

T E A C H I N G · R E S E A R C H · O U T R E A C H

SYNERGIES

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES
Spring 2018



#DamWorthIt



Oregon State
University

What's **OUT THERE** today ...

CHANGE.

IT CAN SHAKE US UP AND MAKE US QUESTION OUR PLACE IN THE WORLD. BUT IN GROWING PAINS, THERE ARE BREAKTHROUGHS. AND IN CHALLENGES, OPPORTUNITIES.

During the better part of last year and continuing this year the college has engaged in a strategic planning process, a thoughtful search to better define who we are, what we contribute to the world and how we will shape the future. The discussions have been enlightening and powerful. We invite you to participate by going to health.oregonstate.edu/strategic-plan. You can read about the process, see our timeline, read reports and make comments.

Our strategic planning is well timed with Oregon State's recently launched strategic planning 4.0. This university-wide planning continues to be rooted in the "three healthies" — healthy planet, healthy people, healthy economy — as its aspirational areas of distinction. We will continue to work collaboratively with our colleagues across campus on integrative approaches to improving health and well-being.

One of those efforts is to strengthen our programs in mental health. We are seeking to expand partnerships with health care organizations and the OSU Extension Service to address the worsening mental health crisis. Closer to home, our students are taking the initiative to ensure the well-being of their peers, as related in the cover story of this issue of Synergies. Elsewhere in the issue, you'll learn about people who are making a difference in the lives of communities here in Oregon and elsewhere in the world, from the Gaza strip in Palestine to Botswana in Africa.

It's an exciting time to be part of this growing college. I hope you continue to follow us, reach out to learn more and get involved.

F. Javier Nieto, MD, PhD, MPH
Dean, College of Public Health and
Human Sciences
Oregon State University

Editor's note

On p. 11 in the Winter 2017-18 issue, we erroneously reported on a study that found that pregnant women on Medicare are more likely to seek prenatal care. The study was on Medicaid, not Medicare. We regret the error.

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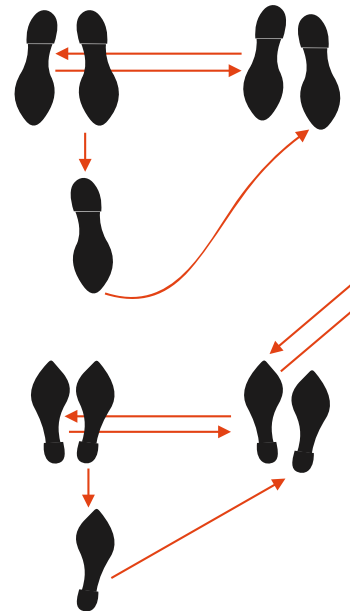


COOL SHOES

After 28 years with the program, Cool Shoes Director and Founder Cathy Dark is retiring from the program after one last production on May 18-19 at Corvallis High School. She's led thousands of dancers through countless routines in a variety of dance styles.

Public Health student Robert McAfee says that the Cool Shoes dance team saved his life.

"I was in a dark place in my life and decided to take a country western class," he says. "I didn't know many of the basic components and terminology of dance, but it gave me hope. I loved it instantly, and when it did go right, it gave me the drive to keep going."



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DEAN F. Javier Nieto, MD, PhD, MPH, MHS

EDITOR Kathryn Stroppel, Director of Marketing and Communications

WRITER Dani Douglass, Assistant Director of Marketing and Communications

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, 110 SW 26th St., 220 Bates Hall, Corvallis, OR 97331.

Email: synergies@oregonstate.edu

Tel: 541-737-6612

insights

RELATIONSHIP DYNAMICS AT PLAY WHEN IT COMES TO BIRTH CONTROL

New research shows young adults make decisions about contraceptive use based on relationship factors — including commitment to sexual partners and participation in sexual decision-making with their partner.

Those reporting greater exclusivity and relationship commitment are more likely to use hormonal, long-acting methods and less effective methods or no birth control. Those indicating they played a strong role in sexual decision-making in their relationships were more likely to use condoms alone or both condoms and a hormonal or long-acting method of birth control.

