



"Due to balancing work and school full time, my experience has been quite stressful. However, I really appreciate the faculty that make up the program. The most memorable thing about my first semester was all three of my professors, although different from one another, shared the common goal of wanting to aide students by linking their career passions with the resources of best fit. It was remarkable that my professors took an interest in each one of us and made themselves available for us to utilize their knowledge and guidance."



- Sharmiya Odeh, First-year MPH Student in Community Health Education

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Welcome, Master of Public Health (MPH) students, to the spring 2017 semester! This term will bring each of us many new experiences, challenges, memories, and accomplishments. Whether expanding our knowledge through course readings, assignments, and presentations or enhancing our expertise in the field through jobs, internships, and volunteer hours, each and every MPH student at CSUN has insight and perspective worth sharing.

The MPH Forum is a collective effort, among both community health education and applied epidemiology MPH students, to facilitate an on-going dialogue about public health in a professional context. Each month will bring a main article on a current event in public health including, but not limited to, on-campus MPH news and nationwide health observances along with a calendar of local, upcoming public health events and workshops, in addition to the Spotlight column featuring MPH students, alumni, and other guests.

We are excited to present the debut issue of *The MPH Forum* and cordially invite you to participate. The vision for this newsletter stems from a common interest in disseminating relevant news, information, and opportunities that may be useful for CSUN MPH students as we embark on our unique, yet overlapping, paths through our careers as public health professionals. In pursuing this vision, our hope is to also provide members of the CSUN MPH community the chance to become regular contributors for *The MPH Forum*.

Perhaps you are passionate about an emerging health issue that others should be aware of, or you are an expert on a niche area of public health and would like to shed light on that subject. This newsletter provides an outlet for such individuals to share their knowledge and interests in public health with other similar-minded professionals by writing an article or a column that will be distributed both in print and online. We encourage all MPH students (including members of the Tseng College online cohort!) and alumni to participate in *The MPH Forum*, whether that means featuring your research or other contributions to the field in the Student Spotlight, or sharing your photos from a recent event for an upcoming article.

All contributions are important and will be appreciated by our readers and our community. To get involved, and for all other inquiries, please contact TheMPHforum@gmail.com. Also, email us to indicate that you would like to be included in our mailing list for job postings and other career opportunities.

Thank you for taking the time to read through this newsletter dedicated specifically to current MPH students and alumni. We hope you enjoy!

Sincerely,
MPH Forum Editors

AMERICAN HEART MONTH

By Araksi Kirakosyan

Along with Valentine's Day, February marks American Heart Month. President Lyndon B. Johnson first declared February as American Heart Month in 1964. For over 50 years, people have been fundraising, supporting, and raising awareness for cardiovascular health.

Did you know that heart disease is the number one cause of death in women?

According to the American Heart Association (AHA, n.d.), heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds.

Go Red for Women national movement was created to raise awareness about heart disease and stroke in women and to advocate for research.

This Friday, February 3rd, we can help the AHA and Go Red for Women celebrate American Heart Month by participating in **National Wear Red Day**.

According to Centers for Disease Control (CDC, 2015), heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and Whites.

But, there is good news: 80 percent of cardiac and stroke events may be prevented with education and action (AHA, 2016).

As public health students and professionals, we emphasize the importance of healthy lifestyles in order to improve health outcomes and enhance health care quality. We encourage all students to wear red to collectively raise awareness for the importance of heart health.



Signs and Symptoms Checklist ✓

- ♥ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- ♥ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ Shortness of breath, with or without chest discomfort.
- ♥ Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

How can you Go Red?

Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.

Own Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.

Raise Your Voice: Advocate for more women-related research and education.

Educate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.

Donate: Show your support with a donation of time or money.

