THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities



A Message From the Editors

Hello Alumni, Students, Faculty, and Community Partners-

The April issue of The Bridge is full of exciting news. First, in 2021 CSUN's Public Health Program reached an important milestone; 50 years of accreditation from the Council on Education in Public Health (CEPH)! We wanted to commemorate this achievement but we were all busy dealing with COVID. Now that we can gather (and celebrate) safely, the CSUN Public Health Alumni Chapter and the Public Health Program are inviting our alumni and community partners to a 50th anniversary gala. Please see the "save the date" within this issue.

In other news, our faculty and students continue to engage in exciting research and projects and you can read more within. Finally, we are continuing our "spring wellness series" with a look at the importance of fitness, and as usual you can count on interesting stories highlighting students and alumni, program updates, public health news, learning opportunities, and more!

We hope you enjoy this issue and remember, we want to hear about updates, news, and opportunities from you and your organization so we can include these in a future issue!

The Bridge Team

Newsletter Highlights

Spring Self-Care Series

Spotlight Central

This is Public Health

Calendar

Finding Your Fit Thancing life through movement"

There is no one size fits all approach to fitness. What works for you may not work for another, and that is more than okay. The most important thing to keep in mind is, is way you move is up to you! **This month's self-care series we will focus on fitness and how to cultivate an authentic relationship to movement.** Movement can have a tremendous impact on the way we think and feel. In fact, movement is a <u>tool</u> to relieve or lessen feelings of sadness, fatigue, and lack of focus, while boosting mood and contributing to neuroplasticity! Before you begin you're journey ask yourself...Why do I want to prioritize movement? How can I incorporate more movement into my life? What kind of movement do I enjoy? Below you can find information to keep in mind as you explore fitness. Have fun!

<u>Befriend Your Body</u>

Use movement as a way to connect with your body on a deeper level. Learn to appreciate its capabilities and limits. The relationship with our body can have a huge impact on quality of life and can effect the way we experience and relate to the world.

How do you think and feel about your body? What can you do to strengthen the connection you have with your body?

Find What Feels Good

Participate in movement that makes you feel good.
Allow yourself the opportunity to try new forms of physical fitness whether its through sports, the gym, walking, stretching, or simply sitting on the ground versus using a chair. Having an authentic relationship to movement means finding the movement that is right for you.

Sustainable is Successful

So, how do we make fitness in our life last? Prioritize sustainable movement by easing into your fitness journey, trying new things, and including time in your week for recovery. Movement has effects far beyond your physical form and can be a sustainable method for enhancing the quality of your emotional, spiritual and mental well-being.

For most of my life I've had an on again, off again relationship with physical activity. In summer of 2019, I became serious about establishing a fitness routine. It was a challenge to continue this relatively new behavior during COVID but I managed to overcome that barrier and stick with it. My advice is to schedule your activity time so it's part of your weekly routine and then fiercely protect that time!

Being active and starting to take charge of my fitness lifestyle has been an excellent investment in myself. My whole life I have struggled with fitness, but I have just completed one full year of showing consistency in my overall health. The biggest lesson I have learned is having discipline and showing up. There are going to be days when you do not want to work out but showing up makes a difference for your mental health it leads to seeing results. Every day is a new chance to get stronger and create the best version of yourself.

Although physical activity has almost always been apart of my life, my relationship to movement has evolved and matured over time. I started using the gym in high school and eventually worked my way into yoga and now have taken up sports again as an adult. Fitness is teaching me the art of patience, persistence, and practice. I look forward to what lies ahead!

Amanda Van Duke

PUBLIC HEALTH PROGRAM

Announcements and Reminders For Alumni and Community Partners



Celebrate the 50th Anniversary of the CSUN Public Health Program!

Saturday, November 4th



INVITATIONS TO FOLLOW. JOIN THE MAILING LIST.



CSUN alumni and friends can purchase an access code to the American Public Health Association (APHA) Now 2022. Participants can earn up to 17.5 Continuing Education (CE) credits.

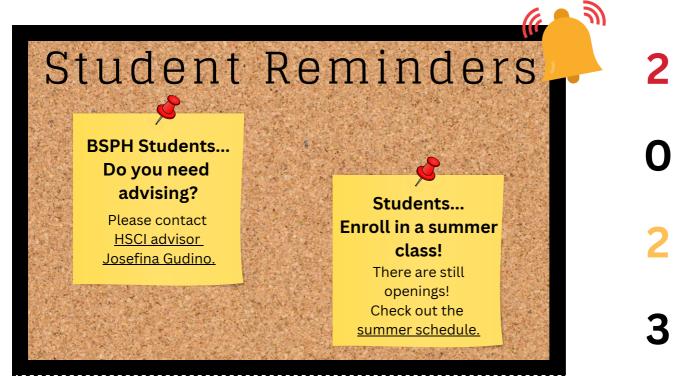
Register now!

