

SYNERGIES

Improving the lives, health, and environments of individuals, families, and communities



The Giving Starts Here

OSU KidSpirit student staffers create a giving circle to assure the future of a program that benefits kids throughout the year.

TAKING OUR COLLEGE TO THE NEXT LEVEL

I came to OSU, attracted by the pioneering spirit, the we-can-solve-anything attitude, and the reputation for collaboration. I was energized when OSU launched an ambitious plan to rank among the ten best land grant universities in the nation. In 2004, OSU's *Strategic Plan for the 21st Century* charted a course to improve student learning, strengthen research, and address the important issues facing Oregon, our nation, and the world. Faculty, students, and staff in our college stepped forward to take up the charge, and their hard work lead to successful student engagement and research programs, significant increases in research funding, and clear visions to improve the health of populations around the globe.



Last year, Phase II of OSU's Strategic Plan identified three signature areas of distinction: Improving Human Health and Wellness (healthy people), Advancing the Science of Sustainable Earth Ecosystems (healthy planet), and Promoting Economic Growth and Social Progress (healthy economy). Once again, our Health and Human Sciences team embraced the challenge and set a bold strategy for the future.

We built on our history of success – establishing the Center for Healthy Aging Research and the Hallie Ford Center for Healthy Children. We welcomed Extension Family and Community Health and 4-H Youth Development into our HHS family. And we continually refine our teaching, research, and outreach to fulfill OSU's land grant mission.

For the past two years, we've been dreaming big about solving Oregon's growing public health challenges – obesity, aging, chronic disease, physical inactivity, substance abuse, poverty, access to health care, environmental hazards – and going about the business of doing it. Faculty and staff across the college are sifting through proposals, considering strategies, and prioritizing our work. And during our annual college meeting this fall, everyone was given two hats to represent this year of transition – from the College of Health and Human Sciences to the College of **Public** Health and Human Sciences. They all answered the call to “take it to the next level.” And as always, they responded with enthusiasm, creativity, and roll-up-your-sleeves hard work.

I am convinced that our team will change the face of public health in Oregon and beyond. It puts our mission of Taking Care of Life in a whole new light.

A stylized, handwritten signature in black ink, likely belonging to Tammy Bray.

Tammy Bray,
Dean

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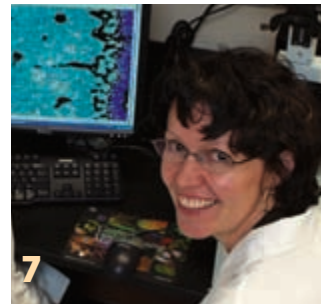
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On the cover: KidSpirit counselor Adam Aguilar gets a workout along with participants in OSU's popular program for kids ages 6 to 16. See page 8.

Photo by Alex Thorpe.

OSU
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College of Health and Human Sciences

Oregon State University is committed to affirmative action and equal opportunity in employment and education.