For more information and how to get involved please visit:

<https://www.goredforwomen.org>

American Heart Association. (n.d.). Heart disease statistics at a glance. *About Heart Disease*. Retrieved from

https://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/statistics-at-a-glance/

American Heart Association (2016). Go red for women 2016 fact sheet. Retrieved from

<https://www.uc.edu/content/dam/uc/hr/bewelluc/downloads/Year%201/February%202016/2016%20Go%20Red%20For%20Women%20Fact%20Sheet.pdf>

Centers for Disease Control and Prevention (2015). Heart disease in the United States: Heart disease vary by race and ethnicity. Retrieved from

<https://www.cdc.gov/heartdisease/facts.htm>

FIVE REASONS TO JOIN MPHSA

By Chelsea Alexandra Schafer and Jonathan Watts



The MPHSA Board at their meeting in January. Back row standing from left to right: Ayana Turner, Jonathan Watts, Jaskiran Mangat, Ameer Dahar, Stephen Updyke. Front row seated from left to right: Salma Sallout, Christopher Rogers, Esther Adigun, Chelsea Alexandra Schafer. Not pictured: Carolina Aristizabal, Pujitha Siddani, Valerie Leal.

The Master of Public Health Student Association (MPHSA) aims to serve, guide, support, and empower MPH students by providing opportunities that foster both academic and professional growth. Becoming a member of the MPHSA is an excellent opportunity to take full advantage of what the MPH graduate school experience has to offer.

Here are five reasons you should join MPHSA:

- 1) **Networking opportunities** - Joining MPHSA can expand your connections for internships, jobs, research guidance, and study groups for coursework, national exams, such as the Certified in Public Health (CPH) exam.
- 2) **Professional development** - Broaden your social sphere both academically and professionally while sharing and receiving advice on getting the most out of your coursework by becoming involved with MPHSA.
- 3) **Access to members-only professional workshops and events** - These include our Alumni Speed Mentoring Workshop, Cultural Competency Seminar, and Internship Reception along with other

events throughout each academic year.

- 4) **Acquire new skills or refine existing ones** - For instance, MPHSA is the perfect outlet for those seeking leadership experience, as we value input from all members and welcome any member who is interested in taking initiative and guiding others toward both familiar and uncharted public health endeavors.
- 5) **Community building** - We all come from unique backgrounds and various areas of expertise. Therefore, it is important for us to reap the benefits of developing relationships with our peers, faculty, staff, and campus community while returning the favor whenever possible. MPHSA is instrumental for facilitating opportunities to connect with other professionals in our program in order to serve each other as we pursue our shared ambitions.



MPHSA members meet for Coffee Klatch in Fall 2016
Photo: MPHSA (<https://www.facebook.com/csunmphsa/>)

For further details, including upcoming MPHSA events, email mph.assoc.13@my.csun.edu. To become a MPHSA member, please fill out the application form on page 4 and return it to a MPHSA board member (see first photo) or scan and send as an attachment to the aforementioned email address. Applications are also available online at: www.csun.edu/~mphsa/

2016-2017 MPHSA Membership Application

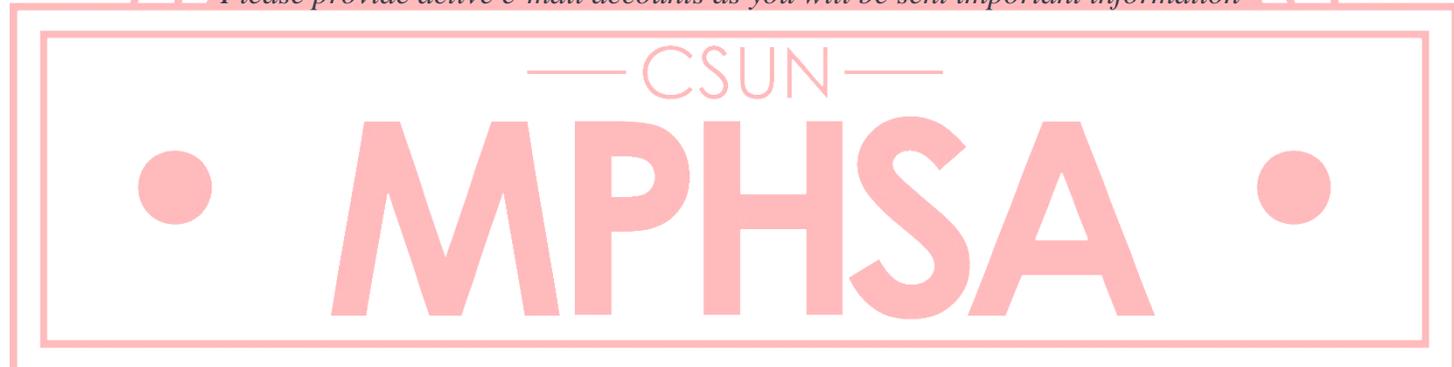
First Name: _____ M.I.: _____ Last Name: _____

