



CALIFORNIA
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NORTHRIDGE

"Going back to school after being in the workforce for many years seemed impossible. How could I ever balance a career and graduate level classes? With tremendous support from both faculty and classmates, it became evidently clear that earning this degree was possible. I am busier than ever, but I've also never been more motivated to learn about what I can do to better the public health of our communities."



- Johnny Cross, Second-year MPH Student in Community Health Education

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CSUN AWARDED CHAMPIONS FOR CHANGE NUTRITION EDUCATION AND OBESITY PREVENTION GRANT

You look down at the scale, *'Oh, there are the ten pounds from the holidays.'* Then you think to yourself, *'I know, with the right diet and exercise, I can lose a few pounds and get back to my normal weight.'* You then think to yourself *'Put your best foot forward'* to begin the process. Aiming to help others *'Put [their] Best Fork Forward'*, the Academy of Nutrition and Dietetics has coined the month of March as National Nutrition Month. The leading 2017 campaign "Put Your Best Fork Forward" promotes awareness that leading a healthy lifestyle can be accomplished through making informed food choices and physical activity.

According to the Centers for Disease Control and Prevention (2016), more than one-third (~36.5%) of American adults are obese. These rates do not take into account how many Americans are morbidly obese and or how many currently are managing chronic diseases. Even further alarming is that 12.7 million (roughly 27% of) American children are considered to be obese. In order to combat childhood obesity, various national prevention programs have sought to combat adult & childhood obesity. More specifically, California provides health care workers with grant funding dedicated to implementing and sustaining ongoing nutrition and physical activities programs. Aligned with the goals of reducing childhood obesity, one on-going program through the California Department of Public Health has provided CSUN with the opportunity to make an impact in a neighboring community just in time for National Nutrition Month.

This year, CSUN is a recipient of Champions for Change. Two campus entities, Marilyn Magaram Center and the Institute of Community Health and Wellbeing, have partnered to lead the implementation of Champions for Change since January 2017. The program, Champions for Change, provides further assistance on bringing awareness and advocacy for nutrition and physical activity in children and in families throughout Canoga Park. According to a statement issued by the Marylyn Magaram Center, healthcare workers will disseminate the program to thirteen communities in Canoga Park. Their goal moving is to have these communities receive nutrition education, SNAP-Ed approved, and the opportunity to build numerous community gardens.

Along with key stakeholders, former Master of Public Health candidate, Kenia Fuentes MPH, will coordinate key efforts under the grant Champions for Change. With a low-cost budget kept in mind, this initiative will help empower Canoga Park community members to utilize skills such as reading nutrition labels, cooking and growing their own produce in addition to finding ways to be physically active without placing a burden on their budgets. By working with local schools, childcare services, community centers and faith-based organizations, the Marilyn Magaram center envisions a sustainable practice to continue changes of behavior associated with nutrition and physical activity within Canoga Park communities.

By: Jennifer Garcia

NATIONAL NUTRITION MONTH

By: Jennifer Garcia

As public health students and professionals, we are often designated as leaders to promote healthy lifestyles. Among many of the Marilyn Magaram Center's wellness initiatives this year, the center also hosts an event with the Institute for Community Health and Wellbeing called Walkability Wednesdays.

Participants meet in front of Santa Susana Hall 115 on Wednesdays at noon and take a 45-minute walk around campus, featuring weekly themes and CSUN fun facts, to promote physical wellness. Students, faculty and staff are encouraged to participate.

In order to continue promoting wellness to our busy MPH candidates, outlined below are tips on how to keep moving and a recipe for people on the go, sponsored by Champions for Change. Don't forget to get involved, get fit and 'Put Your Best Fork Forward' this month!

Get Moving at Work

- Being active helps the mind stay sharp and focused. This can help you get through the workday.
- Start a walking group with other workers. Having a walking buddy will help you stay motivated and stick to your plan.
- Take the stairs instead of the elevator or escalator.
- Talk to your boss about doing Take Action! This is a free, 10-week, worksite wellness program. It encourages employees to set healthy goals. Employees can work in teams to meet their goals.
- Do yoga stretches at your desk or in a quiet room. This is good when you're feeling stressed. It can help you relax and re-focus.