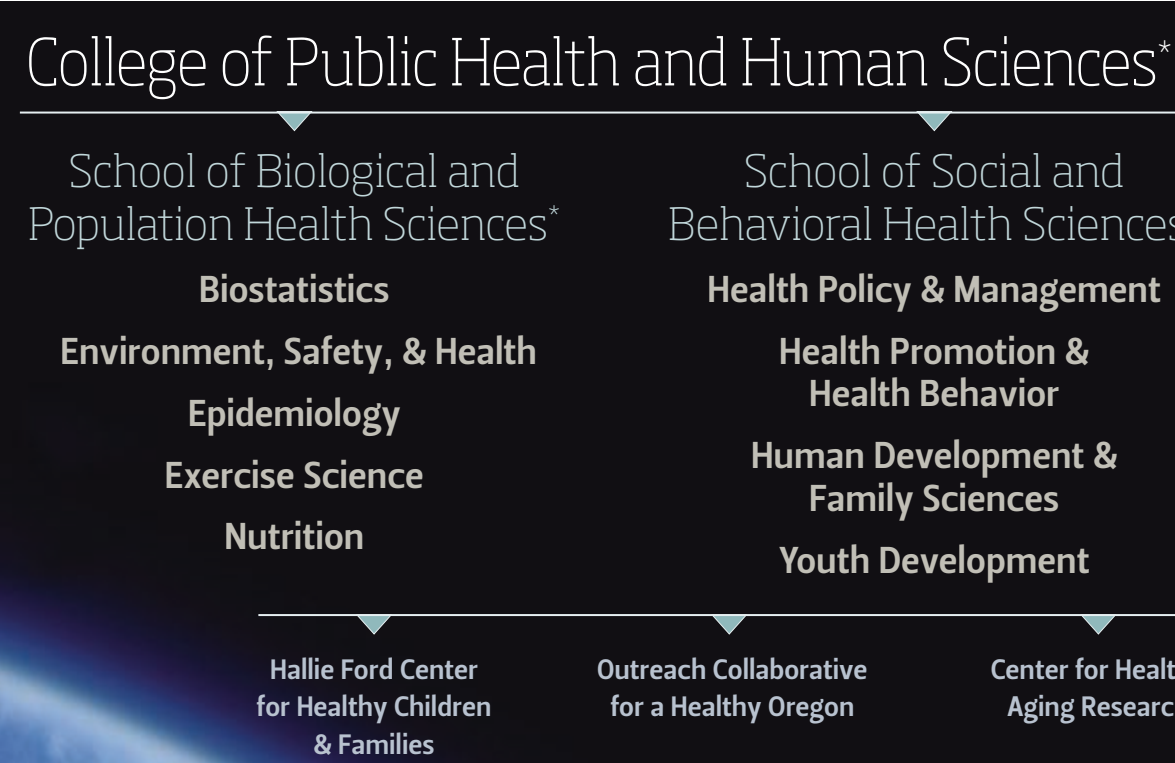
Focus on Public Health

Restructuring our college to meet the challenges of the university’s strategic plan for healthy people

Our nation’s health is at risk. One-third of deaths are attributed to poor eating, lack of physical activity, and tobacco use. More than one in every three adults and one in five children ages 6 to 19 are obese. The physical and financial consequences are staggering. Rates of chronic disease are skyrocketing – heart disease, stroke, cancer, diabetes, and arthritis – as are the costs associated with treating these conditions. More than 75 percent of our health care spending is on people with chronic conditions, especially in our aging population. The good news is that the majority of these diseases are preventable. But these health threats require reasoned, evidence-based, best-practice responses that come from

an understanding of human biology and the social, environmental, and behavioral factors that impact health. And they require building a qualified public health workforce for Oregon.

Long before national health care reform came into the spotlight, the students, faculty, and researchers in the College of Health and Human Sciences were solving Oregon’s health challenges. Inspired by our land grant mission and the university’s strategic focus on improving human health and wellness, we are now transforming our college to respond to the public health challenges of the 21st century. We are finding solutions for optimal health across the lifespan.



In 2001, we took the bold step to merge the College of Health and Human Performance and the College of Home Economics. By the numbers, it was the right thing to do. Student enrollment has grown from 2,300 to 3,300, making us the fourth-largest of OSU's 11 colleges. Research funding has increased from \$3.2 million to \$16 million as we seek solutions for what ails our nation. And our worldwide family of 22,000 Health and Human Sciences alumni has supported our progress by contributing more than \$15 million during our Capital Campaign.

Today, we're poised to make a difference in the health and vitality of individuals, families, and communities here in Oregon and around the world.

We are sharpening our vision to meet the pressing public health needs of the 21st century. Building on our strengths in teaching, research, and outreach, we are creating interdisciplinary teams, updating curriculum, and evolving

to become an accredited **College of Public Health and Human Sciences**. We are uniquely positioned to apply advances in public health and human sciences to innovations in nutrition, exercise sciences, human development, and family sciences to promote health across the lifespan and across socioeconomic and cultural boundaries.

We are building a collaborative structure that will enable new approaches to the crucial public health challenges facing our world. A new blending of public health and human science disciplines will be emphasized in our course work, our research, and our outreach. More than ten new public health faculty will join our current ranks of distinguished faculty and become affiliated with one of our two new schools – the School of Social and Behavioral Health Sciences or the School of Biological and Population Health Sciences. New synergies will be created with our Hallie Ford Center for Healthy Children and Families and our Center for Healthy Aging Research. And a new Outreach Collaborative for a Healthy Oregon will encompass our Extension and outreach programs – Family and Community Health, 4-H Youth Development, KidSpirit, and programs for youth and adults with special needs – that translate evidence-based research into practice to promote healthy communities across the state.

This is a landmark opportunity to address our state's need for a public health workforce and to help shape our health care system. We are proud to continue the legacy of Oregon's pioneering spirit and OSU's land grant mission by creating our state's first College of Public Health and Human Sciences.

School of Design and
Human Environment*

Apparel Design

Graphic Design

Interior Design/Housing Studies

Merchandising Management

"We have a unique opportunity to transform our department for the future by creating a School of Design and Human Environment," says chair Leslie Burns. "A school will provide new collaborations across disciplines, carry new prestige, and strengthen our curriculum." While the new school will remain within the College of Health and Human Sciences, collaborations with the colleges of Business and Engineering will be enhanced. "This will provide new ties with industry and the design and merchandising communities in Portland," explains Leslie, who was recently appointed to the board of directors of the Portland Center for Design and Innovation.

Analyzing Columbia Basin Tribal foods



Stuart Harris, CTUIR science and engineering director, and public health faculty members Barbara Harper and Anna Harding (far left) look on as researcher Bob Durst explains the method for determining the nutrient content of Native foods.

