

Teaching  
Research  
Outreach

# synergies

Fall 2014

## THE FUTURE OF PUBLIC HEALTH IS HERE



Ensuring lifelong health and  
well-being for every person,  
every family, every community

**Oregon State**  
UNIVERSITY

## Get more synergies online



Go online



Watch the video



Facebook



Twitter



Google+



LinkedIn



Instagram

[health.oregonstate.edu/synergies](http://health.oregonstate.edu/synergies)

*synergies* is published annually by Oregon State University's College of Public Health and Human Sciences.

**DEAN** Tammy Bray

**EDITOR** Kathryn Stroppel, Director of Communications and Alumni Relations

**WRITER/VIDEOGRAPHER** Heather Turner, Multimedia Communications Specialist

**DESIGN** Mary Susan Weldon

**CONTACT** Send letters to the editor, alumni news and address changes to Editor, *Synergies*, College of Public Health and Human Sciences, 123 Women's Building, Corvallis, OR, 97331.

Email [synergies@oregonstate.edu](mailto:synergies@oregonstate.edu)  
Tel: 541-737-6612



### On the cover

This issue's cover story celebrates accreditation — the past, the present and where we go from here.

Not only are we the first accred-

ited college of public health and human sciences in Oregon, we also are leading the way in public health education across the country.

## A letter from our dean

Friends,

Seven years ago, we had what seemed an impossible dream.

But as Nelson Mandela famously said, "It always seems impossible until it's done."

It is done.

Today, we are Oregon's first and only accredited college of public health and human sciences. And I couldn't be more proud of our team of committed, strategic, confident and nimble faculty and staff — the visionaries, scholars and doers — who made accreditation possible and our dream come true.

True to public health, we took no short cuts and instead rolled up our sleeves and created a solid foundation that authentically leverages our strengths. As a result, our college today is stronger, more efficient and better prepared to meet the current and emerging needs of our students and the public.

Now the real work begins. We are leading a nationwide effort to frame the future of public health by integrating our master's of public health program, which positions us to collectively solve the big, complex, interdisciplinary challenges to health in Oregon and beyond.

As I tell our faculty and staff — we're in the big league now! It's time to walk the talk, to work on quality improvement and adding value to our work and our degrees, and to continue to change and evolve to become a preeminent college nationally.

Achievements this large don't happen in a vacuum, nor does one person achieve them. Thank you for the role you've had in supporting us through this historic time in our college's history. Our work is cut out for us, and our dream lives on!

Sincerely,

Tammy Bray, Dean  
College of Public Health and Human Sciences



**Looking good!** The college's new print suite, produced by Kathryn Stroppel and Mary Susan Weldon, was honored with a Silver award in the 2014 CASE District VIII Communication Awards competition. Nationally, a video on IMPACT, produced by Heather Turner, received a Bronze award from CASE in its 2014 Circle of Excellence Awards.



Watch and hear the dean's reaction to the news at [health.oregonstate.edu/deans-announcement](http://health.oregonstate.edu/deans-announcement)



New Center for Global Health opens with inaugural symposium

*New Global Health: Transforming the Horizon* brought together practitioners, researchers, educators and Oregon State's partners from around the world to engage in finding equitable and sustainable health solutions to global health challenges.



## 2 COVER STORY

College celebrates a milestone and plans for the future.

## 4 OUTREACH

Moore Family Center and Bob's Red Mill partnership sprouts new growth in Portland.

## 6 ALUMNI

From the Super Bowl to the mountains of Nepal, CPHHS alums are making a difference.

## 8 PEOPLE

College welcomes new leadership and says goodbye to a longtime friend.

## 11 NEWS BRIEFS

Events marked the beginning and end of students' academic journey, supported their success and raised awareness.

## 13 RESEARCH

News you can use! Raking the leaves and taking the stairs may equal a trip to the gym.





Faculty and staff gathered for an all-college accreditation celebration in June.

# The Nation's Newest and the State's First



*"This accreditation places us among the best of the best and at the threshold of a new beginning. Our students and the public will be better served because of it."*

— Dean Tammy Bray

**A DREAM THAT BEGAN IN 2009 HAS BEEN REALIZED.** The College of Public Health and Human Sciences has been granted accreditation from the Council on Education for Public Health (CEPH), making it the first school in Oregon to earn the recognition.

