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## Inspiration + Motivation

“Trials teach us what we are;  
they dig up the soil and let us  
see what we are made of”  
-Charles Spurgeon

“Our greatest weakness lies in  
giving up. The most certain way  
to succeed is always to just try  
one more time”  
-Thomas Edison

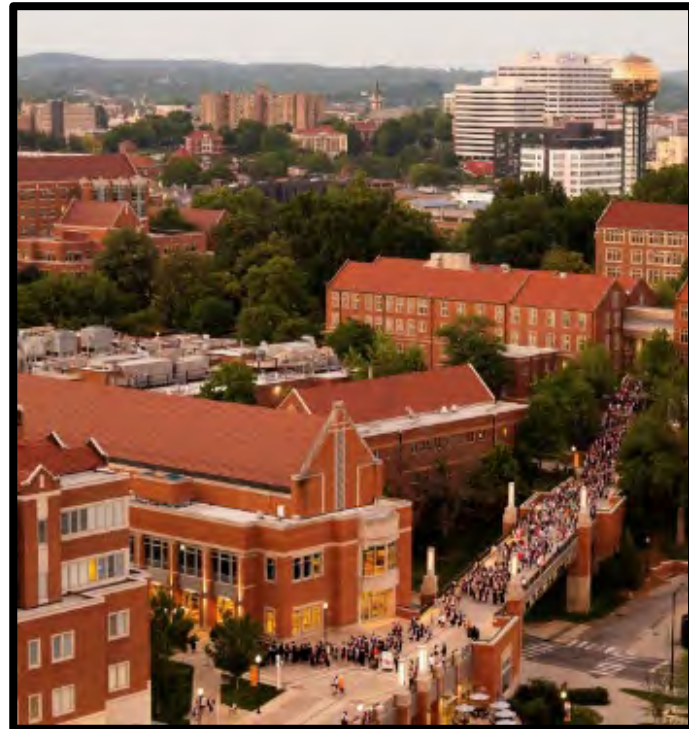
“You may not control all the  
events that happen to you, but  
you can decide not to be  
reduced by them”  
-Maya Angelou

## Editor Info:

[Mgranata@vols.utk.edu](mailto:Mgranata@vols.utk.edu)

# Public Health Memos

## Spring 2024, Volume I



## Welcome, Vols!

**We are so excited for another semester!  
Whether this is your first semester in a  
public health program or your last, we  
look forward to sharing events, spotlights,  
and public health updates with you!**

# Community Pantry!

## Reminder! The Department of Public Health is Home to a Community Pantry!

The Community Pantry, located in **HPER 383**, is a need based, take what you need, leave what you can pantry. All UTK Public Health students, staff, and faculty can utilize this **FREE** department resource!

**The pantry is open Monday-Friday**

**8:00am-5:00pm**

(Excluding holidays and scheduled university closings)

Currently, the following items available for taking or giving:

- Non-perishable food and beverage items
  - Personal hygiene products
    - Cleaning supplies
    - Pet food and treats



# Big Orange Pantry!

Available to all current students, faculty, and staff, the Big Orange Pantry provides a variety of non-perishable and fresh foods, hygiene products, and other essential items supporting basic needs.

**The Big Orange Pantry is co-located with Smokey's Closet in the Center for Basic Needs, Student Union Room 376C**



# Get Involved with DEI!

Join the UTK Department of  
Public Health's

## DIVERSITY, EQUITY, + INCLUSION COMMITTEE

Student Co-chair Jordan Shipley  
[jshiple4@evols.utk.edu](mailto:jshiple4@evols.utk.edu)  
Faculty Co-chair Laurie Meschke  
[llmeschke@utk.edu](mailto:llmeschke@utk.edu)



Biweekly VIRTUAL meetings - email for Zoom link

# New Campus Club Alert!

NEW CLUB ON CAMPUS!



Promoting heart health & mental health at UTK and the Knoxville community

SERVICE

OUTREACH

EDUCATION

INTERESTED?  
Scan for interest form,  
Instagram, GroupMe &  
website links!

