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2010 Retreat:

Reflections on Water and Public Health

Please join us for the CPHI Annual Retreat on Thursday, December 2nd from 9am to 4:30pm in Irvine Auditorium, Amado Recital Hall. The day will include keynote addresses from Dr. Paul Rozin, Professor of Psychology at Penn and Howard Neukrug, the Director for the Office of Watersheds in the Philadelphia Water Department. Additionally, we will convene an interdisciplinary panel discussing water issues related to sanitation, gender, and pharmaceuticals in our water supply. To RSVP visit www.cphi.upenn.edu/2010retreat.shtml

Call for Posters

Students at the University of Pennsylvania and representatives of non Penn-affiliated local organizations are invited to submit their posters to a competition held during CPHI's 2010 Retreat. Posters should highlight water related research or service as it relates to health. Four \$250 prizes will be awarded. For more information, visit www.cphi.upenn.edu/2010retreat.shtml



Director's Message

Marjorie Bowman

Greetings everyone! The 2010/2011 academic year has gotten off to a fast start for the CPHI. We have successfully launched our seminar series, "Crisis as Catalyst in Public Health," initiated a refugee health center with the Penn Center for Primary Care and the Hebrew Immigrant Aid Society (more details available on page 3), continued to support the health based newspaper, "The Healthy Post," at Lea elementary school, collaborated with the Philadelphia Collaborative Violence Prevention Center to organize Community Driven Research Day on October 28th, and much more.

One upcoming event I am particularly excited about is our Annual Retreat, which is scheduled to take place on Thursday, December 2nd, 2010, from 9 am to 4:30 pm in Irvine Auditorium's Amado Recital Hall. This year the CPHI retreat

will focus on the many dimensions of Water and Public Health and is being organized with support from the Year of Water.

We will feature speakers from schools across the University as well as from the Philadelphia Water Department and the Pennsylvania Horticultural Society. Students and area non-profits are invited to enter a poster competition related to work in water and public health (see our "Call for Posters" on page one for more details). Additionally, interdisciplinary research supported by the CPHI through our pilot grant program will be highlighted. It will be an exciting day and I hope you all can attend! For more details about the CPHI's work and the faculty who are working with us, please read on.



Photo: Virens/Flickr

CPHI Fellow Profile

Kathryn Schmitz

CPHI welcomes new Senior Fellow and Director of Educational Development Kathryn Schmitz, PhD, MPH. Dr. Schmitz is an Associate Professor of Epidemiology in the Department of Biostatistics and Epidemiology, a Senior Scholar of Epidemiology for the Center for Clinical Epidemiology and Biostatistics, and an Associate Professor of Public Health in the Department of Family Medicine and Community Health. The focus of her research is the role of physical activity on the etiology, prevention, treatment, and rehabilitation from chronic diseases, with primary focus on obesity and cancer.

Several of Dr. Schmitz's recent research projects have garnered considerable national attention. Her recently completed PAL (Physical Activity and Lymphedema) Trial, published in the New England Journal of Medicine, demonstrated that women who suffer from lymphedema following breast cancer surgery can lift weights to get relief from their symptoms – a finding that challenges decades of medical advice. Results from this study have been reported in The Philadelphia Inquirer, USA Today, Reuters, US News and World Report (via HealthDay News), Wall Street Journal, in MedPage Today, on WebMD, and through The Associated Press. Additionally, her lymphedema research was named one of the year's top health breakthroughs in 2009 by Time magazine.

Dr. Schmitz also led a taskforce convened by the American College of Sports Medicine which recently issued new exercise guidelines for cancer patients. Though cancer patients have long been told to take it easy, the new guidelines say that they can -- and should -- be as physically active as possible during and after treatment. These guidelines, reported in more than 15 news articles in outlets including The Philadelphia Inquirer, Los Angeles Times blog, CNN.com, Health.com, WebMD.com, and WHYY Radio, have reached more than 45 million people worldwide.

