In July 2014, I boarded a plane and headed to rural Uganda to conduct exploratory research in the village of Bubita on dental health and implement a dental program at a pre-primary school for 4 weeks.

This was my second trip to Uganda; last spring I worked with Professor Austin and fellow Sustainable Development students to install a rain barrel to ensure the provision of clean water at the school and provided health education on hand washing. The children had previously taken time away from class to fetch dirty water from a nearby river. Without the clean water, implementing the dental program would not have been possible.

The goal of the dental program was to incorporate dental health practices in the daily schedule and lifelong routine of the students. After using a model mouth to instruct the students about tooth brushing techniques, I equipped the students with their own supplies of toothbrushes and toothpaste. For many students (and teachers) it was the first time they had ever held or used a toothbrush. The school offers a hot meal everyday for the students and I showed the teachers how to lead the students in brushing their teeth after their meal by dispensing toothpaste upon each student’s brush and filling cups of water for rinsing. The donations that I brought should last several years, as they included over one-thousand toothbrushes and hundreds of tubes of toothpaste. Two locking storage cabinets were commissioned for all the supplies for the dual purpose of maintaining sanitation and to reduce the potential for lost or stolen items.

I also interviewed the parents of the children to learn more about the local dental habits. I learned that dental hygiene education across Uganda is lacking, and that common brushing tactics included rubbing the teeth with sand, laundry soap, or small twigs. Many parents expressed in the interviews that it is perceived that dental care is not a matter of concern until adult age, thus little attention traditionally given to oral hygiene and maintenance in young children.

I am hoping that educating the families and providing basic resources in the community will increase the likelihood of a change in practices and perspectives about dental hygiene. During my interviews, I could tell that the common dental problems experienced and witnessed by parents fostered a desire to promote better care for their children. I emphasized that maintaining good hygiene will help them avoid oral pain and decrease possibilities of infection and disease in the mouth.

To compete this project, I received funding from the Grants in Experiential Learning in Health and the CAS Strohl Grant. This was an amazing experience that helped me to define my future career goals working with NGOs on issues of health and development.

By Haley Grace Maruschak
Anthropology Major (’15)
A Note from the Director…

It is my great pleasure to introduce the new Health, Medicine and Society (HMS) newsletter, the HMS Messenger. The newsletter is a collaborative effort of the faculty, staff, and students at Lehigh University, intended to become a regular means of spreading the word about our events, accomplishments, and goals.

HMS began as a small faculty and student interest group at Lehigh University in 2008. Over the past several years, interest in the program has grown considerably. This spring HMS will offer 17 courses, as well as contributing to a wide array of research, independent study, and service learning projects. As Professor Burke highlights in this issue, we are also continuing to hire core HMS faculty this year that specialize in community health. The search for a Social Epidemiologist, shared with the department of Sociology and Anthropology, is well underway. A search for a Community Based Participatory Research specialist is also taking place in combination with the College of Education. In the coming months and years, will we be taking a dedicated focus to revising our curriculum and carefully considering the direction and future of the program as it continues to evolve and gain prominence at Lehigh.

Other new developments are also unfolding this semester; HMS is now offering funding to support faculty research and student travel to conferences. Be sure to check out the information included in this issue and online about these opportunities. In addition, HMS is also looking to hire a work-study student to help with social media and promotion of the program.

Curricular advancements also continue this spring semester; Social Epidemiology will be offered for the first time by Rajika Reed, an Epidemiologist at St. Luke’s. I am working closely with Dr. Bonnie Coyle, M.D. to develop a year-long practicum course linked to the HEARTS Link program, potentially to be offered for the first time starting this fall.

