From the Director

As we get ready to share our latest news with you, I am thinking a lot about the Public Health Studies advisors and the vital role they play in our program. This past summer, Lisa Folda and Laura Foster both left the program to pursue other opportunities. As we opened searches to fill their vacated positions, we carefully considered the qualities we were looking for in their replacements. While certain qualifications we were seeking are easy to list in a job description, others are more difficult to articulate. The Public Health Studies program has a long history of advisors with an exceptional dedication to students, and we are committed to maintaining this tradition of outstanding student support even as our team changes. We are extremely fortunate to have Katie Henry, now in her third year as a PHS advisor, and Cara McNamara, our newest advisor, building on this tradition. I am continually impressed by their professionalism and passion for advising. In the PHS program, advising is much more than helping students navigate graduation requirements. Our advisors guide students in setting their own academic and career goals and help students see how their choices can support those goals and shape their overall undergraduate experience. Our advisors also work to assess and improve our advising practices to ensure that we are delivering the best possible advising program. We often cite our accomplished faculty or the caliber of our students as strengths of our program (as we should), but our amazing advisors also strengthen our program, and I want to take this opportunity to recognize them for their important impact on the student experience and the PHS program as a whole.

Maria Bulzacchelli
PHS Director

PHS Welcomes New Academic Advisor

This fall, Cara McNamara joined the Public Health Studies program as our newest Academic Advisor. Ms. McNamara holds an MPH in Health Promotion and Disease Prevention from The George Washington University. She has extensive experience working on federally funded public health projects for the Department of Health and Human Services. Specifically, her work has supported the Office of Disease Prevention and Health Promotion, the National Institute for Alcohol Abuse and Alcoholism, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. Prior to coming to JHU, Ms. McNamara advised students at the Community College of Baltimore County in Catonsville. Ms. McNamara also holds a certificate in integrative nutrition health coaching and has an active yoga and meditation practice.

Student Spotlight

Angela Lao ’20, recipient of the 2018 James D. Goodyear Public Health Service in Baltimore Award, spent the summer serving as an intern at Carson Research Consulting (CRC), where she worked with the Lerner Center for Public Health Promotion (BSPH) to identify the best tools to use for their new public health campaign, Eat Less Monday. This campaign encourages people to reduce food consumption and implement portion control on Mondays, which corresponds with the Lerner Center’s mission: to focus on health promotion against preventable diseases that are caused by unhealthy behaviors or policies. CRC helped collect data on exercise and food behavior from healthy weight and overweight men and women in Baltimore, Washington D.C., and Philadelphia. The participants ranked their favorite slogans and images, which were all centered on healthy eating habits, and CRC identified the most effective images and slogans to use based on the participants’ feedback. As an intern, Angela collected and analyzed data, edited focus group guides, recruited subjects for focus groups through social media efforts and online postings, sat in on focus groups, attended project meetings, prepared blogs, and summarized project results. Angela says this opportunity “allowed me to realize the importance of public health communication. Following this project from start to finish allowed me to understand the multi-faceted approach for how and why certain tools are used for communication. The goal of public health campaigns is to inform others by using tools to overcome health barriers, and it is essential to use feedback from individuals who will be most affected by these campaigns. Seeing how the intersection between research and public health communication is instrumental in creating public health awareness and reducing community health risks motivates me to continue pursuing opportunities in this field of study.”

The James D. Goodyear Public Health Service in Baltimore Award is made possible by generous donations to the PHS Program. We need your support! If you are interested in making a donation to support this award, please visit the KSAS Make a Gift page and designate your gift for the Public Health Studies Goodyear Award Fund. Thank you!
News from 3505

- **Epidemic Proportions 2018 issue published.** *Epidemic Proportions* is a student-run undergraduate public health research journal. This year’s theme, “baltimore & beyond,” was inspired by the health challenges in Baltimore and how similar challenges can be found across the world. The 2018 issue includes an interview with former Maryland Senator, Barbara Mikulski, who reflects on her career in politics and the state of healthcare in the US. Other highlights include an article on the research of Maggie Vitale ’19, “Asking Difficult Questions: Healthcare Beyond Traditional Medicine,” and an editorial, “Spring is the Season for Change,” in which Ivory Loh ’18 challenges readers to reduce food waste. You can find this issue and past issues on the [Epidemic Proportions](http://krieger.jhu.edu/publichealth/) web site.

- **Nine Gordis Teaching Fellowships awarded for 2019:** The Gordis Teaching Fellowship gives JHSPH doctoral students the opportunity to teach their own undergraduate public health course. The 2019 Fellows are: Anushka Aqil (Ethical Considerations When Working with Marginalized Populations: A Public Health Perspective), Kellan Baker (Policy, Politics, and Power in Health Equity), Norah Crossnohere (Quality of Life: Concepts and Challenges in Assessing Wellbeing), Michael DiStefano (The Dreaded ‘R-word’: The Ethics of Rationing and Resource Allocation in Health Care), Calilope Holingue (Mental Health and The Gut), Taylor Holroyd (Vaccine Development, Epidemiology, and Resistance in the Modern World), Tahilin Karver (Born a Girl: Issues in Women’s Health from a Life Course Perspective), Laura Kroart, (Contemporary Social Movements in Public Health), and Caitlin Weiger (Corporate Influence on Public Health).

- **Dr. Henry drew huge crowd at NACADA.** In October, Dr. Katie Henry presented at NACADA’s annual conference. NACADA, originally the National Academic Advising Association, is now the Global Community for Academic Advising. Dr. Henry presented on the PHS program’s implementation of a flipped advising approach to an audience of nearly 200.

Applied Experience Highlight

Sofia Cuenca ’21 writes: This summer I had the opportunity to intern for the Florida Department of Health in Miami-Dade as a community outreach assistant. Being a Miami native, this opportunity gave me a chance to truly explore and delve deeply into the inequalities present in my own backyard, and a chance to drive action in those areas. During my three months in the position I was able to experience so many different aspects of the public health field through tasks such as facilitating focus groups within different communities, aiding in the creation of the department’s five-year strategic plan, building relationships with community partners, creating social media content and creating a toolkit on how to best support nursing employees in the workplace. On my last week as an intern I had the opportunity to attend a conference called “One Community: One Goal,” which to me, encompassed the very definition of public health... the public health field is about gathering different fields, with different skills, and putting all these different stakeholders together, to create community-wide solutions... to improve individual conditions by solving the root cause of large problems. This summer was definitely enriching, and as a future public health professional, I am more than excited to put all I’ve learned in and outside the classroom into direct practice.

Meet the team at 3505

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- **Katherine Henry, PhD**
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- **Cara McNamara, MPH**
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- **Natalie Boyd, MBA**
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- **Caroline Barry**
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