Dr. Schmitz has won multiple awards from the American Heart Association, including the Jeremiah Stamler Award for New Investigators, the Trudy Bush Fellowship for Cardiovascular Research in Women's Health, and the Marjorie Bowman New Investigator Award of Excellence. She is teaching the following courses at Penn: PUBH500 (Introduction to Public Health, with Dr. Giang Nguyen), PUBH502 (Introduction to Principles and Methods of Epidemiology), and EPID642 (Cancer Epidemiology, Biomarkers, and Prevention).



Kathryn Schmitz

Friends of
UNIVERSITY of PENNSYLVANIA
Mixer

Monday, November 8
@ 6:30-8pm

Hyatt Regency Denver, Peaks Lounge

Attending the APHA Conference
in **Denver, CO?**

**Come join the Penn public health
community for an evening of food,
drink, and networking opportunities!**



Featuring posters and research questions
by 23 community groups.

Thursday, October 28th
9 am to 1 pm
Terrace Room, Claudia Cohen Hall, 249 S. 36th St

To register to attend:
<http://phillyviolenceprevention.org/research-day/>

New CPHI Team Members

CPHI Welcomes Two New MPH Instructional Support Team Members/CPHI Senior Fellows

The CPHI is pleased to welcome two new members to its team:



Rosemary Frasso

Rosemary Frasso is a lecturer in the Master of Public Health program (Family Medicine and Community Health), and the School of Social Policy & Practice. She is currently a doctoral candidate at Penn and will be defending her dissertation this fall. She earned two Masters Degrees at the Harvard School of Public Health (one in Maternal Child Health and the other in Society, Human Development and Health) and she holds national certification in Pub-

lic Health (CPH). Rosemary has been teaching in the public health arena for several years and was awarded The Center for Teaching and Learning Fellowship in 2009/2010. She is currently working with Ian Bennett, M.D., PhD (Assistant Professor of Family Medicine and Community Health) and Drs. Phyllis Solomon and Steve Marcus on a project examining the impact of maternal literacy on pediatric health care utilization. Rosemary has extensive experience in the healthcare setting, and has a clinical and administrative background. Additionally, she worked for the Massachusetts Department of Public Health on projects related to improving access to mammography for women with disabilities.



Heather Klusaritz

Heather Klusaritz is an instructor and health services researcher with the Department of Family Medicine and Community Health and lecturer at the School of Social Policy & Practice at the University of Pennsylvania. Heather received her MSW at Penn and has practiced clinically at the Hospital of the University of Pennsylvania for the last decade. She is also a doctoral candidate in the School of Social Policy & Practice. Her doctoral research

interests focus on the intersection between health care and social welfare policy, specifically access to health care for marginalized populations and the design of health systems to eliminate disparities in health access and outcomes. Heather has significant teaching experience with social work graduate and medical students as well as Family Medicine residents in the areas of health disparities, social determinants of health inequities, health policy, and social welfare policy.

In the News

CPHI Senior Fellow Joan Gluch is PI of Newly Awarded HRSA Grant

Penn Dental Medicine has been awarded a total of \$2 million over the next five years from the Health Resources and Services Administration (HRSA) in support of community and public health training programs within the school. Dr. Joan Gluch, Director of Community Health for Penn Dental Medicine, is the principal investigator of the grant. Funds will be used to evaluate and expand community-based experiences for all second-year dental students through enhanced participation with four University of Pennsylvania-affiliated community health sites. Funds are also provided to develop and staff a dental facility within Sayre Health Center, a full-service, primary care health center located at Sayre High School in West Philadelphia, which will serve as a site for dental student participation as well. In addition, the award provides funding for expanded support to staff the community health honors program as well as expanded support for students in the dual-degree Master of Public Health/DMD program.

Refugee Clinic Started at Penn

On October 18th, Penn Center for Primary Care, in collaboration with the global health residency track, the Center for Public Health Initiatives, and the Hebrew Immigrant Aid Society, launched a clinic serving newly arrived refugees. More information about this exciting new venture will become available soon at the CPHI website. Stay tuned.