I feel very fortunate to be directing this program during these exciting times. For those of you who do not know me, I came to Lehigh in 2012 and most of my current work focuses on the social and environmental determinants of infectious disease in developing nations. In addition to focusing on cross-national research, I also conduct fieldwork in rural Uganda. My most recent project examines the benefits and limitations of international health aid in the community of Bududa, Uganda. I am also deeply passionate about teaching and advising students, especially mentoring students on their research. I have facilitated multiple trips with Lehigh students to Sub-Saharan Africa, and this summer, I am looking forward to leading an Iacocca Internship experience there for 8 weeks.

Keep alert for announcements for HMS talks that will be delivered in coming months by our faculty candidates. These and other exciting initiatives and events are chronicled on our newly updated HMS website at: http://hms.cas2.lehigh.edu

These are exciting times indeed!

-Kelly Austin

HMS Faculty Mini Research Grants

Check out the new Faculty Mini Research Grants! These are intended to expand the experiences, perspectives, skills, and involvement of HMS faculty in research. Mini Research Grants may support faculty travel, research supplies, participation at workshops or conferences, the funding of student research assistants, and other valid expenses. Mini Research Grants may fund up to $400 per faculty member per year and, if possible, could be combined with funding from other sources. Applications for Mini Research Grants are due on Oct 31st, 2014. Core HMS, affiliate HMS, or community health research group faculty are eligible. Please download the application and further details at: http://hms.cas2.lehigh.edu/node/86
Curricular Highlights

Several new changes are under review with Course & Curriculum...

- Social Epidemiology will soon have a permanent course listing. This course will be offered at the 300 and 400 levels, and is cross-listed with Sociology.
- HMS will soon offer separately designated Independent Study, Supervised Research, and Internship credits for undergraduate students.
- Professor Napper is offering a new course this year, Drugs and Behavior, which is cross-listed with Psychology.

“\textit{The HMS courses offered are always current and diverse; and my professors are eager to connect me with both internship and research opportunities in their fields. Also, they led me toward my decision to pursue a career in Public Health with a concentration in maternal and child health.}” \textit{--Cristina DeScisciolo, Majoring in Global Studies (‘15)}

Meet the Faculty: Professor Lucy Napper

I am originally from the UK and received my Ph.D. in Psychology from the University of Sheffield, UK. Before coming to Lehigh, I spent several years in California and received postdoctoral training in HIV prevention, the development and evaluation of substance use interventions, and psychometrics. I worked for a number of years with a substance abuse treatment provider evaluating a community-based program that provided mental health and substance abuse services for economically disadvantaged African-Americans and Hispanics living with HIV or AIDS.

My current research focuses on responses to health-risk information, attitude and behavior change, and the assessment of health-related cognition and behaviors. I am particularly interested in social influences on health behaviors. This includes the influence of peers and parents on substance use and sexual risk behaviors of emerging adults. I also study the efficacy of interventions aimed at reducing substance use and associated risks. For example, I study ways to promote effective parent communication about substance use, how to change normative perceptions regarding alcohol and marijuana use, and approaches to reduce defensive responses to personalized health risk information.

My quantitative interests focus on how to effectively develop measures of substance use, mental health, and sexual risk related attitudes and behaviors. I am currently working on projects examining the assessment of hooking up outcomes, communication about substance use, and acculturation stress. At Lehigh, I am looking forward to teaching courses that explore the psychological study of substance use, HIV, and research methods.

“At Lehigh, I am looking forward to teaching courses that explore the psychological study of substance use, HIV, and research methods.”

Lucy Napper
Assistant Professor of Psychology and Health, Medicine and Society
Awards Received!

Professor Judith Lasker received the Centennial Award from Harvard’s Graduate School of Arts and Sciences in May 2014. Check out more information on her accomplishment at:
http://news.harvard.edu/gazette/story/2014/05/gsas-honors-four-with-centennial-medals/

Congratulations Professor Lasker!

Professor Holona Ochs won the Lehigh Early Career Award for Distinguished Teaching in 2014, which is presented to a junior member (or members) of the faculty for distinguished teaching.

Great job Professor Ochs!