"Our tribal diet, culture, and ceremonies have been centered around natural foods for centuries," explains Stuart Harris, a Cayuse Indian and OSU graduate. "We've lived with a balanced, time-tested diet of meat, fish, vegetables, plants, and berries." A member of the Confederated Tribes of the Umatilla Indian Reservation (CTUIR), Stuart says Western influences have changed tribal diets across the country. "Until now, we have not studied the nutritional values of our traditional foods, but with this research, we hope to provide convincing evidence to promote a resurgence of Native foods and a healthier lifestyle."

He's referring to a new research project – a tribal- and OSU-funded collaboration between the CTUIR Department of Science & Engineering and OSU's Department of Public Health and Linus Pauling Institute in which Native foods are being tested for antioxidants, vitamins, minerals, and macro- and micro-nutrient content. This biochemical analysis of berries, roots,

and plants will also shed light on the impact of environmental contaminants in tribal diets and traditions.

Linus Pauling researcher Debbie Mustacich and public health professor Anna Harding are principal investigators on the study, the first to comprehensively determine the nutrient and antioxidant profiles of Columbia Basin Native food plants. It's a community-based participatory research initiative, bringing scientists and local community members together to investigate issues of importance to the CTUIR. "We also developed a unique material and data sharing agreement that is particular to this project but that can be used as a model for other university-tribal research collaborations and that protects tribal sovereignty," says Anna. Stuart hopes the project will encourage young tribal members to become scientists.



Barbara Harper, environmental health program manager for CTUIR, says it's important to respect the Seasonal Round, the annual nutritional cycle followed by the tribe.

Sex & Aging

Sometimes it helps to talk about it

A new study suggests that it may not help older men and women with sexual problems to talk to a doctor, but men who talk to their partner report greater happiness – and those who talked with friends felt less depressed. “The finding is striking because most people presume men do not have confidants,” says Ryo Hirayama, a PhD student in human development and family sciences. “Men are not believed to be functioning socially in our society, yet research increasingly shows that social networks can be a critical part of a man’s life, especially as he ages,” he explains.

The research, to be published in the *Journal of Gerontology: Social Sciences*, shows that the way men and women deal with sexual health and stress as they age varies greatly. Ryo conducted the study with Alexis Walker, the Jo Anne Leonard Petersen Chair in Gerontology and Family Studies. They looked at 861 people ages 57 to 85 who were married or had an intimate partner and reported having at least one sexual problem – lack of interest in sex, inability to climax, physical pain during sex, or issues with lubrication or maintaining an erection.

The study yielded surprising findings. Fewer than half of older adults with sexual problems discussed them with their doctors, although men were more likely to do so than women. Also, whether older

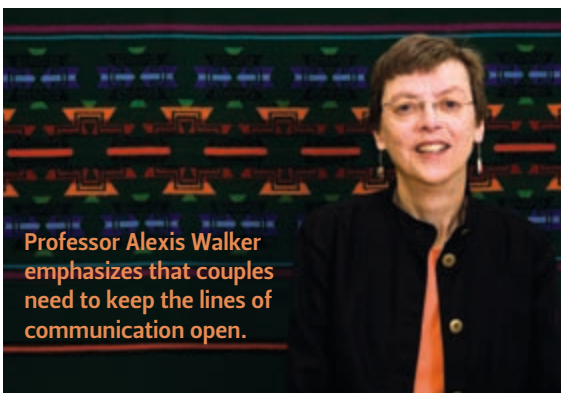


Ryo Hirayama shares some surprising results of a recent study.

adults discussed these issues with their physicians did not make a difference in their well-being. “This was our most unexpected outcome,” Ryo explains. “Older adults are advised to talk to their doctors about sexual health issues, but not all people do, and talking with a physician is not as helpful as you might expect.”

However, confiding in a partner or a friend was effective for many men in protecting their well-being from stress related to sexual problems. Unfortunately for women, this same benefit was not reported. “In fact, women with higher levels of sexual stress who confided in their spouse or close friends often reported lower happiness,” says Ryo. “We aren’t quite sure what to make of this finding.”

“It does tell us that women’s sexual issues are complex, and that complexity needs to be recognized,” says Alexis. She believes that the medicalization of aging makes some people feel there is a medical “fix” for everything, but certain sexual issues might just be part of the aging process. “The best prediction of sexual activity as we age is to continue to be sexually active throughout your adult life rather than to suddenly try to become sexually active after a period of inactivity. But it is also true that older people can have sexual problems, and sometimes couples may work around these issues by emphasizing other activities they enjoy as a couple.”



Professor Alexis Walker emphasizes that couples need to keep the lines of communication open.

What it takes to *engAGE* in Community

Deborah John looks at a community and sees its heart, its soul, its complex make up of people, places, services. She listens to the voices. She learns about needs. She empowers people. “It’s my passion,” says Deborah, OSU Extension facilitator of ***engAGE in Community*** and assistant professor of public health. “The goal is to create Clackamas County as an age-friendly place comprised of age-friendly communities,” she explains. “We want to assure that the people who have made this community their home are able to stay here as long as they wish.”

