

synergies

Momentum

Building
a college
for the
future -
today



Dean's Letter



Friends of the college:

There is so much excitement at the college this year! Our accreditation efforts are in full swing and on track, and we are building momentum in nearly every area of the college.

First, we look forward to a mock site visit in the spring, when we'll put our best foot forward to practice how to show accreditors the many ways we have transformed our college that not only meet accreditation standards, but also the growing needs of our students, faculty, staff and alumni, as well as the public and the public health workforce. The real CEPH site visit is scheduled for Nov. 18-20, 2013.

Next, our Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health now has its first endowed director, Dr. Emily Ho, and has hosted its first major event – the Food, Nutrition and Health Update held in February. The Center for Healthy Aging Research has a new associate director in Associate Professor Turner Goins, who will move forward research in aging along with Jo Anne Leonard Endowed Director Karen Hooker. And Endowed Director Rick Settersten will advance a new initiative in parenting education this year at the Hallie E. Ford Center. See page 12 to learn more.

Finally, I am pleased that former Head Advisor Kim McAlexander is stepping up to lead the college's young alumni and career readiness initiatives. She will be working closely with Communications and Alumni Relations Director Kathryn Stroppel and her team, as well as faculty and staff across our college who support student and alumni success. Keep your eyes open for great new initiatives coming from this partnership, and be sure to let Kim or Kathryn know if you have ideas to share!

This issue contains just a sampling of some of the best articles, events and news happening at the college, and I encourage you to look online regularly for more stories and videos demonstrating how our college is pushing forward and moving from excellence to preeminence as we ensure lifelong health and well-being for every person, every family and every community.

Sincerely,

Tammy Bray, Dean



We're award winners!

Synergies online was honored with a Gold in the CASE District VIII Communication Awards Competition. Find out why by visiting health.oregonstate.edu/synergies. While you're there, watch a video on MPH student Lauren Baur, which received a Bronze award from CASE.



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On the cover. This issue's cover story delves into the many ways the CPHHS is evolving to meet growing public health needs.



Karl Maasdam

An interdisciplinary group of CPHHS researchers on both the Corvallis and Cascades campuses are monitoring more than 100 preschool-age children to study the effects of flame retardants. Pictured above is Megan MacDonald. Below are, from left: Megan MacDonald, Molly Kile, Megan McClelland and Shannon Lipscomb. Go to *Synergies* online to read more about their research.



Karl Maasdam

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Momentum! Learn about our accreditation process and why we're working to become the first college of public health and human sciences in Oregon.

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The IMPACT continuum. Read about one family's journey through IMPACT and how it's made a lasting difference for their son.

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From the Desk of ... Co-Director Tony Wilcox. Find out more about the desk – and the man behind the desk – in this popular feature.

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What does a fitness instructor, cooking class facilitator, world traveler and child researcher have in common? They're all **students in the CPHHS**, and they're all changing the way we see health at Oregon State.

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Why **good parenting education matters** – to donor Cheryl Lutz Miller and to a new generation of parents and kids she hopes to help through the Hallie E. Ford Center.

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From physical activity to Vitamin D, learn how CPHHS researchers are discovering and sharing knowledge about our health in **Campus to Community**.



Momentum | Building a college for the future – today

At the college, we love to talk about synergy – the many ways we work together to benefit individuals, families and communities in Oregon and around the world. And there is perhaps no stronger demonstration of synergy than what exists in a nearly four-year effort to become the first and only accredited college of public health and human sciences in Oregon.

More than halfway through a journey that began in 2009 (see timeline below), the college continues to expand capacity after reorganizing into two schools – School of Biological and Population Health Sciences (BioPop) and School of Social and Behavioral Health Sciences (SOBE) – and hiring about 20 new faculty members. This reorganization allowed us to enhance graduate and undergraduate programs, develop curricula and competencies for new academic programs, increase interdisciplinary research, broaden community outreach, diversify the faculty and student body, and foster meaningful partnerships with government, non-profit and private sectors.

We also created interdisciplinary teams, including a Council on Accreditation for Public Health (CEPH) Accreditation Steering Committee that leads the Self Study, and we are updating curricula and building a collaborative structure that integrates public health and human sciences, fuels breakthrough innovations and builds the workforce of tomorrow. In addition, a new online public health graduate certificate aimed primarily at working professionals became available in Fall 2012; introductory public health courses are being added to undergraduate and graduate programs, including at the Cascades campus; and dual-degree MPH programs are available through the colleges of Pharmacy (PharmD/MPH) and Veterinary Medicine (DVM/MPH).

So why all the fuss? Our vision of ensuring lifelong health and well-being for every person, every family and every community is also part of Oregon State's Strategic Plan, Improving Human Health and Wellness (Healthy People), and is one of three signature areas of distinction along with Advancing the Science of Sustainable Ecosystems (Healthy Planet) and Promoting Economic Growth and Social Progress (Healthy Economy).