“Taking HMS courses was instrumental in my pursuit of a career in healthcare. They introduced me to the idea that you could work in, and impact, healthcare without being a direct practitioner.”

- Allison Prosswimmer, Majored in History, HMS Alumni (‘10)

Pedagogic Highlights

Students in Professor Judith Lasker’s class, HMS 160: Medicine and Society, spend the beginning of the first class each week discussing “current events” related to health problems, health policy, and medical care. Many of the students have volunteered examples that are related to course content, giving the class an opportunity to learn about recent research and events. Certainly the most commonly mentioned topic is the Ebola epidemic. Discussion of this epidemic has prompted conversation about themes as diverse as the mechanisms of disease transmission, African geography, public perceptions of risk, and the impact of globalization on the spread of disease.

In Professor Maria McGrath’s course, HMS 196: Food and Health in Modern America, every two weeks students report on what is currently hot in food and health news. These presentations keep students abreast of contemporary health trends and science, while they study America’s food and health past. Last week the class heard about crickets as a promising new protein source, about the potential correlation between mid-section weight gain and increased breast cancer rates, and about the benefits of drinking wine to combat acne.

Students in Professor Tim Lomauro’s class, HMS 138: Abnormal Psychology, have discussed historical and contemporary models for understanding abnormal behavior and psychological disorders, as well as examining recent changes in diagnostic criteria included in the Diagnostic and Statistical Manual of Mental Disorders. The class viewed and discussed documentary films on the history of mental health treatment in America from the 1960s to the present and on the aftermath of trauma experienced by men and women who served in the U.S. military in Iraq. Students also regularly participate in an ongoing discussion forum via CourseSite, addressing clinical case studies reflecting a broad range of psychological issues and disorders.
There is a book that I often read to my children called The Little Hummingbird, which is based on a South American indigenous folktale. In the story, there is a great fire in the forest, and all of the animals are frightened, running for safety. The only animal to not give up is the little hummingbird, who darts back and forth determinedly from the stream to the fire, carrying one drop of water at a time to try to quench the fire. The others watch her and are frightened for her, asking what she is doing, her response is, "I’m doing everything I can."

When we look at the world around us, it often looks like everything is ablaze and there is nothing we can do to stop it. War, poverty, hunger, disease, domestic violence, racial tensions… These problems are so big, what could we possibly do to solve them? One moral of The Little Hummingbird is that these big problems would be much less big if everyone were engaging them rather than standing on the sideline. This kind of thinking – a desire to effect positive change in the world – may have led you to HMS in the first place, and it may shape your future accomplishments and goals. What you will find as you follow this path, however, is that you are not alone – that many others with different backgrounds, different approaches, different skill sets, and different resources are also working passionately to address the same problems as you. Indeed, another moral of The Little Hummingbird is that each of us brings a unique blend of talents, experiences, and expertise that we can apply in idiosyncratic ways to addressing the world’s big problems. The hummingbird was uniquely adapted to do what she did to help put out the fire, just as each of the other animals could have found their unique adaptations to contribute. By pooling their complementary abilities, they could have done more collectively to address the big problem. In the nonprofit world, this idea is known as collective impact, and it’s increasingly seen as a key to making significant impact on the complex, interdisciplinary issues facing the world.