Deborah started last year by facilitating a county-wide forum to begin to identify the issues. More than 200 attended, using hand-held “clickers” to register their opinions about transportation, housing, social services, health care, education, open space, cultural opportunities, social isolation, and how community members receive information. Data gathering continues with community members actively involved in conducting face-to-face interviews, online and phone surveys, and community audits using Participatory Photo Mapping, a Geographic Information Systems photographic survey, to record features of the community that support or prohibit age friendliness.

“Community-based participatory research is an emerging mechanism in public health research,” according to Deborah. “It’s used around the world to support people’s contributions to finding solutions that will work for them, now and for the future.”

Deborah John (L) and community volunteer Beret Halverson check GPS equipment before beginning a walking audit to ‘map’ the built environment.



She uses a community-based participatory model, working with local residents to understand the factors that support or hinder opportunities to age successfully and actively. “We engage them from the beginning – they help us frame the questions, do the interviews – they are partners, not participants or ‘research subjects.’ They are looking at the issues that are relevant to them and finding solutions that they will use.”

Once the data is gathered, the fun begins, according to Deborah. “We’ll have an engAGE Summit to share findings, then build coalitions of citizens and county, city, OSU, and Extension partners that can facilitate changes. The potential for community impact is huge – to make changes, right here, right now, on the ground.”



To learn more, visit www.co.clackamas.or.us/socialservices/engage.jsp

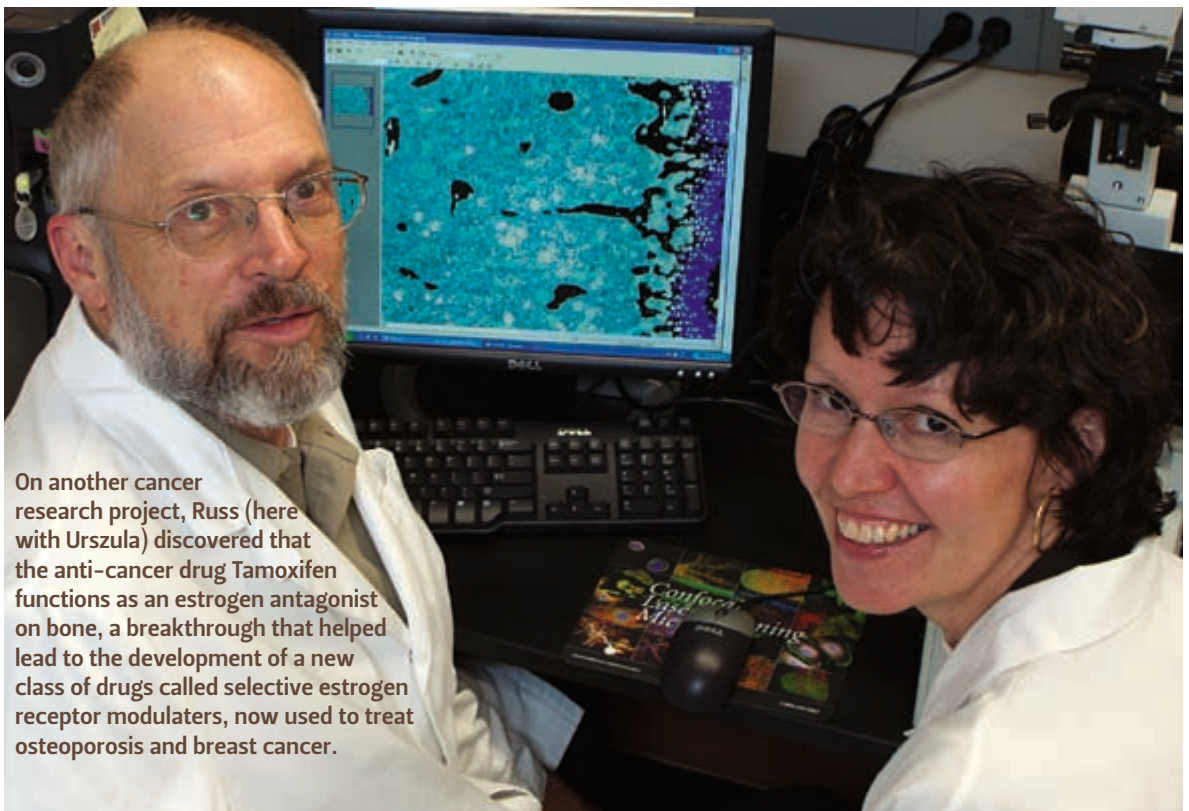
Are botanical estrogens safe?