S. Marie Harvey, associate dean and distinguished professor, is the study's lead author. She says that the findings indicate that the qualities and dynamics of a specific relationship are significant predictors of contraceptive use.

The findings were published in *The Journal of Sex Research*.

HAVING A RARE DISEASE INCREASES RISK FOR POOR QUALITY OF LIFE

A recent study — believed to be the first large-scale study of U.S. adults with a diagnosed rare disease or disorder — shows that these adults are at high risk for experiencing poor quality of life. This includes increased levels of anxiety, depression and pain, and a limited ability to participate in society.

Assistant Professor Veronica Irvin co-authored the paper, along with Kathleen Bogart, an assistant professor of psychology in OSU's College of Liberal Arts. The paper is part of a larger study called the Adults with Rare Disorders Support project, which is assessing the psychological support needs of individuals living with rare diseases or disorders.

There are about 350 million people worldwide who live with at least one of about 7,000 rare diseases — classified as such because of the small number of people affected. In the United States, rare is defined as fewer than 1 in 200,000 and in Europe, fewer than 1 in 2,000.

SUICIDE IS THE SECOND-LEADING CAUSE OF DEATH AMONG 10- TO 24-YEAR-OLDS IN OREGON

Equipping staff and volunteers to help children develop resiliency and identify those who may need help is important.

The stakes are high — suicide is the second-leading cause of death among 10- to 24-year-olds in Oregon, and suicide rates are

33 percent higher than U.S. rates over the past decade.

In response, 4-H leaders have started Youth Mental Health First Aid training, covering topics including anxiety, depression, substance abuse, disruptive behaviors and eating disorders. In the future, youth will also

benefit from the Katie and Ray Honerlah Mental Health Endowment Fund, an estate gift to support an emerging initiative in partnership with 4-H.

Oregon 4-H Youth Development programs are active in every county in Oregon.

A BRIGHTER FUTURE FOR OREGON'S 4-H YOUTH

WHAT ABOUT

Puerto Rico?

PHHS student lobbies for representation

BY KATHRYN STROPPEL

Nutrition graduate student Mayra Crespo-Bellido and friends, including Public Health PhD student Coral Cotto-Negrón and Barbara Hudson-Hanley, who studies environmental health, recently made the successful argument to reinstate the Puerto Rican flag in the MU lounge. The flag was removed in 2016 because Puerto Rico is a U.S. territory, and U.S. state flags are not hung in the lounge.

Mayra argued that residents are U.S. citizens but that they can't vote in U.S. elections or have full representation in Congress. Therefore, U.S. territories are not treated like U.S. states.

The MU Advisory Board agreed, and Mayra was at the MU when the Puerto Rican flag joined 114 others in representing Oregon State's international student population.

When Mayra first came to Oregon State, she says seeing the flag hung in the MU made her feel welcome. "The unusual political situation of PR as a commonwealth of the U.S. often results in minimal representation and recognition of our culture in some spaces on the mainland.

"Since there are so few of us at OSU, the representation of our flag communicates that we are seen and recognized as valuable members of the institution," she says.



"I got emotional seeing my flag hung back up. After the aftermath of Hurricane María and the 10-year recession that has caused increased unemployment, poverty and family separation caused by immigration to the island, the Puerto Rican flag has become a sign of our resiliency and solidarity with each other. Having our flag be recognized as the honorary flag at this ceremony recognized the humanitarian crisis areas of PR are still experiencing."

Mayra is in the third year of her doctoral degree and studies the epidemiology of food insecurity. After graduating, she hopes to return to Puerto Rico and become a faculty member at the University of Puerto Rico in nutrition and dietetics and also serve as an advocate for improving food security and food sovereignty on the island.

O V A T I O N

**OVATION IS
THE COLLEGE'S
SIGNATURE
EVENT —**

JOIN US AS WE CELEBRATE:

» **A public health leader who helped shape our new college and who has made countless contributions to the health of people in Oregon and around the world.**

» **A caring, encouraging and effective preceptor and college alumna making a difference at OHSU and in the lives and careers of our students.**

**AND YOU'RE
INVITED!**

DID WE MENTION IT'S FREE?