Accreditation does many things for the college, including elevating our visibility and stature, adding value to degrees, increasing the ability to attract and retain committed students and world-class faculty, supporting a much-needed public health workforce, and helping secure resources to continue its mission of education, research and outreach.

Dean Tammy Bray was notified of the council's decision June 24. The council awarded the college a five-year accreditation, the maximum granted. The announcement follows an extensive and rigorous review of the college's academic programs that took more than four years to complete. "The accreditation process was long and thorough and served as a catalyst to systematically examine and improve everything we do in the best interests of our students, faculty, alumni and the community," she says.

"This accreditation comes at a time when a spotlight is on the public's health like never before," she adds. "Health care is becoming more upstream, with an unprecedented focus on prevention driven by changes to the nation's health care system. We're at the right place at the right time, because prevention and making Oregonians healthier at all stages of life is at the heart of all we do. In fact, our faculty in OSU Extension, specifically 4-H and Family and Community Health, have worked with their neighbors in every county in Oregon for 100 years to help ensure their health and well-being. Of the nation's 50-plus accredited schools of public

health, we're the only one with that level of community outreach built in."

The college also is one of only a handful of accredited schools across the country, including Harvard and Columbia University, integrating its MPH program.

"Integration is where the future of public health is headed," Dean Bray says. "Our students and faculty already work across disciplines — including public health, exercise and sport science, nutrition, and human development and family sciences — because we believe a holistic approach will make the greatest impact in addressing society's most complex public health issues, including chronic disease, nutrition, health care reform, physical activity and environmental health."

The future also needs more public health graduates. "More

than three times the number of current public health graduates is needed to meet the health needs of the future," Dean Bray says. "And our graduates will be well prepared to work collaboratively to solve current and emerging public health challenges not only in Oregon but also across the globe."

As much as accreditation feels like crossing a finish line, Dean Bray is already planning for the future. "It's a new beginning for this college," she says. "We have the right foundation in place, we are emerging as a national leader in public health education, we are expanding community partnerships and we're on the cusp of an even brighter day to come."



Two college undergraduates, Jeremiah and Isaiah Godby, embarked on a state-wide run to 30 of 36 Oregon counties to spread the word about the importance of physical activity and the college's recent accreditation. They left with fanfare from the MU Quad on July 7, will visit OSU Extension offices, attend events and run with alumni and Beaver supporters along the way before returning home on Sept. 5. Follow their journey at [blogs.oregonstate.edu/healthrun](https://blogs.oregonstate.edu/healthrun).



Hear what faculty think of accreditation at [health.oregonstate.edu/time-place](https://health.oregonstate.edu/time-place)



Experience the college in a whole new way at [health.oregonstate.edu/future](https://health.oregonstate.edu/future).



# Investing In Oregon's YOUTH



WITH MORE THAN 20 YEARS of experience in youth development and developmental psychology, PHHS Professor and Extension 4-H Youth Development Specialist Mary Arnold has been tasked with a newly appointed position by Oregon Gov. John Kitzhaber, serving as a member of the Oregon Youth Development Council.

"The intention of the council is to revamp the investment by the state in youth," Mary says. "There's a real interest on behalf of the state in investing that money in a way that is more upstream and has to do with positive youth development before there are problems. We're looking at what we can do and what policies we can establish that will impact youth before they end up disengaging from school and work or getting involved in youth violence and crime."



## KidSpirit: The path to professional development

By participating in KidSpirit, an outreach program for youth ages 2-18, college students gain experience as educators responsible for creating and implementing their own lesson plans, and also learn business techniques in marketing, accounting, program development, hiring, performance evaluations, leadership and more.

"The students gain real-life professional skills that cover all aspects of operating a positive youth development program, and really a business," says OSU KidSpirit Director Karen "Big Mama K" Swanger. "It's really all about building skills, increasing self-esteem, fostering personal talents, creating friendships in a safe and positive environment and having a lot of fun."

