Happy, Healthy Spring to all. The birds are chirping, the trees are blossoming, and more in-person interactions are delightful and appreciated, especially during difficult times. It has been lovely to catch up with people about work and non-work life. I love the coffee talk and the catch-up sessions during and outside of meetings. Talking about talking … I came across an article about the Babble Hypothesis. Have you heard of it? Older studies suggest that quantity of speaking or (more recently) that quantity and quality of speaking are correlated with leader emergence. The former means that those who speak more often receive higher ratings on leadership measures. The latter means that the actual content of the talking also needs to be relevant and beneficial to the group interacting with the person whose leadership is being evaluated for there to be an association between talking and leadership. A more recent article in *The Leadership Quarterly* suggests that quality and relevance of speech may be important and stress that experiments should control for participant roles and group composition. This study found that even after accounting for several factors, speaking time still has a direct effect on emergence of leadership. The babble hypothesis is interesting. I know I talk a lot. And I know there are people who talk more than me. As an only child, I like being around a lot of people and I was drawn to friends who had many siblings. I see that in my only-child son. There are also times when I have no words and I like the quiet. It’s not often but that’s when you’ll see my door closed even when I’m not on a Zoom call. This month in one of the HPEB seminar classes we will be discussing leadership and leadership styles. Yes, it is important for leaders to be seen and heard. They need to be at the table to influence positively and inspire needed change. But the leader does not always need to be the loudest person in the room. I hope it is someone who listens and cares and takes relevant actions and communicates appropriately based on that listening and the caring. This may be schmaltzy (overly sentimental) but this song comes to mind as I write this note: “It’s amazing how you can speak right to my heart; Without saying a word, you can light up the dark; Try as I may I can never explain; What I hear when you don't say a thing .... You say it
"best, when you say nothing at all." On that note … no more babbling from me. On to reading this newsletter we go! Wishing you the very best on the rest of the semester and please join me in congratulating everyone on their accomplishments – including the journeys they take to reach them.

Daniela Friedman

Congratulations are in Order!

Congratulations to Sejla Isanovic, HPEB MPH Student, who was the recipient of the Fall 2021 Ann Cassady Endowed Fellowship Award.

Congratulations to Tianyue Mi, HPEB Doctoral candidate, who was named a 2022 Breakthrough Graduate Scholar. [Link]

Congratulations to Dr. Seul Ki Choi, HPEB alum, on her new position as assistant professor in the Graduate School of Urban Public Health at the University of Seoul.

Dr. Holly Pope, HPEB alum, accepted a research associate position with the Center for Applied Research and Evaluation (CARE) in the Arnold School of Public Health.

Congratulations to Sam Noblet, MPH, HPEB and Prevention Research Center Grant Coordinator, who is recipient of a 2022 Exceptional Research Service Award – Technical Support Staff Award from the Office of the Vice President for Research. [Link]

Dr. Leila Larson was named a Top Reviewer for *The American Journal of Clinical Nutrition (AJCN)*. This selection is based on the quality, number, and timeliness of manuscript reviews completed in 2021.

Congratulations to Dr. Brie Turner-McGrievy and her team for the promotion of their NEW Soul study in the journal *Circulation*. [Link]

Congratulations to Dr. Ed Frongillo who has been appointed to serve as President of The Society for Implementation Science in Nutrition (2022-2024 term). [Link]

HPEB in the News!

Dr. Mary Wilson was featured on WIS-TV promoting the Diet Guidelines: 3 Dietary Patterns (DG3D) study. Dr. Brie Turner-McGrievy serves as PI of this NIH-funded grant. [Link]

Drs. Rachel Davis and Jim Thrasher and co-investigators, Drs. Ed Frongillo and James Hardin were featured on the Arnold School website for their R01 grant focused on nutrition labeling for adults in the U.S. and Mexico. [Link]
Funding News

Nkechi Okpara and Fanghui Shi, HPEB Doctoral students, are 2022 recipients of SPARC research awards for their upcoming dissertation work. [Link]

Charity Ntansah, HPEB doctoral student, is project lead on an administrative supplement focused on communicating about nicotine and differential risks of tobacco products. Principal investigator on the overall parent grant is Dr. Jim Thrasher.

Kelly Buchan, public health student, with HPEB advisor Dr. Jennifer Fillo, received a recent Magellan grant entitled, “Romantic partner attempts to influence reduction in alcohol consumption: Examining drinker perceptions”.

Kelly Buchan and Natalie Hasbrooke, ASPH undergraduate students, were awarded an Honors College Research Grant to study, “Examining social control of alcohol use among romantic couples.” Dr. Jennifer Fillo serves as mentor on this grant.

Annie Lacourciere, biological sciences student, with HPEB advisor Dr. Shan Qiao, received a Magellan grant entitled, "Social media usage and COVID-19 vaccine uptake among college students in South Carolina."

Dr. Andy Kaczynski and his team secured a grant from the Office of the VP for Research's Racial Justice and Equity Research Fund to study "Green Justice: Examining socioeconomic and racial/ethnic disparities in access to quality parks across Columbia, SC."

Dr. Shan Qiao is on a team also awarded a grant from the Racial Justice and Equity Research Fund to study “A novel data-driven approach to empirically link structural racism and health access and utilization in South Carolina.”

Dr. Brie Turner-McGrievy and team were awarded an R01 grant from NIH/NIDDK to test a weight loss intervention that uses self-monitoring technologies and online social support. [Link]

Drs. Xiaoming Li and Shan Qiao and team were awarded an R01 grant from NIH addressing HIV stigma and discrimination through resilience-based methods. [Link]

Dissertation Presentations

Congratulations to Christiana L. Johnson who defended her dissertation proposal on February 2, 2022. Her research is focused on “Structural Gendered Racism: Implications for Black Women’s Reproductive Decision-Making.”


Special Congratulations Section

This is the third time (since I’ve been in HPEB) where students have found each other. Congratulations to Deeksha Gupta and Mayank Sakhuja, doctoral candidates, on their recent engagement! (Disclaimer: HPEB cannot take all of the credit this time. Deeksha and Mayank knew each other prior to starting the doctoral program.)
Photo Gallery

Hard at work! Dr. Edena Guimaraes with Andrew Volz, UG public health student, Amir Harris, UG public health student, and Bella Alonso, HPEB MPH student.

HPEB and the Matching Lunchbox! (How could we not take a photo that day when Dr. Macauda’s lunchbox matched Maria’s shirt and Dr. Fillo was in Gamecock garnet? And Dr. Kim, Gene, and Wendy were all in blue!)
Don’t be frightened! These amazing photos are from Dr. Spencer’s renowned Zombie Apocalypse activity from HPEB 511. Do I see Dr. Giraudy in one of those photos?

45 is the new 50! HPEB promotes colorectal cancer awareness in March 2022
Please send submissions for *News and Kudos* to Krista Russell so that we can share and celebrate your work!

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Soon-to-be HPEB graduates and alumni, please continue to keep in touch with us! Please also ensure your contact information is current with the Arnold School by updating your information here: Link