For more information and to register, visit health.oregonstate.edu/alumni/ovation.

When grief turns to

HOPE

#DamWorthIt encourages candid dialogue around mental health

BY DANI DOUGLASS

Within a year, former Oregon State gymnast and Kinesiology major Taylor Ricci and men's soccer player and Finance major Nathan Braaten experienced the emotional turmoil of suicide when they lost a teammate. Through personal grief and frustration, the duo put their heads together to brainstorm ideas to bring mental health out in the open.

What was meant to be a half-hour coffee meeting of the minds turned into three hours of putting pen to paper and drafting an initial proposal for the #DamWorthIt campaign. In October 2017, Taylor and Nathan brought their 10-page document — complete with background, vision

and mission statements and a detailed campaign execution plan — to Athletics staff and received the buy-in and support they were seeking.

“We wanted this to be a peer-driven initiative and use something we both know well — sports, which is so visible in the community — as a platform to speak about it and bring awareness to the issue,” Nathan says. “Although we’re using sports as the platform, this campaign is for anyone who is looking for hope.”

The campaign officially launched via Twitter in January. The pair has since received national media attention and recognition, including coverage in *Sports Illustrated*, *The Washington Post* and *USA Today*. Coincidentally, #DamWorthIt came on the heels of Washington State quarterback Tyler Hilinski’s suicide on January 16. Taylor

and Nathan were both saddened by the news and say it strengthens the argument for why mental health issues need to be discussed openly.

“Mental health is a hidden epidemic that is coming to the surface, and we wanted to start the discussion around student-athletes because we know there is a stigma,” Taylor says. “Student-athletes are expected to perform at an elite level academically and athletically, and we want people to know that they’re human and they struggle, too.”

BIG PLANS AHEAD

Nathan says that in addition to the media coverage and support from Athletics and Counseling and Psychological Services (CAPS), they’ve received positive feedback and sentiments of gratitude and encouragement from numerous individuals, some of them sharing their personal struggles with mental health.

Taylor and Nathan are submitting a grant to the PAC-12 Conference for funds to focus the campaign on three pillars — education, awareness/comfort and resources. The programming would be available to the Oregon State community — not just student-athletes — and would include Gatekeeper Training for Suicide Prevention, guest speakers, peer-to-peer wellness coaching, campaign promotional items and mindfulness classes.

“We’re not professional psychologists and we don’t claim to be; we just want to drive the conversation,” Nathan says. “We want people to be aware of the issue and direct them toward behavior techniques that can help, such as breathing and meditation.”

“How can you look at that and say that this isn’t a public health issue?”

“If you openly talk about issues and struggles with mental health, it’s really a strength and a sign of mental toughness,” Taylor adds.

NO STRANGER TO HARD WORK

Taylor is a student who knows firsthand what it’s like to have a full plate. While juggling a demanding athletics schedule including long practices and out-of-state travel for gymnastics meets, she’s kept up with the demands of a full-time academic load — and she shines. She earned a Pac-12 Leadership Award for 2016–17, is the NCAA Pac-12 Student-Athlete Advisory Committee representative and serves on Oregon State’s Athletic Strategic Planning Committee.

Taylor aspires to attend medical school and would like to work in sports medicine. She says studying kinesiology was a natural fit, that the experiences she’s had in the CPHHS have been positive and enlightening and that mental health is most definitely a public health issue.

“People across the globe struggle with mental health,” she says. “People aren’t talking about it as much as they should. It’s an issue because suicide rates in the past 10 to 15 years have skyrocketed to be a leading cause of death in the U.S. How can you look at that and say that this isn’t a public health issue?”



YOU’RE WORTH IT

Nathan and Taylor bring optimism and passion to their mental health campaign and have a simple mission as they continue forward.

“We want to end the stigma,” Nathan says. “No one wants to admit they’re not OK and need to talk to someone, but we encourage them to get help. Just in the same way you go to the doctor when you have an injury, when you’re hurting and not OK, talking to someone can help you feel better.”

Taylor and Nathan acknowledge it can be hard to reach out — but that it’s #DamWorthIt.

SEEING IS BELIEVING

Student peels back violence in Gaza

The place seemed daunting, even frightening. So Meghan Fitzgerald had to go.