Not only is establishing an accredited college of public health and human sciences at the university an institutional goal, Division of Health Sciences (colleges of Veterinary

Medicine, Pharmacy and PHHS) deans see it as a forward-thinking and collaborative approach to achieving their division's goal for Healthy People using the One Health approach. This approach is a collaborative effort of multiple disciplines working locally, nationally and globally to attain optimal health for people, animals and our environment.

CEPH accreditation itself serves multiple purposes in addition to validating the quality of an educational program that prepares graduates for entry into a recognized profession. Accreditation creates a national reputation, peer recognition and new resources for Oregon State, and will serve as an economic engine as part of federal and state investments in health reform. Accreditation also allows Oregon State to apply for access to more than \$100 million each year in federal grants and service contracts awarded only to accredited colleges. In addition, accreditation strengthens our ability to recruit and retain talented faculty and students in Oregon to solve emerging, local public health challenges.

"And for our college alumni, regardless of their discipline, we are enhancing the 'equity' of the their degree," says CPHHS Dean Tammy Bray. "That is a good thing for all of us."

Walk the talk

Of course, no new structure or procedure and no amount of talk results in true synergy and a true integration of public health and human sciences. "Accreditation has to mean more than simply checking off boxes," says Dean Bray. "This process meets accreditation standards but more importantly makes us a better, stronger, more inclusive college in the long run."

Our history as a college with a strong foundation in the health sciences, along with new issues in public health,

To fuel innovation and build research capacity within the Division of Health Sciences, faculty recently exchanged overviews of their research during the first *Ignite* Research Colloquium in Feb. 2013.



Alan Calvert



2009 | Establishing an accredited CPHHS is proposed and adopted as an institutional goal. Division of Health Sciences is created.

May 2011 | Submitted application to CEPH to become an accredited CPHHS

June 18, 2011 | Application accepted and approved to begin Self Study. Officially named College of Public Health and Human Sciences.

July 2011 – May 2012 | Four subcommittees for Self Study appointed

May 14, 2012 | Draft Self Study completed

June 1, 2012 | Oregon CEPH Action Team (OCAT) appointed to revise draft Self Study

Profiles in public health

MPH student Lauren Baur

Lauren says her internship in Uganda, where she worked for a women's rights and health organization, was eye-opening. "I think coursework and the classroom environment is important for getting the foundation, but you really develop the skills and a greater passion for your work when you get to go out and see the people you're helping."



Assistant Professor Molly Kile

This Harvard-trained researcher in environmental health and molecular epidemiology is a catalyst for multidisciplinary and interdisciplinary work within the CPHHS and at Oregon State. She is one of more than 20 new faculty hired in 2009–2011 as part of university initiatives, with the goal to achieve critical mass in each core concentration of public health required for accreditation. Much of Kile's research explores how exposure to chemicals influences maternal and child health.

signal that the future is on our side, she says. "Public health is evolving because of new demands in the form of such things as emerging diseases, healthcare policy, globalization, climate change, longer life spans and collaboration with new partners. Bigger problems require a bigger vision, and new demands require an innovative, interdisciplinary approach to ensuring optimal health at every stage of life."

The good news for us? "We're there," says Dean Bray. "These things have been part of the framework for every discussion we've had in designing our new college. After all, our strengths are in prevention and wellness across the lifespan," she continues. "Public health is who we are, covers more than 90 percent of the factors that affect our health and well-being and ranges from addressing child obesity and school readiness; prevention and management of chronic disease; environmental, occupational and social factors that affect health; and the healthcare system and policymaking."

"This focus on health and prevention – as well as using a multidisciplinary approach and recognizing that one discipline can't solve all of our problems – coincides with national trends and a country in which people are taking more responsibility and making more and more decisions about their healthcare," she says.

"Dr. Reed Tuckson, a health expert and speaker at the American Public Health Association convention in San Francisco last fall, detailed those things we need to do to achieve a new vision of public health, a vision I think is important to heed as we build our new college. That vision includes blow-

ing up silos between public health and healthcare, working in a spirit of inclusiveness and integration, implementing technology that can create efficiencies as well as cost savings and better health, being creative in engaging people to make better choices, and using a holistic model that focuses on individual needs and health across the lifespan, from prevention to delivery and from cell to community."

A multidisciplinary approach is facilitated by faculty and encouraged across the college and division. Toward that end, the college hosted an *Ignite* event, led by Associate Dean for Research and Graduate Programs Marie Harvey, in which faculty quickly detailed their research in hopes of sparking an idea or interest from colleagues. Think of it as speed-dating with a focus on research collaboration instead of romance.

"We wanted to have a forum where all faculty in the three colleges could see how other faculty are contributing to the same vision," Harvey says. "The goal is to solve big problems together using an integrated, culturally aware, multi- and trans-disciplinary approach that will lead us to innovation."

"We want all faculty to see the connections their discipline has with other disciplines in the college," says SOBE Co-Director Sheryl Thorburn. "Given our mission and vision, our new structure, and our goal of being accredited by CEPH, I think showing faculty how what they do relates to public health fits within a CEPH accredited 'school' of public health, and the benefits to them and their students will grow with integration."

