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Kinesiology studies question health benefit of sports drinks, high-carb foods after exercise

Three studies published by Kinesiology Department researchers suggest that, unless you are a competitive athlete, consuming sports drinks or high-carbohydrate foods such as energy bars right after exercising may negate the health benefits that physical exercise creates.

Barry S. Braun, associate professor of Kinesiology and director of the Energy Metabolism Laboratory, says most people who exercise aren't competitive athletes. They exercise to help their overall health, seeking to manage their weight and reduce risk for diabetes, heart disease or other health problems. For them, the potent benefits of exercise are quickly reversed by consuming high-carbohydrate foods such as sports drinks and energy bars after workouts.

Braun says for ordinary people who are using physical activity to improve their health, exercise is a medicine. Each "dose" of exercise gives benefits but the effects are lost in one to two days. Like other medications, exercise also has interactions with food. Recommendations for athletes seeking to optimize their performance may be precisely the wrong advice for people using exercise to improve their health. The latter might be wiser to avoid sports drinks and energy bars during, and for one to three hours following, exercise to maximize the positive effects of each exercise "dose," Braun says.

In three recently published studies, graduate students under Braun's direction looked at how the total calories, the carbohydrate content, and the timing of post-exercise meals influence metabolic health. In the first study, published in the *Journal of Applied Physiology*, Steve Black showed that walking on a treadmill for one hour daily, which burned 500 calories, increased the effectiveness of insulin to clear blood sugar by 40 percent. But when the 500 calories burned was replaced by feeding the participants a high-carbohydrate drink following exercise, the positive effect disappeared entirely, along with improvements in several other key health markers like



blood lipids and inflammatory proteins.

To understand whether the negative effects of the post-exercise meal were due to the total calories or to the carbohydrate content of the meal, Kaila Holtz tested two different meals given immediately after 75 minutes of moderately intense bicycle exercise. The meals contained exactly the same amount of calories but one was high in carbohydrates and the other was very low in carbohydrates. Her results, published in the *Journal of Applied Physiology, Nutrition and Metabolism*, showed that the effectiveness of insulin to clear sugar from the blood was greater after either exercise/meal combination compared to participants who did not exercise. The effects were larger, however, when the meal was low in carbohydrates. These results suggest that, when the post-exercise meal is low in carbohydrates, more of the metabolic benefits of exercise are retained.

Brooke Stephens-Hasson conducted a study, also published in the *Journal of Applied Physiology, Nutrition and Metabolism*, in which she changed the timing of when the meal was given while keeping the total calories and carbohydrate content of each meal constant. She compared identical meals given before, immediately after, or three hours after 75 minutes of moderately intense bicycling. Once again, the effectiveness of insulin to clear blood sugar was better after any of the exercise conditions compared to a no-exercise condition. Although there were a few subtle differences, the results were similar among all three exercise/meal combinations, suggesting that timing of the meals was not an important consideration.

August 27, 2008

Torres named director of Gastón Institute at UMass Boston



María Idalí Torres, a faculty member in the Department of Public Health since 1992, has been named director of the Mauricio Gastón Institute for Latino Community Development and Public Policy at UMass Boston.

Her administrative appointment is effective Jan. 4 after she completes a fall semester sabbatical leave. In addition to the director's post at the Gastón Institute, Torres will hold a joint faculty position in the Boston campus' Department of Anthropology and the Department of Public Policy, effective Aug. 31.

She will continue to be connected to the Amherst campus through an adjunct faculty appointment in the Health Policy and Management Program of the School of Public Health and Health Sciences, and collaborative work with faculty and students researching the experience of Latinos in Western Massachusetts.

“I am honored and humbled to be selected to lead the Gastón Institute” said Torres. “I will work to advance the mission of the institute by expanding its capacity for community participatory



action research, building on the strengths of the faculty and students on campus and seeking the collaboration of Latino organizations across the state”.

“We are thrilled that Idalí Torres will lead the Gastón Institute,” said Miren Uriarte, current and founding director of the institute. “Her scholarly record, her applied research and policy work and her commitment to community development mirror our mission. We hope also that her presence will result in stronger ties to communities and organizations in Western Massachusetts.”

The Mauricio Gastón Institute for Latino Community Development and Public Policy is a member of the Inter-University Program for Latino Research, a consortium of 16 Latino research centers based at major universities across the country. Established in 1989 through a partnership of the Legislature and Latino community activists and scholars, the primary mission of the institute is to research, document and disseminate information about the Commonwealth’s growing Latino population. Its strong program of applied research focuses on demographic trends, education and economic outcomes, political participation as well as social and health disparities. An advisory board comprised of Latino community leaders and researchers guides the work of the institute.

August 25, 2008

Alhassan receives NIH grant to study physical activity in children and adolescents



Sofiya Alhassan, assistant professor of Kinesiology, has received federal funding to help her develop and validate new methods for processing physical activity in children age 8 through 16. Alhassan received the two-year, \$280,937 grant from the National Institutes of Health that will fund the study as part of a larger \$1.2 million award that is being used to develop similar methods in adults.

Alhassan says the new grant will allow her to develop methods of reading the devices worn by children during various types of physical activity. The readings are taken on a wearable accelerometer that can be used to identify time spent in various physical activity. She says measuring activity in children is different from measuring physical activity in adults because it is confounded by their growth and maturation.

“Findings from this research will allow us to derive more accurate and detailed estimates of physical activity in children,” Alhassan says. “This systematic approach will provide information leading to a clearer understanding of the dose-response relationship between physical activity and various outcomes in children such as obesity.”

This latest grant is part of a five-year, \$1.2 million NIH award last summer to Patty S. Freedson, professor and chair in the Kinesiology Department. Freedson, in collaboration with assistant



professor John W. Staudenmayer and professor John P. Buonocorsi of the Mathematics and Statistics Department, is developing pattern recognition algorithms from wearable accelerometers used by adults.

Alhassan will extend this work by applying these methods for activity identification and estimating the energy cost of physical activity in children and adolescents. The wearable accelerometer is used to objectively assess physical activity in a free-living environment and can collect and store temporal patterns of physical activity over several days or weeks.

A recent report commissioned by U.S. Secretary Levitt and the Department of Health and Human Services called for more research on the use of motion sensors and physiological monitoring. It says these technologies have the potential to greatly improve the accuracy and reliability of physical activity assessment in free-living populations leading to a better understanding of health benefits and dose response. Development and evaluation of these technologies are needed for assessing populations with different activity profiles and sociodemographic characteristics. The grants awarded to the campus researchers directly address the call for the development and evaluation of novel data-processing methodologies.
July 23, 2008.

Umberger presents invited paper in Marseille, France



Brian Umberger, assistant professor of Kinesiology, gave an invited talk on the “Biomechanics and energetics of human walking” at the annual meeting of the Society for Experimental Biology held from July 6-10 in Marseille, France.
July 15, 2008.



