**Message from the chair**

Dear HPEB,

Congratulations to our graduates and congratulations to returning students on completing the year! Please don’t be strangers – the department is open for business all summer so stop by and visit with us.

Summer on campus feels different than the rest of the year. There is definitely more parking, shorter lines at the coffee shops and restaurants, and a (slightly) more relaxed atmosphere – this is a recipe for super productivity. In addition to setting academic goals for the summer, I hope you will have the opportunity to do some things over the next few months that you may not have had time for during the school year. I just stocked up on new crossword puzzle books and novels and some get-ready-for-second-grade books for my son – goodness, are we sure time doesn’t really fly?

Since I mentioned books and I like to share my latest finds … I just finished reading *Life on Purpose: How Living for What Matters Most Changes Everything* by Dr. Victor Strecher, professor and director for innovation and social entrepreneurship at the University of Michigan School of Public Health. I was familiar with Dr. Strecher’s research but learned only recently that he had published this book. I’m glad I found it. Using content from ancient philosophy and the latest science, Dr. Strecher explores how having purpose impacts our lives. He uses the acronym of S.P.A.C.E. to recommend how to live in the moment and increase our energy levels through five categories – sleep, presence, activity, creativity, and eating.

I stopped in my tracks when I read the following line from Jim Loehr, performance psychologist who is quoted in the book: “Time management is crap!” I was shocked by this – what could he mean? I pride myself on my to-do lists and managing my time well. This past year I had even written a short blog about work-life harmony that touched on time management. But then this outrageous statement made more sense to me as I read on. Just because we manage our time well, we may not be in the moment or engaged in what is actually going on right in front of us. Jim continued on and told Strecher, “It’s not about time. It’s about energy management.” Interesting. Well, one of my goals this summer will be to focus on S.P.A.C.E. and be better engaged in the moment and manage energy instead of time.

Have a wonderful S.P.A.C.E.-y summer and please keep in touch with us! – Daniela Friedman
Congratulations Are In Order!

Alycia Boutté received the 2019 HPEB Christopher Peter Aluah Doctoral Student of the Year Award.

Petra Sprik received the 2019 HPEB Masters Student of the Year Award.

Dr. Lee Pearson is the 2019 recipient of the James A. Keith Excellence in Teaching Award.

Dr. Ed Frongillo is the 2019 recipient of the Arnold School of Public Health Faculty Research Award.

Dr. Megan Weis, HPEB alum, was awarded “The Voice of Public Health Award” from the Institute of Medicine and Public Health.

Anthony Crimarco, HPEB doctoral graduate, will be starting a postdoctoral fellowship position at Stanford University in fall 2019.

Alycia Boutté, HPEB doctoral graduate, received the outstanding student abstract award in the Women’s Health Special Interest Group at the Society for Behavioral Medicine conference in March 2019.

Dr. Donaldson Conserve was accepted into the HIV Intervention Science Training Program for Underrepresented Scholars (HISTP) at Columbia University.

Alycia Boutté, HPEB doctoral graduate, has accepted a Health Communication Cancer Research Training Award (CRTA) fellowship in the Behavioral Research Program, Office of the Associate Director at the National Cancer Institute.

Dr. Xiaoming Li received the 2019 SEC Faculty Achievement Award, which recognizes faculty from SEC universities with outstanding records in research and scholarship.

Kalvin Cobaris, HPEB MPH student, received the Ann Cassady Endowed Fellowship Award.

We recognize Drs. Casey Giraudy and Mark Macauda for their continued service as Preston Associates and strong mentors to students living in Preston Residential College.

Dr. Caroline Bergeron, HPEB alum, has accepted a position as Scientific Advisor, Specialist in Aging at the Québec National Public Health Institute in Quebec City, Canada.

We congratulate the following HPEB doctoral students for completing the Center for Teaching Excellence Preparing Future Faculty program: Alycia Boutté, Anthony Crimarco, Jennifer Mandelbaum, Monalisa Nazratun, Hoa Nguyen, and Ellen Stowe.