Alumni (BSPH and MPH) and
Public Health Community
Partners...
WE WANTYOUR
FEEDBACK

The Public Health Program at CSUN is committed to developing the knowledge and skills of Public Health professionals in our region. These efforts include non-degree, short-term training opportunities that expand the professional capacity of our regional partners.

Please complete the **SURVEY** to help ensure that we provide the best training opportunities. We appreciate your help with our efforts to support the Public Health workforce.

PUBLIC HEALTH PROGRAM UPDATES



On March 27th, MPH students and Public Health program faculty gathered for a mixer hosted by the Master of Public Health Student Association (MPHSA).

The occasion allowed for participants to take a break from work and school and some fun. We got started with the ice breaker "two truths and a lie" faculty edition, and a good laugh was had by all!

Students were then given the opportunity to introduce themselves and share an unknown fact. The mixer closed with an informal social as attendees mixed and mingled, exchanged conversation, recent happenings, and academic interests.

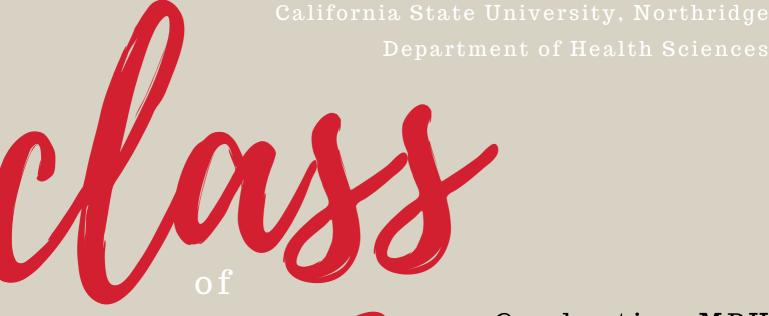












Graduating MPH
Candidates are
cordially invited to:

MASTER OF PUBLIC HEALTH HOODING CEREMONY

May 21, 2023 • 2-4 PM USU Northridge Center

More Information | Kindly RSVP



Bachelor of Science in Public Health (BSPH) graduating seniors are invited to a reception hosted by the Department of Health Sciences prior to the Commencement Ceremony.

Light refreshments will be served.

Graduating students will also receive a special gift from the department and faculty!

We hope you will join us!

MAY 21, 2023 | 4 PM

JACARANDA HALL BREEZEWAY
California State University, Northridge

PUBLIC HEALTH PROGRAM UPDATES

The 4th Annual CSUN ARCS Lift Off

The 4th Annual CSUN ARCS Lift Off is an event that connects with CSUN students and faculty along with industry leaders. This event showcased 35+ research projects (including SPOT & PEPPER robots) and JPL's Artemis rovers. Projects that featured Public Health faculty and/or students include:

Technology (insulin pen, continuous glucose monitoring device) to Improve Diabetes Care		Wearable Devices and Collecting Data Among Student Athletes	
Students:	Maribel Torres, Adinai Seiitbek-Kyzy, and Siddhi- Himanshu Patel	Students:	BSPH Students: Anthony Bernal, Georgina Argueta, Diego Martinez, and Helena Hill
Faculty Mentors:	Dr. Kacie Blackman (HSCI) , Dr. Mike Kabo (Mechanical Engineering), and Dr. Nhut Ho (Mechanical Engineering)	Faculty Mentors:	Dr. Xunfei Jiang (Computer Science), Dr. Wei Cao (Family and Consumer Sciences), and Dr. Nhut Ho (Mechanical Engineering)
Summary:	This project assesses trust with using diabetes management technology among BIPOC individuals with Type II diabetes	Summary:	This project assesses student athletes' experiences with utilizing wearable devices









Top left: **Dr. Blackman** and **Destiny Varela** (BSPH senior)

Top right: Siddhi Himanshu Patel, Maribel Torres, and Adinai Seiitbek-Kyzy, and **Dr. Blackman**

Bottom left: Faculty Mentors (Drs. Xunfei Jiang and Wei Cao) and current BSPH students (Georgina Argueta, Anthony Bernal, and Helena Hill)

Bottom right: Siddhi, Maribel, and Adinai with their poster and holding continuous glucose monitoring device

PUBLIC HEALTH PROGRAM UPDATES

AMERICAN ACADEMY OF HEALTH BEHAVIOR ANNUAL MEETING

CSUN PUBLIC HEALTH PROGRAM FACULTY AND STUDENT ABSTRACTS

The Health Effects of Familial Incarceration from Adolescence Through Early Adulthood

Maria Guevara, Eric Shenazari, Lizbeth Becerra, Velia Nuñez, and Myriam Forster, PhD, MPH

The Impact of Childhood Trauma on the Relationship Between Social Media Use and Internet Addiction.