Preschool exercise study targets childhood obesity

Junk food, video games, TV – these are just a few factors causing an epidemic of obesity in preschool children, putting them at risk for developing high blood pressure, heart disease and Type 2 diabetes. Sofiya Alhassan, assistant professor of Kinesiology, is researching how to reverse this trend by introducing preschoolers in western Massachusetts to a program that makes physical activity fun.

As the children imitate animals, do the chicken dance and crawl under a giant parachute, Alhassan will document whether 30 minutes of structured outdoor play added to the school program encourages preschoolers to be more active through the rest of the day, which can have a



powerful effect on their weight and health. The program began on March 10 and will end next June 8.

According to Alhassan, a critical age for the development of obesity has been identified as 3-5 years. “Children are naturally leanest before the age of 5 or 6, and then they start to gain weight through the natural growth process,” says Alhassan. “Weight gain that begins earlier, for example, during the preschool years, is related to a much higher risk of adolescent, and potentially adult, obesity.”

Seven preschool classrooms at the Jewish Community Center in Springfield and three classrooms at the Marks Meadow Elementary School on campus are participating in the current study. Classroom behavior and television habits were part of the baseline data collected before the study began. Students also wore devices called accelerometers to measure their physical activity, giving an accurate account of how many minutes they spent in light, moderate and vigorous physical activity over an entire week.

In past studies conducted by Alhassan, parents were shocked at the results from the accelerometers. “Most parents view their children as very active, since they tend to be excited when they return home after school, but more than half of the students actually fell into the sedentary category, averaging less than 16 minutes of moderate to vigorous physical activity each day,” says Alhassan.

Students were then divided into two random groups. Half of the students are being given an extra 30 minutes of outdoor free-play time over the course of the school day. The other half are participating in 30 minutes of structured activity designed to raise their heart rates and improve their motor development and coordination. Alhassan believes that the structured activity may be more effective.

“As a postdoctoral fellow, I studied the effect of giving kids an extra 60 minutes of outdoor free-play time each day, but this didn’t increase their level of physical activity, since they gravitated to the sandbox or swingset,” says Alhassan. “This new study will introduce the kids to 30 minutes of structured activities. We will then determine whether this helps them remain more active through the rest of the day, or whether they compensate for the exercise by becoming less active.”

Alhassan is working with the SPARK early childhood program, which was originally designed for elementary school children under a grant from the National Institutes of Health by Tom McKenzie and Paul Rosenberg. The program was later modified for preschoolers. Once her study is completed, it will be the first randomized trial of the program to be published.

First and foremost, the program is designed to be fun. Each session begins with a musical warm-up, followed by game oriented activities like “Parachute Wheel Run Around” and musical hula



hoops. Almost the entire 30 minutes is geared towards moderate to vigorous activity, and is carefully designed to work on motor coordination and spatial orientation, in the hopes that increased coordination will make physical activity easier and more fun.

“Children generally don’t play outside after school for a variety of reasons, and because of recent ‘no child left behind’ programs, more of the school day is devoted to study,” says Alhassan.

“Integrating learning and exercise can help prevent obesity, which is the number one preventable risk factor for heart disease, high blood pressure and Type 2 diabetes.”

June 25, 2008.

News & Events for Spring 2008



In Memoriam - Hiromi Gunshin

Obituary: Hiromi Gunshin, assistant professor of Nutrition

Hiromi Gunshin, assistant professor of Nutrition, died May 12.

Born in Japan, she obtained her B.S. in applied biochemistry in 1983 from Hiroshima University, where she also completed an M.S. in nutritional biochemistry in 1985.

After completing her Ph.D. in nutritional biochemistry from the University of Tokyo, she joined the faculty of the School of Medicine of Ryuku University in Okinawa as an assistant professor and then served as associate professor in the department of bioresource engineering at Yamagata University.

In 1995, she joined the renal division at Brigham and Women's Hospital in Boston as a research fellow. Her work also included research at Children's Hospital in Boston.

She was known in the field for her advances in understanding iron absorption, in particular for cloning the first known mammalian iron transport gene, DMT1: the divalent metal transporter.

Using different strains of "knockout mice" that lack a functional DMT1 gene in specific tissues, she was investigating the role of the DMT1 gene in various pathologic states, including hereditary hemochromatosis.

Recruited to the Nutrition Department in 2006 under the Amherst 250 plan, she had been awarded three external research grants to fund her research.



She received many awards for her pioneering work, and she was an active member of the International BioIron Society and the American Gastroenterological Association.

May 30, 2008



Bacteria in aircraft cabin air poses low risk to travelers, reports environmental health professor Christine Rogers

AMHERST, Mass. – Popular wisdom says that aircraft provide the perfect environment for spreading disease, but few studies exist to confirm or deny this suspicion. Now, a team of researchers from the University of Massachusetts Amherst, a leading federal agency and Harvard University has measured concentrations of bacteria in the cabin air of 12 commercial passenger aircraft, and found that flying may be safer than we think.

“In general, bacterial concentrations and types found during the study should not pose a risk to travelers,” says Christine Rogers, a professor of public health at UMass Amherst. “While we did find elevated levels of bacteria at several intervals during the flight, they were common residents of human skin and mucus membranes, dust and outdoor air, including *Pseudomonas*, *Bacillus* and *Staphylococcus*.” Rogers adds that passengers infected with diseases such as tuberculosis are a special case that could pose a risk to fellow travelers.

The study was headed by Lauralynn Taylor McKernan of the National Institute for Occupational Safety and Health. Additional members of the research team include Harriet Burge and Robert Herrick of the Harvard School of Public Health and Kenneth Wallingford and Misty Hein of the National Institute for Occupational Safety and Health. Results were published in the March 2008 issue of the *Annals of Occupational Hygiene*.

The team sampled cabin air on 12 randomly selected flights using Boeing 767 aircraft, with flight times lasting from 4.5 to 6.5 hours. Samples were taken in the front and rear of the coach-class cabin at six times during the flight, including boarding, mid-climb, early cruise, mid-cruise, late cruise and deplaning. Additional air samples were taken from the outside and inside of airline terminals at the cities of departure and landing. Flights were sampled during the summer to eliminate the effect of seasonality.

An analysis of the data showed some interesting trends that could be used to predict how disease organisms would move through an aircraft in the event of an emergency. The highest concentrations of bacteria were measured during boarding and deplaning. “Human activity during boarding and deplaning is greatest, which stirs up a lot of dust and causes increased shedding of bacteria from skin,” says Rogers. “This activity may also stir up microbes hidden in the seats of the plane.”



Bacteria levels dropped during the middle of the flight when compared to boarding and deplaning. The drop in mid-flight bacteria may be the result of less human activity, and the settling of bacteria from outdoor air brought into the plane before takeoff.

Since samples were taken from different locations in the plane at several time intervals, the researchers were able to study the pattern of air movement during the flight, and notice how human activity and bacterial shedding changed over time.