BY KATHRYN STROPPEL

During an internship with the United Nations Relief and Works Agency for Palestinian Refugees (UNRWA) in Jordan in 2014, Meghan witnessed the last large-scale Israeli attack on the Gaza Strip — 51 days and 2,200 Palestinians dead. “It gave me a new perspective,” she says, “and it made me want to learn the truth of the situation.”

So she went home, finished her master’s degree in public health, made connections, refined her dissertation topic for her PhD, figured out the logistics and made plans to study the influence of political violence on intimate partner violence in tiny Gaza.

“There’s an Arabic saying that goes something like, ‘He who has his hands in the fire is different than he who has his hands in the water,’” she says. “You can’t just read about Gaza and understand the situation, especially as much of the media is biased in its coverage of the Palestinian-Israeli situation. I had to go there. The seed was planted.”

ON THE GROUND

Meghan spent two months in Gaza — a Palestinian territory occupied by Israel that is 25 miles wide, 6 miles long and home to just under 2 million people. One of the most densely populated areas of the world, Gaza is in its 50th year of Israeli occupation and has experienced a 10-year blockade by Israeli military. Hamas governs locally, and the Palestinian National Authority (PNA) governs the West Bank and Gaza,

which means that people are often pulled and pushed by political decisions from multiple parties and suffer the burden of political conflict.

HERE’S HOW: According to Meghan, the economy is crippled, 44 percent are unemployed, 40 percent live below the poverty line, and people earn 45 percent of the salary they should be earning. Since the 2014 war, only 12 percent of homes have been rebuilt, which means that many people live in damaged, unsafe structures. Food is taxed by both Hamas and the PNA, making it extremely expensive. There are fuel shortages, so many people resort to using horses and donkeys to get around. There’s an electricity crisis, so power is sporadic and often available for only about three hours, usually at night.

In addition, more than 450 children are imprisoned, many of whom are tortured and denied their rights under international law. Two-thirds of Palestinians have been detained in their lifetime. Armed drones are a common sight and sound. The only once-flowing river has been dammed and contaminated. Fishermen are harassed by the Israeli Navy. The sewage treatment facility is barely operational, and 12 million tons of waste are dumped into the sea each year. Air strikes and bombings are regular. International aid is largely stalled by blockades.

Despite these immense challenges, Meghan found the people of Gaza to be warm and generous,

resilient and in good humor. The area supports nine colleges and universities funded by international organizations, and the literacy rate is 96 percent. Graduation rates are high, although employment is low.

Family is at the center of culture, followed by food, music and religion. The latter, Meghan says, is how many can sustain such harsh conditions and remain resilient, especially women. “However,” she cautions, “we shouldn’t let their resilience distract us from the injustice of the situation. We should work to resolve the cause of current conditions in Gaza.”

And although family provides strength and support, Meghan found it can also be a barrier to women in need of help. Women may not speak up about violence in order to protect their family’s reputation. Some are silent because of fear of losing children or income — or retaliation.

“Gaza,” she says, “feels like a paradox of culture, beauty, warmth and humanity superimposed on the terrible sadness that underlies everything.”

A WAY FORWARD

Women in Gaza perceive the major causes of intimate partner violence to be the economic situation and the electricity crisis, two factors directly related to the larger political situation stemming from the Israeli occupation.

“This structural violence suffered daily in Gaza, combined with increasing poor mental health and other forms of violence, are products of this protracted situation of political violence unique to Gaza and serve to exacerbate the devastation, the largest burden falling to women,” Meghan says.

“Thus, it is of utmost importance that research is carried out that highlights this pathway leading from the political context to violence within relationships and families. It’s not rocket science, but so little research on intimate partner violence in the Middle East is focusing on the effect of the larger political situation on this issue and on women’s health in general. There are many NGOs and international organizations on the ground

She walks the talk

Meghan volunteers with the Corvallis Palestine Solidarity (CPS) group and has done so since 2014. This group raises awareness and provides education about Palestinians in the community.