September 2012 – January 2013 | Revised draft
Self Study on website for faculty and
public review

May 5–6, 2013 | Mock site visit
June 18, 2013 | Submit preliminary Self
Study to CEPH

November 18–20, 2013 | Official CEPH site visit
June 2014 | Final decision for CEPH accreditation

Beyond disability

IMPACT opens doors to fitness – for life

When Kathryn and Doug Collins moved to Corvallis from northern California with their 10-year-old son, Jeff, they did so with his future in mind.

They wanted Jeff, who is on the autism spectrum and experiences intellectual and developmental disabilities, to grow up in a community that would support his growth as a child and his success as an adult.

For the Collinses, one gateway was IMPACT, which they learned about from an elementary school special education teacher. “It was a way for us and for Jeff to meet people in a new community, and it was one of the few activities outside of school where he could play with others,” Kathryn says.

“It’s a joyful place,” she adds. “When you have a child with special needs, so much of life is centered around remedial actions and therapies. It was nice for him to go somewhere and just have a good time.”

It also meant an hour and a half of respite for she and Doug while Jeff played games and swam – and occasionally a chance to talk with parents and experts about ways to support their son and children like him.

When Jeff was 18, he transitioned to exercising at Dixon Recreation Center, which introduced him to the world of fitness he would enter as an adult, and also made room for children on IMPACT’s long wait list to be part of the program at Oregon State’s Women’s Building.

“It was a huge developmental step,” Kathryn says. “It got him out of his comfort zone and into a new environment where he could interact and work out with OSU students – his non-disabled age-mates. It was inclusive and integrated, allowed him to take more personal responsibility and helped move him to the next level of independence.”

When he aged out of IMPACT at 21, Jeff joined a local fitness center within walking distance of his home and continues to exercise there regularly. Today, those 21 and older move into IMPACT for Life to ease the transition from IMPACT to exercising more independently. Whether that’s at a local gym, park or aquatic center, IMPACT for Life pairs these young adults with a mentor to help further their fitness goals and keep them physically active within their community. Doing so, Kathryn says, allows peers to help with this transition instead of parents, which offers many advantages.



Alan Calvert

FULL CIRCLE
Former IMPACT participant Jeff Collins (white shirt) mentors 18-year-old Sam and shares his love for physical activity.

About 13 years ago, Jeff himself became a mentor, and at 33, he shares his love of fitness with an 18-year-old IMPACT participant and friend at Dixon. In addition, he works six mornings each week at a local golf course, which he has done since high school, goes to a gym nearly every day, has friends all over town and lives on his own.

And in 2012, this young man, who as a child struggled with spoken language, addressed members of the National Council on Disabilities in Salem, Ore., and Washington, D.C., about abolishing the sub-minimum wage for people with disabilities.

“All the opportunities he’s had have contributed to him living as independently as he does – and having a healthy life including exercise and nutrition,” Kathryn says. “Being integrated into a community is a big part of moving beyond disability. IMPACT was a good start toward that.”





Visit *Synergies* online to read more about the Tanzania delegation and see more photos.

4-H delegation from Tanzania inspires leaders worldwide

Oregon 4-H hosted a 10-member delegation from Tanzania in an effort to enhance their leadership skills so that they can help make a difference back home.

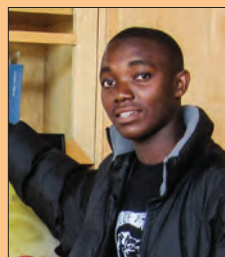
"All of these students have shown potential," says 4-H Specialist-World Citizenship Lillian Larwood. "The U.S. Embassy in Tanzania thinks that by having them come to America and participate in the program, they will be even better prepared when they go home to be a future leader."

For two weeks in early November, nine delegates aged 16 to 18 and one adult from Tanzania participated in hands-on 4-H activities that engaged them in American culture and enhanced their leadership skills as part of 4-H's Youth Leadership Program.

The program is designed around five core themes: community services and civil society; civic education and engaged citizenship; youth-adult partnerships; communication skills; and planning and organizing.

As part of the program, each delegate experienced life as a teenager in Oregon at a local high school, lived the culture with a host family in the Corvallis area and learned what it meant to be a volunteer.

After returning home to Tanzania, each delegate is required to use the skills they've learned to complete a follow-on project aimed at improving the lives of others.



Delegate Altho Njovu was shocked to see the stark differences between educational institutions in Oregon and Tanzania. Without computers readily available at the school he attends, it can take weeks to research a given topic. After seeing how access to information can enhance learning capabilities, Altho has now made it his goal to find a way to bring computers into Tanzania's classrooms, starting with an Internet café.

As an advocate for women's rights and education, delegate Victoria Mollel will use her project to improve the lives of women in her community. Her goal is to raise and sell goats to gain the funds to send children, especially women, to school so they have the confidence they need to get an education and make a living.



"The women don't have money for food or clothing, so I'm going to show them the experience I got so that they can do a project to get money to support themselves in their lives," Victoria says.