Watch the video at [health.oregonstate.edu/kidspirit-path](http://health.oregonstate.edu/kidspirit-path)

## Changing the culture of motorcycle riding for 30 years

Opening its doors in 1984, TEAM OREGON — a statewide motorcycle rider training program housed in the CPHHS and funded by motorcycle endorsements through an ODOT grant — is celebrating 30 years of ensuring the safety of Oregon's motorcyclist community.

"Over those 30 years, we've trained about 138,000 riders across the state," says Steve Garets, TEAM OREGON director. "Our goal has been to change the culture of motorcycle riding, to create an awareness of the risks and to create an awareness of protective gear and safety precautions."

To enhance rider training further, TEAM OREGON has created one-of-a-kind interactive simulations for motorcycle rider training — eRider™ — that provide riders with the tools needed to recognize risks in the environment and the opportunity to interact with motorcycle scenarios and practice making decisions in real-life situations.

Watch the video at [health.oregonstate.edu/team-oregon-30](http://health.oregonstate.edu/team-oregon-30)



## IMPACT for Life creates friendships through group fitness

Adults with disabilities in the Corvallis community now have a unique opportunity to exercise — while making friends.

Built on the existing foundation of IMPACT (Individualized Movement and Physical Activity for Children Today), IMPACT for Life's new group exercise format provides safe and effective physical activity opportunities for young adults with disabilities and their student-helper to exercise together through stretching, dance, weights, aerobics and more.

"It's amazing to see how much they're now part of each other's lives, not just in class but outside of the exercise room as well," says Kiley Tyler, IMPACT for Life coordinator. "It's a continuation of physical activity, excitement, motivation and friendship."

Watch the videos at [health.oregonstate.edu/impact-for-life](http://health.oregonstate.edu/impact-for-life) and [health.oregonstate.edu/impact](http://health.oregonstate.edu/impact)



## Faculty Staff Fitness celebrates 30 years of improving health.

Housed in the CPHHS, the Faculty Staff Fitness program is open to current or retired faculty and staff, graduate students and their spouses or partners. Held throughout the year, FSF offers a variety of classes ranging from aquatics to Zumba.

"The beauty of Faculty Staff Fitness is that it occurs on campus, where individuals can complete their workouts for the day before going home," says new Director of FSF and Physical Activity Course Programs Drew Ibarra. "Through shaping a positive environment for physical activity, we can truly have a bigger impact on all involved in our community."



## Endowment to increase healthy eating, whole grain education.

As part of a gift from Bob's Red Mill, CPHHS' Extension Family and Community Health specialist Renee Carr is the Moore Family Center endowed outreach coordinator — and will work directly with MFC Endowed Director Emily Ho.

"This position with the MFC increases our capacity to do outreach and enhance some of the projects we are currently working on," Renee says. "For example, in our work with [myplate.gov](http://myplate.gov) — making half of your grains whole grains — we'll be able to teach youth ways to cook whole grains, including hands-on experiences seeing whole grains up close and feeling their texture with samples."

Renee and her team began implementing whole grain messaging with 20 K-8 schools in the Portland/Metro area earlier this year and will share resources statewide through OSU Extension.



WHEN CPHHS ALUM SETH WOLPIN BEGAN HIS JOURNEY IN APRIL THROUGH THE MOUNTAINTOPS OF SOUTH ASIA, HE NOT ONLY STEPPED INTO A TRIP OF A LIFETIME, HE ALSO PUT ONE FOOT FORWARD TOWARD A MOVEMENT TO IMPROVE PUBLIC HEALTH FOR CHILDREN IN NEPAL.



# Trekking for a cause

MPH, PhD alum raises money for children in Nepal

Throughout a nearly three-month trek, Seth and three others raised funds for Wide Open Vistas, a non-profit organization Seth created to help improve education and health outcomes for children in Nepal.

Seth, who earned an MPH in '99, a PhD in Public Health in '04 and currently works as a clinical associate professor at the University of Washington, has gotten to know families in Nepal through various journeys including a successful climb on Mt. Everest. He says this effort is just the beginning of implementing a larger public health program.

"It is hard to be in the mountains in Nepal and not be affected by the working and living conditions of porters," he says. "They may not be the largest population, but they are in a very vulnerable position and share a disparate burden of disease and injury. These are the hallmarks of a public health problem.