“Concentrations of bacteria were higher in the front of the plane during boarding, which makes sense since the planes were boarded back to front, with standing lines common at the front of the plane,” says Rogers. “This pattern shifted during the flight, with slightly higher bacterial concentrations in the rear of the plane. This could be the result of passengers shedding bacteria as they moved to the restrooms in the back of the plane.”

Levels of bacteria detected in the aircraft were compared to a study by the U.S. Environmental Protection Agency documenting bacteria in the air of indoor offices and other nonmanufacturing workplaces. Concentrations of total bacteria were higher in the aircraft during boarding, cruise and deplaning, probably due to the number of occupants in a given space and higher levels of human activity.

“Workers and passengers in commercial airliners are exposed to higher levels of common bacteria than people in office buildings,” says Rogers. “This points to the need for additional research to evaluate disease transmission on commercial aircraft.”

April 29, 2008

Jean Anliker receives Distinguished Academic Outreach Award at ceremonies in the Campus Center on April 16th



Outstanding scholarship that has a direct impact on the external community was recognized April 16 as Vice Provost for University Outreach Sharon Fross presented this year's Distinguished Academic Outreach Awards at ceremonies in the Campus Center.

The research award went to Jean Anliker, director of the UMass Extension Nutrition Education Program, while Jerri Willett, professor in the School of Education, was recognized for teaching. Jane Feroli of Brockton received the Community Partner award.

Interim Chancellor Thomas Cole and Provost Charlena Seymour were on hand to thank the award recipients. Commonwealth College dean Priscilla Clarkson presented awards to nine Community Service Learning Faculty Fellows.

The Distinguished Academic Outreach Awards were established in 1997. This year's awards



reflect the growing depth and importance of Outreach Scholarship on campus, according to Fross.

Fross noted that the award recipients, selected by the Outreach Academic Outreach Award Review Committee, were chosen from an unusually diverse and accomplished list of nominees.

“Each honoree has charted new territory in outreach, exploring new ways to link UMass Amherst and communities,” said Fross. “Each has made longstanding professional and personal commitments to the social, economic, cultural and environmental betterment of the communities they serve.”

“This reflects your commitment – the commitment we have made together – to the outreach mission of the University,” Fross told the recipients. It reminds us that our commitment to engagement is nothing less than what the public, business and industry, our partners and our legislature expect of us. It is what we expect of ourselves.”

Anliker directs the UMass Extension Nutrition Education Program, which brings health literacy to the neediest citizens of Massachusetts. Her formative research and innovative curriculum empower youth to make wise choices about money, food and health. As co-principal investigator of the \$800,000 U.S. Department of Agriculture-funded Tween Power program, she helped initiate Strength and Power in Nutrition (or SPIN), an eight-week after-school program that uses marketing concepts to teach young teenagers to recognize the power that health brings to their lives. The SPIN curriculum uses the culture and language of youth to create compelling lessons that resonate with teens struggling with issues of identity, peer pressure and independence.

Jerri Willett has provided critical assistance and training for teachers and administrators attempting to find their footing as state and federal education reforms have shifted the ground under public schools that serve bilingual and English-learning children. She has been instrumental in creating the Access to Critical Content and English Language Acquisition (ACCELA) Alliance, a \$2.5 million program funded by state and federal grants. The program, which she co-directs with associate professor Meg Gebhard, partners the School of Education with Springfield, Holyoke and Amherst schools and brings degree programs and language, communication and cultural training skills to teachers in those communities. Nearly 100 in-service teachers and bilingual paraprofessionals have entered master’s or undergraduate degree programs and 18 doctoral candidates, who study student learning in the classrooms as research assistants, have been funded through ACCELA.

Working with Brockton public schools and UMass Extension’s Nutrition Education Program, Jane Feroli has helped make healthful eating a family affair. With a network of 22 parent liaisons, she has brought families together for events that encourage a healthy diet and lifestyle through games, skits, and demonstrations organized around a topical theme. These events have attracted over 10,000 parents and students in the past 11 years, and more than 75 percent of the



participating parents say they will increase their intake of fruits, vegetables and fiber as a result.

Last year, Feroli started Parent's Academy, a 19-workshop program that brings in experts from community organizations and businesses to discuss topics of parental interest such as school curriculum, health, community issues, grief counseling and internet safety. To break down cultural barriers and make the workshops more inclusive, she utilized translators to help parents in the linguistic minority.

Community Service Learning, a core value of Commonwealth College, is about making connections between effecting change, meeting public needs, creating opportunities. Each year, the University honors a group of outstanding faculty members who have been instrumental in making those connections in ways that truly to change both the recipient and the provider of the service. This year's Community Service Learning Fellows are:

Kathleen A. Brown-Perez, Commonwealth College, individual teaching award

David Buchanan, Community Health Studies, unit implementation grant

Glenn Caffery, Resource Economics, course assistant award

John Gerber, Plant, Soil and Insect Sciences, course assistant award

Shirley Mietlicki, Community Health Studies, unit implementation grant

Demetria Shabazz, Communication, individual teaching award

Carol Soules, Commonwealth College, individual teaching award

Lisa M. Wexler, Community Health Studies, individual teaching award and unit implementation grant

Larry Zacharias and Kimberly Sherman, Isenberg School of Management, individual teaching award
April 22, 2008



Brian Umberger lectures at MIT Media Lab

Brian Umberger, assistant professor of Kinesiology, gave an invited lecture at the Massachusetts Institute of Technology Media Lab on April 11.

He spoke to the Media Lab's biomechantronics group on using computer modeling and simulation techniques to study the biomechanics and energetics of human



walking.

Graduate students receive grants from American College of Sports Medicine

Four Ph.D. students in the Department of Kinesiology have been awarded \$5,000 research grants from the American College of Sports Medicine.

The students and their projects are:

Rebecca Hasson, “Ethnic/racial disparities in how physical activity mediates insulin resistance”

Brooke Stephens Hasson, “Detrimental effects of inactivity on cardiometabolic health”

Steven Malin, “Effect of drug and exercise on fat use in insulin resistant individuals”

Linda H. Chung, “Mechanisms of muscle weakness in persons with multiple sclerosis.”
April 11, 2008.

Priscilla Clarkson awarded the Graduate School Centennial Award



Priscilla Clarkson was awarded the Graduate School Centennial Award for the School of Public Health and Health Sciences at the Graduate School Centennial Celebration on Wednesday, April 9th for her outstanding accomplishments in her profession as a researcher, teacher, mentor, and administrator. Priscilla Clarkson, Ph.D. 1977, is currently Dean of the Commonwealth College and a Distinguished Professor of Kinesiology.

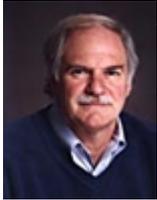


SPHHS Outstanding Teacher Award goes to Alayne Ronnenberg

Alayne Ronnenberg, Assistant Professor in the Department of Nutrition, has received the 2008 School of Public Health and Health Sciences Outstanding Teacher Award. Awards are selected based on teaching effectiveness and creativity, impact on students, subject mastery and scholarship, and contributions to the teaching mission. Congratulations to Dr. Ronnenberg for her selection as this year's awardee.