New home for **TEAM OREGON**

After 28 years in the heart of the Oregon State campus, TEAM OREGON Motorcycle Safety Program moved into a new home – the former DMV field office in south Corvallis. With Marys Peak in the background, hawks and opsreys overhead and plenty of parking, Oregon's motorcycle safety center is poised to grow along with the demand for rider training.

In 2009, the state legislature passed a law requiring all new motorcycle riders to take a training course, based on age, phased in over five years. For 2013, that means all new motorcycle riders age 50 and younger will be required to complete an approved course. The requirement has increased annual student enrollment dramatically, with 12,000 students in 2012, up from fewer than 9,000 in 2010. More than 17,000 are anticipated in 2015.



Katy Weaver

In its first year, the newly remodeled facility served as a waypoint for hundreds of riders participating in motorcycle events such as the Jackson Street Shelter Rally for Homeless Youth and the Oregon 500 Motorcycle Rally.

Students, instructors, partners and friends are encouraged to stop by the office at 3550 SW Deschutes Street.



Corvallis Gazette-Times

First Lady Michelle Obama received an honorary doctorate in public health for her work in promoting healthy nutrition and encouraging physical activity.

First!

The CPHHS graduated its first class of students from its new college of public health, and its first graduate was none other than First Lady Michelle Obama.


The First Lady served as Oregon State's 2012 commencement speaker and was awarded an honorary doctorate of public health for her work in promoting healthy nutrition, encouraging physical activity and eliminating childhood obesity, a vision in perfect alignment with the CPHHS.

More than 5,000 degrees were awarded at OSU's 143rd commencement. Of those, the CPHHS awarded 769 undergraduate degrees and 93 master's degrees and PhDs, resulting in 862 proud graduates, the second most graduates of any college at OSU.

New for Alumni!

Connect with former classmates and share with others what you've been up to since leaving Oregon State by being part of our new online college alumni directory.

It's easy! Just answer a few questions online at health.oregonstate.edu/alumni-and-friends to be listed, then get busy searching for classmates by name or year – or find fellow alumni you haven't met yet – to collaborate, network or just catch up!

For serious career networking, be sure to find us on LinkedIn. 

Fifty-nine years in the making, Lois Phillips is finally a Beaver

A lifelong Beaver at heart, Lois left Oregon State University in June 1958 with a baby on the way and a husband in the military, but without a diploma in hand due to a few missing credits.

She chalked up a few credits from a school in South Dakota before moving again. Years later, when she took those back to Oregon State, she was mistakenly told her credits were too old to count toward her degree and that it was too late to satisfy the four credits she needed to graduate.

But she didn't give up on getting an education. In 1974, Lois graduated with a nursing degree from Wright State University.

Then in 2010, Lois' daughter, concerned about her own daughter's credits expiring, paid a visit to the Oregon State Registrar's office. That's when she learned credits don't expire – ever.

CPHHS administrators then began an investigation, which resulted in 76-year-old Lois finally receiving her long-awaited bachelor's degree from the university she loves.



All 2011 CPHHS med school applicants gain admission

A new batch of medical school students are now spread across the country representing the CPHHS and bringing with them determination, dedication and diversity.

In addition to students' individual success in the field, advisors point out the college is becoming a desired pathway to lead students into the medical field.



Home ec alumna rediscovers her roots

Austin recognized as 2012
CPHHS Alumni Fellow

Celia Austin returned to campus for Homecoming festivities and found herself supported by students and faculty eager to share their stories and to hear her passion for cancer research and the many ways she uses her education in her successful career and home life.

A 1976 graduate, Celia is a mother, businesswoman, philanthropist, volunteer and breast-cancer survivor who is interested in research exploring the correlation between diet and breast cancer, how breast cancer metastasizes to bone, how exercise programs help cancer survivors reduce fractures and frailty, and the environmental factors that increase cancer risk.

She and her husband, Ken, support collaborative research in the prevention and management of cancer because she doesn't want anyone else to go through what she did. "It makes much more sense to prevent cancer than to have to treat it," she says.

"It makes much more sense to prevent cancer than to have to treat it."
— Celia Austin



"It's amazing how much this has changed since I was here in the '70s," Celia told a group of nutrition students who joined her for lunch. "You are making a huge impact, not only on cancer but also the state of the world. You will change the world!"

"Celia represents the best of our past and our future and has been able to use everything she learned in our college toward improving the lives and health of others," says Dean Tammy Bray.

"I love that she understands the importance of prevention – not just finding a cure," she adds. "Although finding cures to diseases is important, Celia realizes that preventing them is just as important. And that together, we have the power to do that – through healthy eating, exercise and all the things the College of Public Health

and Human Sciences is studying. As Celia says, it's exciting!"

Someone recently told Celia they thought her degree in home economics was useless. She strongly disagrees. "I don't think that's true at all," she says. "I use the things I learned at Oregon State every day! We all need to do what we can to make this world a better place. What used to be a home ec degree gives people the skills to do that."