Dr. Caroline Rudisill was invited to act as a Health Economics Expert for KCE Belgium, being one of three international experts to validate a health technology assessment model.

Jackie Knight Wilt, HPEB masters alum and Assistant Director of UofSC Healthy Carolina Initiatives, has been granted admission to Virginia Commonwealth University’s doctoral program in Social and Behavioral Sciences.

Dr. Katrina Walsemann has been asked to serve on the 2020 Program Committee for the Population Association of America’s Annual Meeting.

Dr. Heather Brandt has been selected as a fellow in the 2019-2020 Southeastern Conference Academic Leadership Development Program.

Jennifer Mandelbaum, HPEB PhD candidate, is recipient of the 2019 Dean’s Award for Excellence in Leadership from The Graduate School.

Dr. Jim Thrasher was nominated and selected to serve as a standing member of the NIH Community Influences on Health Behavior study section.
Undergraduate Discover USC Winners Mentored by HPEB Faculty and Graduate Students:

Morning Poster Presentation: Health Sciences B

**Rachel Adankowski**, First Place, “Effect of weight loss on blood pressure in low-fat vegan and low-fat omnivorous diets”

**Kathleen Hill**, Second Place, Diet Dispute: “Comparing nutrient differences among popular weight loss diets”

Afternoon Poster Presentation: Health Sciences G

**Emma Dear**, First Place, “Comparing food recommendations in top diets”

* The full list of awardees at Discover USC can be found [here](#).

The following individuals were inducted into the Delta Omega Honorary Society in Public Health:

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<th>Faculty</th>
<th>Graduating Students</th>
<th>Alumni</th>
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<td>Dr. Xiaoming Li</td>
<td>Basia Bujak</td>
<td>Shameka Wells</td>
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<td>Alicia McDaniel</td>
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Dissertation and Practicum Presentations

We congratulate the following students who completed milestones in their academic programs during the past three months:

Practicum Presentations

**Maclain Borsich**: Fitness Integrated Thrives Cherokee County (Fit2gether) {April}

**Juliet Lisa da Camara Canto**: High Blood Pressure Prevention and Management Classes for Non-licensed Healthcare Providers {April}

**Kimberly Clarke**: Developing and Delivering HIV Culturally Sensitive Material for MSM Patients {May}

**Heidi Furman**: Latino Community Reactions to Need Assessment {April}

**Petra Sprik**: A Quality Improvement Project for virtual Chaplaincy {April}

**Cassidy Wade**: Wrapping Up the SCaledown Initiative {April}

**Jennifer Williams**: Promoting Health through School Nutrition at Harrisonburg City Public Schools {April}

Dissertation Proposal Defenses

**Dawit Alemu**: Women’s Socio-economic Empowerment and Uptake of HIV Testing in Ethiopia {April}

**Kelli DuBois**: Living with Ulcerative Colitis: Exploring Dietary Inflammatory Intake, Physical Activity, and Methods to Manage the Burden of Illness. {May}

**Yoojin Cho**: Effects of Relative Risk Warning Labels on Consumers’ perceptions about Cigarettes, Heated Tobacco Products and Vaping Products in Korea {May}
Wendi Da: Applying the Health Action Process Approach (HAPA) in Program Evaluation of a Theory-Based Parental HIV Disclosure Intervention among Parents Living with HIV (PLH) in China {March}

Olivia Whitt: Examining the Organizational Capacity of Public Libraries that Offer Obesity Prevention Program. {May}

Final Dissertation Defenses

Marian Botchway: Social Networks, Social Support, and Contextual Factors that Affect Blood Glucose Control Among Individuals with Type 2 Diabetes in Urban Ghana {June}

Alycia Boutté: Examining the Relationships Between Stress, Depressive Symptoms, and the Neighborhood Food Environment on Diet Quality Among Racially-Diverse Pregnant Women in South Carolina {March}

MAJ Barbara K. Bujak: Experience of Persistent Pain Among Military Service Members Participating in an Interdisciplinary Intensive Outpatient Program {June}