MPH Students Volunteer at Penn Flu Vaccine Clinics

Volunteers from the Masters of Public Health program, the health and societies major and the Medical Emergency Response Team assisted with Student Health Service's first Flu Clinic of 2010 this October. Together, the volunteers helped administer the vaccine to 965 people. A future clinic will be held on October 27th. Vaccinations cost \$25 and are covered by the Penn Student Insurance Plan, or can be bursared. For more information, visit:

<http://thedp.com/article/shs-puts-first-flu-clinic-thursday>



Center for Public Health Initiatives

2011 WINTER INSTITUTE

Qualitative & Mixed Methods Research

January 10-12, 2011

UPenn Campus

General Registration: \$850; Student Rate: \$450

Register today for the CPHI's three-day comprehensive institute on Qualitative & Mixed Methods Research. Workshops, facilitated by a number of well-known UPenn Faculty, will focus on the following skills:

- * one-on-one interviewing
- * field notes
- * focus groups
- * IRB issues unique to qual. research
- * participant observation
- * use & application of NVivo software

Who should attend?

- Public Health Researchers, Promotion Managers & Administrators
- Graduate Students
- Beginning to Intermediate NVivo Users

For More Information or to Register:

www.cphi.upenn.edu/2011WinterInstitute.shtml

CPHI 2010/11 Seminar Series: Crisis as Catalyst in Public Health

November 17,
12 - 1:30pm, Houston Hall,
Ben Franklin Room:
War and Public Health

January 27,
Time and Location TBD:
**Urban Disaster and
Public Health**

January 12,
12 - 2pm, Location TBD:
**Current and Ongoing
Needs in Haiti**

February 4,
9 am- 1pm, Location TBD:
Security and Public Health

For more information and to RSVP to any seminar:
<http://www.cphi.upenn.edu/CrisisAsCatalyst.shtml>



www.cphi.upenn.edu | 215.746.3467 | cphi@pobox.upenn.edu

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MPH Program

Course Profile: History of Public Health

For the second year in a row, six Philadelphia universities have joined together with The College of Physicians of Philadelphia to offer a six-day masters-level seminar examining the health of human populations and the science of improving it in historical perspective. Special attention is given to the history of public health in Philadelphia. Topics include responses to epidemics, the Bacteriological Revolution, racial and economic disparities in health, the development of policy infrastructures, and global health.

Course Description: This masters-level seminar examines the health of human populations and the science of improving it in historical perspective. Special attention is given to the city of Philadelphia as a living laboratory of public health in the past and present. Lectures, readings, and discussions cover various societies' attempts to respond to and prevent disease since antiquity. Case studies focus on the roots of contemporary public health knowledge and policy in the nineteenth and twentieth centuries. Topics include responses to epidemics, the Bacteriological Revolution, racial and economic disparities in health, the development of policy infrastructures, and global health. Periodic field trips will be arranged to public health-related historical sites in Philadelphia and vicinity.

2010 Course Dates:

Saturday, January 23rd
Friday, January 29th
Saturday, February 6th
Friday, February 12th
Saturday, February 20th
Friday, February 26th

Core Faculty:

David Barnes, Univ. of Pennsylvania
Jennifer Ibrahim, Temple University
Michael Yudell, Drexel University

Participating Institutions:

Arcadia University, Drexel University,
Temple University, Thomas Jefferson
University, University of Pennsylvania,
University of the Sciences in Philadelphia

Location:

The College of Physicians
of Philadelphia
19 S. 22nd Street
Philadelphia, PA 19103

To register:

Contact Karen Kelly at:
kakelly@mail.med.upenn.edu

For More Information:

<http://www.collphyphil.org/HistoryPublicHealth.htm>

UPenn course Number:

597-001

MPH Dates to Remember

November 1-14: Pre-registration for the spring term.

November 5: Capstone forms I & II are due in the MPH office

November 22: MPH Prospective Student Open House,
Biomedical Research Building, Room 251, 5-7pm