

# Research in Action.

OCTOBER  
2025

Updates from the Arnold School Office of Research



**NOTE FROM THE ASSOCIATE DEAN  
FOR RESEARCH AND LEADERSHIP DEVELOPMENT**

At a community event the other week, I met someone outside of public health who shook my hand and said, *'I'm very sorry public health has had to weather so many challenges lately. You are part of one of the most important fields out there so thank you for all that you and your colleagues are doing.'* I was moved. It was a powerful reminder that public health matters deeply and that our communities notice. Please take a moment to read this newsletter and recognize each other's research and upcoming initiatives.



Warmly,

Daniela B. Friedman, PhD

# New Undergraduate Student-Faculty Research Matching Survey



A new research interest survey has been shared with ASPH undergraduate students. Thanks to those who agreed to serve as potential mentors during this pilot year.

Please encourage participation to help strengthen our mentoring culture.

## A Collective Hedgehog Story: The Arnold School Cancer Prevention and Control Program

Founded in 2003, the Cancer Prevention and Control Program (CPCP) works to reduce the burden of cancer by eliminating disparities and ensuring that effective strategies for prevention and control are available to all.

Recently, we asked CPCP faculty, students, and research staff working on the REMEDY study to reflect on their “why”, specifically why they do this work, what sustains them, and the impact they hope to have.



We used the Hedgehog Model of Strategic Leadership, which invites us to consider three questions: What are we deeply passionate about; What can we be the best at?; What resources or supports sustain us? Enjoy this summary of the team's responses:

### ***What are we passionate about?***

Across the CPCP team, passion begins with a desire to improve lives.

- *"I think the thing that excites me most about our research is the idea of giving people tangible resources that literally help change their lives/overall health."*
- *"What excites me most about my research is being able to apply this in the real world to make significant changes in people's lives."*

For many, as it often does in public health, this drive comes from personal experience.

- *"I chose this area of study and am passionate about the research largely due to my own experiences with inflammation and the capacity of diet to improve overall wellbeing."*

Others are motivated by justice and wanting to make changes at a higher level to ensure equitable patient care. Team members all had the desire to keep on learning and they found joy from discovery.

- *“I love the idea of research. I love that you can have a question and come up with a scientific way to find an answer.”*

### **What can we be the best at?**

Strengths across the CPCP group members are varied but complementary. Several emphasized communication skills.

- *“I enjoy relating to others and taking a complicated idea and finding ways to make it understandable to a general audience.”*

Others highlighted creativity and problem-solving.

- *“I thrive on this. I love thinking outside the box and am drawn to approaching problems from unusual angles, I’m a natural ‘what-ifer’”*

Some team members focused on the importance of being persistent in pursuing one’s research dreams that would benefit population health.

- *“I think it is fairly well-established at this point that the Dietary Inflammatory Index (DII®) has become the standard of the industry... At that point, nobody believed we could pull this off when we started this work about 20 years ago”*
- For those newer to the field and the team, being a strong collaborator was considered key: *“My priority right now is learning and absorbing as much as I can from my peers while also supporting the study.”*

### **What sustains us?**

People and communities are at the center of CPCP’s initiatives.

- *“The people who benefit most from our research will be our local community... the more people learn/understand how even small dietary changes can affect their lives, the more likely they are to pass that information to their friends and family.”*

Others noted the long-term impact of their work.

- *“In addition to the immediate benefits to participants, the long-term impacts of our study can have significant impacts on the prevention of colorectal cancer and other diseases.”*

Support also comes from the team members themselves.

- *“Everyone on the team is incredibly driven and dedicated to the cause. We work together to overcome hurdles and are always searching for solutions as a team.”*

Collaboration and mentorship play a central role in all they do.

