

THE BRIDGE

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



A Message From the Editors

Written by Hollis Grimm

The close of November brings with it the final stretch in our fall semester here at CSUN. Finals are approaching: final exams, final projects, and even final weeks for those graduating this semester. At this time, we at The Bridge take a moment to highlight the community we’ve built and the resources this campus has to offer.

This newsletter brings you an overview of the National Diversity in STEM Conference and highlights the Associated Students and their role in supporting students on campus. See updates from MPHSA and read about the iStart Program in the MPH Spotlight. You can also see the accomplishments of our Public Health alumni and their work at CSUN at the Klotz Student Health Center.

We are also proud to highlight the accomplishments of our Public Health faculty and students at APHA’s Annual Meeting and Expo. This is an opportunity to see the excellence of our Public Health program and to take the time to appreciate what your professors and colleagues have accomplished.

Newsletter Highlights

Program Updates

MPH & BSPH Updates

Spotlight Central

This is Public Health

December Calender

American Public Health Association 2022 Annual Meeting and Expo

We are proud to highlight our CSUN faculty and students* and showcase their work at the 2022 APHA Annual Meeting.

Immigration and adaption related stressors and bullying behaviors among ethnic minority youth; the promise of developmental assets

Velia Nuñez, MPH(c), Lyuda Golets, MPH(c), Timothy Grigsby, PhD, Christopher Rogers, PhD, MPH, Eunice Areba, PhD, RN, Myriam Forster, PhD, MPH

Piloting a Community Health Education Module on Understanding Chemicals in Personal Care Products

Carolina Plaza, Cindy Zamora, Wendy Gutschow, Claudia Toledo-Corral, PhD, MPH, Jill Johnston

Using an innovative multi-module web-app to deliver a substance-use prevention intervention among students at a Hispanic Serving Institution: development and evaluation design

Linn Dahlman, MPhil, Bethany Rainisch, PhD, MPH, Myriam Forster, PhD, MPH, Jean Spielman, BA, Sarah Alhassan, BA

*Names in bold are students (current or former) and faculty from the Public Health Program at CSUN.



American Public Health Association 2022 Annual Meeting and Expo

Non-inclusive Language in Human Subjects Questionnaires: Addressing Racial, Ethnic, Heteronormative and Gender Bias

Isabella Hernandez, **Kennedy Stewart**, **Lorena Reynaga**, **Velia Nuñez**, Jody Ganiban, Max M. Aung, Karina Corona, Anne Lang Dunlop, Luis E. Maldonado, Elissa Faro, Shoreh F. Farzan, Ixel Hernandez-Castro, Emily Knapp, Johnnye Lewis, Tracy Bastain

Preliminary findings from an evaluation of a novel substance use prevention web-app delivered to diverse college students in southern California

Sarah Alhassan, MPHc., Myriam Forster, PhD, MPH, Jean Spielman, MPH, Linn Dahlman, MPhil, Bethany Rainisch, PhD, MPH

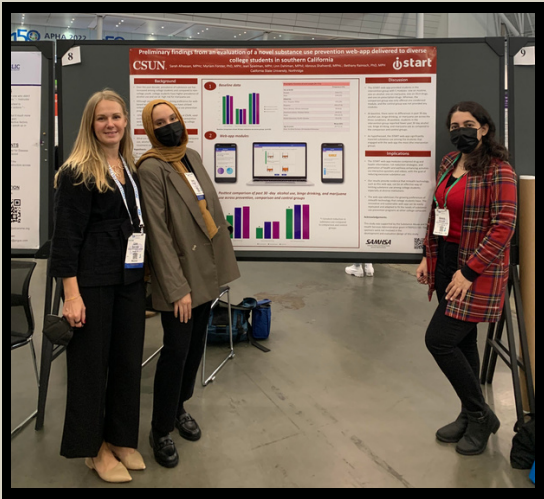
Examining how religious beliefs affect vaccine uptake among first- and second-generation college students

George Holliday, Honey Krueger, Christopher Rogers, PhD, MPH, Stephanie Benjamin, PhD, MPH, Myriam Forster, PhD, MPH

Missed the Meeting? It's Not Too Late!

