

From the Director

As I reflect on the spring semester, I am struck by how wide-ranging the pursuits of our students and alumni are. This issue of the Newsletter highlights an alumna who is helping local communities address the opioid crisis and students involved in research projects ranging from sleep in collegiate athletes to TB in Tibetan children. I am not so much surprised, given that the field of public health is very broad, but rather impressed and delighted by the types of opportunities available to our students and recent PHS graduates. Thanks to the many faculty from across JHU who create these opportunities and inspire our students.



Maria Bulzacchelli
PHS Director

Scholar Bowl Victory!

JHU won 1st Place in the Quiz Bowl portion of the 6th annual [Public Health Scholar Bowl](#) competition held April 14, 2018 at Saint Louis University. The team who traveled to Saint Louis to compete included **Amy Hong '18**, **Lyle Anthony Carrera '21**, **Anuradha Haridhas '19**, **Karolyne Kim '19**, **Celina Lee '18**, **Jiyoong Lee '19**, **Rio Yan '20**, and **Anna Yang '19**. Other team members who did not travel to Saint Louis were **Anjie Ge '18**, **Poonam Gupta '18**, **Zaeem Lone '18**, **Navya Ravoori '18**, **Hirsh Shekhar '18**, **Daniel Soto '21**, and **Audrey Tao '20**. JHU won 1st place in the Case Study portion of the competition in 2015, 2nd place in the Case Study in 2016, and 2nd place in the Quiz Bowl in 2017. Congratulations Scholar Bowl Team!



Top row (left to right): Anu Haridhas '19, Lyle Carrera '21, Celina Lee '18, Karolyne Kim '19, Rio Yan '20
Bottom row (left to right): Anna Yang '19, Amy Hong '18, Jiyoong Lee '19

Spring Break in India

During spring break 2018, PHS Assistant Director **Lisa Folda** and three PHS majors – **Trevor Wroblewski '18**, **Gopika Puncchi '19**, and **Anisha Nagpal '20** – traveled to Dharamsala, India as part of the Zero TB for Tibetan Kids (ZTBTK) program, which is funded by the [Johns Hopkins Alliance for a Healthier World](#). The team was invited by Dr. Richard Chaisson, Director of the [Johns Hopkins Center for Tuberculosis Research](#), to build a social media strategy to support treatment adherence for Tibetan school children who are on TB therapy, either preventative or therapeutic. Trevor, Gopika and Anisha were selected from a pool of applicants in Fall 2017. In preparation for the spring break trip, they attended weekly meetings with the ZTBTK team analyzing survey data and building a focus group guide. On March 18 they arrived in India and hit the ground running! Their week included meetings with the Director and Chief Medical Officer of Delek Hospital, the primary facility serving Tibetan refugees in the area, and an official Tibetan Parliamentary welcome and endorsement for the ZTBTK project. Their work included 6 focus groups with nearly 100 Tibetan students in 9th and 10th grades, as well as informal interviews with the Principals of 4 different schools. Because the schools are largely residential (in order to house students whose families may still be in Tibet), they are ripe for TB transmission. ZTBTK is undertaking active case finding, as well as treatment. The PHS student focus groups and report revealed key information for how Tibetan kids like to get health information and what might be appropriate messaging to promote treatment adherence. This work will provide pilot data for a larger grant application for the Center for Tuberculosis research to scale up to schools in other areas of India, as well as to Buddhist monasteries, which can also be TB hot spots.



Lisa Folda, Anisha Nagpal '20, Gopika Puncchi '19, and Trevor Wroblewski '18 went to India as part of the Zero TB for Tibetan Kids program

ALUMNI CORNER

Isabel Evans, Class of 2017



Isabel is a Public Health Advisor for the Centers for Disease Control and Prevention (CDC) as part of their Public Health Associate Program (PHAP), which is a two-year program that places associates in public health agencies and nongovernmental organizations across the US and its territories. Her assignment through PHAP is in Washington, DC, at the National Association of County and City Health Officials (NACCHO), where she joined their programmatic staff addressing the local response to the national opioid crisis. NACCHO's role as the leader, partner, and voice for local health departments means that Isabel's work focuses on strengthening the ability of communities to combat substance misuse within their own localities by drawing on partners, resources, and innovative solutions. Since joining NACCHO in October 2017, Isabel has engaged in a pilot program to implement community action plans in multiple pilot sites struggling with the opioid crisis, assisted in the compilation of resources to develop a toolkit and web page for local health departments searching for ways to respond to opioid misuse in their communities, and gained exposure to a variety of projects within NACCHO's expansive profile of community health promotion activities. Before beginning her career in public health, Isabel spent the summer of 2017 as a Resident Director for American high school students participating in a language program in southern China, which allowed her to combine her passions for Chinese language and youth development. As an undergraduate at Johns Hopkins University, Isabel pursued



Public Health Studies and East Asian Studies, both of which she drew upon to complete her senior thesis examining the public health implications of group dance among older women in China. She credits her love for community-based public health work to her time volunteering as a research assistant on a Tuberculosis survey in rural China, and her Applied Experience at Baltimore's Healthcare for the Homeless.

PHS alumni, we'd like to hear from you! Let us know what you're up to.

Applied Experience Highlight

Jorge Jimenez '18 writes: Sleep is an essential biologic process in the maintenance of health and neurocognitive function. Insufficient or fragmented sleep can cause metabolic disturbances and reductions in psychomotor vigilance. Student athletes must often balance the competing demands of academic and social obligations and are therefore especially susceptible to the detrimental effects of insufficient or unconsolidated sleep on physical performance. The overall goal of our research study, Sleep Patterns in Student Athletes, is to characterize sleep patterns in collegiate student athletes and prospectively examine their associations with sports and health outcomes. This research study developed from a pilot study in which we characterized sleep patterns in healthy subjects through the use of wrist Actigraphy monitors during the summer of 2017. Our research group at the [Sleep Disorders Center](#), Johns Hopkins Bayview Medical Center led by Dr. Alan Schwartz and Dr. Luu Pham, was awarded a grant from Under Armour. I have had the honor of working with Dr. Alan Schwartz and Dr. Luu Pham since the Fall of 2016. I acquired the unique opportunity of working with them through a colleague, Dr. Panagis Galiatsatos whose guest lecture I attended that semester at the Johns Hopkins School of Medicine. After reaching out to Dr. Galiatsatos, he introduced me to Dr. Schwartz and Dr. Pham. Our current study is expected to be complete by the end of this semester and we are expecting to seek publication soon after.



Meet the team at 3505



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