Eric Shanazari, Christopher Rogers, PhD, MPH, Jennifer Unger, Stephanie Benjamin, PhD, MPH, and Myriam Forster, PhD, MPH

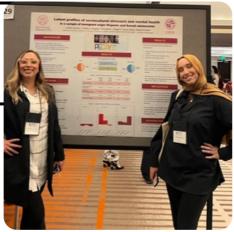
The Effectiveness of a Novel Multi-Module Prevention Web-App on Enhancing Perceived Health Risk Associated with Substance Use Among Diverse College Students in Southern California.

Abnous Shaverdi, Myriam Forster, PhD, MPH, Sarah Alhassan, Linn Dahlman, Jorge Vigil, and Bethany Rainisch, PhD, MPH



Advancing health behavior and translational research

From left to right: Lizbeth Becerra, MPH (CSUN '20) and Sarah Alhassan





From left to right: Cynthia Robles, Maria Guevara, Dr. Myriam Forster, and Lizbeth Becerra, MPH (CSUN '20)



From left to right: Lizbeth Becerra, MPH (CSUN '20), Maria Guevara, Lydia Lising, Cynthia Robles, and Eric Shanazari.

Kneeling: Sarah Alhassan and Abnous Shaverdi.

Attending the 2023 American Academy of Health Behavior conference was a unique experience. At this conference, I gained exposure to recent findings in the field of public health. I believe that it is important for students to attend conferences because these scientific meetings contribute to their educational development and allow them to build and expand their network. My advice for students who want to enter the research field is to reach out to CSUN faculty members and show their interest in research and join faculty research labs.



Abnous Shahverdi

As the lead author on "The health effects of familial incarceration from adolescence through early adulthood," I had the opportunity to co-present at the 2023 AAHB Conference. Participating in conferences provides enriching opportunities to grow professionally, strengthen public speaking skills, and boost confidence in self. You are able to meet and learn from other passionate health professionals and become familiar with the work being done in our field both in California and around the U.S. You are also introduced to a wide range of public health initiatives centered on improving the quality of life in our communities.

My advice to students is to take advantage of these opportunities. If you are not sure where to start, begin by reaching out to your professors and share

not sure where to start, begin by reaching out to your professors and share your interests and aspirations. Don't let self-doubt and the unfamiliarity of new experiences discourage you.

Maria Guevara

NATIONAL PUBLIC HEALTH WEEK APRIL 3-9, 2023

Each April we celebrate National Public Health Week (NPHW) to recognize the many contributions of public health and to raise awareness about important issues and topics impacting the health and well-being of our communities.

For many years NPHW coincided with CSUN's spring break which made it difficult for the Public Health Program to participate. The CSUN Public Health Alumni Chapter and the Health Sciences Department, along with student groups, HESO and MPHSA, were eager to collaborate to plan and host NPHW 2023 on campus. It was a great week and we look forward to building on the success for NPHW 2024!

Thank Woul

NPHW Presenters:

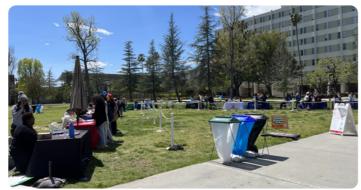
Brandy Frye
Anthony Avalos
Sam Welton
Nazar Makadsi
Ruth Morales
Velia Nunez
Ilish Perez
Jean Spielman
Honey Krueger
Patricia Hernandez

Health Fairs Sponsors:

HESO
MPHSA
CSUN Food Pantry
Young Invincibles
Lactation Education
iSTART



Many thanks to the students who participated in the various NPHW events!





Left: NPHW Health Fair. Right: BSPH Session facilitated by Anthony Avalos, Sam Welton, and Nazar Makadsi (all BSPH '20)



CSUN Public Health alumni, current MPH and BSPH students (and kids) gathered on April 8th to spend the morning hiking.



Brandy Frye, MSN, RNC-OB, CCRN-K, facilitates a workshop on implicit bias.

