We are seizing an opportunity.
To reset.
To redefine who we are and double-down on our priorities.
To build upon what we do best.
To think big and begin anew with a brave eye to the future.
To persevere in finding solid footing in a shifting world.

This is our time to shine.
Dig deep. Amplify.
To connect learners, scholars and our community.
To understand and confront health disparity.
To fulfill our vision and put lifelong health and well-being within reach of all people, families and communities around the world.

We are the College of Health.
James Shepherd, a first-year MS-Professional Dietetics student, is assessing the impact of the ROI: Return on Ingestion Program for his MS-PD capstone project. ROI is a six-week workplace wellness program offered by the college’s nutrition program, Oregon State Credit Union and Pacific Source.

LEARNING

OUR STUDENTS AREN’T WAITING TO GRADUATE TO HAVE AN IMPACT

THEY ALREADY ARE INITIATING THE MEANINGFUL CHANGES THEY WANT TO SEE IN THE WORLD.

Students are preparing for future careers by gaining a realistic view of the systems in which they will work. This includes completing the newly approved microcredential in innovative health care management, which includes public health and business courses that teach design thinking and strategies to drive change, growth and success within any health care organization.

Our students are also engaged in transformative hands-on learning opportunities. They are traveling to Washington, D.C., to meet with federal lawmakers and lobby for topics relevant to the challenges facing college students, as well as traveling the globe with faculty-led study abroad programs to Botswana, London and Taiwan.

They are making a difference through internships by creating a Spanish version of the food sensory wheel for dietitians to use with high-risk clients, and physical activity programs for children with disabilities.

They are discovering answers to important questions such as the degree to which muscle power is related to falls and frailty with older adults. And they are positively affecting communities by crafting public service announcements to increase awareness of mental health resources, decrease stigma and reduce opioid misuse. Through student clubs and organizations, they are partnering with grassroots movements such as Moms Demand Action to advocate for public safety.

Experiential learning is key to student success. Both the college’s undergraduate and graduate programs include required courses related to internships. Students are supported by internship coordinators, who help them find an experience that aligns with their career aspirations.

DEGREES THAT REQUIRE INTERNSHIPS AND/OR EXPERIENTIAL LEARNING

BACHELOR’S PROGRAMS

- Human development and family sciences | general
- Human services and child development options
- Kinesiology | general and pre-therapy and allied health options
- Nutrition | nutrition science and nutrition in foodservice, culinary and food systems options
- Public health | general, health management and policy, and health promotion health behavior options

GRADUATE PROGRAMS

- Adapted physical education, MAPE
- Athletic training, MATRN
- Nutrition — Professional dietetics, MS
- Post-baccalaureate dietetic internship
- Public health, MPH
- Physical therapy, DPT

LEARNING BY DOING

Fall 2022

INTERNSHIP LEADS TO POSITION AT THE SPRINGS

Emory Heasley, ‘21, above right, is a health services coordinator at The Springs and a public health alumna. She interned at its Eugene facility and was hired at its Tanasbourne location following graduation.

She says her public health degree, focused on health behavior and health promotion, provided her with the professional foundation and transferable skills she needs to work on a wide range of issues to improve the lives of others across a variety of communities.

“My experience at OSU not only expanded my knowledge of public health and contemporary issues, but also provided me the experience needed to communicate effectively with others and take a holistic approach to disease and injury prevention,” she says. “I gained a wide variety of applicable skills in the classroom and through my internship, which ranged from health policy, environmental issues and the social determinants of health. I apply these skills to my work now by caring hands-on for seniors and promoting the health and well-being of residents and staff in my workplace.”
If you think the number of unhoused Oregonians has been increasing, you would be right. More than 18,000 Oregonians are without a house, and more than 60% of Oregon’s unhoused population sleep on the streets or in cars.

Federal data indicates that Oregon experienced one of the nation’s largest increases in homelessness between 2020 and 2022. (Note that we primarily use the term “houseless” instead of “homeless” to make the distinction between the physical structure of a house and the community of a home, and to respect people as unique individuals and not a stereotype.)

Serving the unhoused has long been a priority for hundreds of students studying in the College of Health. Alumni and faculty, too, support organizations that serve the unhoused. Public Health Instructor Ashley Vaughn serves on Unity Shelter’s Board of Directors; Human Development and Family Sciences Senior Instructor Tasha Galardi, human services internship coordinator, is vice president of the board for Corvallis Housing First; Professor and Moore Family Center Director Siew Sun Wong oversees a mobile kitchen classroom at Community Outreach Inc.; and Kinesiology Associate Professor Will Massey runs a physical education program for unhoused youth with Jackson Street Youth Services.