Hamill keynotes sports medicine conference in Virginia



Joe Hamill, professor of Kinesiology, gave a keynote address at “Running Medicine 2008: From the Lab to the Track,” a conference held March 28-29 at the University of Virginia.

Hamill spoke on “New Trends in Injury Research.”

The conference was attended by primary care, sports medicine, physical medicine and rehabilitation physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.

Michael Begay participates in a panel



A panel on “Women and Politics” will examine how issues such as health care, war and the environment – traditionally important to women – could shape the presidential election on Wednesday, April 16 from 4-5:30 p.m. in 165 Campus Center.

Panelists Michael E. Begay, associate professor of Public Health; Dayo F. Gore, assistant professor of Women’s Studies; and Marianne Winters, director of Everywoman’s Center, will share their perspectives on topics including political involvement, disenfranchised voters and women’s influences on the election cycle; a question-and-answer session will follow.

Begay, a researcher and educator focused on the politics of public health, joined the School of Public Health and Health Sciences in 1994. His work has been funded by groups including the American Cancer Society and the National Institutes of Health, and he has been published in a number of national health journals.

Gore’s areas of interest include African-American history and 20th century U.S. political and cultural activism. She is currently at work on a manuscript titled “The Work of Radicals: Black Women’s Political Thought and Activism in the 1950s,” and is co-editor of the forthcoming anthology “Want to Start a Revolution: Women and the Black Freedom Struggle.”

Winters has more than two decades of experience in the movement to end violence against women. An expert on issues including confidentiality of counselor communications, diversity and inclusivity, theory of rape crisis work, substance abuse and mental health, her work has been recognized with national and state-level awards.

The event is co-sponsored by the Women’s Health Project of University Health Services (UHS)



and the Women's Studies Program.

The Women's Health Project, a student group sponsored by the UHS Health Education Department, works to empower women through positive choices. For more information, call 577-5181.

Torres honored with President's Public Service Award



M. Idali Torres, associate professor of Public Health, was among six faculty members from across the University system honored Feb. 6 with the President's Public Service Award.

President Jack M. Wilson presented the awards at a reception for the recipients at the University of Massachusetts Club in Boston. The awards are given annually to faculty members who have been nominated by the chancellors of their respective campuses for providing exemplary public service to the Commonwealth.

A member of the faculty since 1992, Torres was recognized for her longstanding dedication to enhancing the public health of communities and addressing public health issues throughout Western Massachusetts, with a particular focus on the cities of Springfield and Holyoke.

To achieve her goal of developing a greater understanding of Puerto Rican women's socio-behavioral strategies to promote and protect health and identify culturally constructed opportunities for health education interventions, she has emphasized the creation of partnerships with organizations such as Caring Health Center and Partners for a Healthier Community.

Her work has focused on a wide variety of public health issues, ranging from HIV/AIDS prevention to diabetes education to sexual health education for youths.

This past year, she resurrected a partnership between the School of Public Health and Health Sciences and the state Department of Public Health to address the need for advanced professional training for school health teachers and staff. She was also appointed to Gov. Deval Patrick's Health Care Working Group during his transition period.

Also honored were Gary Siperstein, Boston; Memory Holloway, Dartmouth; Kay George Roberts and Fred Martin of Lowell; and Stephen Doxsey of the Medical School.

"This is the 10th anniversary of the University's President's Public Service Awards and this year's winners continue in the impressive tradition of the earlier recipients," said Wilson. "These six professors are outstanding examples of public service—they have a passion for their professional fields and a commitment to their students and colleagues, but also an exemplary commitment to community engagement and service. Their achievements are a credit to all of the

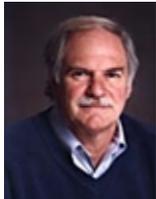


dedicated, talented and hard-working faculty members who teach at our campuses and also contribute so much to our communities, locally, state-wide, nationally and globally.”

Since the inception of the President’s Public Service Awards in 1998, a total of 59 faculty members have received the honor. The State House will host an exhibit, featuring photos and information about this year’s winners, in Doric Hall from Feb. 19-29.

February 7, 2008

Hamill appointed distinguished research professor in Singapore



Joseph Hamill, professor of Kinesiology, was appointed as a Distinguished Research Professor at the Republic Polytechnic of Singapore during a visit to the school in January.

Hamill met several of the faculty at an international biomechanics conference and he was asked by the head of school, Michael Koh, to consider such an appointment.

Hamill is working with Republic Polytechnic to set up a research program on lower extremity injuries.

He plans to return to Singapore in June and November to help his colleagues design and conduct research studies, which polytechnic officials could lead to grants to the government of Singapore.

Gloria DiFulvio and other prevention experts share successes at national conference



Prevention experts share successes at national conference

Experts from the Center for Alcohol and other Substance Abuse Prevention (CADAP) and School of Public Health and Health Sciences this week shared the campus’ experiences and successes during a national conference in San Diego.

In a presentation to national conference of the California Council on Alcohol Policy, held Jan. 27–30, CADAP director Sally A. Linowski, BASICS Project director Diane Fedorchak and BASICS Project evaluator Gloria T. DiFulvio discussed the campus’ alcohol and drug abuse prevention initiatives. Their program was titled “Integrating Individual and Environmental Approaches to Prevention.”

The conference attracts top practitioners, public officials and researchers from across North America. The event is the 14th in an ongoing series focusing on using public policy strategies to avoid alcohol-related problems.



Based in the Health Education Department at University Health Services, CADAP brings together a variety of evidence-based prevention initiatives, including:

- BASICS, a program that helps students examine their alcohol and drug use and reduce risky behaviors;
- MyStudentBody, a mandatory online alcohol education course for new students;
- The Athletic Health Enhancement Program, designed for the unique needs of student athletes; and the Campus and Community Coalition to Reduce High-Risk Drinking.

Efforts targeting high-risk drinking at the individual, campus and community levels are showing positive results, say the researchers. Research on campus shows that since 2003, frequent heavy episodic drinking (binge drinking three or more times over a two-week period) among students has decreased 38 percent; the overall heavy episodic drinking rate is down 26 percent; while the rate among underage students declined 14 percent.

Linowski, a researcher and educator, is director of UHS' Health Education, Community Outreach and Marketing Department. Fedorchak is a health educator specializing in alcohol and other drug abuse prevention; DiFulvio is a research assistant professor in the School of Public Health and Health Sciences. The team's expertise and insights are in high demand nationally; they have presented recently to groups including the U.S. Department of Education; the American College Health Association; the National Association of Student Personnel Administrators; and the joint scientific conference of the Research Society on Alcoholism and the International Society for Biomedical Research on Alcoholism, as well as campus and community audiences.

January 29, 2008.

News & Events for Fall 2007

Elaine Puleo co-authors study of w unsafe neighborhoods and physical activity.



