

Inside This issue:

You did it!...1
Mental Health Awareness
Month...2
MPH Grads...3
PhD Grads...4
Graduation Information...4
Students at SOPHE...5
McClure Award...6
GSRC Poster Winner...7
CHES Official...8

Inspiration + Motivation

“Don’t be afraid to give up the
good to go for the great”
-John D. Rockefeller

“Your education prepares you
for what lies ahead”
-Conan O’Brien

“Trust yourself
Laugh at yourself
If something tries to hold you
back
Get up and give it heck”
-Ashley McBryde

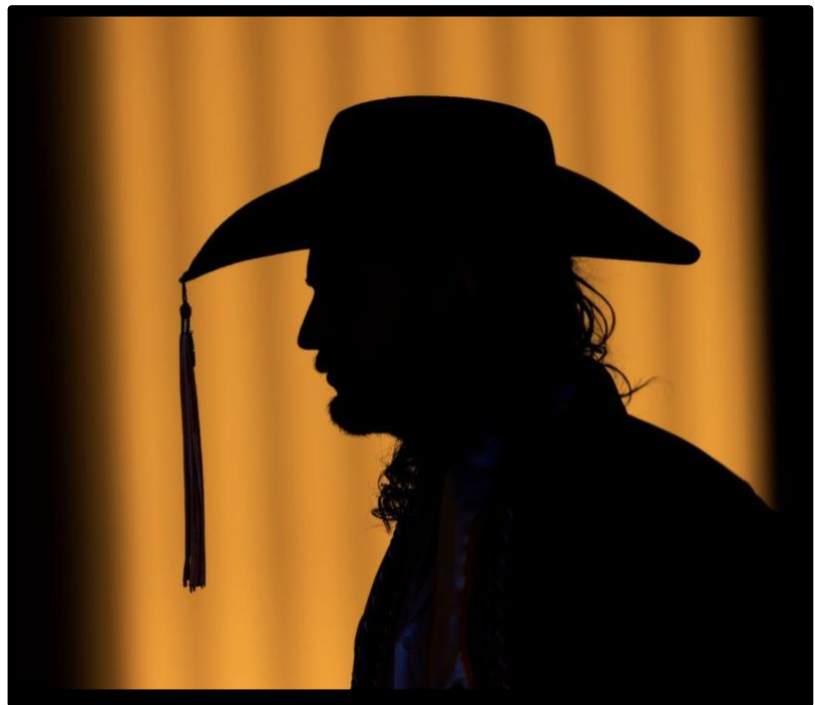
“Today’s accomplishments were
yesterday’s impossibilities”
-Robert H. Schuller

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Public Health Memos

Spring 2024, Volume III



You did it!

Congratulations on completing another semester! You worked hard, persevered, and never let back on your goals! For those of you who are graduating this semester, we so look forward to hearing of all the amazing things you accomplish! For those returning next fall, we will see you soon!

Mental Health Awareness Month

May is Mental Health Awareness Month!

In honor of Mental Health Awareness Month, here are some self-care tips from the National Institute of Mental Health:

- **GET REGULAR EXERCISE.**
 - Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **EAT HEALTHY, REGULAR MEALS AND STAY HYDRATED.**
 - A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **MAKE SLEEP A PRIORITY.**
 - Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **TRY A RELAXING ACTIVITY.**
 - Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **SET GOALS AND PRIORITIES.**
 - Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **PRACTICE GRATITUDE.**
 - Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **FOCUS ON POSITIVITY.**
 - Identify and challenge your negative and unhelpful thoughts.
- **STAY CONNECTED.**
 - Reach out to friends or family members who can provide emotional support and practical help.



Congrats, MPH Grads!

Fall 2023 Grads:

Lindsey Allison
 Amanda Andrews
 Ebone Colclough
 Shivani Dixit
 Jamia Godbolt
 Ashley Holman
 Amanda Krueger
 Hailey Lewis
 Melissa McCaw
 Brandi Rahmanian
 Ariel Robinson
 Jennifer Thornton
 Jena West
 Geneth Wolfer

Spring/Summer 2024 Grads:

Sara Allaman
 Jessica Ansah
 Mikah Chandler
 Shamatanni Chowdhury
 Kendall Collins
 Anna Marie Cooksey
 Isabel Correia
 Katherine Deal
 Celia Gelpey
 Imelda Gutierrez
 Laurel Harrison
 Ariana Haywood
 Isabella Herrera
 Jennifer Hinson
 Loren Hobbs
 Jayda Jefferson
 Meghan Lucido
 Katelyn Martens
 Will Martinez
 Sophie Maynard
 Khadijah Melvin
 Morgan O'Brien
 Peter Orio
 Jordan Rahm
 Caitlyn Salmans
 McKensie Scott
 Jordan Shipley
 Lewis Wessner
 Alle Crampton
 Karyn Smith
 Rebekah Mustaleski



Congrats, PhD Grads!

Femi Oyedeji
Bethany Rand



Graduation Information!

Graduation for Masters and Doctoral students will be held on
Saturday, May 18th, at 9:00 am in Food City Center!

For more information, visit
<https://Commencement.utk.edu/spring-2024-commencement-ceremonies/>

MPH Students at SOPHE!

First-year MPH students, Parker Avery, Madison Hoskins, and Felicia Wright had the pleasure of presenting their research with Dr. Parks at the Society for Public Health Education (SOPHE) Annual Conference in St. Louis this past March. MPH student Felicia Wright shares her experience at the conference!