In Tasha’s course on families and poverty, students complete 15 hours of community work with local agencies that serve the unhoused. She says they often tell her that this unique offering is one of the most transformational experiences of their time in college. In some cases, students have become employees of these agencies.

Marie Palmer, ’23, who completed an internship at the Corvallis Daytime Drop-In Center (CDDC), was recently accepted into the MSW program at Portland State University, where she will learn advanced skills to better serve the unhoused. Dietetics student Taylor Rink created a mobile kitchen classroom at Community Outreach Inc. to help residents improve their cooking skills. Ellie Ruble, BS ’22, completed her practicum at the CDDC and now works there as a basic needs navigator, supporting individuals in navigating community resources and services.

Ellie witnessed her dad, a veteran with PTSD and bipolar disorder, struggle to get the mental health and financial support he needed, and he eventually began living in a tent.

“My experience with my dad — and watching my mom support him — painted a clear picture of how personal and systemic barriers make it hard for individuals to achieve success,” Ellie says. “We need to listen to the people who have lived or are living the experience of homelessness in order to identify the true changes that need to be made to aid in this crisis.”

The realities of homelessness are so much larger than any one person. It can last for generations, and people need support, money and time to find long-term stability.

Editor’s Note: This story has been substantially abbreviated for this publication. To read the full version, which includes stories from students, faculty and alumni, and several photos and videos, visit us online at synergies.oregonstate.edu/houseless.
**BEYOND THE CLASSROOM:**
**BOTSWANA GLOBAL HEALTH INITIATIVE**

BY KATHRYN STROPPEL

DIVYA SMITHA YERRAM REDDY, MPH ’20, works hard to be a health educator and role model by making the most of her PhD experience.

Her beneficiaries include her 10-year-old daughter and untold numbers of young people in Botswana, whom she educates about sexual and reproductive health. And that’s not counting the scores of people she’ll help throughout her life as a public health professional.

Divya holds an undergraduate degree in Ayurvedic medicine, a master’s degree in hospital administration, and an MPH degree from OSU. She plans to graduate with her PhD in public health/global health in 2024.

When she first arrived in Botswana in 2019 as part of an MPH internship, she found the friendliness of the people remarkable and the experience transformative. Her life’s work also came into focus — working within communities.

Soon after, she applied for OSU’s PhD program in global health and continued her work in Africa, which is part of the college’s Botswana Global Health Initiative established by an endowment from Bob and Sara Rothschild and led by Professor Sunil Khanna. The initiative is part of ongoing efforts to engage community stakeholders and the Ministry of Botswana in promoting lifelong learning, health and well-being in a collaborative, locally meaningful and sustainable manner. It comprises four ongoing community-based projects that include promoting sexual and reproductive health (SRH), preventing gender-based violence, mainstreaming disability, and fostering positive youth development.

Divya addresses sexual health and HIV in Botswana, which has the fourth highest prevalence of HIV in the world. The tools she uses to combat it are twofold: empathy and communication. Her goal is to address stigma and the relationship between caregivers and adolescents in an effort to open up conversations about sexual and reproductive health.

The comprehensive SRH curriculum also helps participants learn about community resources.

Following graduation, Divya plans to continue working in the field, engaging with people and developing programs. She’s also looking forward to being reunited with her daughter, who has been living in Canada with her husband while she completes her degree.

“Most families, parents are their children’s role models. In my house, it’s the other way around. My daughter is my role model. She teaches me something new every day.”

| Learn more about the Botswana Global Health Initiative at health.oregonstate.edu/gh/Botswana.

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**LEVELING UP**

BY HANNA KNOWLES

CARTER MICHELL, ’14, MPH ’23, graduated from Oregon State University with a kinesiology degree and ambitions to pursue physical therapy school. But when the financial reality hit, he began to question if he was passionate enough about physical therapy to justify taking out student loans to fund the cost of tuition.

He was unsure of his next step but certain of one thing: “I knew I wanted to work in a health-related field where my work could have an impact on people’s lives.”

Cue Oregon State’s online Master of Public Health – Public Health Practice degree program. When Carter applied to the program, he had recently started working as a patient access specialist for Oregon Health and Science University (OHSU).

“I knew I needed the flexibility offered by an online program to work full-time while enrolled. It just so happened that my alma mater offered a strong one!”

About halfway through the program, Carter was promoted within the Department of Otolaryngology at OHSU.

“I know of other applicants who had been in the same department longer than me but did not have the same level of education at the time,” he says. “I think pursuing my MPH contributed a great deal to getting promoted.”