Unsafe neighborhoods affect physical activity of urban residents, says study Health researchers have found that residents, especially women, who live in low-income housing in neighborhoods considered unsafe at night are less physically active than those who live in safer neighborhoods. In addition, the study, conducted in the Boston area, found that feeling unsafe may also diminish confidence in the ability of residents to become physically active. Physical activity is considered a key tool for preventing



colon cancer.

Elaine Puleo, associate professor of Biostatistics, co-authored the study whose findings were published recently in the journal *Public Library of Science Medicine*. The study's lead author was Gary G. Bennett and the principal investigator was Karen M. Emmons, both faculty members at the Harvard School of Public Health.

The study looked at residents of 12 urban and predominantly minority public housing communities in metropolitan Boston and is one of several commissioned as part of a colon cancer prevention and awareness program called "Open Doors to Health" launched by the Dana-Farber Cancer Institute and the Boston affordable housing community. The program aims to develop new strategies for increasing physical activity and colorectal cancer screenings in hopes of preventing colon cancer, the second leading cause of cancer deaths for men and women combined in the United States.



According to the study, physical inactivity remains very common among racial and ethnic minorities with low incomes, despite widespread recognition of the benefits of regular exercise. Perceived neighborhood safety has been suggested as a possible cause of this sedentary behavior since the same groups are also the most likely to rate their neighborhoods as unsafe.

The study found that 80 percent of respondents felt safe during the daytime, while only 37 percent felt safe at night, with men tending to report feeling safer at both times of day. While no association was found between feelings of safety and total physical activity for men at any time or women during the day, women who felt unsafe at night were significantly less active than those who felt safe.

To measure physical activity, participants were asked to wear a pedometer at all times except when bathing, showering or sleeping. In addition they filled out surveys about their physical activity and rated how safe they felt walking alone in their neighborhood during the day and at night.

The study also looked at physical activity self-efficacy, which is a person's belief in the ability to become and remain physically active. Participants were asked if they believed they would make time for and continue a regular fitness regimen even if they were tired, depressed, under stress or doing so alone. Compared to those who felt safe in their neighborhoods, men who reported feeling unsafe were 51 percent less likely to have high physical activity self-efficacy whereas women who felt similarly were 32 percent less likely.

The study's authors suggested that the negative consequences of feeling unsafe in one's



neighborhood should be a primary consideration when attempting to improve physical activity in low-income areas, concluding that, “Physical activity promotion strategies may be ineffective without considering strategies to assist individuals to identify safe, convenient, and comfortable contexts in which to be physically active.”

Puleo, who joined the Biostatistics Program in 1995, earned her bachelor’s degree from the University of Colorado, a master’s degree from Colorado State University and a doctorate from UMass Amherst. Other co-authors of the study are Lorna McNeill of the University of Texas M.D. Anderson Cancer Center; Gary Bennett, Dustin Duncan and Karen Emmons of the Harvard School of Public Health, and Kathleen Wolin of the Washington University School of Medicine.

The results of this study will be included in the full analysis of the “Open Doors to Health” program, which is scheduled to be completed this spring.
December 31, 2007.

SPHHS Receives CEPH Accreditation for 7 Year Term Accreditation

The University of Massachusetts Amherst is accredited by the Northeast Association of Schools and Colleges. In addition, the School itself is a member of the Association of Schools of Public Health and accredited, since 1979, by the Council on Education for Public Health (CEPH). The School of Public Health and Health Sciences was most recently notified by CEPH on October 9, 2007 that it has been awarded accreditation status for the next 7 years.

School of Public Health & Health Sciences Final Self-Study Report

Provost and Senior Vice Chancellor, Charlena M. Seymour receives highest honor from ASHA



Charlena M. Seymour, provost and senior vice chancellor for Academic Affairs, recently received the American Speech-Language-Hearing Association’s (ASHA) Honors of the Association award, the highest tribute the organization can give one of its members.

The award is given in recognition of distinguished contributions to the field of speech, language and hearing through research, administration, or service to state or national organizations. Seymour received the award during the ASHA’s annual convention, held Nov. 15-17 in Boston. The ASHA is the national association for more than 127,000 professionals in the fields of speech-language pathology, audiology and speech, language and hearing scientific research.



The ASHA says it gave the award to Seymour because of her work both as an exemplary scholar and mentor and as a leader, administrator and staunch advocate for diversity issues. Seymour is a fellow of the ASHA and served as ASHA president in 1997. She was the first ASHA president invited to South Africa following the end of apartheid.

“It has been an honor to serve the ASHA and my discipline and to receive this award for doing things I love to do,” Seymour says. “I am proud of the professional contributions I have been able to make as a researcher, mentor and a leader.”

In 2004, following an interim appointment in the position and a national search, Seymour was named permanent provost and senior vice chancellor for Academic Affairs. Seymour previously served as dean of the Graduate School from 1994 to 2001 and prior to that she chaired the Department of Communication Disorders from 1984-92. She joined the faculty as an assistant professor in 1971, was an associate professor from 1978-89, when she was promoted to professor.

Four graduate students from the Kinesiology Department received awards at the 2007 New England American College of Sports Medicine Conference held in Providence, RI on November 15th and 16th. 2007

Todd Hagobian, PhD student, received the Outstanding Doctoral Student Presentation Award for his presentation entitled, “Sex differences in energy regulating hormones during short-term exercise training.”

Kevin O’Fallon, MS/PhD student, received the Outstanding Masters’ Student Presentation Award for his presentation entitled, “The effects of Quercetin on oxidative stress-induced cell death in C2C12 muscle cells.”

Kim Sewright, PhD student, received the David Camione Doctoral Scholarship Award.

Rob Hyldahl, MS/PhD student, received the Mark Connelly Memorial Masters’ Student Scholarship award.

Public Health Faculty Present at 135th APHA Annual Meeting

Three faculty members from the Department of Public Health, Division of Community Health Studies, presented their research at the 135th annual meeting of the American Public Health Association, held Nov. 4-7, 2007 in Washington, D.C.

Rosa Rodríguez-Monguio, Assistant Professor of Public Health, gave a paper focused on the



analysis of the patent and pediatric exclusivity life of antiretroviral drugs (ARVs) and new molecular entities (NMEs) approved by the U.S. Food and Drug Administration (FDA) from 1987 to 2006.

The analysis was performed for the first and last patents listed in the Orange Book for each NME. The study found a statistically significant difference in effective patent life of ARVs versus other therapeutic classes. ARVs had an average of 2.9 years more effective first patent life than other therapeutic classes. ARVs had an average of 2.8 years more effective last patent life than other therapeutic classes. Pharmaceutical companies marketing ARVs have more years of patent protection than other therapeutic classes in the U.S. and therefore a longer period without generic competition. The study was conducted in collaboration with Enrique Seoane-Vázquez, assistant professor at Ohio State University.