Anthony Crimarco: The Plant-Based and Soul-Full Study (Pass): Examining how Owners of Local Vegan Soul Food Restaurants Promote the Consumption of Vegan Foods in the African American {May}

Venice Haynes: Sociocultural Factors Influencing Cervical Cancer Prevention and Control Behaviors in Cusco, Peru {June}

Yanping Jiang: Improving the Emotional Wellbeing of Children Affected by Parental HIV in China: Efficacy of the ChildCARE Intervention {June}

Hoa Thi Mai Nguyen: Parenting and Child Self-Regulation as Mechanisms for the Relationship of Household Food Insecurity with Child Dietary Behavior {March}

Aditi Srivastav: Helping South Carolina’s Children Thrive: Promoting Protective Factors to Prevents the Long-Term Impact of Adverse Childhood Experiences through the Development of Evidence-Based Public Health Policies {April}

Funding News

Dr. Katrina Walsemann with Dr. Emily Mann were selected by the ASPIRE II Grant Program, OVPR, for an award of $100,000 for the investigation of “Transforming UofSC into a National Leader in Health, Inequalities, and Population Research”.

Dr. Shan Qiao secured an R21 grant, focusing on “Intersecting Stigma against MSM in Clinical settings in Zambia”. [Link]

Dr. Sayward Harrison won a $1 million grant from the CDC to increase HPV vaccination, and reduce disparities among adolescents in the Carolinas. [Link]

Dr. Katrina Walsemann’s proposal entitled “Intergenerational Student Debt and the Mental Health of Mothers and their Young Children” was selected for an award of $20,000 from the Social Sciences Grant Programs, Provost Office (declined due to receiving ASPIRE II).
Dr. Xueying Yang was awarded an ASPIRE I, Track 2 postdoc grant entitled “HIV related disclosures and HIV care cascade among MSM living with HIV in South Carolina”

Dr. Sayward Harrison was awarded a K01 grant from NIMHD, focusing on “Improving the HIV Care Continuum for Youth in the Deep South through Mobile Technology.”

The Following Undergraduates were awarded

Magellan Scholar Grants:

Katherine Grinch, mentee of Dr. Brie Turner-McGrievy: “An Analysis of the Relationship Between Self-Efficacy Towards Diet Change and Adherence to Dietary Guidelines for Both Vegan and Low-Fat Omnivore Diets in the NEW Soul Study”

Noah Thompson, mentee of Dr. Donaldson Conserve: “Feasibility of Peer Educators to Promote HIV Self-Testing Among Networks of Men in Tanzania”

HPEB in the News

Dr. Carrie Draper was recognized in the Carolina News & Reporter for her work with FoodShare, an organization which focuses on health equity and nutrition for low-income families in Columbia. Link

Dr. Andy Kaczynski’s work with the 2019 Active Living Conference was highlighted on the Arnold School’s website for the research presented by the BEACH Lab. Link

Dr. Brie Turner-McGrievy completed an interview for the Washington Post on her research on nutrition. Link

Matt Haldeman, HPEB masters graduate, was featured on the Arnold School home page for his medical global health work. Link

Dr. Katrina Walsemann was interviewed about her work on student debt and health outcomes for NPR’s Marketplace. Link

Smiling HPEB doctoral graduates and faculty

Xiaoming Li
Professor
Health Promotion, Education, and Behavior
Endowed Chair & Founding Director
SC SmartState Center for Healthcare Quality
2019 SEC Faculty Achievement Award Winner
Arnold School of Public Health
Publications and Presentations


Heberlein E (editor and author of Chapters 2, 6, and 7), Bergeron C (Chapter 9 author). Bridging for Health: Improving Community Health Through Innovations in Financing. Georgia Health Policy Center, Andrew Young School of Policy Studies, Georgia State University; 2019. https://ghpc.gsu.edu/download/bridging-for-health-book/?wpdmdl=4749815&refresh=5cb8c48a5f9581555612810


Liu JX, Boghossian NS, Frongillo EA, Cai B, Hazlett LJ, Liu JH. Associations of maternal gestational weight gain with the risk of offspring obesity and body mass index z scores beyond the mean. Annals of Epidemiology 32:64-71, 2019.