When you buy an APHA Now registration from the Public Health Alumni Chapter, you will gain access to a curated set of sessions from the 2022 Annual Meeting and will be able to earn continuing education credit for CHES/MCHES and CPH. The Public Health Alumni Chapter will be offering the chance to register for APHA Now at a special rate during an upcoming fundraiser. More details coming soon!

APHA
2022



Meet the New Faculty Representative for the USU Board of Directors

In October, Dr. Mirna Troncoso Sawyer from the Health Sciences Department was appointed as Faculty Representative of the University Student Union (USU) Board of Directors (BOD). Dr. Sawyer is excited to be the Faculty Representative on the BOD because as the campus continues to open up, one of the issues that the USU BOD has been hearing about is the need for more food options. Over the years, Dr. Sawyer has conducted research on basic needs and food security at CSUN. She believes students must have access to food so they can be successful. The USU BOD is in the process of amending the plan to build the new USU Heart of Campus because of the rise in inflation and interest rates. In the next few months, the USU BOD will be looking for student input on what features are most important to students in the new USU.



Questions? Please contact Dr. Sawyer via email at mirna.sawyer@csun.edu.

NDiSTEM Conference Attendees



**THE 2022 SACNAS
NATIONAL DIVERSITY IN STEM CONFERENCE**

October 27-29 in

San Juan, Puerto Rico

Hosted by  **SACNAS**

The National Diversity in STEM (Science, Technology, Engineering, and Math) conference is the largest multidisciplinary and multicultural STEM diversity event in the country. Hosted annually by the Society for Advancement of Chicanos/Hispanics & Native Americans in Science (SACNAS) organization, this year's conference was held in San Juan, Puerto Rico from October 27-29th, 2022. This student-centered conference serves to equip and empower participants for their chosen academic and professional paths in STEM fields. In addition to research presentations, attendees of the conference (college through professional levels) have access to professional development sessions, motivational keynote speakers, and the Graduate School & Career Expo Hall.

Two faculty members, Dr. Kacie Blackman and Dr. Claudia Toledo-Corral, along with five CSUN Public Health students, and two CSUN Public Health alumni received a travel award to attend the conference:

- Breana Aceituno (BSPH) – Attendee
- Imelda Vianzon (MPH, Applied Epidemiology) – Attendee
- Renee Medina (BSPH) – Poster Presenter
- Zakariah Robinson (BSPH) – Poster Presenter
- Karina Barragan (MPH, Applied Epidemiology) – Poster Presenter
- Wyconda Cotton-Curtis (Co-author; CSUN BSPH '20, CSUN MPH '22, first year Loma Linda doctoral student)
- Detrich Galloway (BSPH '21; first year UC Irvine doctoral student)



From left to right: Wyconda Cotton-Curtis, Zakariah Robinson, Detrich Galloway, Dr. Kacie Blackman, Renee Medina, and Dr. Claudia Toledo-Corral.

Associated Students

The Associated Students is the primary advocate for all students at California State University, Northridge and provides excellent, meaningful programs and services designed to create and enhance a spirited, learning-focused campus environment.

DO YOU KNOW WHO YOUR STUDENT LEADERS ARE?

Elected student leaders represent the student body, advocate for needs, and defend student interests in campus affairs. AS student leaders encourage collaboration and communication between campus and community entities.

Delfina Gimeno



healthhumanl@csunas.org

Reach out to the Health & Human Development Senator Delfina Gimeno if you have questions or to connect with your senators.

Want more information about Student Leadership? Click on [this link](#) to learn more about their services and how to get involved!



SUSTAINABILITY

The Sustainability Center hosts and participates in various sustainability projects around campus. The Center has introduced various programs such as the Sustainable Office Program (SOP) and the Matador Exchange Marketplace which aim to educate the campus community about environmental health and justice.

For more information about sustainability, including the current programs they are hosting and volunteer opportunities, click on [this link](#) to learn more!



FUN & GAMES

The Associated Students also offers various entertainment and recreational opportunities to CSUN Students. Check out the discounts offered on theme park and movie tickets through the Ticket Office, the upcoming camping trips planned by Outdoor Adventures, and information about upcoming CSUN productions by clicking on the links below!