"Ninety-nine percent of what we spend is on treatment and 1 percent on prevention — which is upside down," he says. "Why not invest our energies in population-level programs that prevent disease and injury from occurring in the first place?"



CJ Neumann is pictured above.

## CPHHS alums meet head-to-head in Super Bowl XLVIII

Three CPHHS alumni met head-to-head in the biggest game in the National Football League — and arguably the nation — Super Bowl XLVIII.

David Stricklin and CJ Neumann served as assistant athletic trainers for the Seattle Seahawks, and Vince Garcia served as an assistant athletic trainer for the Denver Broncos.

Although on opposing sidelines, the three say they're proud of each other for achieving this high degree of excellence in their field.

"I think it's great for all of us involved," Vince says. "It speaks volumes about the program at Oregon State and the type of athletic trainers who come through it."

The three join OSU Head Football Athletic Trainer Ariko Iso — a CPHHS alum and former Pittsburgh Steelers assistant athletic trainer who worked in three Super Bowls with the team — as members of an elite group of CPHHS grads who have made it to the Super Bowl.

## Alumna aspires to improve elder health, respect

We all look to our parents or guardians to provide care for us as children — but who cares for them when they need it most?

For seniors in the Willamette Valley, that could be 2010 CPHHS alum Tera Stegner, who is leading the charge to improve elder care in her new position as co-director of Grace Center for Adult Day Services in Corvallis.



"My big dreams are to see Western culture and society start to view long-term care differently and put a higher value on the elders in our society and

how they might be better respected, cared for and integrated into community," she says.

Thanks to her lasting impression as a stand-out intern, Tera was hired — and later promoted — following an internship at Grace Center.

"Internships are extremely important because they provide a chance for students to get their feet wet," she says. "My internship opened my eyes to adult day services and helped me focus my career aspirations as I became passionate about this unique type of long-term care."

## Public Health alum inspires students

If you took away just one piece of advice from 2011 CPHHS Health Promotion and Health Behavior alumna Natalie Johnston during her visit with students, it would be to step out of your comfort zone and try something new.

Natalie met with current students to discuss her job at the Centers for Disease Control and Prevention (CDC). As part of the Public Health Associate Program, she works as a health program specialist in an HIV clinic in San Antonio, Texas, notifying patients and their sexual partners of their positive STD results and helping

them get treatment. It's a job she never thought she would be interested in — but one she says is challenging and rewarding.

"Working in health care opened my eyes to the time, effort and money put into healing illness and injury that might have been prevented through public health practices, and that's how I realized I wanted to work in public health," she says.



## Homecoming events create memories, new ways to eat healthy

The CPHHS GridIron Chef Contest and Homecoming Trivia Bowl in October brought friends, family, alumni, colleagues and students together to create memories, build traditions and have fun — while also learning a thing or two about healthy tailgate options.

The event kicked off with the Moore Family Center's GridIron Chef Contest, where the top five recipes chosen from a pool of more than 30 entries were displayed for guests to taste and choose their favorite. After filling up on healthy tailgating snacks, attendees stayed for trivia fun with Mr. Bill's Traveling Trivia Show.

Watch the video at [health.oregonstate.edu/2013-homecoming-event](http://health.oregonstate.edu/2013-homecoming-event)





# Connecting

CAMPUS TO COMMUNITY

## CPHHS grad students use skills learned in class to help fund winter women's shelter

WITH THE HELP OF FOUR CPHHS GRADUATE STUDENTS, Cara Ashworth, Bethany Harmon, Terese Jones and Joy Lile, a new women's winter shelter helped warm up one of the most vulnerable populations in Corvallis — homeless women.

The four used skills learned in class to successfully secure two grants totaling more than \$15,000 to support the shelter, Room at the Inn, at First United Methodist Church this past winter.

Without those grants, shelter organizers say the shelter wouldn't have been able to remain open past January.

"I see this as a public safety and health issue," Joy says. "It is important for individuals to feel a sense of safety, which for single women may be difficult to find on the streets. Also, providing a warm place to sleep begins to meet their needs for shelter and preventing illness."