“We had the pleasure of collaborating alongside Dr. Parks at the 75th Annual SOPHE Conference in St. Louis, MO. This year’s focus was on the gateway to health equity: Global solutions to strengthen health education and promotion capacity. We presented 2 abstracts. The first was Exploring Public Health Professionals’ Perspectives on the Importance of Key Management Competencies and Skills for Early Career Professionals Entering the Workforce. Dr. Parks, Madison and I presented and highlighted the essentials skills and competencies most sought after in new graduates, emphasizing their significance in navigating today’s dynamic professional landscape. The second presentation was done by Parker and Dr. Parks entitled Self-reported Food Insecurity During the COVID-19 Pandemic Era: Exploring the Relationship between Food Insecurity, Psychological Distress, and Family/Social Life Impairment.

We also had the opportunity to sit in on a few presentations and learn a lot about diverse perspectives on public health concerns as well as ongoing research and initiatives. It was an enjoyable experience learning about how people from all over the country are working to promote health education and seeing the different ways in which it was done!

I look forward to having the opportunity again to represent our university in the future!”



W.K. McClure Scholarship Award for Research Abroad Winners



Su Chen Tan

This summer, Su Chen will be conducting a research study evaluating the adaptation of Psychological First Aid (PFA) training with humanitarian responders to a refugee crisis, a flood, and an earthquake in Malaysia, Libya, and Afghanistan, respectively. This project will be an opportunity to integrate public health and behavioral health knowledge to contribute to the scientific literature of culturally responsive PFA training in cross-cultural settings and inform the PFA training practices of MERCY, an international medical relief agency based in Malaysia.



Sompa Reza

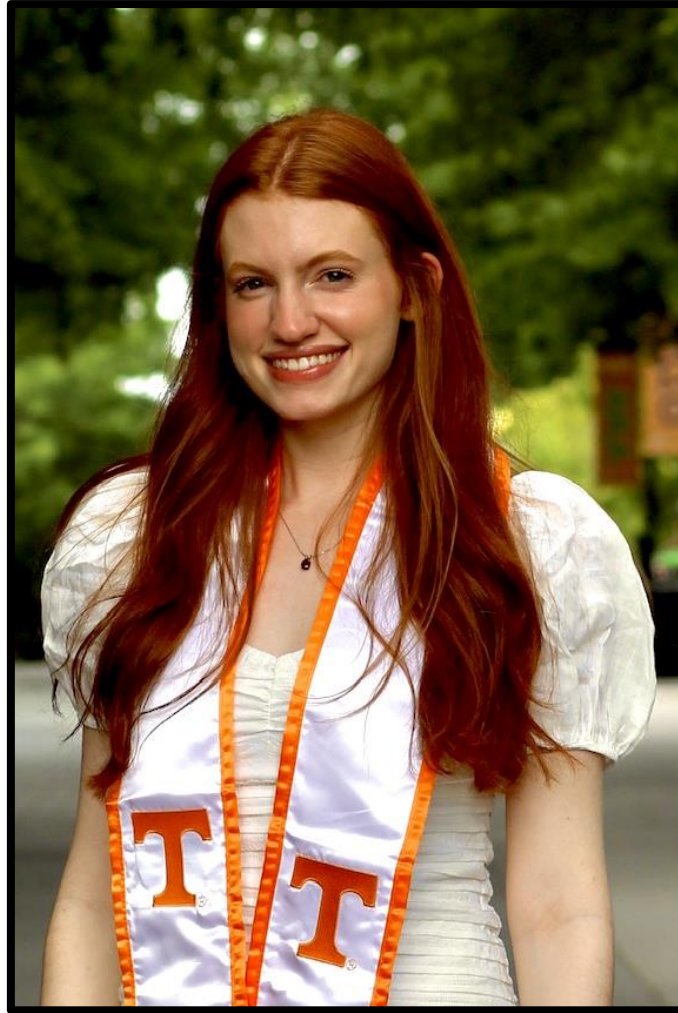
This summer, Sompa will be conducting a research study investigating the barriers and facilitators caregivers experience in tuberculosis diagnosis and treatment for their children in Bangladesh. This study will be recruiting participants from two hospitals (Bangladesh Pediatric Hospital and Pabna Tuberculosis Hospital) through purposive sampling and will collect data through semi-structured interviews. Study findings will highlight priority areas for intervention and policies, ultimately contributing to improving pediatric TB outcomes in Bangladesh.



Sumon Ghosh

This summer, Sumon will be interning with the Tennessee Department of Health, pioneering a One Health project under the guidance of Dr. Samir Hanna, a distinguished Epidemiologist at. Through the internship, Sumon will be researching zoonotic diseases, surveillance mechanisms, and outbreak investigations. In conjunction with my practical internship commitments, Sumon will be taking CEM 508 - Epidemiology of Parasitic, Foodborne, and Bacterial Zoonotic Diseases at the University. Sumon is eager to witness the professional growth these invaluable experiences will provide him.

Graduate Student Research Colloquium Public Health Poster Winner



Congratulations to Ellen Oakes for winning best poster at the
2024 Graduate Student Research Colloquium!

Ellen's research seeks to explore the associations between the Multidimensional Deprivation Index, access to nephrology care prior to dialysis, and mortality on dialysis in the southern US among people with end-stage kidney disease. The results of Ellen's study seek to serve as a call to action for tailored interventions, including community education initiatives to promote early intervention, extension of telehealth services to reach underserved populations, and efforts to expand health insurance coverage.

Congrats, Ellen!

Certified Health Education Specialists!

Congrats to the following students for passing the CHES exam!

- Anna Marie Cooksey
- Imelda Gutierrez
- Sara Allaman
- Madi Moore

Having a CHES means that an individual has successfully passed a competency-based examination administered by the National Commission for Health Education Credentialing, Inc.

For more information on the CHES exam and certification, reach out to Dr. Jennifer Perion or visit <https://www.nchec.org/ches>



NCHEC
National Commission
for Health Education Credentialing

Credentialing Excellence in Health Education