your update to Ellen Clinesmith at clinesmithe1@southernct.edu


CARE Update

The Community Alliance for Research and Engagement, which is co-housed at Southern Connecticut State University and the Yale School of Public Health, received a five-year federal grant for up to \$3.68 million to fund community-based solutions to improving health care for low-income residents of New Haven.



Giselle Carlott-McDonald, Dean Sandra Bulmer, Kenn Harris,
Alycia Santilli, Kathleen O'Connor Duffany

Save the Date!
2019 CPHA-SCSU Advocacy Training




Join us for the 2019 Connecticut Public Health Association (CPHA)-SCSU Advocacy Training. Learn the knowledge and practice skills needed to become advocates for public health equity.

February 23, 2019 | 9:00a.m.-3:00p.m., Southern Connecticut State University (SCSU)
Adanti Student Center Ballroom

All are welcome to attend!

Registration for this event will begin in January

Questions? Contact Coral Jiménez at jimenezc5@southernct.edu



Calling all public health students and practitioners! The Connecticut Public Health Association (CPHA) and the SCSU School of Health and Human Services are hosting a 2019 CPHA-SCSU Advocacy Training on February 23, 2019, 9am-3pm, in the Adanti Student Center Ballroom. This will be a free, one-day event that is open to the public. Public health students and professionals will build their knowledge of legislative advocacy and policy making, and learn the skills necessary to be successful advocates at the state, local, and institutional levels. Attendees will engage with speakers from Health Equity Solutions and Yale University, who will provide insight on the connection between advocacy and health equity, the ABC's of being an advocate, how the Connecticut legislative process works, and how advocates can influence it. A state legislator will join us to speak about how to effectively communicate with lawmakers. For more information or questions on how to register for this event, please e-mail Coral Jiménez at jimenezc5@southernct.edu. We hope to see you there!

Happy Holidays!

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