Michael Begay, chair and Associate Professor of Public Health, presented his research at a scientific session panel on “National Health Care: Heating Up in an Election Cycle,” sponsored by the Socialist Caucus. His research examined the politics of a failed effort by President Harry Truman from 1945-49 to enact compulsory health insurance. According to Begay, looking at what happened to Truman’s effort might further understanding of what conditions could have brought about national health insurance. To most individuals, the American policy process seems incomprehensible and partisan. But learning more about the past might help public health professionals and advocates to move the nation toward enacting national health insurance, he said.

María Idali Torres, Associate Professor of Public Health, was one of four speakers in a session sponsored by the APHA Equal Opportunity Committee. Presenters discussed the politics and policies of health disparities. Torres focused on the politics of culture in public health practice-based research and the relevance of anthropology and other social sciences in the production of new knowledge necessary for eliminating health disparities. She described the value of the structuralist approach as an integrated theoretical and methodological framework for participatory action research designed to capture the cultural, socio-historical and politico-economic dynamics of those affected by health disparities. Parts of her presentation are included in a paper scheduled to be published this year in *Health Promotion Practice*.

SPHHS Faculty Receive Mellon Mutual Mentoring Grants

Inaugural Mellon Mutual Mentoring Grants awarded

Ten academic units and 11 faculty members have received Mellon Mutual Mentoring Grants from the Office of Faculty Development and the Provost’s Office.

The grants, awarded for the 2007-08 academic year, are part of the Mutual Mentoring



Initiative, which was funded by a three-year, \$400,000 grant from the Andrew W. Mellon Foundation.

The Mellon Mutual Mentoring (“M3”) Grants are one-year team awards of up to \$15,000 to support faculty-driven, context-sensitive mentoring projects for early career and underrepresented faculty based at the departmental, school and college, interdisciplinary or inter-institutional levels. This year’s M3 recipients are:

- Department of Anthropology
- Department of Biology
- Department of English
- Department of Languages, Literatures, and Cultures
- Departments of Natural Resources Conservations and Microbiology (shared grant)
- Department of Political Science
- School of Nursing
- School of Public Health and Health Sciences
- College of Social and Behavioral Sciences.

The Mellon Mutual Mentoring Micro (“M4”) Grants are one-year awards to individuals of up to \$1,200. The grants are intended to encourage new faculty to identify desirable areas for professional growth and opportunity, and to develop the necessary mentoring relationships to make such changes possible. This year’s M4 recipients are:

- Harry Bermudez, Polymer Science and Engineering
- Ana Caicedo, Biology
- Jeungok Choi, School of Nursing
- Peter Graham, Philosophy
- **Aline Gubrium**, Public Health
- Shona Macdonald, Art
- Asha Nadkarni and Jane Degenhardt (shared grant), English
- Lisa Scott, Psychology
- Shawn Shimpach, Communication
- **Nathaniel Whitmal**, Communication Disorders

October 11, 2007

Lisa Wexler Awarded NSF Arctic Social Science Pilot Grant



The NSF Arctic Social Science program has awarded Lisa Wexler a \$23,426, 1 year pilot grant to assess the feasibility and suitability of using indirect elicitation to better understand how cultural narratives (ethnic imagery, traditional practices and Inupiaq social expectations) are linked to resilience- the capacity to overcome adversity and thrive- in three generations of Inupiat people. This basic research is part of a larger



program aimed at describing the mechanisms and relationships between culture and resilience in order to understand the ways "culture" maintains salience over time. This can provide clues for how to support Inupiaq well being in the future.

Baran Elected to National Accrediting Body



Professor Jane A. Baran, who chairs the Communication Disorders Department, has been elected to a four-year term on the Council on Academic Accreditation (CAA) in Audiology and Speech-Language Pathology.

The CAA is the national accrediting body for academic programs offering preprofessional educational programs at the graduate level in audiology and speech-language pathology.

Baran will begin her term of office on Jan. 1.

Dr. Jane Kent-Braun named as Active member of the American Academy of Kinesiology and Physical Education



Champaign, Illinois—The American Academy of Kinesiology and Physical Education (AAKPE) announces the recent induction of its newest members at its 77th Annual Meeting. Nine individuals were named Active Fellows and two individuals were named International Fellows of the AAKPE during an induction ceremony held on Saturday, September 29 at the DeSoto Hilton in Savannah, Georgia. Inducted into the AAKPE was Dr. Jane Kent-Braun in the Department of Kinesiology at the University of Massachusetts.

The Academy's membership is considered a "who's who list" of the top individuals in the fields of Kinesiology and Physical Education. In order to be elected into membership, individuals must be nominated by a current member of the Academy and must be currently engaged in professional and/or scientific work in kinesiology or physical education, and have demonstrated competence in this profession/discipline over a period of at least 10 years (significant contributions to scholarly and professional literature, leadership activities in professional associations and learned societies). The AAKPE was established in 1926 to recognize outstanding scholars in the study of physical activity. Since 1926, 450 individuals nationwide have been inducted into the Academy.

Lisa Wexler named Family Research Scholar



Four campus faculty members and a Smith College professor have been selected by the Center for Research on Families (CRF) to participate in the Family Research



Scholars Program during 2007-08. The scholars were chosen on the basis of their promising work in family-related research.

This year's Family Research Scholars are:

Daniel Anderson, professor of Psychology, who studies children and television including children's interactions during TV viewing and the impact on cognitive development and education. His current research concerns television and very young children, brain activation during media use, and television viewing and children's diet. As a Family Research Scholar, Anderson will be developing a proposal to the National Institutes of Health to research the use and impact of television and videos on infants and toddlers. This work will build upon and extend to home observations the program of research that he has begun in a laboratory context.



Nancy Folbre, professor of Economics, focuses on the interface between feminist theory and political economy, with a particular interest in caring labor and other forms of non-market work. She has received a five-year fellowship from the MacArthur Foundation and also served as co-chair of the MacArthur Research Network on the Family and the Economy. She works with the Center for Popular Economics and is an associate editor of the journal *Feminist Economics*.

Folbre has been actively engaged in the creation and development of the CRF as a steering committee member. As a Family Research Scholar, Folbre plans to pursue a large interdisciplinary research project to investigate ways of measuring and improving the quality of co-produced care services. The project would potentially involve several co-principal investigators or participants from other departments and seek support for doctoral and post-doctoral students from the National Science Foundation's Integrative Graduate Education and Research Traineeship Program (IGERT).

Marsha Kline Pruett is the Maconda Brown O'Connor Professor at Smith College School for Social Work. Her research revolves around family issues specific to family and juvenile law. The unifying theme across the research is the promotion of healthy family development during life transitions, particularly those transitions related to adverse events or circumstances. In 2006, she joined Smith's School for Social Work as the Maconda Brown O'Connor Professor. Previously, Kline Pruett was associate professor in the law and psychiatry division at the Yale University School of Medicine and the Yale Child Study Center. Kline Pruett's project will focus on the effects of parental moves and relocation on the well-being of parents and children after divorce. She will pursue funding from both foundation and federal sources in collaboration with CRF. Kline Pruett is the first Family Research Scholar from another educational institution.