Grad's lifelong struggles inspire need to help others

Lindsey Kato works as suicide prevention coordinator

Lindsey Kato looked as if she had it all – a loving family, amazing friends, financial security and good grades. But looks can be deceiving.

Lindsey suffered from depression and an eating disorder and had thoughts of suicide.

After her parents took in four foster children, Lindsey decided she wanted to devote her life to improving the lives of others and was accepted into the CPHHS to study public health.

It wasn't long before another major roadblock stopped her in her tracks. Three friends committed suicide.

It was then that she decided to focus on suicide prevention and use knowledge learned in class to prevent

suicides in her hometown of Juneau, Alaska, where suicide rates double the national average.

But just before graduation, doctors found a tumor in her head. A month later she successfully had surgery to remove it.

That's when everything began to fall in place, starting with an internship with the Statewide Suicide Prevention Council in Alaska. "I felt it was exactly where I'm supposed to be," she says.

Before her internship was over, Lindsey was offered the opportunity to serve as the National Alliance of Mental Illness' Community-Based Suicide Prevention Services Coordinator in Juneau.



Lindsey recently served as a motivational speaker for Alaskan high school students. She hopes to be a role model for those in need.

She's since been working with schools and the community to establish suicide prevention programs and distribute knowledge and resources.

"It's rewarding to say that I've come full circle, that I've been there and now I see myself as a success story," she says. "It gives people hope. It shows that suicide is preventable, people can be helped and depression doesn't have to be forever."



New center directors bridge research across disciplines



Alan Calvert

Moore Family Center Endowed Director Emily Ho

As the new endowed director of the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health, Emily Ho hopes to make the center a hub for nutrition research and its application.

"I see the Moore Family Center as a catalyst, the epicenter for food and nutrition, to get us all working together in producing evidence-based knowledge and practice and getting great food and nutrition science to the community," she says. "As a leader in the Moore Family Center, I want to help bring scientists, educators, students and the community together – to generate research knowledge around whole foods, to make it practical and to make a difference in people's lives."

CHAR Associate Director Turner Goins

Associate Director of the Center for Healthy Aging Research Turner Goins, right, plans on using her multidisciplinary approach as a catalyst for bringing researchers across the college together.

She and CHAR Endowed Director Karen Hooker hope to stimulate research around aging at the college level, while making sure the center's work is relevant to the aging population in the state and region.

Turner, who's been studying American Indian aging issues for 13 years, is currently working with the Confederated Tribes of the Umatilla Indian Reservation to provide the evidence-based program "Fit and Strong!" for older tribal members who have osteoarthritis.

"I hope in some small way that focusing the bulk of my research and my career on this population can, at the minimum, raise awareness," she says.



Alan Calvert



Alan Calvert

Public Health Club supports Hurricane Sandy relief

Immediately after Hurricane Sandy devastated portions of the East Coast in late October 2012, members of the CPHHS Public Health Club set up a booth in the MU quad to raise money to aid victims.

Public Health Graduate Certificate now offered online

A new online certificate will help students develop an interdisciplinary and systems-oriented approach to solving public health challenges locally and in communities around the world.

Credits from this 20-credit online program, offered via Ecampus, may be applied toward a master's degree in public health.

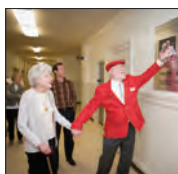
Snapshot2012



May 6

Celebration of Excellence

The annual event celebrated our generous donors and the outstanding undergraduate and graduate students they support.



June 6

Grand Opening: Moore Family Center

The Moore Family Center is dedicated to helping individuals and communities live healthier through healthy foods and good nutrition.



June 7-9

Golden Jubilee

This annual celebration welcomed alumni back to campus to reconnect with fellow classmates.



Read more about Alexis and Carolyn and watch a tribute video to Alexis at *Synergies* online.

Nature's training ground sparks research partnership in Bend

Oregon State University – Cascades, OSU's branch campus in Bend, and its exercise and sport science program became an integral part of the region's athletic ecosystem recently when it partnered with the local medical community to create a biomechanics laboratory that can deepen research in physical function and performance, and provide services to athletes and individuals of all abilities.

The Functional Orthopedic Research Center of Excellence, or FORCE, was the brainchild of OSU-Cascades' exercise and sport science researcher Christine Pollard. A specialist in the prevention and rehabilitation of lower

extremity injuries, Pollard's collaboration with local leaders in orthopedics and physical therapy resulted in a lab setting that marries research and clinical expertise. This winter, Therapeutic Associates and The Center, along with The Center Foundation, contributed both funding and space within their medical center to house the FORCE lab.

"The FORCE Lab," Pollard says, "is a public-private partnership that can help people feel and move better, give students internship opportunities and contribute to the fields of orthopedic and sports medicine and rehabilitation."