Meghan was part of the Western Physicians for Social Responsibility delegation to Gaza in 2016. She later brought the CPS and the CPHHS’s Center for Global Health together to organize a week of events called Human Dignity Worldwide. It included professors at Islamic University, public health professionals at grassroots organizations, and the director of Health Programs at UNRWA.

working to provide relief to women, but these are no good if we’re not looking upstream to tackle the root causes of violence.

“This is the beauty of health policy research,” she adds. “It can provide direct evidence on the effect of policies on population health and provide the tool with which to push for political change and promote social justice.

“In order to leave the world a better place, we each have to use the skills at our disposal in the unique way that we can. Research is what I have to offer the people of Gaza, and my greatest hope is that it could someday contribute toward alleviating their tragic situation. In the least, it will elevate their voices to the academic realm, and this is certainly a start.

“OSU has my intellect, and Gaza now has my heart. I won’t stop working until dignity and well-being are restored to the Palestinians.”

“This is the beauty of health policy research — it can provide direct evidence on the effect of policies on population health and provide the tool with which to push for political change and promote social justice.”

– Meghan Fitzgerald, PhD candidate

Despite the unexpected,

PROFESSOR PERSISTS

BY DANI DOUGLASS

There are situations in life where our inner voice supersedes outside factors.

Such was the case on a recent trip CPHHS Assistant Professor David Rothwell took to Tehran, Iran, to present at a symposium sponsored by the Iran Ministry of Cooperative, Labor and Social Welfare (MCLSW).

Unbeknownst to him, the symposium coincided with recent protests — some deadly — throughout the country against the rising cost of food and fuel, and increasing economic inequality.

Although Americans can apply for a visa to travel to Iran, the current relationship is strained, and the U.S. Department of State recently issued its highest travel advisory alert — “do not travel.” David originally planned to visit family in Iran. His wife, Tala Navab-Daneshmand, also an Oregon State professor, is originally from Tehran, and her family still lives there.

However, when David was at the International Society for Child Indicators (ISCI) conference in Montreal last year, he met Professor Masoomeh Maarefvand of Tehran’s University of Social Welfare and Rehabilitation, who invited him to be the keynote speaker at the MCLSW symposium.

The morning before his presentation, David received a call from symposium organizers saying they didn’t think it was a good idea for him to participate because of the political unrest and

the difficulties it might cause for future travel. Later that same day, he received another call. The MCLSW had obtained a special permit from the Ministry of Foreign Affairs, giving him official permission to participate. Still rattled from the morning call, he talked it over with his family, who advised against it. But something was tugging at him, and he kept thinking of the students.

“The opportunity to learn about child poverty in Iran was so unique,” David says. “And I was so excited to dialogue with Iranian graduate students. I wanted to provide them with a different perspective and felt that the exchange of knowledge should overcome political differences.”

Despite his nerves and his family’s concerns, David entered the Ministry of Labour and Social Affairs building on Azadi Street in Tehran the morning of January 2. People told him he was probably the first American ever to do so.

Once at the symposium, he gave two presentations that focused on child poverty from an American perspective to about 60 MCLSW officials, representatives from the Ministry of Health, researchers, policymakers, social workers, child protection experts and students.

After the meeting, David and Tala met informally with graduate students. “The students had good questions about policy and practice differences related to child poverty,” he says. “We also talked about concrete issues — like graduate training — and how to study in the U.S. as a graduate student.”



“Knowledge should be stronger than politics.”

Right person, right job

New leadership for Moore Family Center's Portland office

BY KATHRYN STROPPEL

EVERY STEP OF HER JOURNEY HAS LED HER TO THIS POINT, BEGINNING WITH A CONNECTION TO PEOPLE AND COMMUNITIES AND A STRONG SENSE OF SERVICE.

Jenny Rudolph, associate professor of practice for the CPHHS and Extension Family and Community Health, is taking the reins in leading statewide outreach efforts for the Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health (MFC).

She says she's excited to serve in this new role as endowed outreach coordinator in order to continue encouraging colleagues across the state to try new and innovative approaches in reaching Extension's audiences, particularly underserved and at-risk groups.

"It's an honor to be able to carry on the great work that former coordinator Renee Carr began," she says. "Renee has been one of my mentors for the last 13 years. I am also excited to link the fascinating research of the Moore Family Center more directly with community-based educators working in the field."