Dean E. Robinson, associate professor of Political Science, examines the effects of political and



public policy trends on racial health disparities in the United States. His work focuses on patterns and policies that reinforce inequality of social welfare provision and socioeconomic status. In 2001, Robinson was honored with a two-year fellowship as a W.K. Kellogg Scholar in Health Disparities at Harvard University's School of Public Health. Robinson will seek funding from the National Institute of Child Health and Human Development to design a study that will gauge the potential impact of state politics and policy on overall infant mortality, and black-white disparities. The working hypothesis is that features of the local political landscape, like state culture or ideology, party control of state government and various demographic characteristics affect state public policies which directly and indirectly affect infant mortality rates.

Lisa Wexler, assistant professor of Community Health Education, considers how health and disease are understood and enacted within a social and cultural context. Considering how different people identify, understand and address their "problems" can enable professionals to advocate for meaningful change as well as develop effective intervention projects. Wexler is particularly interested in learning how situated narratives, attitudes and beliefs of young people, their families and communities influence well-being. More specifically, her research aims to articulate the narrative identity constructions and associated roles that foster young people's resilience within Alaskan Inupiat families and communities. Her previous work has focused on suicide and suicide prevention in Northwest Alaska. Through the Family Research Scholars Program, Wexler will develop a Faculty Early Career Development (CAREER) proposal for submission to the National Science Foundation Office of Polar Programs. Wexler is the first faculty member from the School of Public Health and Health Sciences to be awarded a Family Research Scholarship.

The Center for Research on Families actively supports and disseminates social and behavioral sciences research on issues relevant to families. This focus includes research on individual health and development within families, processes and relationships within families, the social contexts of families, the intersection of family life with other social institutions, and social and economic policy that affects the development, productivity, time, health, and well-being of families and family members.

The goals of the Family Research Scholars Program are to support faculty in securing grant funding for family-related research and to build a multidisciplinary community of researchers studying issues of relevance to families. Family Research Scholars participate in a year-long interdisciplinary seminar which supports the scholars in conceptualizing, writing, and submitting their planned grant proposals.



Patty Freedson Receives \$2.1 Million NIH Grant

UMass Researchers Receive Grant to Develop Miniature Device to Measure Physical Activity-Work is funded by the National Institutes of Health

AMHERST, Mass. – A team of scientists headed by Patty Freedson, chair of the department of kinesiology at the University of Massachusetts Amherst, has been awarded a four-year, \$2.1 million grant to develop a small device that will be used to obtain long-term measures of free-living physical activity. The research is funded by the National Institutes of Health’s (NIH) Genes, Environment and Health Initiative (GEI) that will be examining genes, environmental exposures and behavior choices and how they affect health.

The team of UMass researchers is working with a private firm, Response Applications LLC, of Hanover, N.H., and a researcher at the University of Tennessee, to develop the new instrument. The grant was written with assistance from the UMass Amherst Office of Research Liaison and Development, which worked with the team to establish a university-industry partnership with Actigraph LLC, of Pensacola, Fla. Actigraph will manufacture the device following its development by UMass researchers and testing in Freedson’s laboratory.

In addition to Freedson, the UMass team includes Robert Gao, mechanical and industrial engineering, John Staudenmayer, mathematics and statistics, and Jane Kent-Braun, kinesiology. Other team members are Harold Greely, from Response Applications, and David Bassett, exercise, sport and leisure studies, at the University of Tennessee.

The proposed new device the team is developing will include an accelerometer, which is commonly used to measure body motion, a ventilation sensor that captures the characteristics of breathing, and a sensor to determine if physical activity takes place indoors or outdoors. The team is also designing statistical data processing methods that combine the output of the sensors to estimate the type of physical activity and the amount of energy expended and report them to researchers. At the end of the four-year term of the grant, the team expects to have an instrument that is ready for use in the field.

“During the last 10 years, my research has focused on developing methods in the exercise physiology laboratory to capture and interpret movement assessed with wearable devices,” Freedson says. “This project will move the field forward by incorporating several sensors into one small unit. With the addition of other sensors, we will likely be able to improve upon our ability to quantify physical activity dose for applications related to understanding how much activity is needed for specific health outcomes.”

Freedson says landing the grant involved more than just a team of scientists. “Through assistance of the UMass Research Liaison and Development Office during the proposal



development phase, we were able to include a partnership with a physical activity monitor company that will manufacture the device.”

The grant funding for this project is under the Exposure Biology Program, a component of the GEI that is being coordinated by the National Institute of Environmental Health Sciences (NIEHS). The work Freedson and her team is doing is part of an effort to develop various environmental sensors to measure physical activity, toxins, dietary intake, psychosocial stress and addictive substances. A total of 34 grants worth \$19 million were awarded in these areas.

Overall, NIH is funding the first round of grants for the GEI with \$48 million. The NIH, the nation’s medical research agency, includes 27 institutes and centers and is a component of the U. S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments and cures for both common and rare diseases. For more information about NIH and its programs, visit <http://www.nih.gov>.

Sept. 4, 2007

Dr. Paula Stamps is one of eight co-investigators for a project on 'Ethics Education in Science and Engineering.'



The National Science Foundation has awarded a group of researchers at the University of Massachusetts Amherst a \$300,000 grant to create, implement and refine a series of international ethics modules for science and engineering students through the Science, Technology, and Society Initiative.

The National Science Foundation announced yesterday that a group of eight researchers from the University of Massachusetts Amherst will be awarded \$300,000 to build, evaluate, and disseminate a series of international ethics modules for science and engineering students. The group, led by Political Science and Public Policy Professor Jane E. Fountain, represents six academic departments from four colleges and includes Paula Stamps, Professor Community Health Studies; MJ Peterson, Professor of Political Science; Marc Achermann, Assistant Professor of Physics; Beverly Park Woolf, Associate Research Professor of Computer Science; Neal Anderson, Associate Professor of Electrical and Computer Engineering; John Hird, Professor of Political Science and Public Policy, and Peter Haas, Professor of Political Science. The project will work in partnership with researchers from the University of New Mexico and Northeastern University.

The researchers will create a total of nine ethics modules, half focusing on the impact of globalization on the work practices of scientists and engineers and the other half on the impact of international-level regulatory processes on national regulations. These modules will be introduced into science and engineering courses in order to fill a gap in the formal ethics



education of science and engineering students and to create a better understanding of ethics in an increasingly international and globalized discipline. The modules will eventually be accessible online so that their content may be used in courses globally.

This project is based in the Science, Technology and Society Initiative (STS), a priority area of the College of Social and Behavioral Sciences and based at the Center for Public Policy and Administration. Fountain, who also serves as the Director of the STS Initiative said, “The kind of interdisciplinary work this grant represents is typical of the STS Initiative. STS strives to bring seemingly disparate parts of this campus together around the common themes of science and technology. We look at how new technologies affect society and how the public is reacting to them.” In addition to ethics education, the STS Initiative also encompasses research on nanotechnology, underrepresentation in sciences, and information technology and society. More information about the STS Initiative is available at www.umass.edu/sts.