Name Preference: _____ CSUN Student ID: _____

Semesters Completed: _____ Anticipated Graduation Date: Fall Spring _____
Year

CSUN Email: _____ Personal Email: _____

Please provide active e-mail accounts as you will be sent important information



MASTER OF PUBLIC HEALTH
 STUDENT ASSOCIATION

T-Shirt Size (Men's Sizes): Small _____ Medium _____ Large _____ XL _____

est. 1987

2016-2017 Annual Dues are \$25 per member. Your membership dues can be paid upon submission of this application. Your dues will go towards paying for social events, bringing speakers to our club, and other activities planned for the academic year. Please show your support and for Your MPHSA. *If writing a check, please make it payable to: MPHSA-AS.* Thank you!

Officer's Use:

Dues Paid _____ Date Paid: _____ Collected By: _____

Cash _____ Check No. _____

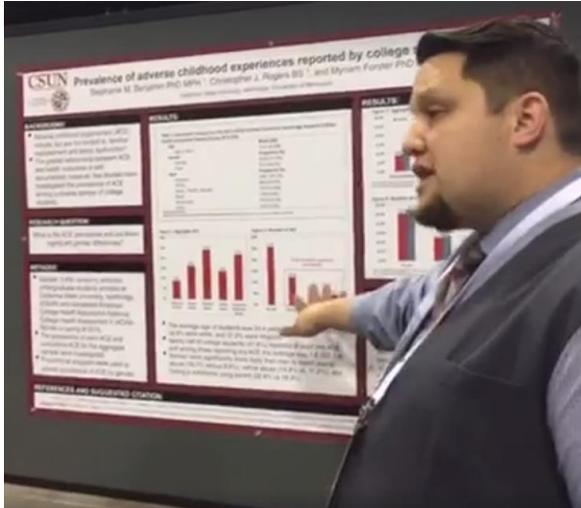
CALENDAR OF EVENTS

FEBRUARY 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
American Heart Month 	30 <i>The MPH Forum Launch</i> T-Time Discussion Group @ CSUN USU Pride Center 5-6:30pm; Pride Center's LGBTQ Online Peer Mentor Chat 7-9pm	31 Meet the Clubs Day MPHSA @ CSUN Oviatt Lawn 11am-2pm Tuesday Talks @ CSUN USU Pride Center 7-8:30pm	1 Meet the Clubs Day MPHSA @ CSUN Oviatt Lawn 11am-2pm QTPOC Conversations @ CSUN USU Pride Center 7-8:30pm	2 Women's Empowerment @ The Chicago School of Professional Psychology Counseling Center in LA, CA 90025 6:30-8pm	3 National Wear Red Day Heart Disease Awareness Black History Month: Movie Jazz, and Food Truck Trucks @ CSUN Oviatt Lawn 5-10pm	4 Sexual Health Expo @ California Market Center 11am-6pm; Sjogren's Patient Education Day & Luncheon @ Sofitel Los Angeles at Beverly Hills @ 9am-3pm
5 Sexual Health Expo @ California Market Center 11am-6pm	6 T-Time Discussion Group @ CSUN USU Pride Center 5-6:30pm	7 Black History Month: SHINE Muwasi Women's African Drum Circle @ CSUN Oviatt Lawn 12-1pm	8 QTPOC Conversations @ CSUN USU Pride Center 7-8:30pm	9 LGBTQ Coffee Nights @ CSUN USU Pride Center 5-7pm	10 Sexual Health Summit @ The California Endowment 8:30am-4:30pm	11 4th Annual Women's Heart Symposium @ Casa Del Mar Hotel, Santa Monica 8am-4pm
12 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm	13 Emerging Considerations in Maternal Mental Health Forum @ The California Endowment 8am-3pm	14 Tuesday Talks @ CSUN USU Pride Center 7-8:30pm	15 USU Tech Series – Campus Technologies and Software @ CSUN USU Computer Lab 1-2pm	16 Black History Month: Vocal ARTillery and Open Mic @ CSUN Oviatt Library Learning Commons 12-2pm	17 USU Tech Series – Campus Technologies and Software @ CSUN USU Computer Lab 1-2pm	18 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm
19 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm	20 APHA Abstract Submissions DUE	21 Tuesday Talks @ CSUN USU Pride Center 7-8:30pm	22 QTPOC Conversations @ CSUN USU Pride Center 7-8:30pm	23 Community Health Council's Food Policy Round Table Coalition 4th Thursday every month. 10am-12pm	24 USU Tech Series – Google Drive @ CSUN USU Computer Lab 3-4pm	25 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm
26 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm	27 Pride Center's LGBTQ Online Peer Mentor Chat 7-9pm	28 Black History Month: CSUN Faculty Showcase and Reception @ Oviatt Library Presentation Room 2-5pm	1 QTPOC Conversations @ CSUN USU Pride Center 7-8:30pm	2 LGBTQ Coffee Nights @ CSUN USU Pride Center 5-7pm	3 USU Tech Series – Advanecd MS Word @ CSUN USU Computer Lab 3-4pm	4 Blood Cancer Conference @ Anaheim Marriott 9am-3pm