Watch the video at [health.oregonstate.edu/warming-up](http://health.oregonstate.edu/warming-up)



### In Memoriam

## Lizbeth Ann Gray

### College loses student advocate, colleague and friend

To former CPHHS Associate Dean Liz Gray, success in life was never measured in terms of things: possessions, titles or degrees. It was people and her relationships with them that created meaning not only for her but most importantly those close to her heart.

Many people found themselves lucky enough to fall into that category. At home, she was devoted to her husband, Don and their family. On campus, Liz was student-focused at her core.

On Sept. 6, 2013, Liz lost her battle with cancer at age 62, and her colleagues lost a valued mentor and friend.

"No one could connect better with students," says Professor Megan McClelland. "She was an expert at responding to students in a way that was warm and empathetic but also firm and fair. She was a dear friend and colleague, who knew how to laugh and have fun. I miss her dearly."

To contribute to the Lizbeth A. Gray OSU Scholarship Fund, please contact OSU Foundation.



## Accomplished researcher comes home to Oregon

Gloria Krahn, the Barbara Emily Knudson Chair in Family Policy, joins Oregon State's College of Public Health and Human Sciences after spending five years with the Centers for Disease Control and Prevention and before that 25 years at Oregon Health & Science University. She also is the college's new director of external relations. At the CPHHS, this world-class researcher will bring her many rich experiences to bear through leadership, natural curiosity and a lifelong commitment to health.



## Norm Hord is new school co-director

Associate Professor Norm Hord, known for his work studying dietary nitrates and nitrites and Omega-3 fatty acids, is the college's new co-director for the School of Biological and Population Health Sciences. Norm, the Celia and Kenneth Austin

Endowed Professor, takes over for Tony Wilcox, who recently took on a new role within the college after spending more than 25 years at Oregon State. He will work with fellow co-director Anna Harding.

## Carolyn Aldwin leads Center for Healthy Aging Research

Professor and CPHHS Gerontology Program Director Carolyn Aldwin is the new Jo Anne Leonard Endowed Director of the CPHHS' Center for Healthy Aging Research.

"I read a lot of life histories and fell in love with older adults and aging research," Carolyn says. "I discovered that older adults were like living history books ... that they had these rich, complex lives and that everyone had a story to tell."



## Marie Harvey receives OSU Distinguished Professor Award

Associate Dean for Research and Graduate Programs Marie Harvey has been awarded Oregon State's highest faculty designation — Distinguished Professor. Marie and College of Forestry Professor William Ripple were chosen for their innovative leadership, internationally recognized scholarship and service to the university and their respective fields.



## Former Home Ec alumna leads college fundraising.

Deeply rooted in Oregon and a committed Beaver, CPHHS alumna Heather Brust is OSU Foundation's new senior director of development for the Division of Health Sciences. She joins the college from Boise State University, where she was the associate vice president for development and where she successfully led its fund-raising program to be among a select few American universities to receive the CASE Sustained Excellence in Educational Fundraising Award. Prior to Boise State, Heather served as director of development for the Neeley School of Business at Texas Christian University.



**STORMY GIVEN LIVES IN A VAN. BUT IT'S NOT BECAUSE THE EXERCISE AND SPORT SCIENCE SENIOR ISN'T SUCCESSFUL. STORMY HAS AN ABUNDANCE OF CONFIDENCE, REAL-WORLD EXPERIENCE AND LIFELONG FRIENDS AND MENTORS.**

# Stormy Given

A passion for adventure, inclusivity

Through an internship, she developed a program to teach adaptive rock climbing to students and community members with disabilities. The program is being integrated at Oregon State through the college's IMPACT program, and other universities have shown interest in using the program as well.

"It's so exciting to make people's eyes light up," she says. "They say, 'Well I used to climb before,' or 'I can really do this?'" So I hope this program will more fully develop and people will take it, use it and put their own spin on it as it continues to grow."



Stormy moved into her van last winter to downsize in preparation for leaving Corvallis where she and her boyfriend plan to spend the next two years after graduation cycling across the country, experiencing life in communities across America and teaching adaptive climbing.

Watch the video at [health.oregonstate.edu/stormy-given](https://health.oregonstate.edu/stormy-given)



## It's never too early to teach youth about worker health and safety

As a kid growing up in the timber industry, MPH student David Grim knew there were dangers associated with most every occupation.