Cohen appointed Interim Dean of SPHHS

Professor Nancy Cohen, head of the Nutrition Department, has been named interim dean of the School of Public Health and Health Sciences.

The appointment is effective Sept. 1, according to Charlena Seymour, provost and senior vice chancellor for Academic Affairs.

“Dean Cohen will lead the school during the upcoming academic year while a national search for a permanent dean is conducted,” Seymour said.

“I am pleased to serve the School over the next year,” says Cohen. “The School is undergoing a renewal, and has many exciting new research, teaching, and outreach initiatives underway to help improve the public’s health and quality of life.”

Cohen joined UMass as an assistant professor in 1985, and served as chair of the UMass Extension Nutrition Education Program until 1997. She has led the Nutrition Department since 1998, overseeing the growth of annual research funding in the department from \$132,000 in 1998 to over \$2.1 million in 2006.

Cohen’s research addresses community nutrition, assessment of dietary intake and food-related practices and attitudes, evaluation of nutrition and food safety education, and online education. Her research has been supported by over \$2 million in grants from the US Department of Agriculture, National Institutes of Health, Massachusetts Department of Education, and AARP.

An author of more than 80 research and extension publications, Cohen is a past member of the Board of Directors of the Society for Nutrition Education (SNE) and Massachusetts Dietetic Association, and past chair of the Nutrition Education Research Interest Section of the American



Society for Nutrition. She currently serves on the Public Information Committee of the American Society for Nutrition and is a Science Communicator and member of the Career Education Committee of the Institute of Food Technologists, as well as an active member of the American Dietetic Association.

In 2005, Cohen received the UMass President's Award for Public Service, and was a recipient of the UMass-Amherst Distinguished Academic Outreach Award in 2003.

Cohen holds a B.S. degree from Cornell University in nutritional sciences, and a Ph.D. in nutrition science from the University of California at Davis.

Cohen succeeds John Cunningham, who served as interim dean last year and is returning to his duties as deputy provost as of September 1, 2007

"I am grateful to him for serving as interim dean of the School of Public Health and Health Sciences over the past year and for his successful leadership during the reaccreditation of the school," said Seymour.



Lisa Chasan-Taber appointed Acting Associate Dean.

Lisa Chasan-Taber was appointed Acting Associate Dean of the School of Public Health and Health Sciences (SPHHS) beginning September 1. Dr. Chasan-Taber is an Associate Professor of Epidemiology in the Division of Biostatistics & Epidemiology. Dr. Chasan-Taber is a reproductive epidemiologist with expertise in the area of physical activity during pregnancy and maternal/fetal outcomes. Dr. Chasan-Taber is currently the Principal Investigator of two 5-year NIH R01 awards in the area of gestational diabetes mellitus. She is a former recipient of the College Outstanding Teacher Award and a standing member of the National Institutes of Health, Infectious Disease, Reproductive Health, Asthma, and Pulmonary Epidemiology (IRAP) Study Section. During the 2006-2007 academic year, Dr. Chasan-Taber served as the leader of the SPHHS self-study for the Council on Education in Public Health.



Mokhtar Atallah Appointed Nutrition Department Acting Head

Professor Mokhtar Atallah was appointed to serve as Acting Head of the Department of Nutrition for the coming year effective September 1, 2007. Dr. Atallah has been a faculty member in the department since 1976. He has served the department in many capacities over the years including as Undergraduate Program Director, Graduate Program Director, and a prior term as Acting Head. He is well known to the campus community as a teacher and scholar and as a key member of numerous committees and councils



of the Faculty Senate, including the Academic Matters Council and the General Education Council. A member of the American Society of Nutrition, Dr. Atallah's research focuses on different forms of fiber in the diet and their relationship to trace mineral status.

Michael Begay Appointed Public Health Department Chair



Michael E. Begay was elected chair of the Department of Public Health beginning September, 2007. Dr. Begay is an Associate Professor of Health Policy and Management in the Division of Community Health Studies, and had been serving as Acting Chair of the Department for the previous six months. He received his doctoral degree in Political Science from the University of California at Santa Barbara. Dr. Begay's research interests address American health politics, including the development and implementation of tobacco control policies at the state and local levels in Massachusetts and California, interest group politics, politics of HIV/AIDS, and comparative health politics. He has had several papers published in Journal of the American Medical Association, International Journal of Tobacco Control, and the American Journal of Public Health. Dr. Begay has received research funding from the California Tobacco Related Disease Research Program, Association of Schools of Public Health, American Cancer Society, and National Institutes of Health.

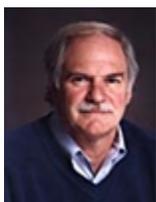
Gerber Promoted to the Rank of Senior Lecturer



Daniel S. Gerber is now a Senior Lecturer of Public Health. His research and practice is in the area of community development and community building. The Senior Lecturer promotion reflects the long-awaited recognition of the value lecturers bring to the University. The promotion to Senior Lecturer is highly selective and Dr. Gerber is among a small field to be honored for his dedication and accomplishments.

He has over twenty-five years of international experience in planning, training/teaching and managing health education programs utilizing adult learning theory and methodology. He has been awarded two fellowships in Service-Learning, and Teaching and Learning in Diversity by the Center for Teaching. Dr. Gerber was recently awarded the University of Massachusetts Amherst's 2007 Distinguished Outreach Teaching Award.

Joe Hamill honored by University of Edinburgh



Prof. Joe Hamill has been named an Honorary Professor at the University of Edinburgh. Also, at the recent biennial conference of the International Society of Biomechanics (ISB) held in Taiwan, he was re-elected to the Executive Board. One of the world's experts on lower limb biomechanics, Prof. Hamill also organized a symposium on Lower Extremity Injuries and presented a paper entitled, "Lower



Extremity Joint Stiffness in Runners with Low Back Pain". Two of his students, Ryan Chang and Joe Seay, also presented papers at the conference. Joe Hamill is a professor in the department of Kinesiology in the School of Public Health and Health Sciences.

Van Emmerik awarded \$474,269 grant to support research related to multiple sclerosis



The National Multiple Sclerosis Society has awarded Dr. Richard van Emmerik a 4 year grant in the amount of \$474, 269 beginning October 1, 2007 to support research related to multiple sclerosis on "Dynamic balance control and fatigue in multiple sclerosis".

Since its founding in 1946, the Society has been at the core of virtually every new advancement in MS research, and Dr. van Emmerik's work is critical to their mission: to end the devastating effects of multiple sclerosis.

On behalf of the entire MS and University communities, we would like to thank Dr. van Emmerik for pursuing such promising and important studies in the interest of all those who are living with multiple sclerosis.