Endowed MFC Director Emily Ho is also happy with the new relationship. "The Moore Family Center is a research center that is also committed to serving and engaging communities across the state, so having an endowed faculty member specifically committed to this relationship is extremely important in ensuring the work we do in the center has maximum impact," Emily says.

"I am also excited to link the fascinating research of the Moore Family Center more directly with community-based educators working in the field."

— Jenny Rudolph



Jenny is pictured with former outreach coordinator Renee Carr, left, and Endowed MFC Director Emily Ho, center.

"Because of her history with Extension, Jenny understands the mission and vision of the center well, and her enthusiasm, expertise and trust in the community are a perfect fit for this position."

Jenny first joined the OSU Extension Service in 2003 as an AmeriCorps service member providing occupational health and safety outreach to migrant farm workers out of the Washington County Extension Office.

After a year of service, she became a bilingual education program assistant in the SNAP-Ed Program, and in 2008 was named an Extension Family and Community Health faculty member in Columbia County, where she continues to coordinate nutrition education, food safety, food preservation, and childhood obesity and chronic disease prevention programs.

Jenny served as the principal investigator on a MFC Healthy Communities Outreach Project, which partnered with **FoodHero.org** to create a series of six award-winning cooking videos, and also created a commercial for Food Hero, which was shown in movie theaters across the North Coast, South-

west Oregon and Southern Oregon regions. See foodhero.org/champion-family-videos for more information.

Jenny and her husband, Ben, have been married 11 years and have two boys, 2 and 4. Together, they love exploring Portland's parks and playgrounds, gardening and taking the boys to local farms on Sauvie Island to pick produce and then preserve it in the kitchen.



PUBLIC HEALTH COMES TO LIFE IN LONDON

STUDENTS SEE STARK DIFFERENCES
BETWEEN U.S. AND U.K. HEALTH CARE
SYSTEMS

BY DANI DOUGLASS

Dean Street Express: An outreach worker provides a tour of the chic health care clinic exam rooms in the basement level of the facility.

MANY FACETS OF LIFE ARE BETTER UNDERSTOOD WHEN EXPERIENCED FIRSTHAND. For a group of public health, kinesiology and biocultural anthropology students, studying abroad in London this past summer did just that.

“Our trip to London altered my perspective, specifically regarding the global need for an efficient public health structure,” says Chase Fettig, a senior in public health and one of nine students who made the trip.

The group was led by CPHHS Instructor Aimee Snyder, along with Michelle Klotz, faculty-led program consultant with the OSU Office of Global Opportunities (OSU GO). The students earned nine public health credits during the three-week experience, but more importantly were exposed to new systems and components of public health.

The group toured four National Health Service (NHS) facilities, participated in meetings and attended talks given by doctors and professionals. One of the presentations was made by junior doctors — the equivalent of residents in the United States — and a public health consultant about the structure of the NHS in England.

The major difference between health care in London and the United States is that the U.K.

facilitates universal health care. The NHS is funded through taxes, and care is free of charge to U.K. citizens at the point of service.

“In the U.S., it seems like the system suggests health as a privilege, whereas the U.K. views health as a natural human right,” says Christy Cheng, a biocultural anthropology student who participated in the program.

The group visited three HIV and NHS-funded sexual health service clinics that are revolutionizing public health among Soho’s LGBTQ community. 56 Dean Street and Dean Street Express, operated by the Chelsea and Westminster Hospital NHS Trust, are located in an area with one of London’s highest HIV transmission rates.

These award-winning clinics are leading the world with STI and HIV rapid testing and treatment services. According to a brief published by the NHS Foundation Trust, there was a 42 percent drop in HIV diagnoses in 2016 in the Soho area. The clinics are open late and are chic and classy. Anyone with a U.K. phone number is able to receive a test kit, including on-screen digital instructions and quick results while waiting on-site or via a text to their cell phone.

“If basic resources are offered to citizens, the population can save time and energy by acknowledging potential issues ahead of time,” Chase says.