But it wasn't until he became a medic on an ambulance when he realized that instead of helping people after they've been injured, he'd like to prevent them from being harmed in the first place.

He decided the best way of doing so was to attend college and learn how to teach others how to stay safe — no matter what their line of work might be.

David earned a bachelor's degree from the CPHHS in 2012 and during his first year in the MPH program worked on several

youth workplace health and safety projects, including teaching a worker safety class at the 4-H Summer Conference.

"The idea of this course is to help them have an easier time understanding and recognizing hazards on the job, know their rights and when to speak up, and be able to teach it to somebody else," David says.

CPHHS Career Symposium proves

# anything is possible



**A**NYTHING IS POSSIBLE with passion and hard work. That's the message students took away from keynote speaker, CPHHS alum and OSU Women's Basketball Head Coach Scott Rueck at the CPHHS' first Career Symposium held in April.

With a lighthearted ability to poke fun at himself, Scott agrees he might not look the part of a basketball coach. But he is the perfect example of someone who never gives up.

"You're looking at a 5'4" guy who never played basketball, and now I'm a Pac-12 head basketball coach," he said to a packed room.

"Anything is possible."

Scott, who graduated with both an undergraduate and master's degree in Exercise and Sport Science, credits the program as playing a critical role in his success.

In addition to the powerful speech, the more than 150 students attending the symposium learned a variety of skills including resume writing, interviewing, working with the media, managing finances, focusing the graduate school search, getting involved, networking, exploring careers, working with diverse populations, and balancing work, school and life.

## Bob's Red Mill founder encourages healthy eating, entrepreneurship during campus visit

If you believe you're too busy to eat healthy, think again. That's a lesson Bob Moore, founder of Bob's Red Mill, told an audience of more than 200 students, faculty and community members during a presentation in which he shared his story of success, hardships, responsibility and compassion.

"If you start your day with grains or whole grain cereal, you're going to feel better all day and stay full," Bob says. "Set your alarm 10-15 minutes earlier — you just bought yourself time to be happy."

Sponsored by the CPHHS and its Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health, the event was designed to inspire healthy eating by example.

Bob spoke to his passion for whole grains, calling it "life insurance you can eat" — and spent time meeting with students one-on-one to help them encourage others to embrace whole grains.







**College welcomes new students at annual CONNECT social.** The annual event, held in September, welcomed nearly 200 new students and included everything from informational booths about clubs, advising and alumni relations to networking opportunities, prizes and gelato.

Watch the video at [health.oregonstate.edu/2013-connect](http://health.oregonstate.edu/2013-connect)



**College celebrates outstanding students, supporters.** At the college's annual Celebration of Excellence event approximately \$400,000 in scholarships and fellowships was awarded to nearly 250 students.

Watch the video at [health.oregonstate.edu/2013-coe](http://health.oregonstate.edu/2013-coe)



**Partnership creates new grain milling machines.**

The college's Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health joined forces with College of Engineering students to create two grain-milling machines — a bike and a rowing apparatus.



## Students put a spin on disability awareness

To raise awareness for the challenges those with disabilities face daily, the CPHHS' Pre-Therapy and Allied Health Club hosted its annual Wheel-A-Thon event in the Memorial Union Quad in May.

The event raised funds for IMPACT (Individualized Movement and Physical Activity for Children Today) and the Multiple Sclerosis Exercise Program.

Students, faculty and community members participating in the Wheel-A-Thon were tasked with navigating through an obstacle course full of ramps, doors and small, everyday tasks such as packing a backpack to learn firsthand the challenges facing those in wheelchairs.

Watch the video at [health.oregonstate.edu/2014-wheel-a-thon](http://health.oregonstate.edu/2014-wheel-a-thon)



## How to succeed: Advice, favorite memories from 2014 CPHHS grads

The CPHHS proudly sent off more than 800 undergraduates and nearly 80 graduate students into the workforce after the 2013-2014 academic year.