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**6,829 MILES FROM IRAN, MANDANA MASOUMIRAD FINDS HER VOICE**

Mandana Masoumirad was just 7 when she saw Islamic regime guards attack unarmed citizens while playing in a Tehran park with her mother. Since then, the 30-year-old has witnessed a string of protests and violence, and she’s using her voice to share stories of oppression and call for change.

Before she left Iran, she earned bachelor’s and master’s degrees in economics, but says she would have been limited in what she could have achieved and would not have had a good life had she stayed.

Now a PhD student in public health policy, Mandana says she likes her research because she can make a tangible difference. “I can use what I know about math and economics to help people and have an impact in society that I can see,” she says. “As an Iranian student studying public health and interested in women’s health issues, I believe I must take action, speak for the Iranian people, strongly condemn the regime’s barbaric actions and stand with the Iranian people who chant on every street, ‘WOMEN, LIFE, LIBERTY.’”

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**Online learning at its finest**

The College of Health offers several programs 100% online through top-ranked OSU Ecampus.

**Online undergraduate degrees**
- Human development and family sciences, BS
- Kinesiology, BS
- Public Health, BS

**Online undergraduate certificate**
- Gerontology

**Online graduate degrees**
- Master of Public Health – Public Health Practice, MPH
- Nutrition – Professional Dietetics, MS (hybrid offering)

**Online graduate certificate**
- Public health Microcredentials
- Occupational safety in supply chain management
- Innovative health care leadership

The college also offers a handful of online minors. Learn more at health.oregonstate.edu/academics/online
Our faculty and students advance science, make discoveries and engage communities to promote lifelong health and well-being.

They develop a holistic understanding of the health of individuals, families and communities, and they create feasible approaches to mitigate health and societal challenges in the United States and around the globe. From birth to death, they study individuals across the life course, address health equity and disparities, and conduct both basic and applied research. Faculty bring exceptional training and expertise in research methodologies and statistical approaches that crosscut the college’s signature areas of research and contribute to its robust and outstanding research programs.

We offer seminars and colloquia to share new research and ignite collaborations, support four college research centers, foster transdisciplinary research and engage students. Our strong collaborative culture, richness of multidisciplinary approaches and statewide reach mean we have a profound impact on addressing complex global health problems.

George Krecklow, who helped test the effects of flame retardants on children’s cognitive development, says he was interested in undergraduate research to address real problems and become more informed on what research is like. After graduation, he plans to pursue a master’s degree in public health, studying health systems and policy.

“I wanted to be part of Healthy Discoveries because I think everyone should have a chance to experience research and get themselves out there,” he says.

Allison Mcomie, a kinesiology major, pre-therapy and allied health option, worked on collaborative research involving a literature review of physical activity and equity. She was interested in undergraduate research to boost her résumé for physical therapy school, but discovered the experience gave her much more.

“You get to see a different perspective on topics that you wouldn’t be able to see otherwise. It’s all about expanding yourself and finding your interests,” she says. “I get the opportunity to take what I have been learning in class and apply it to real-world experiences. It gives me a new lens.”

At first, Allison had doubts she was qualified to do research, but that fear was short-lived. “You don’t need to know how to do it because you learn as you go, get better and grow when you try something new,” she says. “Being involved in and creating my own learning excites me and makes me want to geek out on the subject more than I would have if I had learned about it in class.

“As a physical therapist, I will need to be able to read and process this research to stay up to date to best help my patients. Research sets me up for success.”
THE PROGNOSIS FOR THOSE DIAGNOSED WITH HIV/AIDS is much different today than in 1987, when Professor Joe Catania lived in San Francisco and 90% of those infected died within two to three years.

Thanks to research, HIV/AIDS is no longer a death sentence, HIV testing is widespread, and those diagnosed can now live a normal lifespan with proper treatment. Still, many get tested infrequently or not at all, and it’s estimated that those unaware of their HIV status account for 30%–50% of new HIV cases in the U.S. People avoid testing at clinical sites because of difficulties with access, inconvenience, privacy concerns and fear of being socially stigmatized. The result is that high-risk individuals delay diagnosis and treatment and risk negative outcomes, including death.

HIV self-testing products can alleviate many of these challenges. Self-tests allow people to test in the privacy of their own home, and because people can buy multiple test kits, they can test more frequently. Self-tests are used for diabetes, high blood pressure and to detect pregnancy, the result is that high-risk individuals delay diagnosis and treatment and risk negative outcomes, including death.

Professor Joe Catania bought one of the first HIV/AIDS test kits in the early 2000s, and that kit sparked an idea for research into improving HIV/AIDS prevention, a topic he’s studied for the last 35 years. His idea was a new community-based intervention, and he began by conducting preliminary research that would inform that effort.