So where am I going with all of this? About two and a half years ago, a group of HMS faculty led by former director Beth Dolan (English) and Presidential Chair in Health for the Humanities and Social Sciences Dena Davis (Religion Studies) gathered to ask the question, "How can we better equip our students to face the important problems of tomorrow?" In particular, we saw a huge student demand for coursework and experience in the domain of public health, and we saw an opportunity in the faculty "cluster" hiring program that Lehigh was introducing. This program invited interdisciplinary groups of faculty to submit proposals for hiring several additional faculty members along a common theme. With the aid of consultants, we focused our proposal on a particular approach known as Community-Based Participatory Research (CBPR). CBPR is a unique approach to community-based research in which community members are treated as equals in the research process. By establishing an ongoing and mutually respectful relationship with the researchers, community members help to define the problems to be addressed and the methods of the study/intervention. They aid in data collection and in interpreting the data. And the results of the studies always come back to the community. Research indicates that CBPR interventions are often more successful and self-sustaining than conventional interventions, both because of community "buy in", but also because the methods are tailored to the specifics of the community. From an ethical standpoint, CBPR has the advantage of treating community members with respect and equal status, rather than simply as research subjects or intervention targets. We quickly became convinced that this was the right focus for our efforts. Not only would expertise in CBPR help us to integrate our disparate community-based research programs to have a greater impact on health in the Lehigh Valley. It would also help to put our students at the cutting edge, moving on from Lehigh with a well-stocked toolbox for effecting change. By the time our final proposal was submitted, we had amassed the support of twenty faculty members spanning nine departments and three colleges.

Continued on page 6...
Community Health Research Group Continued...

Since our proposal was approved in June 2013, we have been focusing much of our attention on the faculty searches. We proposed three hires – a social epidemiologist, a quantitative specialist, and an experienced CBPR researcher – each of which adds a specific methodological strength to our existing core group of five faculty members with experience studying community health issues: Kelly Austin (Sociology and Anthropology; HMS director), Breena Holland (Political Science and Environmental Initiative; Southside Initiative director), Judy Lasker (Sociology and Anthropology), George White (College of Education; Center for Developing Urban Educational Leaders director), and myself. In a search that ran last Fall, we hired Lucy Napper (featured in this issue), a health and social psychologist, with expertise ranging from substance abuse to HIV risk perception to acculturation stress, who also has a background in advanced statistics. This Fall, we are running searches for the other two positions and hope to have the full team – now known as the Community Health Research Group – in place by the end of this academic year.

Collectively, this group will not only be enriching the course offerings within HMS; we will also be developing a wide range of opportunities for students, faculty, and community members to get involved. Just to provide a taste of the work we have already been doing in the community, some of us have been involved with community gardening projects – a great way to build relationships within the community and share food-related experiences and information. Others have been engaged with the local schools to improve educational experiences for students and to connect students and families with healthcare services. Finally, several of us have been involved in the planning stages of a new integrative health center in South Bethlehem. This exciting venture, which brings together a variety of local healthcare, educational, and community services organizations, will not only provide much needed services for local residents, but it will also create a rich, interdisciplinary training platform for students in health sciences. Each of these activities is a potential opportunity for HMS students to gain hands-on experience outside of the classroom, and many more opportunities will open up as the team comes together and we begin our work in earnest. I see this as a very exciting time for HMS, Lehigh, and our community, as organizations hone their strengths and focus more on collaboration and collective impact. If it sounds exciting to you too, I'd encourage you to take up the challenge of, "What could I possibly do?" and respond with, "I'm doing everything I can."

For more information on our group, see our website, at http://www.lehigh.edu/commhealth, or contact us at commhealth@lehigh.edu.

By Professor Christopher T. Burke, Ph.D. Department of Psychology & Director, Community Health Research Group (CHRG)

Consortium for Universities in Global Health Student Reflection Essay Contest

The Child Family Health International (CFHI), Loyola University Chicago Stritch School of Medicine, University of Pittsburgh's Center for Global Health, and Consortium for Universities in Global Health (CUGH) are co-supporting the 2015 CUGH Trainee Reflection Essay Contest. Submission deadline is December 15, 2014. There are three categories of submissions: Social Justice, Messages of Hope and Optimism, and Open category (for all other themes). The contest is open to undergraduate and graduate students from all disciplines. Please learn more here: http://www.eventsric.com/2015/CUGH/aaEssayContest.asp
Help Wanted: Work-Study Student for Social Media Position

Position Description: Job 1132, Social Media Assistant for HMS

- Responsibilities: Program promotion (i.e. passing out fliers, posting events on social media), assisting with production of the HMS newsletter (under the direction of Professor Austin), keeping HMS Facebook and twitter active and up-to-date, updating the HMS website, interfacing with HMS alumni.
- Estimated hours per week: 6-10 hours.
- Students with an HMS minor or who have taken HMS classes are strongly encouraged to apply.
- Contact the Financial Aid Office for more information and directions on how to apply.