EYES WIDE OPEN



GLOBAL HEALTH PROGRAM CREATES A NEW WORLDVIEW

BY DANI DOUGLASS

SOMETIMES THINGS FALL INTO PLACE PERFECTLY.

Such is the case with the new Botswana Global Health Program (BGHP), which offers students a hands-on experience that brings knowledge learned in the classroom to life in Africa.

The program is a collaborative effort supported by the Robert and Sara Rothschild Endowed Chair in Global Health, Oregon State and its College of Public Health and Human Sciences, the University of Michigan (U-M) School of Nursing and the Botswana Ministry of Health and Wellness.

The inaugural group, comprising 10 undergraduate and graduate students from Oregon State and U-M; Sunil Khanna, the Robert and Sara Rothschild Endowed Chair in Global Health; and U-M Clinical Instructor Judi Policicchio spent four weeks in summer 2017 getting up close and personal with community health in the village of Maunatlala.

“My time in Botswana helped me understand a whole new worldview,” says MPH student Lauren Welch. “It changed me in ways I didn’t know I could change. I went into the experience expecting to come away with a greater understanding of health on a global scale, but I ended up returning with a million more questions.”

INAUGURAL INTERNS IN THE BOTSWANA GLOBAL HEALTH PROGRAM

The BGHP came to life thanks to the support and connections of Oregon State alumnus Robert “Bob” Rothschild and his wife, Sara, and their family foundation.

“We’ve found OSU’s university-wide approach to community health to be a good fit with our family’s work in Botswana the last 10 years,” Sara says. “We believe the unique partnership of Oregon State, the University of Michigan and Botswana’s Ministry of Health is mutually beneficial to students and communities.”

In addition to the funding, Bob and Sara have spent many years in Botswana and have formed and maintained numerous relationships with the Botswana government and local communities, making it possible for future collaborations to continue.

“This global health program is a win-win. It’s a perfect example of a partnership that provides unique learning opportunities to our students while improving public health and access to community services,” says CPHHS Dean Javier Nieto. “We are so thankful for the visionary work by Bob and Sara, who made this program possible by forming these deep and trusting relationships with the local community and the government of Botswana.”

The college offers students a variety of options to study abroad. To learn more, visit health.oregonstate.edu/study-abroad.

Read the full version of these stories at synergies.oregonstate.edu.



With her future just out of reach, **DREAMER WON'T GIVE UP**

HDFS student works to be a teacher

BY RICHARD STEEVES, THE DAILY BAROMETER
EDITED AND CONDENSED BY KATHRYN STROPPEL

Priscila Narcio remembers her life in Sinaloa, Mexico, and the fear she felt in hearing footsteps on her roof at night. Her parents, concerned with their children's safety, wanted them to have a better life.

When Priscila's father immigrated undocumented to the United States 18 years ago, he left alone, with only \$200 to make the more than 2,000-mile trip to Portland, Oregon. Priscila missed her father deeply, and it wasn't until she was 5 that the family followed him to Portland, entering the country undocumented.

“There needs to be a solution to this because we are people just like everyone else.”

Adjusting to their new home wasn't easy. Harder still was entering the school system. Kindergarten immersed Priscila into English for the first time, and it wasn't until second grade that she could fully understand and speak the language.

Feeling lost and not knowing what to do after high school graduation, she got a glimmer of hope when the Obama administration passed Deferred Action for Childhood Arrivals (DACA). The policy went into effect on Aug. 15, 2012, just before the beginning of her senior year.

When her DACA status was approved, she was granted temporary resident status in the United States for the first time in her life. That meant she was allowed to obtain a social security card, which she needed to enter college.

CHASING HER AMERICAN DREAM

Following graduation, Priscila quickly enrolled at Chemeketa Community College (CCC) in Salem. Enrolling wasn't a problem, but she soon faced another obstacle: only citizens are eligible for federal financial aid.

Despite the setback — and working two jobs — Priscila didn't give up. “Being in school gave me the sense that I could do something more,” she says. “It gave me so much value.”

She co-founded a DACA club at CCC and graduated with an associate of arts degree in June 2017.

Priscila then enrolled at Oregon State through the degree partnership program and hopes one day to be a teacher — just like her mother.