“Nutritional supplements represent a \$50 billion per year industry – one that’s not tightly regulated,” says Russ Turner, professor and director of the OSU Skeletal Biology Research Laboratory. He and colleague Urszula Iwaniec are conducting research that will add to the body of knowledge about botanical estrogens found in many supplements. “We want to know if the benefits exceed the risks of taking botanical estrogens as supplements – who may benefit and who may be at risk when taking these supplements and what adverse side effects may exist,” Russ explains. “In the end, we hope to determine whether botanical estrogens represent a safe alternative to traditional hormone therapy.”

Many women take plant-based estrogens that are advertised as natural, presuming they are safer than hormone replacement therapy. “Manufacturers claim that supplements with botanical estrogens slow bone loss for postmenopausal women, lower the incidence of breast cancer, reduce hot flashes, and improve mental func-

tion,” says Urszula, whose research focuses on breast cancer metastases to bone. But these supplements also have the potential to mimic the detrimental actions of natural estrogens – those we produce ourselves – that can stimulate the growth of tissues that put us at risk of breast cancer, she explains. Botanical estrogens are found in soy, dong quai, and wild yam. “In supplements, although they may be the same compound, they are processed – concentrated, purified, or extracted and sometimes chemically modified – and this is where the risk comes in,” Russ adds. “The impact of these processed botanical estrogens hasn’t been sufficiently tested.”

Russ and Urszula are collaborating with colleagues at the University of Illinois Botanical Research Center and the University of Mississippi on this project, funded by an \$8 million, five-year grant from the National Institutes of Health. Together, they are investigating the impact of botanicals on bone health, breast cancer growth and metastasis, and cognitive function.



On another cancer research project, Russ (here with Urszula) discovered that the anti-cancer drug Tamoxifen functions as an estrogen antagonist on bone, a breakthrough that helped lead to the development of a new class of drugs called selective estrogen receptor modulators, now used to treat osteoporosis and breast cancer.



Adam, in red, with fellow counselors having fun on the weekly KidSpirit “dress-up day”

Recruiting KidSpirit Heroes

“We wanted to assure that this program would be here for future generations of campers *and* OSU students who work here,” says Adam Aguilar, who worked his way up in the ranks of the college’s popular KidSpirit program. During the summer of 2009, he was assistant director of the KidSpirit Summer Camp, working with more than 700 children age 6 to 16 overseeing sports, nutrition, cooking, and science programs. Adam and fellow KidSpirit counselor Kasra Azizian brainstormed ways to create a fund for equipment, activities, and scholarships, and to rally OSU alumni who have benefitted from working with KidSpirit.”

Adam and Kasra approached KidSpirit director Karen Swanger about creating a giving circle and, “In the same way that she manages the program, she empowered us to run with our idea,” explains Adam. They took Karen’s lead – she gives a monthly payroll deduction to KidSpirit – and approached the KidSpirit staff to pledge \$10 a month. “The response was overwhelming.

Each day, Adam witnessed the benefits to the kids – they learned new skills, problem-solved together, made new friends, and were physically active...the same benefits that the more than 70 OSU students working for KidSpirit experienced. “It’s like running a small business,” he says. “We do the marketing, purchasing, finances, evaluation, insurance, and all the counseling and leadership required to manage the program. It’s a great résumé builder.”

Students signed on, a KidSpirit alum dropped by with a check, and parents matched pledges,” says Adam, who graduated last spring and is temporary staff with the program.

KidSpirit staff met and made decisions about replacing sports equipment, purchasing art supplies, and designating scholarships. So far, 27 KidSpirit Heroes have pledged \$3,137, a foundation that excites and motivates Adam. “We’ll be contacting all 1,300 of our KidSpirit staff alumni to become Heroes.” Save Adam a phone call and become a KidSpirit Hero today with a one-time gift or monthly pledge!



<http://kidspirit.oregonstate.edu/donate>

Lifelong giving

“As a homemaker, I felt responsible not just for what I did in our home, but for what we did as a family in the community,” says Barbara Peck ’31, who recently added to her legacy of philanthropy with a \$25,000 gift to the Hallie Ford Center for Healthy Children and Families. “I always believed it was our responsibility to help create a healthy community – to add to the cooperation and understanding of each other and, in doing that, to help our children get along with each other.” Barbara’s gift adds to the legacy of Hallie Ford, who lived by the same values of respect, integrity, and support for community. The new center is being built near the site of Barbara’s late husband’s childhood home on the OSU campus. Norton was an OSU engineering

“Barbara’s life and achievements display her commitment to others and make her a role model for all students in the College of Health and Human Sciences,” says public health senior Natalie Johnston.

Barbara Peck with scholarship recipients (L-R) Avery Hamann, Natalie Johnston, and Michelle Dieringer



grad, and his father, Arthur Peck, was a professor of landscape architecture and a lead designer for OSU’s stunning campus.