New! Student Conference Travel Grants

Student Travel Grants are intended to support HMS student travel to conferences and workshops on topics relevant to Health, Medicine and Society. Student Travel Grants may reward up to $200 toward travel expenses and, if possible, could be combined with funding from other sources. Please note that you must be an active HMS student on both the date of application and during the dates of the conference to qualify for funding. Only conferences and workshops that focus on themes related to HMS will be considered for funding.

For more information and to download an application, visit:
http://hms.cas2.lehigh.edu/node/87

Hey Students!
Attending professional conferences can help you learn about job, internship, and research opportunities...

What HMS Alumni are doing...

<table>
<thead>
<tr>
<th>Name</th>
<th>Graduated</th>
<th>Major</th>
<th>Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrienne Viola</td>
<td>2012</td>
<td>Biochemistry</td>
<td>Recently completed a Master's in Public Health at Yale, now pursuing a Ph.D. in Epidemiology at Rutgers Robert Wood Johnson Medical School.</td>
</tr>
<tr>
<td>Grace Mullane</td>
<td>2011</td>
<td>Psychology</td>
<td>Earning a Doctorate of Psychology in Clinical Psychology from the Massachusetts School of Professional Psychology, with a concentration in mental illness.</td>
</tr>
<tr>
<td>Jenny Rossner</td>
<td>2010</td>
<td>English</td>
<td>Employed as a project manager at a private company specializing in diagnostic products and diagnostic testing services in New York.</td>
</tr>
</tbody>
</table>
Spring 2014 HMS Courses

HMS, ENG 115-10 Literature of Contagion 4 credits (HU); Professor Dolan M,W; 12:45 - 2:00 p.m.
HMS, PHIL, REL 116-10 Bioethics 4 credits (HU); Professor Schmidt M,W; 12:45 - 2:00 p.m.
HMS, STS, HIST 118-10 History of Modern Medicine 4 credits (HU); Professor Smith T,TR; 10:45 - 12:00 p.m.
HMS, SSP 152-10 Alcohol, Science, and Society 4 credits (SS); Professor McIntosh M,W,F; 9:10 - 10:00 a.m.
HMS, ANTH 155-10 Health, Illness & Healing 4 credits (SS); TBA T,TR; 2:35 - 3:50 p.m.
HMS 180-10 Introduction to Public Health 4 credits (SS); Professor Coyle T,TR; 10:45 - 12:00 p.m.
HMS, PHIL, REL 195-10 Bioethics and the Law 4 credits (HU); Professor Davis on-line
HMS, WGSS 196-10 Maternal Bodies and Public Health 4 credits (SS); Professor Martell M,W; 2:35 - 3:50 p.m.
HMS 197-10 Peer Health Adviser Training 4 credits (SS) Professor Costa T,TR; 2:35 - 3:50 p.m.
POLS 307-10 The Politics of Mental Health Policy 4 credits (SS, HMS attribute); Professor Ochs TR; 4:10 - 7:00 p.m.
HMS, SSP, GCP, GS 322-10 Global Health Issues 4 credits (SS); Professor Lasker T,TR; 1:10 - 2:25 p.m.
HMS, PSYC, WGSS 334-10 The Psychology of Body Image and Eating Disorders 4 credits (SS); Professor Lo-
mauro T; 7:10 - 10:00 p.m.
HMS, PSYC 386-10 Child and Adolescent Health Psychology 4 credits (SS); Professor Barrett T,TR; 1:10 - 2:25 p.m.
HMS, ES, GS, ANTH 395-10 Anthropology of Health & the Environment 4 credits (SS); TBA T,TR; 1:10 - 2:35 p.m.
HMS, PSYC 396-10 Drugs and Behavior 4 credits (SS); Professor Napper T,TR; 10:45 - 12:00 p.m.
HMS, PSYC 397-10 Participatory and Action Research in Psychology 4 credits (SS); Professor Burke M,W; 12:45 -
2:00 p.m.
HMS, SSP 398-10 Social Epidemiology 4 credits (SS); Professor Reed M,W; 12:45 - 2:00 p.m.