- *“Collaboration drives everything. I rely on environmental engineers, biostatisticians, and local health agencies who see the value of working across silos.”*



Taken together, the group’s Hedgehog statements illustrate their collective drive:

*“Arming communities with practical, shareable tools for improving health outcomes” and “Making nutrition and lifestyle changes understandable and attainable to improve the health of Americans.”*

We close with inspiration from CPCP team members who remind us of the values that ground our work:

- *“Justice grounds me, innovation fuels me, and collaboration sustains me”*
- *“Find something of great importance to public health, such as inflammation, link it to individual and policy action, and push hard to both change behaviors and rattle the cages of those in power”*

**Thank you to the CPCP team for sharing your why and for your dedication to public health research, translating science into action, and sharing a commitment to community, justice, and innovation.**

# Rebranded Student Poster Content



The Arnold School Office of Research Presents the

# Student Research Poster Contest

*Do you have a research poster that you have presented in the past year?*

Each month, an undergraduate and graduate poster will be selected and displayed outside of the Office of Research and featured in their bi-monthly newsletter. Selected students will also receive a gift card. Open to all undergraduate and graduate students within the Arnold School of Public Health.

   Link: <https://tinyurl.com/3fnars5d>  
Or use the QR code to upload your submission!

The rebranded Student Poster Contest has kicked off. Congratulations to Kendall Doyle and Callie Unrein, our October 2025 ASPH Student Poster Winners. Please [click here](#) for more information about the contest. We look forward to having both undergraduate and graduate students showcase their work.





## CONGRATS!

Kendall Doyle's poster, "PNES Management with a Concussion in a Gameday Environment: A Type IV Case Study," is the October 2025 Arnold School Office of Research Master's Student Poster Winner.





## CONGRATS!

Callie Unrein's poster, "Relationship Between Raw Bioimpedance Values and Muscle Mass, Size, and Quality in Eumenorrheic Women," is the October 2025 Arnold School Office of Research Doctoral Student Poster Winner.

## Updates

**Updated Faculty Mentoring Team Program** guidance has been updated and distributed to all ASPH faculty members. It can also be found at [this link](#).

**Boilerplate language for grant proposals** is updated by the Office of Research each Fall. The updated document can be found [here](#).

CURRENT FY26 GRANT FUNDING (AS OF 10/27/25)

**\$22,411,152**

## ASPH Publications: July–September 2025

View the [list of publications](#).

## ICYMI: 2025 Statewide Aging and Alzheimer’s Disease Research Symposium

On October 9-10th, the University of South Carolina hosted the 2025 Statewide Aging and Alzheimer’s Disease Research Symposium. 240 individuals from across South Carolina registered for this event. The 1 ½ day meeting featured four panels showcasing the latest research, technologies, and community engagement strategies being implemented to address outcomes and disparities for Alzheimer's disease and related dementias. View the [symposium slides](#) and the [photo gallery](#).



*OFFICE OF RESEARCH MEETINGS*

**Meeting of the Research Advisory Council (RAC) & Center Directors**

Dec 12, 10 am–12 pm

***Brewing Success: Research & Coffee Meetings for ASPH Grant & Business Managers***

Dec 5, 9–10 am

## Research Resources

**ASPH-wide BioRender License**

Please reach out to [Ally Hucek](#) if you are interested in having Biorender.

**University Libraries Data Services**

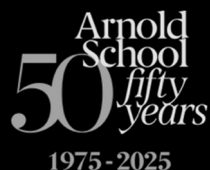
**USC-wide Covidence License**

**New USC-wide ArcGIS Pro License**

**List of publishers with which USC has open access agreements**

## Coming Soon: Leadership Development Programming

Planning for **leadership development programming** in our school is being guided by your input. Discussion groups with faculty members across the school have been conducted and a school-wide survey of all ASPH faculty will follow. We want your input and please look out for a brief virtual survey to be distributed this semester.



**Office of Research**  
Arnold School of Public Health  
UNIVERSITY OF SOUTH CAROLINA

Discovery Building, 915 Greene St, Columbia, SC 29208

[Website](#)