Barbara’s gifts to the College of Health and Human Sciences include an endowed scholarship in her name that supports more than 15 students each year. “I am very happy to be able to do this,” she says. “It was such fun to see some of the students who came to wish me a happy 101st birthday earlier this year!”

Training a new generation for aging research

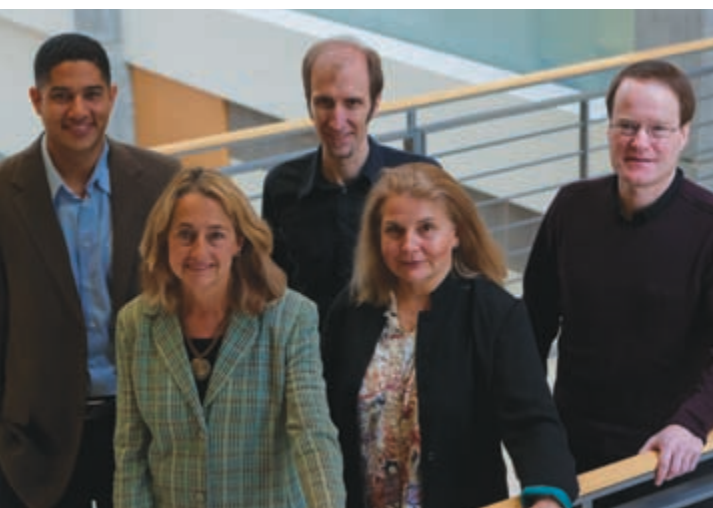
Dramatic increases in longevity have altered the nature of work, relationships, retirement, health care, and the economy. We’re living longer, more active lives, eager to maintain our independence. Now, with a \$2.9 million five-year grant from the National Science Foundation, OSU will be training a new generation of researchers in the cross-disciplinary work of aging sciences. In 2004, OSU’s Center for Healthy Aging Research (CHAR) was established, and gifts from generous donors – including Barbara and Bob Loomis (both ’57),

Judy and Bill Winkler, June and Truxton Ringe (both ’40), Jo and Orin Zimmerman (both ’47), and Marion ’58 and James Perry – have helped build OSU’s reputation for pioneering research in aging.

“This prestigious and competitive Integrative Graduate Education and Research Traineeship (IGERT) program will catalyze the science of optimal aging, giving PhD students the conceptual frameworks and methodological tools to address critical questions about aging,” says Karen Hooker, director of CHAR and the IGERT program. “OSU

has exceptional faculty committed to understanding aging – from the cellular basis of aging, to its societal impact on individuals to developing technologies that allow us to cope with advancing age.” Engineering professor Ron Metoyer says, “This program will attract diverse and outstanding students to be trained for world-class research.”

Co-investigators for IGERT research cores include (L-R) Ron Metoyer (gerontechnology), Karen Hooker (psychosocial), Mike Pavol (musculoskeletal), Carolyn Aldwin (psychosocial), and Tory Hagen (diet and genetics).





Scott Rueck:
"I use the stuff
she taught me
to this day."

When I met Scott Rueck, OSU's new women's basketball coach, his greeting was, "There are three reasons I'm here – Mom, Dad, and Barb!" We both chuckled, but I learned he was serious about the influence of Barb Cusimano, associate professor and head of the Physical Education Teacher Education program at OSU. "She's the ultimate teacher – she saw something in me that I had no idea I was capable of. She held me to a standard, and I learned that I could get by on four hours of sleep! When I graduated, I felt I could do anything," says Scott, who earned his BS in exercise and sport science in 1991 and MAT in 1992 from OSU. "She taught us how to teach, correct, lead, and instruct so students respect you. She was always prepared and so detail oriented. And she didn't care if you liked her – she cared if you were improving every day. I use the stuff she taught me to this day."

Scott says Barb was a coach, teacher, and mentor who taught him the value of consistent leadership, professionalism, and communication. "I need my A game every day, and Barb showed me how to do that. We're always setting an example – the way you treat people is key."

The gym is Scott's classroom, and he believes it's up to him to create an environment where everyone can reach his or her potential. "Athletes need to be challenged, focused, and given the tools to achieve. My job is to develop these young people and show them what they are capable of doing. I've learned that winning is what happens when you're doing everything else right."

I asked Scott what makes a team. "The same things that make a family – setting high standards, respect, mutual problem-solving, taking care of your business, pulling your own weight, being focused on a common goal to reach your potential." Scott's "home team" includes children Cole and Kate and wife, Kerry, a teacher who is volunteering in their schools.

Scott came to OSU from George Fox, a Division III school, earlier this year. "It was a huge leap. I was director of operations, all three coaches, bus driver, trainer, academic advisor, and recruiting coordinator," he laughs. He has chosen a talented recruiting staff for OSU and looks forward to his first season here. "I'd put this program up against any," he says with Beaver pride.