*Red text indicates events on CSUN campus.

STUDENT SPOTLIGHT:

Christopher Rogers Presents ACE Prevalence at APHA Conference



Rogers presenting ACE prevalence at APHA
Photo: MPHSA (<https://www.facebook.com/csunmphsa/>)

Christopher Rogers is a first-year MPH student who presented a poster at the annual American Public Health Association (APHA) Conference in Denver, CO last November 2016. This poster, titled “Prevalence of adverse childhood experiences reported by college students,” was supported by CSUN Health Sciences Faculty Dr. Stephanie Benjamin, lead investigator of the project, and Dr. Myriam Forster, from the University of Minnesota.

Adverse childhood experiences (ACE) include, but are not limited to, familial maltreatment and family dysfunction. Rogers states, “Most studies focus on younger populations,” indicating a gap in the research on ACE among adults. This study used a random sample of 3,456 participants from a diverse population of college students enrolled at CSUN. Main indicators of ACE were whether participants had battered mothers, experienced sexual or verbal abuse, or lived in a household with substance abuse. It is worth noting divorce was not classified as an adverse experience because it is a common event in childhood. On his research, Rogers reports, “Almost half (47.8%) of the student population has at least one ACE

in their background.” Results also found a significant difference between gender, as women experience a higher prevalence of ACE in comparison to men and averaged more than two adverse experiences during childhood.

The study also examined academic, health, and behavioral risks associated with students who experienced ACE. In particular, five risk categories, including grade point average (GPA), body mass index (BMI), stress level, binge drinking and suicide ideation, were analyzed. The more risk groups a participant had, the more likely they were to have endured adverse experiences during childhood. According to Rogers, of those who had two risk outcomes, 59% of them were ACE exposed. Furthermore, 68% of participants with three risk outcomes also had ACE exposure.

Based on these findings, Benjamin, Rogers, and Forster would like to see an ACE screening tool implemented on campus that can be used to identify at-risk students and link them to appropriate services and resources. “With the screening tool, we would have a question saying, ‘Would you be interested in being contacted?’,” says Benjamin. This would help maintain confidentiality of participants while enabling them to learn more about available services.

Rogers’ upcoming research plans include a time-trend analysis of health factors and another project on emergency preparedness.

By Jonathan Watts

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Anything you would like to share with *The MPH Forum*? Email us at TheMPHforum@gmail.com. We are happy to distribute the information to all members of the Master of Public Health community at CSUN in our next issue!

Editors of this spring 2017 February issue are: Jonathan Watts, Chelsea Alexandra Schafer, and Araksi Kirakosyan.