She's currently studying Human Development and Family Sciences and says she loves everything about the experience. “My instructors are so wonderful and caring for my education and this situation, and Oregon State has many good resources for students like me.”

Priscila is also active in Here to Stay, a group that provides support for undocumented students, and led a walkout in September 2017 after President Trump and the U.S. Justice Department announced DACA would end within six months. She also spoke at “Still We Rise — Women's March Corvallis” in January to nearly 4,000 marchers.

At the time of publication, DACA's status was uncertain.

MORE THAN A VISION – A COMMITMENT

Bringing health and well-being to the campus and Corvallis community

BY DANI DOUGLASS

OUR VISION TO ENSURE LIFELONG HEALTH AND WELL-BEING FOR EVERY PERSON, EVERY FAMILY AND EVERY COMMUNITY

extends to Oregon State's Corvallis campus through wellness initiatives designed to help students, faculty and staff live a healthy, active and fulfilling life.

From breaking a sweat during a cardio kickboxing class to numerous opportunities to volunteer your time, the College of Public Health and Human Sciences offers ongoing and annual programming and events that make it easy for the campus community to reap the benefits of improving physical, social and emotional well-being.

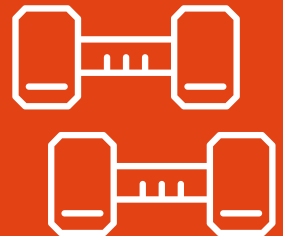
FACULTY STAFF FITNESS



- 34-year history
- For faculty, staff, retirees, graduate students and partners or spouses
- High-quality instruction
- More than 30 classes
- Annual TRY-Athlon
- Annual GridIron Fun Run

PHYSICAL ACTIVITY PROGRAMS

- More than 200 classes, including outdoor recreation and dance
- Designed for students
- Faculty and staff can take courses with availability



BE ORANGE CHALLENGE



- Annual challenge
- Encourages faculty and staff to engage in healthy behaviors
- Open to all employees at Oregon State
- Paired with a new partner each week for encouragement

COMMUNITY PROGRAMS

- 4-H Youth Development
- Go Baby Go
- IMPACT and IMPACT for Life
- KidSpirit
- Multiple Sclerosis Exercise Clinic
- Nutrition and parenting education programs
- OSU Child Development Center
- Team Oregon motorcycle safety training



FOR MORE INFORMATION ON OUR WELLNESS PROGRAMMING, PLEASE VISIT HEALTH.OREGONSTATE.EDU.

What's Betty Crocker have to do with Bates Hall? **EVERYTHING.**



From Home Economics student to General Mills' first female executive

A 1936 GRADUATE OF OREGON STATE UNIVERSITY, with a bachelor's degree in Home Economics, Mercedes Bates made a generous donation that created 15,000-square-foot Bates Hall, which houses preschool programs, conference rooms, offices and classrooms that are part of the College of Public Health and Human Sciences. When it opened in 1992, it was the only U.S. facility dedicated to lifespan study. Mercedes later received the Distinguished Alumni Award and the Distinguished Service Award from Oregon State, and she served on many university boards and committees throughout her career and after she retired from General Mills in 1983.

HER LIFELONG MISSION WAS ADVOCATING FOR HOME ECONOMICS IN EVERYDAY LIFE.

Mercedes was appointed by President Nixon to the White House Fellows Commission and by President Ford to an economic summit conference. Business Week magazine named her one of the 100 Top Corporate Women in American Business in the 1970s.

Although she didn't arrive at General Mills until 1960, more than 40 years after the Betty Crocker name was created, Mercedes is most often linked to Betty because of her instrumental role with the Betty Crocker division.

Mercedes became the fifth director of the Betty Crocker Kitchens in 1964. And in 1966, she was named a vice president at General Mills — the first woman to achieve that position. She also was instrumental in the design of the 1966 Betty Crocker Kitchens of the World and the beginning of their public tours. Each of the seven kitchens had a unique motif, including New England, California, New Orleans, Latin America, the Mediterranean, Japan and Scandinavia.

Mercedes Bates, home economist and Oregon State alumna, died in 1997.



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