

THE BRIDGE

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



A Message From the Editors

It has been both an honor and a privilege to represent CSUN and the Public Health Program by working on the second volume of The Bridge Newsletter.

"I wanted to thank everyone for the support and feedback we have received since our first issue back in September. I'm thrilled that we have continued to build bridges among our faculty, Alumni, MPH, and BSPH student populations while experimenting with the format of this newsletter! I hope everyone gets some time to rest over winter break!" -William Reeves

"Echoing that thanks, and wishing everyone the best in the new year! It's been a true delight working on The Bridge." - Hollis Grimm

"After a long and challenging semester, like many of our readers I welcome this much needed break. So rest up and let's come into the new year with a fresh sense of direction, excitement and possibility. Until next time, stay safe and be well." -Amanda Van Dyke

To end the semester, our team has provided you with faculty, alumni, and student highlights in addition to winter wellness ideas to keep you happy and healthy. Enjoy!

Newsletter Highlights

Winter Wellness

Spotlight Central

This is Public Health

January Calendar

Look for our next issue in February 2023!

Winter Wellness

The end of the Fall semester offers students, faculty, and staff time to recharge. To kick off your winter break and close out the year, below are some of our favorite winter-time activities. In addition, we will provide you with ideas to ring in the new year and start 2023 off with a bang.

We wish you all a safe and enjoyable winter break. See you next year!

WINTER-TIME TIDE POOLS



Look, don't touch!

Low tides make the winter months the best time to get outside and explore the beauty of the ocean. Malibu Lagoon State Beach and Leo Carrillo State Park are two of my favorite places to go tide pooling, weather permitting. Check out CaliforniaBeachs.com for more tide pool spots and the tide charts by county to see the predicted times for low tide. Please make sure to check the weather conditions and surf warnings as well. For the safety of yourself and the marine life, please do not touch anything in a tide pool!

-William Reeves

REFLECT TO RE-INVENT

As 2022 comes to an end, take a moment to reflect. Whether or not you stuck to the goals you set at the beginning of the year, consider what you've learned and how it's made you grow. Spend some time looking back at all you've experienced this past year and ask yourself:



What were you most proud of?
What would like to do differently next year?
How have you changed?
In what ways can you show yourself more grace?



-Amanda Van Dyke

NEW YEAR, FRESH START

Be sure to set aside time to rest and enjoy a reprieve from work. For those returning to CSUN in the spring semester, know that classes begin on **January 21st**. Consider what has helped you this year, and how you can improve. Now is a good time to purchase your calendars and planners or set reminders on your phone. Try to take a day to evaluate your workload and set goals for yourself to balance it out with time dedicated solely to your enjoyment.

We've all worked hard this year. Wishing you the very best in 2023,

-Hollis Grimm

LOOKING TO GET OUTSIDE?

Check out some local hikes!



CURL UP WITH A GOOD BOOK

Read some of our faculty favorites!



BSPH SPOTLIGHT



Anaiyah Tuua

Anaiyah Tuua is a public health student in her third year at CSUN. Like many in the program, public health was a relatively new concept to Anaiyah upon arriving at the university. Over time, Anaiyah described gaining a new sense of dedication to the field as she learned how public health serves our community, saying she loves to help others and believes in this field's service to the community

Anaiyah also plays on CSUN's women's basketball team. It's a balancing act between academics, athletics, and social life that she has worked to maintain. Playing on the team gives Anaiyah a unique point of view in approaching the public health field, as cooperative sports provide a basis for future collaboration as a public health professional.

"I think that my public health professors have had a big impact on allowing for me to strive in the classroom while doing what I love on the court."

Catch a Game Over Break!

CSUN women's basketball team continues to play over winter break. [Learn more about the team](#), or see their [full game schedule](#).

Free attendance with a Student ID!



UPCOMING HOME GAMES

Dec 29 vs. Cal Poly

Dec 31 vs. Cal State Fullerton

Jan 07 vs. UC Riverside

Jan 16 vs. Hawai'i

Jan 19 vs. UC Santa Barbara

Jan 28 vs. UC Irvine

ALUMNI SPOTLIGHT

Blair Barker graduated in 2010 with a Master of Public Health with an emphasis on Community Health Education. Blair has been working in the healthcare and public health field for over 13 years, with experience in county public health, county medical centers, college-based health education, and community-based settings. Blair is currently the Care Services Director at the Camarillo Health Care District. Blair has been with the District since 2013 and enjoys working with the older adult population. As the Care Services Director, Blair oversees the Senior Nutrition Program (similar to the meals on wheels program), the Family Caregiver Resource Center, the evidence-based health promotion education programs, and numerous contracts/grants.