[Ticket Office](#)



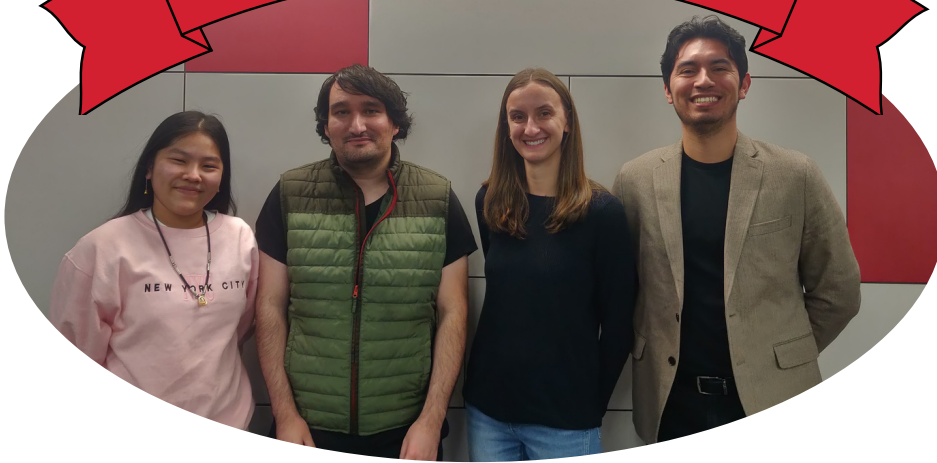
[Outdoor Adventures](#)



[CSUN Productions](#)

MPH SPOTLIGHT

MPHSA 22-23' STUDENT LEADERS



Looking to get involved in the club?

Reach out to mph.assoc.13@my.csun.edu
for more information.

Registration for students will occur in Spring
2023.

Congratulations

PRESIDENT

Emma Armstrong

TREASURER

Duaa Mohammed

PUBLIC RELATIONS

Jorge Vigil

SECRETARY

Tammy Rassamekiarttisak

WEB MASTER

Eric Shanazari

Welcome message:

We are proud to highlight our new MPHSA board!

These students are here to support and advocate for MPH students while encouraging the development of community among students and faculty. The club is working to plan and organize a variety of events for the spring semester for all MPH students to engage in.

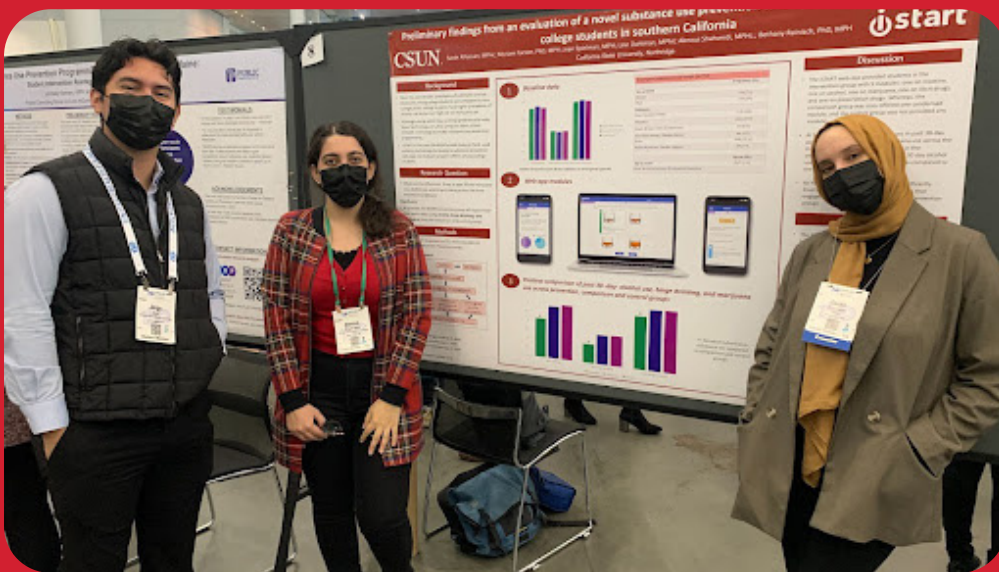
As we wrap up the fall semester stay tuned for details on an informal student meet and greet that will be held the last week of the semester.