Avocado, Lettuce, Tomato, & Turkey Wrap



Serving: 2
Serving Size: ½ wrap
Prep Time: 5 minutes

What You Need

- ❖ 1 cup chopped lettuce, such as romaine
- ❖ ½ cup chopped tomato (1 small tomato)
- ❖ 1 tablespoon light Ranch dressing
- ❖ ½ cup chopped avocado (1 small avocado)
- ❖ 4 slices turkey lunch meat, chopped
- ❖ 1 large (10" burrito size) flour tortilla

Get Cookin'

1. Put lettuce, tomatoes, and ranch dressing in a medium bowl. Stir to combine.
2. Add avocado and turkey. Stir gently.
3. Pour onto tortilla. Wrap like a burrito.
4. Cut wrap in half and share with a friend.

TIP: To make a wrap, pour A.L.T.T mixture on lower half of tortilla. Grab tortilla on the end closest to you. Pull tortilla up and over to cover filling. Then fold in left and right sides. Roll tightly.

CALENDAR OF EVENTS

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 AHA Heartsaver CPR/AED Courses @ UCLA Ackerman Student Union 9am-1pm	27 Alliance for Reproductive Freedom Meeting @ Women's Research and Resource Center 5-6:30pm	28 Disaster Ready 101: Personal Preparedness @ Police Services 212 12-1pm; Screening, Brief Intervention, and Referral to Treatment dinner event @ Shiraz Restaurant Glendale 6-8:30pm	1 "Girl Rising" Documentary Screening @ Career Center 410 Bayramian Hall 2-4pm; QTPOC Conversations @ CSUN USU Pride Center 7-8:30pm	2 Patients with Severe Mental Illness: Emerging Roles for Psychiatrists @ Center at Cathedral Plaza 3-5pm	3 APHA Abstract Submissions DUE; Connecting Talent to the LA Startup Ecosystem @ UCLA 9-10:30am; Health Admin Speed Mentoring @ Lake View Terrace Room 6-9pm	4 Blood Cancer Conference @ Anaheim Marriott 9am-3pm
5 Self-Care Yoga Workshop @ Athleta Santa Monica, CA 7-9pm	6 Pride Center "T-Time" Discussion Group @ Pride Center 5-6:30pm; Pride Center's LGBTQ "Peer Mentor Online Chat" 7-9pm	7 Fire: Home Safety and Wildfire Preparedness @ Police Services 212 12-1pm; AMSA CSULB Suture Clinic @ CSULB PH1-140 5-7:30pm	8 USU Tech Series – Beginner Prezi @ Computer Lab 1-2pm; Public Health Speed Mentoring @ Lake View Terrace Room 6-9pm	9 PA, ABSN, Public Health Workshop @ ACD 404 CSUSM 12-1pm; LGBTQ Coffee Nights @ CSUN USU Pride Center 5-7pm	10 USU Tech Series – Beginner Prezi @ Computer Lab 3-4pm	11 TRX Group Training Course @ Determination Studio SRC 9am-5pm; Student Conference for Integrative Medicine @ UCLA Ronald Reagan Medical Center 8am-5pm
12 March is National Nutrition Month	13 VRC: Women's Military History Week; Spring Into Wellness @ Oasis Wellness Center (various events) 3/13-3/16	14 Earthquake Preparedness Workshop @ Police Services 212 12-1pm; "Tuesday Talks" @ Pride Center 7-8:30pm	15 USU Tech Series – Advanced Prezi @ CSUN USU Computer Lab 1-2pm;	16 Tsunami Awareness for Southern California Residents @ Police Services 212 12-1pm	17 USU Tech Series – Advanced Prezi @ CSUN USU Computer Lab 3-4pm	18 Amor En Tiempos De Locura: Respuestas de Trabajadores de la Salud Mental en el Momento Critico Actual @ Coronado Public Library 12:45-3pm
19 Reducing Stress Through Meditation @ Mountain View Public Library 1:30-2:30pm	20 Have a nice spring break! (March 20-26)	21 LA Area Alumni and Admitted Students Happy Hour - Mailman School of Public Health @ 1212 Santa Monica Pier 7-10pm	22 Plant-based Cooking @ Whole Foods Market 650 West Shaw Avenue Fresno, CA 93704 6-8pm	23 Community Health Council's Food Policy Round Table Coalition 4th Thursday every month. 10am-12pm	24 Youth Mental Health First Aid @ 723 D St Marysville, CA 95901 8am-5pm	25 Winter 2017 First Aid/CPR/AED Training (Eng/Span) 3401 East Florence Avenue Huntington Park, CA 90255 10am-2pm \$75
26 TypeOneNation Summit @ Pasadena Convention Center 8:30am-4pm	27 Pride Center "T-Time" Discussion Group @ Pride Center 5-6:30pm;	28 Emergency Kit Essentials Workshop @ Police Services 212 12-1pm	29 QTPOC Conversations @ Pride Center 7-8:30pm	30 Family Emergency Plans Workshop @ Police Services 212 12-1pm; "Women to Women" Discussion Group @ Altadena Room 2-4pm	31 American Red Cross CPR & First Aid: Initial Certification Course @ 975 Flynn Rd, Camarillo CA, 93012 9am-5pm	1 CA: Chi Flow @ Northridge Weight Watchers 18647 Devonshire Northridge, CA 91324 10:30-11:30am