Watch the video at [health.oregonstate.edu/2014-commencement](http://health.oregonstate.edu/2014-commencement)

News you can use

# Taking stairs, raking leaves

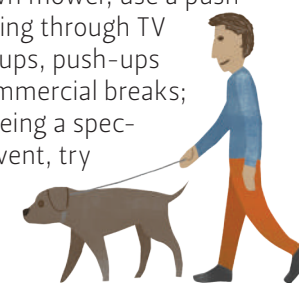
may equal a trip to the gym

**NEW RESEARCH SUGGESTS** that small amounts of activity — even as small as one- and two-minute increments that add up to 30 minutes per day — can be just as beneficial as longer bouts of physical exercise achieved by a trip to the gym.

The nationally representative study of more than 6,000 American adults shows that an active lifestyle approach, as opposed to structured exercise, may be just as beneficial in improving health outcomes, including preventing metabolic syndrome, high blood pressure and high cholesterol.

MAKE ACTIVITY PART OF YOUR LIFESTYLE...	
INSTEAD OF DOING THIS ACTIVITY	TRY THIS ACTIVITY
Riding the elevator or escalator 3 flights up 3 kcal	Walk 3 flights up 20 kcal
Buy pre-sliced vegetables at store 0 kcal	Wash, slice, chop vegetables 20 kcal
Use a leaf blower for 30 minutes 115 kcal	Rake leaves for 30 minutes 175 kcal
Order fast food at drive up window (5 min) 3 kcal	Park, walk in and order food (5 min) 10 kcal
1 hour of online shopping 35 kcal	1 hour shopping at mall 215 kcal

The study's researchers, including CPHHS Professor Brad Cardinal, suggest instead of driving half a mile, try biking or walking the same distance; instead of using a riding lawn mower, use a push lawn mower. Instead of sitting through TV commercials, try doing sit-ups, push-ups or jumping jacks during commercial breaks; and instead of sitting and being a spectator at a child's sporting event, try walking around during the halftime break.



## \$4.7 million USDA grant will help Oregon teens stay healthy

CPHHS Assistant Professor and Extension Specialist Siew Sun Wong and Professor Melinda Manore were awarded \$4.7 million by the USDA to start the program *WAVE-Ripples for Change: Obesity Prevention for Active Youth in Afterschool Programs Using Virtual and Real-World Experiential Learning*.

About 500 active teens ages 14 to 19 will engage in three different life skills programs, including a real-world scenario where teens learn about growing their own food, cooking and preparing healthy, inexpensive meals at home and staying active.

The other two programs use cutting-edge technology to create virtual environments where teens will practice these same skills but as an avatar in a 3-D virtual world. One virtual world will be "realistic," based on the real environment; the other will be a fantasy world where anything is possible.

At the end of the five-year project, researchers will examine the data to see which of the three programs resulted in better outcomes. The goal is to see how teens who are already physically active due to involvement in team sports can develop lifestyle skills that will stay with them past school age.



# Beaver Bowl *and* GridIron Chef Contest

## Homecoming 2014

This year, the college is bridging two powerhouse disciplines, exercise and sport science and nutrition, for a not-to-be-missed Homecoming bringing together the college community and celebrating accreditation and all we do to ensure lifelong health and well-being for every person, family and community in Oregon and beyond.

You won't want to miss it — or the cool beaver-tail T-shirt!

Join us for the:

### Beaver Bowl

a football-themed fun run at **9:30 a.m.**

**Saturday, Nov. 1.** A Beaver Dash is being planned for kids, and childcare will be offered during the fun run for children who are potty trained.

Following the run, don't miss the second annual:

### GridIron Chef Contest

and vote on your favorite healthy tailgate snack. While there, visit with alumni, students and college faculty and staff; check out the Moore Family Center's new blender bike and grain-milling machines; enjoy beverages; and register for raffles.

Event organizers are working hard to create a memorable event. Check in with [health.oregonstate.edu/homecoming](http://health.oregonstate.edu/homecoming) to get more details as they're added.



### Get linked in!

Find and connect with former classmates and peers and college faculty and staff via our LinkedIn page and network for success! Get a recommendation, find a job, share your success and stay up-to-date with what's happening in the college.



### Like what you see?

Read and watch more at *Synergies* online! Also, sign up to receive a monthly e-newsletter delivered directly to your inbox containing up-to-date news, research and features on college faculty, staff, students and alumni. It's the best way to stay in-the-know and connected with your college!

[health.oregonstate.edu/synergies](http://health.oregonstate.edu/synergies)