—Pat Newport

Ariko Iso: Professionalism in action

When the Pittsburgh Steelers hired Ariko Iso as an assistant athletic trainer in 2002, she became the league's first woman to work full-time in that job. Today, she's still the only woman. In fact, she's the only female athletic trainer working in the four most prominent major leagues including the MLB, NBA, and NHL. "All the guys I work with are used to working with female athletic trainers in college, so I've been lucky," says Ariko, a 1993 OSU graduate in exercise and sport science.

It was surgery after a basketball injury in junior high that piqued her interest in athletic training. Later, while looking at U.S. colleges, a chance trip to Tokyo by Chris Zauner, then head of the college's Department of Nutrition and Exercise Sciences, brought Ariko to OSU. "Coming to OSU was my first experience away from my family, across the Pacific Ocean *alone*. This prepared me to be anywhere, very independent and happy with what I do." As a student athletic trainer at OSU, she worked with women's basketball, men's soccer, and traveled with the football team. "My whole OSU experience

helped me set a goal to become a Division I athletic trainer," she recalls. She persevered, earning her master's at San Jose State University, then landing her dream job at Portland State in 1996. A few years later, she applied for a summer training camp internship with the Steelers.

OSU athletic training student Kelli Burkholder says Ariko is an inspiration. "While many focus on the difficulties of women working with men's teams, Ariko has demonstrated that determination and professionalism can go a long way toward dissipating those hardships."



Ariko Iso:
From
Tokyo to
Pittsburgh
via OSU

Photo courtesy of Pittsburgh Steelers

Margaret Carter: Honoring a lifetime of service to Oregon

"It is my desire in life to make a difference for our children, our seniors, and the disabled," says Margaret Carter EdM '74, who received the 2010 OSU Alumni Fellows Award. It's a fitting life motto for her crusading work as a state representative and state senator, a 24-year political career spent advocating for Oregon's most vulnerable, crafting legislation in education, social justice, civil rights,

health reform, mental health parity, environmental protection, public school funding and consumer education. She is the first African-American woman elected to the Oregon legislature, where she promoted a permanent Head Start program and the Oregon Youth Conservation Corps. In 2009, Margaret was named deputy director of the Oregon Department of Human Services. Her distinguished public and professional careers have been highlighted with numerous awards and honors, yet she says that of all her accomplishments, she is most proud of raising her nine children.

In nominating Margaret for this honor, Dean Tammy Bray said, "She has spent her life working tirelessly for our causes – children, families, aging adults, those with disabilities and at-risk children and families. She is a woman of unparalleled character, energy, and vision."



"I am highly honored to be given such a prestigious award. It gives me a sense of pride as an alumna to still be thought of in such an honorable way. Go Beavs!"

Photo by James Hill, Portland Community College

Elizabeth Cassidy: Practicing public health in the Middle East

“It was rewarding to be part of a conservative Muslim community – to be welcomed, fed, and immersed in their culture,” recalls Elizabeth Cassidy of her public health internship in Amman, Jordan, last summer. “So often our tendency is to avoid interaction with unfamiliar cultures, but the Middle East culture is so rich, so beautiful.”

Elizabeth worked with RUWWAD, a nongovernmental organization that empowers communities to improve health care. She lived in a Palestinian refugee camp and worked with a local clinic to do health assessments and develop a framework for health education. “We listened to women, men, children, and young adults about what they saw as problems in their neighborhood,” she explains.

“They need the tools to solve their own problems – information, training, and practical skills,” says Elizabeth. “For example, Type II diabetes is rampant, but their diet includes a lot of starch and they get limited exercise. We created a basic curriculum on managing disease to be taught to mothers in community classes and to children in schools. We



Elizabeth (L) met up with her OSU classmate and friend Heba Hijazji for a visit in Irbid, Jordan. Heba came from Jordan to earn her PhD in public health at OSU and focus on women’s contraceptive use.

also suggested a curriculum be developed for oral hygiene, nutrition, and exercise.” During interviews, Elizabeth learned that women went without basic health care because it’s not culturally appropriate for men to examine them. “We advocated for a female doctor, and they’re working on it.”

Elizabeth is confident that practical changes are being made – the addition of medical personnel – but that education initiatives will take longer. With her master’s degree in hand, she plans to return to the Middle East to continue her humanitarian work.

Luke Frels: A Long Way Home

Indeed, it was a Long Way Home for Luke Frels. He spent last summer in Comalapa, Guatemala, helping the community of 40,000 with building projects as part of the Long Way Home program. An interior design major, Luke says it was one of the best decisions of his life. “I was at work by 7 a.m., doing anything from digging out a mud-

slide from behind the school to building a roof over bleachers to participating in activities at a local grade school. I cooked meals using collected rainwater, did stone masonry, poured concrete, shopped at the open-air market, had dinner with local families, walked through corn fields to get between places, traveled by chicken bus, and adjusted to bathing once a week – and through it all I learned a fair amount of Spanish. Life in Comalapa was straightforward, and there was very little stress. I worked hard and loved every minute of it. I enjoyed my work and coworkers so much that I looked forward to getting up at 5:45 a.m. to make breakfast and start swinging a hammer at 7. I returned with a strong desire to begin working in my field and to get the most out of my final two terms at OSU.”