ALUMNI SPOTLIGHT

Pujitha Siddani DDS, MPH

Community Health Approach to Dentistry

Pujitha Siddani completed a Master of Public Health degree with an emphasis in Community Health Education (CHE), from CSUN in 2017 and a Doctor of Dental Surgery (DDS) from UCLA in 2020. Following graduation Pujitha spent time in Colorado working alongside medically undeserved communities promoting knowledge on oral health and preventive measures. Currently, Pujitha is completing a residency in Pediatric Dentistry at Temple University Hospital in Philadelphia, Pennsylvania.

Having moved from her home in India to pursue greater opportunities, she has spent much of her young adulthood in Southern California and has intentions of returning after her residency. As an international student, Pujitha, states that "leaving behind everything we know and moving to a new country is exciting but extremely daunting. It requires courage and grit. Thankfully, CSUN provided me with friends that feel like family and a home away from home." Her advice to fellow students is "this path is going to be hard, but stay the course. It will be rewarding and worth while in the end. I hope you make the most of your time and opportunities at CSUN and achieve everything you dream of!"

Before moving to the United States, Pujitha had obtained a Bachelor of Dental Surgery (BDS) in India, where she learned the foundations of dentistry. However, it wasn't until she began working in a community setting that she began to make sense of the connections between oral health and overall well-being. Public Health's multifaceted approach means oral hygiene and disease prevention were no longer seen as isolated components of health but rather crucial pieces that make up an individual's overall quality of life. This became more apparent as she worked closer with different communities, giving her an in-depth understanding of the barriers faced by undeserved communities and how poor oral health can negatively affect other areas of life.



In the Field

Two key organizations that shaped her practice as a dentist were the The L.A. Trust for Children's Health where she completed an internship for the MPH program and **Young at Heart** Kids Dental in Pueblo Colorado, where she worked immediately following graduation from UCLA. As a result of her work in Colorado she was named an Emerging Leader in Public Health 2023 by the Colorado Public Health Association. With the future in mind, Pujitha plans to practice pediatric dentistry in undeserved communities and incorporate public health strategies to have a wider impact and make a significant difference for communities in need.

2023 - July and August

6-week summer SAS workshop

Public Health SAS Summer 2023 Workshop

The 6-week summer SAS workshop is designed to introduce MPH students and alumni (MPH) to the basics of SAS coding and statistical concepts required for effective public health research using small and large datasets.

The seminar will be comprised of a lecture and in class assignments designed to build students' competencies and comfort with SAS, the preferred statistical software of the state of California and county of Los Angeles county public health departments. There are pre-requisites, please find the full <u>course description</u> for details.

DATE:

6 consecutive Saturdays (July 8- Aug 12)

TIME:

1:00 p.m. - 3:45 p.m.

LOCATION:

Option of attending in-person (CSUN campus) or virtually

FEES

CSUN MPH Alumni \$300

Public Health Practitioner (non-CSUN Alumni) \$400

CSUN MPH \$150



(818) 677-CSUN alumni@csun.edu csun.edu/alumni/events

CSUN

MPH STUDENT SPOTLIGHT

EXPLORING THE INTERSECTION OF FITNESS & HEALTH PROMOTION

Master of Public Health student **Scott Tevas** continues to advance his career as a fitness program advisor within student recreation and development.

Scott Tevas, current MPH student (Community Health Education), has a unique perspective on health. His training in Kinesiology and experience working in student recreation gave him the foundation to assist others in optimizing their own personal health and wellness through physical activity, and health promotion. Scott worked at CSUN's Student Recreation Center (SRC) as an undergraduate which enabled him to apply the knowledge and skills he was learning in the classroom to the campus community. Scott believes in the power that physical fitness has in reducing aliments and enhancing personal development, especially for students. Scott is proud of the role recreational programs play in the promotion of individual health, personal growth, and development.



Scott's Journey with Fitness

Scott's love for fitness began in middle school, where he was first introduced to martial arts. The sport presented him with physical challenges that inspired him to explore and push past his limitations. Overtime, his interest in physical fitness grew and lead him to pursue Kinesiology as a undergraduate.

A New Challenege

After working at CSUN's SRC for four years, Scott was offered a job at one of the four recreation centers at the University of Southern California (USC). In this role, he creates programs that engage faculty and students in physical fitness. In his new position, Scott is eager to utilize his management skills and further build on his leadership abilities.

"You can't get complacent in health."