IG: @heartedutk



# Spring Professional Development Event



Spring 2024  
**PROFESSIONAL DEVELOPMENT EVENTS**  
Virtual on Zoom

 FEB 23 10-11 AM EST  
**Career Deep Dive:  
Working as an  
Epidemiologist**

 MAR 1 12-1 PM EST  
**Career Deep Dive:  
Healthcare  
Administration**

 APR 12 11 AM - 12 PM EST  
**HPM Chats: Budgeting and  
Performance Indicators**

 APR 26 12-1 PM EST  
**Career Deep Dive:  
Working at a Non-  
Profit**

**Register  
Here**

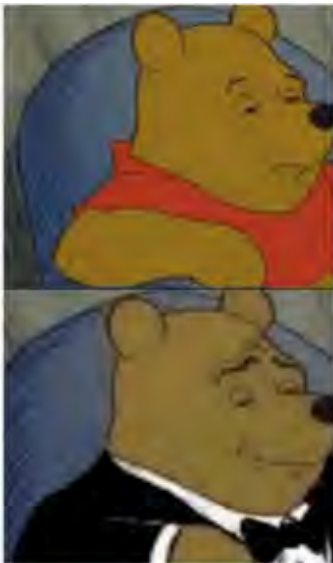
<https://forms.gle/KP5oz8YKyVdKPt4c9>

# PUBH 202 Memes

The PUBH 202 Introductory Epidemiology classes were tasked with creating memes that convey public health information and concepts. Here are some favorites we wanted to share with you!

When I tell my 5 year old nephew that out of 17.8 million premature deaths, 38% were due to Cardiovascular Diseases

[https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))



The General Population:  
The number of births for the United States in 2020 was 3,605,201.

*Epidemiology Students:  
General fertility rate (GFR) for the United States in 2020 was 55.8 births per 1,000 women aged 15-44.*



U.S citizens do not exercise enough

Approximately 3.2 million deaths each year are attributable to insufficient physical activity (WHO 2024)

# CHES Study Session!

Dr. Perion will be offering a CHES study group for students interested in taking the April exam!

What is CHES you ask? Great question!

CHES stands for Certified Health Education Specialist.

This certification, given by the National Commission of Health Education Credentialing, establishes an individual's knowledge and skills and makes them more competitive on the job market!

This study group is open to all students!

For more information on the study group, contact Dr. Perion  
[Jperion@utk.edu](mailto:Jperion@utk.edu)

For more information on the CHES exam and certification, go to  
<https://www.nchec.org/ches>

The deadline to register for the April CHES exam is February 29<sup>th</sup>



# NCHEC

National Commission  
for Health Education Credentialing

*Credentialing Excellence in Health Education*

## From Research Methods to Research!

# Habitat Havoc



Applying skills they learned in the classroom setting, master's students Shama Chowdhury (Epi concentration), Imelda Gutierrez (CHE concentration), Morgan O'Brien (Epi concentration), and Jordan Shipley (Epi concentration) are currently seeking IRB approval to conduct the study they designed in Dr. Russomanno's Research Methods class in Fall 2023. Their study intends to focus on the housing crisis in Knoxville and its impact on campus-based graduate students who rent property in Knoxville or the surrounding area. Once receiving IRB approval, they hope to interview graduate students about their experiences trying to find affordable housing in Knoxville.



# APEX in Action:

## Jordan Shipley



Hi, Vols!

I'm Jordan Shipley, a second-year MPH student in the Epidemiology concentration.

I'm completing my APEX this semester at the Tennessee Department of Health, in Communicable and Environmental Diseases and Emergency Preparedness.

I'm working with the Strategic Initiatives team, and I'm learning a lot and having a great time!

For those interested in doing their APEX with Tennessee Department of Health, I encourage you to reach out to Peyton Prothero!