Until then, good luck with finals and let's finish strong!



iSTART Program Highlight

Graduate Students Abnous Shahverdi, Jorge Vigil, and Sarah Alhassan working with the iSTART grant are excited to share their findings after successfully recruiting students to a substance use prevention web app study that provides education on risk reduction strategies. In addition to promoting health and wellness-enhancing activities, they are also actively recruiting students for their weekly HIV rapid testing, which happens every Friday at the Tarzana Treatment Center (8330 Reseda Blvd, Northridge, CA 91324), not including the Friday right after Thanksgiving. For more information and to book an appointment, [click on this link](#).



From left to right: Jorge Vigil, Abnous Shahverdi, & Sarah Alhassan presenting their findings from the iSTART web-app study at the APHA conference.

Jorge Vigil - Graduate Research Assistant

"I'm grateful for the opportunities I've had as an iSTART research assistant. I get to work on projects with CSUN faculty members and learn directly under them. iSTART has accelerated my development in recruitment, data analysis, and research skills. From being a part of my first research team to attending my first APHA conference, it's been such a great start to my MPH program!"

Abnous Shahverdi - Graduate Intern

"Working as a research intern with the iSTART program has provided me with the opportunity to expand my research skills, as well as get involved in recruitment and outreach efforts. I have learned how to set up successful recruitment events, collaborate with leadership class students to promote iSTART services to CSUN students, make academic posters, as well as develop and submit abstracts to the national conferences. Also, I attended the 2022 American Public Health Association held in Boston to contribute to the presentation of the most recent findings of the iSTART study."

Sarah Alhassan - Graduate Research Assistant

"I have gained a lot of experience working as a research assistant for iSTART. I've learned about the grant application process, recruitment efforts, social media advertising, submitting abstracts to conferences, and poster development. Recently, we presented our preliminary research that found a relationship between usage of the web-app and a decrease in substance use at the APHA conference!"

ALUMNI SPOTLIGHT



GABRIELLA NGUYEN, MPH, CHES
Health Educator

Gabriella Nguyen (she/her/hers), trains, mentors and supervises a team of peer health educators in addition to her work designing and implementing wellness initiatives for the CSUN community.

Her previous work revolved around the promotion of access to sexual and reproductive health services and development of LGBTQ inclusive clinic initiatives with a California based organization and as a research assistant for a federal HIV prevention grant targeting high risk college aged students in northern LA County.

She is a Certified Health Education Specialist and received a Bachelor of Science in Public Health Education, and Master of Public Health with an emphasis in Community Health Education from CSUN.

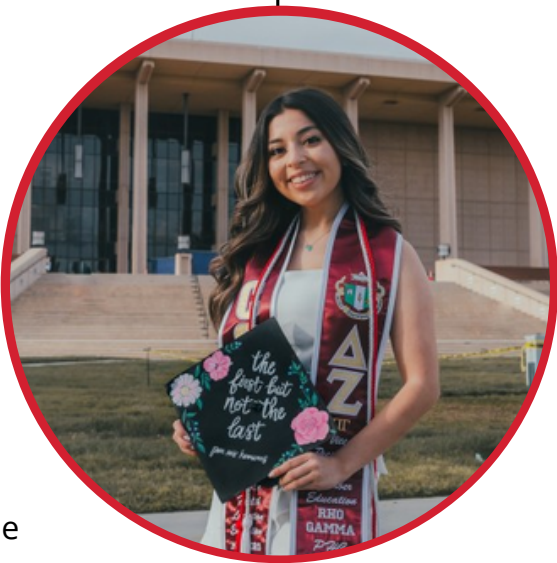
CSUN Klotz Student Health Center

VALERIE IPATZI
Health Education Assistant

Valerie Ipatzi (she/her/hers) is a proud first-generation college graduate from California State University, Northridge (CSUN) where she earned a Bachelor of Science in Public Health (BSPH).

As an undergraduate, Valerie was a peer educator with Matadors4Wellness, a program of the Klotz Student Health Center. In this role, Valerie provided CSUN students with health and wellness resources, and worked to empower students with the knowledge and skills needed to make healthy decisions.