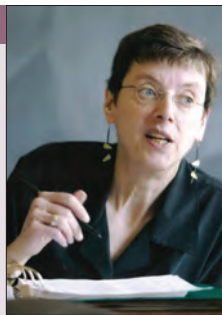
InMemoriam

Alexis Walker

Friend, colleague and CPHHS family member Alexis Walker died July 8, 2012, at age 60. Alexis served as co-director of the School of Social and Behavioral Health Sciences and as the Jo Anne Leonard Petersen Chair in Gerontology and Family Studies.

A beloved teacher and an award-winning scholar, mentor and advisor, Alexis was a faculty member at OSU for 26 years. She was known as a keen editor, an amazing baker, and a woman who was passionate about feminism, family and most of all, her students. Just before her death, she received a national mentoring award for her guidance of generations of students.

Memorial donations may be directed to the Corvallis-Benton County Public Library in care of McHenry Funeral Home, 206 N.W. Fifth St., Corvallis, OR 97330 or to the Leukemia and Lymphoma Society.



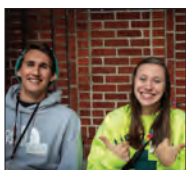
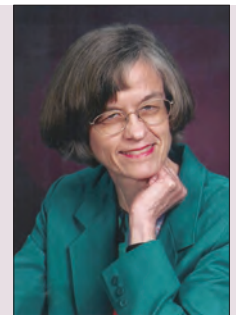
Carolyn Raab

Carolyn Raab, Oregon State University Extension food and nutrition specialist and professor with the College of Public Health and Human Sciences, died December 6, 2012, at age 64.

Carolyn came to OSU in 1975, retired in 2006 and continued to work part-time for Extension after her retirement. An expert in food safety, Carolyn was an attentive editor and extremely knowledgeable about Extension's long history. She also was committed to providing culturally relevant food safety information to Latino families.

"Carolyn was the 'go-to' faculty member for any question on food safety and food preservation," says Sally Bowman, Extension Family and Community Health.

Donations to continue her work may be made to the OSU Foundation – Dean's Excellence Fund in CPHHS. Please note that your gift is in memory of Carolyn Raab.



September 20

New Student Picnic

New undergraduates gathered to eat, mingle with faculty, play games and learn about clubs, study abroad programs, scholarships and more.



November 7

Campbell Lecture Series

Dr. Margaret O'Brien Caughy presented "What public health has to say about improving children's development" at the Hallie E. Ford Center.



December 5

Winterfest

CPHHS recognized Dean Tammy Bray's 10-year anniversary as dean with a video guaranteed to make you laugh. Watch it at health.oregonstate.edu/10years.

From the desk of | Tony Wilcox



Paraphrasing Tolstoy, Tony Wilcox, co-director of the School of Biological and Population Health Sciences, says, "Clean desks are all alike; messy desks are messy in their own way."

Tony describes his way as "a work in progress." Instead of filing away important papers, he's strategically stacked them by areas of responsibility: school- and college-related business, university-related business and classes he teaches. For Tony, it's quicker and easier to have them on the desk near his computer. "If I put them in a file cabinet it's out of sight and out of mind, so it's nice to have them nearby when you need to work on them. I get my work done this way, so why change it?" At the same time, he doesn't romanticize it. It feels like it looks: he's working on the edge of chaos.

8 Oregon State tie. He believes this gift from Advising was more of a tongue-in-cheek way of saying he had a deficiency in his wardrobe – he needed to add more orange and black. Now, he's ready to show his school spirit at a minute's notice. "It's fun, but still classy. I like it."



1 Paperweights. His two paperweights, one from the University of Massachusetts Amherst and one from Oregon State University, remind him of where he came from and where he is now. "During the summer, they're functional, too. They hold my papers down when there's a breeze."

2 Photos. Photos of his grandchildren are what keep him motivated day in and day out. "They're nice reminders of the things that matter most in the midst of your work life. I want to have those special people near by."

3 Candlestick holders. These currently serve as a stand for photos, but the intricate artwork indicative of Thailand intrigues him.

4 Radio. His "made-to-look-classic" radio is not only eye-catching, it's informative, too. He enjoys listening to NPR early in the morning and after hours to catch up on news.

5 Bird feeder. The bird feeder is a gift that keeps on giving. "It really cultivates an interest by seeing that lively activity going on outside your window. It's way better than a fish tank." His favorite birds to watch are the Bushtits, because they're cute, small and travel as a flock.

6 Stuffed animal. The stuffed squirrel was a gift – or practical joke – from his assistants. After years of

watching squirrels perched up and eating from his bird feeder, he walked in his office one day and out of the corner of his eye spotted one



of those gray critters – inside his office! "At first I was confused, then surprised, then I was like, 'Oh, you got me!'"

7 Gifts. Throughout his 25 years at Oregon State, he's collected gifts from dozens of former students and visiting scholars who've come from foreign countries. "It's a nice representation of our international relationships, and they're a great conversation starter."



Watch a cooking class in action, Jacob leading his class and Sara playing games with children at Synergies online.



Read more about all of these students at Synergies online.

Pump it up

Using love of exercise to inspire others

Jacob Taskinen has taken his love for exercise to the next level by sharing his passion with others through fitness training.