Blair Barker, MPH

"One piece of advice I would give is to be open to whatever your employer may offer or ask you to do. When you can demonstrate your flexibility and learn to 'wear different hats' (in that organization), you open potential doors for growth within that organization." - Blair Barker, MPH

Graduates, Want to Join the Alumni Chapter?

Chapter membership can provide alumni with the chance to broaden their career networks. Each CSUN alumni chapter highlights relevant social activities, networking events, newsletters, scholarships, and mentoring programs. If you're interested in joining the Public Health Alumni Chapter, [learn more here!](#)

Connect with the [Public Health Alumni Chapter on LinkedIn!](#)

Friendly Email Reminder!

"my.csun.edu" Gmail accounts expire 6 months after graduation. Please make sure to plan accordingly if you are an Alumni or a student graduating soon! Email The Bridge at thebridge.csun@gmail.com to provide an updated email address.

FACULTY SPOTLIGHT

Professor Lauren Walter received a B.S. in Neurobiology, Physiology, and Behavior from UC Davis, with a minor in Nutrition Science. She received a Master of Public Health from UCLA in Community Health Sciences, and is a Certified Health Education Specialist (CHES).

Prof. Walter spent 10 years at the Los Angeles County Public Health Department working exclusively in obesity and chronic disease prevention. During this time, she coordinated a community collaborative of over 125 Los Angeles-based agencies to implement health education programs to improve childhood obesity rates.

She also worked with local community-based organizations on pedestrian friendly Complete Streets Policies to improve safety, accessibility, and physical activity. Prof. Walter also collaborated with the Pasadena Public Health Department and Long Beach Health Department to pass city-level policies addressing the consumption of sugar-sweetened beverages.



Lauren Walter, MPH, CHES

In her last project at the health department, she directed a First 5-funded initiative to develop community coalitions to drive local policy change to reduce the marketing of unhealthy foods and beverages to our youngest Angelenos, ages 0-5. Prof. Walter has had the honor of teaching future public health practitioners in the Health Sciences Department since 2016. After her work at LACDPH concluded in 2017, she expanded her teaching efforts at CSUN and will be teaching HSCI 445 in Spring 2023.

What are Complete Streets policies and why are they needed?

- ➔ An approach to planning, designing, and building streets that enable safe access for all!
- ➔ Emphasizes the needs of those who have experienced systemic underinvestment.



Learn about Community Driven Policy change in Professor Walter's article:

**"From Tobacco to Obesity Prevention Policies:
A Framework for Implementing Community-Driven Policy Change"**



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!



WHAT WE READ IS INFLUENTIAL

[RSV Straining Children's Hospitals Across California](#)

[From COVID to mpox to polio: Our 9 most-read 'viral' stories in 2022](#)

[Putting Food Equity on the Table](#)

[Clearing the \(Classroom\) Air](#)

WHERE WE WORK MATTERS

[Community Wellness Health Educator](#)

[Partners in Care Foundation Project Associate](#)

[Partners in Care Foundation Project Coordinator](#)

[Public Health Community Coordinator](#)

[UCLA Health Educator](#)

WHAT WE LISTEN TO IS INSPIRING

[Fentanyl, Opioids, and "Fentapills"](#)

[What Happens When the COVID-19 Emergency Declarations End?](#)

[Public Health Out Loud: Healing through Storytelling](#)

[Three Credentials & Certifications To Get For Your Next Promotion](#)

WHAT WE WATCH IS MOTIVATIONAL

[Food Insecurity and Health: Strategies to Address Community Needs](#)

[Flu, RSV, COVID-19 and other Respiratory Threats this Fall and Winter](#)

WHERE WE INTERN, WE PREPARE


[Clinical Informatics & Evaluation Intern](#)

[Strategic Initiatives Intern](#)

[L.A. County Department of Public Health Internship Opportunities](#)

NEXT IN JANUARY



S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



January is National Blood Donor Month!

- 1 New Year's Day
- 10 Virtual Graduate School Fair
- 16 Martin Luther King Jr. Day
- 21 Spring Classes Begin!
- 24 Webinar: Applying for ASPPH Fellowships
- 25 Virtual Meeting: Health Economics at NIMH and NIDA
- 29 World Leprosy Day

Have advising questions before the semester starts?

Students, please reach out to the department's general advisor Josefina Gudino!

Email: josefina.gudino@csun.edu
Health Sciences Office: 818-677-4081

SIGN UP FOR OUR NEWSLETTERS!

Click the link below to subscribe to our email list
SIGN UP and get monthly access to our newsletters!

GOT A STORY TO SHARE?

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