In 2021, Valerie was hired as Health Education Assistant with the Klotz Student Health Center where she provides support to the Matadors4Wellness program and other campus health promotion initiatives. Valerie’s professional goals include becoming certified as a Health Education Specialist (CHES), and pursuing a Master of Public Health degree.



BSPH SPOTLIGHT

The Matadors4Wellness Peer Health Educators are CSUN students who are committed to the health and wellness of the campus community. The program strives to promote experiences characterized by education that enhances understanding of risk-reduction, behavior change and well-being. Peer Educators are trained and charged to effectively engage and educate the CSUN campus community through workshops, presentations, and campus outreach.

MATADORS4WELLNESS



PEER HEALTH EDUCATORS

Do you want to become a Matadors4Wellness Peer Educator?

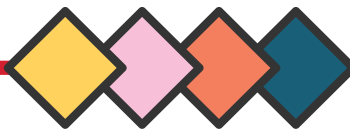
Applications for the 2023-2024 school year will open in Spring 2023.

Through the program, peers gain:

- Public speaking skills
- Increased knowledge about health
- New community relationships
- Personal development
- Peer Educator certification

"As a Matadors4Wellness Peer Health Educator, it has been exciting to present on a variety of health topics, as well as provide essential resources that support individual well-being and a healthy campus community. I have enjoyed interacting with my fellow peers, building new friendships, and working alongside a supportive team."

-Mary Monosyan, BSPH student



It's the Season!

WE ENCOURAGE YOU TO GET VACCINATED!

- ✓ Flu Shot
- ✓ COVID Booster

Flu Shots are available for Free at the CSUN Klotz Center

MAKE AN APPOINTMENT! CALL 818-677-3666

Find COVID boosters at www.vaccines.gov



Monday, Tuesday, Wednesday, and Friday
8 a.m.-5 p.m.
Thursday
9 a.m.-5 p.m.
Saturday & Sunday: Closed

Interested in basic or specialized healthcare services?

Call the Klotz Student Health Center (818) 677-3666 for more information.

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

50 Years After the Tuskegee Revelation: Why Does the Mistrust Still Linger

Advancing Global Health and Strengthening the HIV Response

Psychological Distress and Social Integration of Elderly People With Physical Disabilities

From COVID-19 to Monkeypox: Unlearned Lessons

WHERE WE WORK MATTERS

Media Advocacy Specialist

Senior Research Contracts

Administrator

Part Time Health Educator

WHAT WE WATCH IS MOTIVATIONAL

Ethics in Public Health

Public Health Transformation & Equity

WHAT WE LISTEN TO IS INSPIRING

Responsive Design: AIDS

Disability Visibility: Disabled Students

Political Determinants of Health

U-GROW SUMMER INTERNSHIP

Undergraduates Gaining Research Opportunities for the Cancer Workforce (U-GROW) has opened their application for the summer cohort!

Paid Opportunity

**Research Education
Boot Camp**

Year-round Mentoring

**Scientific
Communications**



[Learn More](#)

[LinkedIn](#)

SOPHE'S 2023 ANNUAL CONFERENCE

March 23-24: Atlanta, Georgia

Register [HERE](#) on or before
January 31, 2023 for Early Bird deals!

Students and members of the Society for
Public Health Education (SOPHE) enjoy
discounted rates.



THIS DECEMBER

S	M	T	W	T	F	S
				1	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

1	<u>World AIDS Day</u>
2	<u>SaludConTech Digital Health Equity Conference</u>
5 - 9	<u>National Influenza Vaccination Week</u>
6 - 7	<u>National Overdose Prevention Leadership Summit</u>
6	<u>Associated Students Winter Fest</u>
7	<u>Webinar: Reproductive Health and Data in a Post-Roe World</u>
8	<u>Deadline for presentation proposals for the National Rural Health Association's 28th Health Equity Conference</u>
8	<u>Webinar: Infection Prevention opportunities & partnerships found in crisis</u>
12	<u>Universal Health Coverage Day</u>
12	<u>Webinar: Data and Health Equity: Using Open-Source Data & Mapping to Understand Rural Community & Special Population Needs</u>

SIGN UP FOR OUR NEWSLETTERS!

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

SIGN UP

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!