"Exercise has always been a passion of mine,"

he says. "It started out with just enjoying exercise and enjoying being fit, and now it's transferred into loving to be healthy and wanting to help other people get healthy."

As a senior in Exercise and Sport Science with an option in fitness and nutrition, he's using the knowledge he gains in class in the gym. In addition to being a personal trainer, he also teaches body pump, body blitz and core classes at Dixon Recreation Center.

"My favorite part about teaching classes is just interacting with people, seeing them have fun while they do it, and helping them along toward their goals," he says. "They come in here to have a great workout, get fit and have fun, and I like to be a part of that."



Get ready

Better preparing kids for school

Human Development and Family Studies PhD student Sara Schmitt always knew she wanted to work with children, but it wasn't until she joined an AmeriCorps team that she realized how she would do so.

As an AmeriCorps volunteer, she worked at a homeless shelter teaching preschool classes and tutoring school-aged children.

"I realized these kids were really behind, both behaviorally and academically, and I knew I wanted to devote my career to researching ways to help children from disadvantage," she says.

Today, she puts her ambitions into practice by researching ways to help children be more prepared for entering school.

"Promoting school readiness for children at-risk not only helps them do better in school, but also lays the foundation for a healthy and successful lifelong trajectory," Sara says.



Now we're cooking

Teaching peers to cook healthy meals

Let's face it, not everyone is a master chef. Luckily, you don't need to be to eat healthy, delicious meals.

Undergraduate Nutrition and Dietetics student Bre Huffman is leading the charge to prove that point by teaching fellow students how to cook in a series of free, interactive cooking classes in the new Moore Family Center food labs.

Healthy Cooking and Meals 101 offers a hands-on experience in cooking techniques, healthy and nutritious eating tips, lessons on food safety and preparing meals that are easy and inexpensive.

The classes are co-sponsored through a grant from the Women's Giving Circle and the college's Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health and are taught by dietetics students and volunteers.

"Our hope and want is for everybody to take away a general love of cooking," Bre says. "We want them to understand that cooking is not scary and that they can easily cook a nutritious, inexpensive and healthy meal."



Safety first

Preventing workplace injuries in high-risk industries

Preventing workplace injuries and reducing workplace hazards in the nation's most dangerous industry, commercial fishing, are top priorities

for Devin Lucas, a Public Health PhD student in Environmental and Occupational Health and Safety.

At Oregon State, Devin studied personal flotation device use among fishing industry workers in Alaska. He is now working on his dissertation, an epidemiologic study of work-related injuries on large factory trawlers and longliners operating in the Bering Sea.

He currently works at the National Institute for Occupational Safety and Health, or NIOSH, where he and his research team were recently awarded a research-to-practice award. They focused on preventing worker fatalities caused by falling overboard from fishing vessels.

"I hope that my research will help workers stay safe on the job and come home in one piece," he says.





Parenting matters

Cheryl Lutz Miller, '72, came from a place of poverty and social isolation on a journey to grace, gratitude and generosity.

When Cheryl Lutz Miller came to Oregon State in the late '60s, she had what she calls an improbable dream.

As a child, she experienced the effects of abandonment, chronic trauma, poverty and social isolation and was all too familiar with the challenges of struggling families.

The opportunity to attend Oregon State changed the vision and direction of her life. Still, faced with little income and feeling emotionally and socially disconnected, "I was marginal," she says. "Hanging on."

She dropped out a term or two to make ends meet and to recover from childhood medical issues, but she never gave up and earned a master's degree in counseling psychology, as well as a Doctor of Education degree before embarking on an extended career in education and organizational development.

"It was important I finish this and graduate because then I could find my own path," she says. "I had the improbable dream, not the impossible. And the dream came true."

A way out

Born in Salem, Ore., the daughter of a destitute mother, Cheryl's early childhood left her socially withdrawn and malnourished.

But eventually with the encouragement of teachers and a stable home Cheryl thrived at school and quickly advanced academically.

She entered Oregon State via the OSU Honors College with both academic and needs-based scholarships. Through the experience, Cheryl discovered three things. One, school can be a home. Two, hard work can offer a way out of poverty.

"Quality, effective parenting is not automatic – it's learned."

And three, parenting matters.

The most critical element in a child's growth and development is reliable, responsive and sensitive parenting, which can close up to 50 percent of the gaps in school readiness. Educating parents is just as important – it not only builds parent knowledge and skills but also strengthens parent-child relationships and promotes age-appropriate care and activities that enhance a child's health, development and social skills.

In part because she found a home and a way out at Oregon State, she's been a strong supporter of her alma

mater for years, serving on the OSU Foundation Board of Trustees and making generous gifts, including to the Student Success Center and its efforts to support at-risk youth. In 2012, determined to help parents and young children, she established an endowed professorship in the Hallie E. Ford Center for Healthy Children and Families (HFC).

Her vision? Increase the university's focus on community implementation of evidence-based programs supporting effective parenting and early childhood development. Her estate gift also establishes endowments for a visiting speaker fund and an internship fund for OSU students committed to working with vulnerable families.