HMS Core Faculty

Kelly Austin | Director of Health, Medicine and Society | Assistant Professor of Sociology
Christopher Burke | Director of Community Health Research Group | Assistant Professor of Psychology
Stephen Cutcliffe | Director of Science, Technology, & Society Program | Professor of History
Dena Davis | Associate Director of Personnel for Health, Medicine and Society | Presidential Endowed Chair in Health, Humanities and Social Sciences | Professor of Religion Studies
Elizabeth Dolan | Associate Professor of English

Sharon Friedman | Director of Science & Environmental Writing | Professor of Journalism & Communication
Judith Lasker | NEH Distinguished Professor | Professor of Sociology
Linda Lowe-Krentz | Directory of Biochemistry | Professor of Biological Sciences
Jesseca Marsh | Assistant Professor of Psychology
Lucy Napper | Assistant Professor of Psychology
Laura Karz Olsen | Professor of Political Science
Lloyd Steffen | Professor of Religion Studies | University Chaplain
Recent Faculty Publications


**Davis, Dena.** 2013. “Alzheimer Disease and Pre-emptive Suicide.” Journal of Medical Ethics.


Upcoming Conferences

**Advances in Global Health: A Symposium Honoring Jonas Salk and Albert Sabin on World Polio Day and Dr. Salk’s Centenary**
NYU Langone Medical Center’s 5th Annual Innovations in Healthcare Symposium
October 23–24, 2014

LeFrak Auditorium, Price Center/Block Pavilion Albert Einstein College of Medicine, Bronx, NY
November 10, 2014

**Healthography**
*American Public Health Association: 142nd Annual Meeting and Expo*
New Orleans, LA November 15-19, 2014

**Annual Regional Pre-Medical Conference: The Modern Medical Student/Health Professions Student**
Weill Medical College of Cornell University
Uris Auditorium, New York
December 6, 2014
Iacocca Internship opportunity focused on public health in Uganda...

Hey Students! Looking for an Iacocca Internship Experience this summer that has a public health component? Consider interning for Pathways Development Initiative (PDI) in Bududa, Uganda. Interns will develop and implement health education on topics such as hygiene and hand washing, malaria prevention, tuberculosis prevention, dental hygiene, and diarrhea to school-age children. Students will also have the opportunity to volunteer at an outpatient clinic, shadowing doctors, preforming health outreach, and/or working in the laboratory. To find out more information and apply for placement with PDI in Uganda or other opportunities of interest, please visit the Iacocca Internship website at: http://global.lehigh.edu/internships/students/opportunities

Grants for Experiential Learning in Health (GELH) Symposium!

Please join the GELH Committee and the GELH 2014 Grant Recipients as we celebrate their accomplishments!

This is a great opportunity for students interested in the 2015 round of grant submissions to get ideas, inspiration, and knowledge about the different types of projects that have been supported.

What...
- GELH Student Presentations

When...
- Tuesday, November 11, 2014
- 4-6pm

Where...
- STEPS 101

RSVP...
- with Jeanne Kassis
  - jek207@lehigh.edu
  - by Friday, November 7, 2014

Grant applications for summer 2015 projects will be accepted beginning December 1, 2014 through February 6, 2015.

For more information contact:
Office of Interdisciplinary Programs
Maginnes Hall, Room 490
610-758-3996
incasip@lehigh.edu