Scott Tevas

Senior Fitness Programs Advisor at USC



Discipline in Health Promotion

Scott identifies discipline as a necessary skill for students and to reach optimal levels of health and wellness. He credits his appreciation for discipline to the faculty mentorship he received as an undergraduate. Scott now sees how discipline is also crucial in public health practice particularly as it pertains to research and evaluation (Area 4 of the Responsibilities and Competencies for Health Education Specialists, NCHEC 2020). Research and evaluation requires public health practitioners to design evaluations of interventions, to manage the collection and analysis of evaluation data, to interpret the data, and to use the findings to strengthen, and develop programs to adequately meet the needs of populations, groups, and individuals. As an MPH student, Scott is no stranger to the need for and importance of evaluation, and the technical skills and discipline needed to conduct sound evaluations.

BSPH STUDENT SPOTLIGHT

Agatha Santos

BSPH Candidate, May 2023



Graduating in Spring 2023 with a Bachelor of Science degree in Public Health (BSPH), Agatha is an exemplary BSPH student due to her leadership skills, strong work ethic, and dedication to the public health field.

Agatha is completing an academic internship with the Los Angeles County Department of Public Health, <u>Office of Violence Prevention</u>. She works with the Social Connections and Healing Workgroup as part of the Crisis Response team, providing all available resources to service planning areas (SPAs) in Los Angeles County. Agatha is engaging in meaningful work by supporting communities affected by violence, collaborating with epidemiologists, by using geospatial mapping software to visualize and analyze data, and identifying disparities in each SPA.

"Public Health involves examining all the factors that influence a person's health, including social determinants of health, and devising interventions and strategies to reduce health disparities, improve negative health outcomes, and promote well-being in various communities."

In her own words...

I transferred to CSUN from Los Angeles Valley College at the start of my junior year. I anticipated this transition to be difficult but was pleasantly surprised when I was warmly welcomed by the CSUN Public Health community.

Public health is generally defined as the overall state of the health of a population. However, in my opinion, it encompasses much more than that. After changing my major four times, I decided to study Public Health when my mother was diagnosed with breast cancer. This experience helped me discover my purpose in life, which is to serve others. For me, Public Health involves examining all the factors that influence a person's health, including social determinants of health, and devising interventions and strategies to reduce health disparities, improve negative health outcomes, and promote well-being in various communities.

After graduation, I plan to pursue a graduate degree in epidemiology. With my graduate degree, I hope to become an epidemiologist and work towards implementing interventions and strategies to reduce health disparities and improve public health outcomes in different communities.

I am incredibly grateful to have had the opportunity to meet inspiring and supportive peers and advisors in the public health program at CSUN. My transition from community college to a university setting has been smooth, thanks in large part to the welcoming and non-judgmental environment that the public health program has established for transfer students like me. I feel a strong sense of belonging to this community, and it has made all the difference in my academic journey thus far.

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month. Click the underlined hyperlinks below to learn more.

Relevant Readings



Be Here Now: How to Exercise Mindfully

Bringing meditation into your movement can enrich your workout and help you feel clearheaded afterward. (New York Times)

PHI's FACES Program Trains Teens to Handle Emergencies, Prevent Opioid Overdoses

FACES for the Future Coalition works with youth to engage and prepare them for careers in health. Through trainings and skill building, the youth learn how to handle emergency and crisis situations in their communities, such as opioid overdoses.

Training/Webinars



Webinar:

Let's Talk About Interviewing for Global Development Jobs

Training:

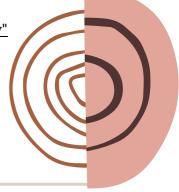
Youth Mental Health First Aid

Vaccinating America: "The Inside Story"

Equity and Land Conservation with Shelana de Silva

People. Power. Perspectives

LISTEN.



Service Opportunities

One Generation volunteer opportunities available for Students, Community, and Groups:

Teach or Lead a Class or group at the Senior Center

Lead a weekly class related to nutrition, language, health or topic of your

Interested

Social Welfare, Sociology, Gerontology

Assisting older adults in our Care Management department, Senior

Enrichment Center, and more.

Program Planning, Lead Activities at Adult Day Care

Adult Daycare is a place for seniors with Alzheimer's/dementia.





May is Mental Health Awareness Month

Campus Sneaker Frent:



	<u>eampus speaker neem.</u>
2	In Plain Sight and Growing Unabated: The Global
	Phenomenon of Human Trafficking

7 National Ride A <u>Bike Day</u>

12 Spring 2023 Last Day of Instruction

21 HSCI Commencement & Graduation Events

24-25 Youth Mental Health <u>First Aid Training</u>







SIGN UP FOR OUR NEWSLETTERS!

SIGN UP and get monthly access to our newsletters!

GOT A STORY TO SHARE?

Let's stay informed! Contribute to The Bridge by <u>filling out our content form</u> so we all stay updated and connected!