# APEX in Action:

## Priscilla Pineda



I became interested in pursuing an internship with TDH for my APEX after I began working with them as a FoodCORE interviewer. I really loved working with TDH and everything they stand for. I had reached out to the Foodborne and Enterics program director to express my interest in completing my internship with the Tennessee Department of Health and filled out the Tennessee Department of Health intern application and was lucky enough to be placed within the FED programs Center of Excellence and also worked on Live Poultry outbreaks throughout my internship. My internship went from August 2022-May 2023 and consisted of analyzing and creating reports for TN Food Safety Centers of Excellence Foodborne Outbreak Investigation Online Training Activity evaluations and developing Outbreak Response trainings. I was also able to work with the Tennessee Department of Health and Agriculture to develop and distribute materials describing risks of salmonellosis associated with live poultry, clean and input surveillance data and conduct a summary of my findings for the 2022 live poultry Salmonella outbreak including a review of demographics, clinical and exposure information. From my APEX I was also able to write an abstract that has been accepted to several conferences including TPHA and InFORM. After graduation, I was able to get a contracted position with the Healthcare Associated Infection and Antimicrobial Resistance program as an Epidemiologist with the Tennessee Department of Health where I get to continue to use all the skills and knowledge acquired from my APEX and my time at UTK.

# Faculty Spotlight!

## Dr. Angela Pfammatter



Congratulations to Dr. Angela Pfammatter, senior methodologist for the College of Education, Health, and Human Sciences and Associate Professor of Public Health, for being awarded a R34 from the National Heart, Lung, and Blood Institute for a grant titled “Developing a Novel Adolescent Cardiovascular Health Promotion Program” that will begin March first. With this project, Dr. Pfammatter and her team aim to develop and pilot test components of an intervention that blends support for heart and mental health behaviors in preparation for a future optimization trial. Congrats, Dr. Pfammatter!

# Faculty Research Spotlight!

Our faculty members have been busy! Here are some of the exciting things going on in our department!



**Dr. Russomanno:**

**Oak Ridge Associated Universities (ORAU) -  
ORAU-Directed Research and Development  
(ODRD)**

Letheren, A (Co-PI) & Russomanno, J (Co-PI)  
10/2023-09/2024

How Small Family Farms Weather the Storm



**Dr. Parks**

**Textbook (published in December):** Cleverley, W., Cleverley, J., **Parks, A.** Essentials of Healthcare Finance, 9<sup>th</sup> Edition. Jones and Bartlett.

**Parks, A; Lazari, M;** Wear, A. (2023). Exploring healthcare administrator's perspectives on the value of competencies and skills for early career professionals entering the workforce. American Public Health Association Annual Meeting.

**Parks. A.,** Sakowski, J., Wear, A., Russell, A., Nunnery D. Free and Charitable Clinic Perspectives on the Implementation and Utilization of Telehealth Services During the COVID-19 Pandemic. Journal of Primary Care and Community Health. <https://doi.org/10.1177/21501319231213783>



**Dr. Smith**

**Kenneth Smith, PhD, Co-Investigator**

Dr. Smith will be a member of the Subject Matter Expert Team with primary responsibility for providing training and technical assistance on active living and health equity. Additionally, he brings subject matter expertise in action planning and the implementation of PSE. As part of the SMET, he will assist with asset mapping and evaluation activities in Year 1. Dr. Smith will participate in kickoff meetings with extension teams and help build capacity local capacity through training in health equity and appreciative inequity in Year 1. In Year 2, Dr. Smith will assist with planning and programming for regional action institutes and helping assess county action plans. In Years 3-5, Dr. Smith will assess and allocate technical assistance. as needed, with a focus on active living, the built environment, and sustainability. Throughout all years, Dr. Smith will support the extension learning community by identifying and providing learning opportunities to extension teams and community members.



**Dr. Meschke:**

Rape Prevention and Education Evaluation; Contract with the Tennessee Department of Health: **Meschke, L. PI (\$400,000; 2024-2029).**

Lopes SS, Shi A, Chen L, Li J, Meschke LL. California's Comprehensive Perinatal Services Program and birth outcomes. Front Public Health. 2023 Dec 21;11:1321313. doi: 10.3389/fpubh.2023.1321313. PMID: 38179565; PMCID: PMC10764413.