Luke will graduate in March 2011 and start his career in sustainable residential design/remodeling, permaculture design, and/or sustainable materials sourcing.





What's good for the heart is good for the mind

Researchers are discovering that cardiorespiratory fitness can improve cognitive function.

Two to three hours of regular exercise a week lowers blood pressure, cholesterol, and the risks of developing heart disease and diabetes.

It can also improve memory, reasoning, and attention.

- **Jogging, biking, and vigorous walking** are great for cardiovascular and cognitive health.
- **Ballroom and square dancing** can improve motor control and balance.
- **Lifting weights** can help burn fat and build muscle that we lose as we age.

Active adults and those who begin integrating exercise into their daily routines perform better on cognitive tests of memory, visual spatial processing, reasoning, and mathematical computation.

Derek Becker, Doctoral Student
Human Development and Family Sciences

Why do we need Vitamin E?

It's an antioxidant, a nutrient found in food, that's needed by humans to protect the brain, heart and liver.

- **How much do I need?** 15 mg per day (22IU)
- **How do I get it in my diet?** Nuts (like almonds), seeds (like sunflower), and oils (like canola or olive).
- **Should I take Vitamin E supplements?** It depends on your "oxidative stress" status, family history, and other antioxidant intake. If you do take a Vitamin E supplement, take it with food.

Maret Traber, Principal Investigator and
Director, Oxidative/Nitrative Stress Core
Laboratory, Linus Pauling Institute

Help kids reach for the stars!

You can have healthy competition that values the special contributions of each child without creating winners and losers. If you work or volunteer with tweens, teens, or young adults, here are some tips for helping them reach their potential.

- Create a checklist of 10 targets to strive for...give recognition for reaching 6 or more.
- Help kids create individual goals, both long and short term, to achieve their personal best...in everything from running to reading.
- Recognize team or group accomplishments, emphasizing the unique value of each team member.

Jeremy W. Green, 4-H Youth Development
*Oregon 4-H serves more than 125,000
school-aged kids each year*



Just for the health of it!

According to associate professor emeritus **Bill Winkler** (below), maintaining optimal health boils down to these "Big Five" determinants:

- **Our Genes:** Good, bad, or so-so, we can enhance or modify our genes by how we handle the remaining four.
- **Our Diet:** Eat colors – red, yellow, green, brown, blue, orange...in fruits, veggies, fish, fowl, and (limited) lean red meat. Avoid sugar, fat, and salt.
- **Our Exercise:** MOVE! Find a partner and get into a routine doing something you enjoy.
- **Our Sleep:** Strive for 7 to 8 hours each night to boost your immune system and restore your energy and mental function.
- **Our Attitude:** A positive approach to the potential rewards of each day sure beats being a grump. Smile, laugh, enjoy!



Building a new legacy for healthy children and families



“With each brick and beam, our excitement about the beautiful new building grows,” says Rick Settersten, new director of the Hallie Ford Center for Children and Families. “The space will be warm and welcoming – a vibrant hub for exchanging ideas, collaborating on research, and expressing our shared spirit and vision.”

Hallie Ford would be proud of the new building at the heart of the OSU campus that will bear her name and honor her legacy of respect and support for families that struggle. Her lifelong philanthropy is seen throughout Oregon, and her final gift before she passed away at 102 was to establish the Hallie Ford Center for Healthy Children and Families at OSU. And she would surely approve of the new director whom her gift endows. Rick Settersten, a professor in human development and family sciences at OSU, is an internationally respected scholar on individuals’ life transitions and their impact on families, communities, and the nation. His book, *Not Quite Adults: Why 20-Somethings Are Choosing a Slower Path to Adulthood, and Why It’s Good for Everyone*, coauthored with Barbara Ray, will be published by Random House on December 28, 2010.

Rick has conducted much of his research as part of the decade-long MacArthur Research Network on Transitions to Adulthood and Public Policy, covering topics that range from education, work, and finances, to dating, cohabitation, marriage, and parenting to relationships with friends and parents.

The Hallie Ford Center supports research and outreach programs that address such issues as self-regulation, school readiness, character development, obesity, problem behavior, and parenting education. Faculty in the Center also explore the special needs of vulnerable populations, including children with developmental disabilities, diverse families, and families in rural communities.

“These are trying social and economic times for children and families across Oregon and our nation,” says Rick. “Here at OSU, we’re making children and families a top priority of our research and outreach efforts, with the intention of improving their health and well-being. What better legacy could one possibly wish for?”



hhs.oregonstate.edu/halliefordcenter

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