Fast forward to 2016 when Joe and his research partner and wife, Professor Peggy Dolcini, began working with community-based organizations in Portland, along with scientists from Portland State University and UCLA, to devise a low-cost strategy to improve distribution of HIV self-test kits within LGBTQ+ communities in urban areas. My Test/My Choice was born, and its goal was to address the shortcomings of pharmacy retail sales of oral HIV self-tests by expanding distribution to community businesses that are trusted, culturally sensitive and convenient. This work was funded in 2020 by the National Institutes of Health.

“The response to this approach in the community has been overwhelmingly positive,” Joe says.

“Our proof of concept is this: If you get kits in people’s hands, they’ll use them, you’ll find more infected people and you’ll help save lives.”

Collaborators include OSU Associate Professor Jonathan Garcia, OSU PhD candidate Ashley Schuyler, Roberto Orellana from the University of Washington, and Edgar Mendez, Tony Diep and Nell Carpenter from Cascade AIDS Project, Portland.

Read the full story at beav.es/Tmd.
FAMILY & COMMUNITY HEALTH

EVERY DAY, THE COLLEGE’S EXTENSION FAMILY AND COMMUNITY HEALTH TEAM works to turn science into action to promote the health and well-being of Oregonians across diverse communities. Unique among peer institutions, FCH offers health programming spanning individual-level education and policy, systems and environmental approaches. It partners in communities to promote healthy nutrition, physical activity, mental/behavioral health and well-being, emergency preparedness, family and community resilience and more. Its Oregon Child Care Research Partnership brings together partners and decision-makers to better understand and support Oregon’s child care and education system.

FCH offers the Supplemental Nutrition Assistance Program – Education (SNAP-Ed) in every Oregon county. SNAP-Ed’s nutrition education and physical activity promotion programs serve low-income Oregonians and include Food Hero and BEPA 2.0 – Be Physically Active Today. In addition, the Expanded Food and Nutrition Education Program (EFNEP) serves nine Oregon counties. SNAP-Ed and EFNEP work includes:
• Food Hero social marketing program
• Grow This! edible gardening initiative
• Cultural workshops that help design relevant resources for nutrition, physical activity, food security and edible gardening for African Heritage, Indigenous People, Pasifika and Latinx communities.

FCH faculty and staff provide innovative and culturally significant programming throughout the state. These efforts include outreach fellowships for students, an Indigenous whole grains celebration, virtual cooking programs and Latin heritage recipes and videos.

Together with the Oregon State University Center for Health Innovation (OCHI), FCH faculty and staff are responding to Oregon’s mental health crisis and working to undo the stigma related to mental health and substance use. They also contribute to the state’s coordinated system of prevention. This work includes:
• Coast to Forest mental health promotion program
• Western Region Agricultural Stress Assistance Program
• Mental Health First Aid training for adults in Spanish and English
• Substance Use Disorders 101 self-paced course

OCHI is leading efforts in the college to address veterans’ health. It developed a continuing education course that focuses on veterans’ issues and resources and is collaborating with Oregon’s Higher Education Coordinating Commission on the Veterans Community Health Worker project.

Did you know that Team Oregon is part of the College of Health? Each year, Team Oregon’s 175 instructors train more than 10,000 motorcycle and scooter riders across the state in riding safer, smarter and more skillfully. Team Oregon began in 1984, collaborates with the Oregon Department of Transportation, and helps riders meet state law requirements.

Learn more at team-oregon.org.
Things we’re looking forward to in 2024 ...

April 2
Michael Pollan
Provost’s Lecture

April 24
Dam Proud Day

June
Commencement

September
New Student Welcome

October
Homecoming

Date TBD
Cynthia and Duncan Campbell Lecture on Childhood Relationships, Risk and Resilience

Date TBD
Bray Health Leadership Lecture

More information, including specific dates, will be available via our college website at health.oregonstate.edu.

Meet your partners in the OSU Foundation and OSU Alumni Association!
Get involved, learn something new and invest in the future of health today.

Jessica Merkner
Jessica is the OSU Foundation's new senior director of development, supporting the College of Health and Linus Pauling Institute. Please contact Jessica to assist you in giving to support the College of Health.

Jessica.merkner@osufoundation.org

Molly Moriarty Russell
As the college's assistant director of development, Molly is excited to connect with alumni, friends and community members who are interested in supporting the college.

molly.moriartyrussell@osufoundation.org

Casey Farm
Casey is the college's director of alumni relations. He deepens alumni connections through webcasts and in-person events. Contact him to learn how the OSUAA can connect you with 215,000+ Beavers worldwide.

casey.farm@osualum.com

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College of Health

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