STUDENTS GATHER FOR ENVIRONMENTAL AWARENESS TRAININGS AT ANNUAL CAL CUPA CONFERENCE

The California Certified Unified Program Agency (CUPA) Forum Board, in association with the California Environmental Protection Agency, held its 19th Annual Unified Program Conference on February 6 – 9, 2017 at the Sheraton in San Diego. The CUPA Forum is a statewide association of CUPAs and Participating Agencies that implement a Unified Environmental Program across California. The CUPA Forum is organized into four regions, working cooperatively with State agencies to ensure safety regulations. CalEPA and the CAL Boards, Departments, and Offices comprise the Unified Program Administration and Advisory Group (UPAAG), a management level group that works on policy-level issues and long-term environmental planning.



The Annual Conference allowed students, faculty, and professionals the chance to come together for a week of trainings and networking opportunities. Topics discussed included groundwater contamination, environmental toxicology, pharmaceutical issues, pollution prevention, Haz-Waste treatment options, new and emerging technology, and emergency preparedness. The CUPA Forum offers a free, student day pass to attend the annual conference for one day to experience training for hazardous

materials professionals throughout California. Furthermore, the CUPA Forum also offers several scholarship opportunities to full time Californian college students. Students interested in applying for one of the four scholarships are required to prepare a poster board that presents a research project on a subject related to the environmental and hazardous materials field. It is a wonderful experience to be among over 1,200 environmental professionals with the chance to learn about what it takes to be a part of a dynamic field of Environmental Health, Hazardous Material and Waste Management.

This year's showcased student project was by Amanda Pinski, regarding, "*Concerns About GMO Crops on Environmental Stability, Biodiversity, and Health.*" Pinski's research focuses on the threats to environmental stability and biodiversity that genetically modified crops play. GMO crops have come to dominate industrial agriculture worldwide, resulting in increased genetic homogenization among crops and neighboring wild plants. The rapid evolution of resistant pests is causing farmers to return to conventional methods of pest control and to increase use of highly toxic pesticides to prevent crop failure. The subsequent burden of pollution, decreased genetic diversity, and the physical destruction of the environmental landscape and dynamics of the ecosystem designates GMO crops as hazardous and detrimental to the health of environment and organisms despite the advantages in increased productivity in the agricultural industry.

By: Chelsea Alexandra Schafer

CSUN

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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 March issue are: Araksi Kirakosyan, Jonathan Watts, Chelsea Alexandra Schafer, and Jennifer Garcia