Her support will help build a national model for training and developing parenting educators that includes a professional network; a tiered professional development system; a standardized, evidence-based curriculum; and coordinated professional development training and opportunities.

A way forward

"With Cheryl's support, we are able to take one of our strategic areas of outreach to a whole new level," says HFC Endowed Director Rick Settersten. "Gifts like this

allow us to leverage our common commitments and make a leap in advancing the vision of the center. But what I so admire about Cheryl is that she *loves* science and she's passionate about using science to improve human welfare."

Dean Tammy Bray especially admires Cheryl's knowledge and passion. "Cheryl's contributions to the college – her vision for parenting education, her heart and her service on the Dean's Circle of Excellence – are priceless," she says. "She's a great partner."

Calling herself a "resource broker," Cheryl hopes her investment not only will achieve her parenting education goals but also inspire others to join her.

"I wish I could find a core group of people to take this on and help shepherd this," she says. "If I had 10 of me doing the same thing, we could do a lot!"

Luckily, she has a few things on her side, including the Oregon Parenting Education Collaborative and new momentum at the state level for parenting education.

"Quality, effective parenting is not automatic – it's learned," she says. "We need to bring tools and resources to those parents wanting to make a better life for their children."



Pay attention!

Preschool children who can pay attention are more likely to finish college



The research: This study tracked a group of 430 preschool-age children.

The findings: Young children who are able to pay attention and persist with a task have a 50 percent greater chance of completing college. The study shows that the biggest predictor of college completion wasn't math or reading skills, but whether or not they were able to pay attention and finish tasks at age 4.

What you need to know: Social and behavioral skills, such as paying attention, following directions and completing a task may be even more crucial than academic abilities. Attention and persistence skills are malleable and can be taught.

The researchers: Associate Professor Megan McClelland, left, is lead author. CPHHS Professor Alan Acock, along with researchers from the University of Victoria and the University of Colorado also contributed to this study.

Get your Vitamin D

Low Vitamin D levels could increase risk of dying, especially for frail, older adults

The research: This study examined more than 4,300 adults older than 60 using data from the Third National Health and Nutrition Examination Survey.

The findings: Among older adults – especially those who are frail – low levels of Vitamin D can mean a greater risk of death. The randomized, nationally representative study found that older adults with low Vitamin D levels had a 30 percent greater risk of death than people who had higher levels. Overall, people who were frail had more than double the risk of death than those who were not frail. Frail adults with low levels of Vitamin D tripled their risk of death over those who were not frail and had higher Vitamin D levels.

What you need to know: Assess your Vitamin D levels, especially if you're an older adult who may be frail. A balanced diet and being physically active outdoors will go a long way in helping you to stay independent and healthy for longer.

The researchers: Associate Professor Ellen Smit, right, is lead author. Researchers from Portland State University, Drexel University of Philadelphia, University of Puerto Rico and McGill University in Montreal contributed to this study.



Katy Weaver

Physical health problems increase use of mental health services

The research: Data from 2004 and 2005 Medical Expenditure Panel Surveys was used to identify more than 6,000 adults who had not reported a previous physical or mental health condition.

The findings: People who experience a physical health problem, from diabetes and back pain to cancer or heart disease, are three times more likely to seek mental health-care than patients who report having no physical ailment. The study also found that those patients who said they perceived their health issue as severe were more likely to seek mental health services.

What you need to know: There is a significant link between physical health and mental health and a need for better coordinated care between physical and mental health providers.

The researchers: Assistant Professor Jangho Yoon is lead author. Associate Professor Stephanie Bernell contributed.



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Restoring the beauty of our college's buildings

1910–1919 East wing of the Home Economics Building (Milam Hall) soon after construction



Property of Special Collections & Archives
Research Center, Oregon State University



Alan Calvert

2012 After many years of wear and tear, this century-old building was literally breaking away in pieces.

"We thought, let's give the best first impression we can give, and the best first impression is the front door," says Oregon State Maintenance Manager Joe Majeski. "I think it's a good way to welcome students. It's like saying, 'Hey, welcome. We care enough about you to make it a pleasant experience.'"



Property of Special Collections & Archives
Research Center, Oregon State University


1920–1929 What once was the Men's Gymnasium (Langton Hall) now houses KidSpirit, Faculty Staff Fitness, Physical Activity Courses, Girls on the Run, and Public Health and Exercise and Sport Science faculty.



Alan Calvert

2012 Over the years, workers have attempted to paint Langton Hall, creating a mismatch of colors and leaving it incomplete.

2013 Matching colors now create a bold, unique character, enhancing a home-like feeling when entering Langton Hall.

 See the renovation in progress at [Synergies](#) online.

Remember when | Campus



2013 A detailed paint job now creates a welcoming look at the north entrance to Milam Hall, which is home to CPHHS Advising; the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health; and Nutrition, Exercise and Sport Science and Public Health faculty.

Alan Calvert