Mann ES. “They was telling me I wasn't in labor because I was so early”: Medicaid recipients’ narratives of birth (in)justice.” Mini-Conference on the Sociology of Reproduction, Eastern Sociological Society Annual Meeting, Boston, MA, March 14-17, 2019


Contact Us

Please send submissions for News and Kudos to Grace Lewis so that we can share and celebrate your work!

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Past and present converge on PAA 2019

The Population Association of America (PAA) is a scientific organization that promotes research on population issues. It is highly interdisciplinary, drawing from the fields of sociology, demography, public health, economics, and public policy, to name just a few. In April, PAA held its Annual Meeting in one of my favorite cities in the U.S.: Austin, Texas. I spent my sabbatical at the UT Population Research Center in 2015 and two of our current CHIP affiliates graduated from the UT Department of Sociology. More than just these past connections, we were also able to catch up with some former CHIP affiliates like Stephanie Child (UC Berkeley) and Jae Downing (OSSU). We had a blast re-connecting, meeting new people, and presenting our work.

How were CHIP affiliates involved at PAA 2019?

Current and former CHIP affiliates appeared 17 times on the PAA schedule! CHIP affiliates served as session organizers, session chairs, discussants, paper presenters, and poster presenters. Our work spanned the spectrum of population studies. We presented work that examined the effects of 1) out-of-sequence schooling on mothers’ health, 2) early educational exposures on trajectories of cognitive functioning, 3) child-related educational debt on parents’ mental health, 4) the role of religiosity on race-ethnic and gender differences in cognitive functioning, and 5) women’s and men’s childbearing intentions on U.S. fertility rates – and these are just a sampling of the topics presented.

PAA 2019 spanned three days of sessions, which included paper presentations, poster presentations, and flash sessions (5-minute talks followed by a poster reception).
First up, the Paper Presentations....

We had 9 papers presented at PAA in oral sessions. Here is a sampling...

I was excited to share my recent work that looked at how borrowing to pay for a child’s college education impacted parents’ mental health (w/Jennifer Ailshire (USC) and Caroline Hartnett (CHIP, UofSC)). For those of you with college-aged children, pay attention! We found that this debt had trade-offs. Dads who borrowed reported better mental health than dads who didn’t borrow, but as the amount of that debt grew, dads reported worse mental health. Moms were not affected by this debt.

A former CHIP affiliate, Daniela Negraia, now at Max Plank in Germany, and her co-author presented in the same session as me (small world!). They wanted to know how moms and dads feel when they spend time with their children in various daily activities – that is, are they happy, stressed, etc., - and if the child’s gender influences these reports. Moms and dads reported similar positive emotions, regardless of child’s gender, but moms at times, reported feeling more stressed when interacting with their teenage daughters than their teenage sons.

In a session on using linked data sources, Calley Fisk, a CHIP doctoral student affiliate, presented findings from our study where we created a county-level school quality indicators database and linked it to RWJF’s County Health Rankings Data. Counties that had higher levels of race-specific school segregation also had higher race-specific age-adjusted mortality. Calley did a great job presenting our paper – it was her first oral presentation and her session chair told me she was a “natural”. Awesome work, Calley!

Fertility is a big topic at PAA and our own Caroline Hartnett demonstrated her expertise in this area throughout the conference. In her first presentation, she examined the declining fertility rate in the U.S. and found that this decline reflects both a change in intentions – women are increasingly more likely to say they do not intend to have children during their lifetime and are also less likely to intend to have large families (4 or more children) – and a change in timing of births – some women are delaying when they have children and may “make-up” those births as they get older. But men are also part of the “declining fertility” story. In another session, Caroline found that men’s declining fertility was driven mainly by changes in the number of births they expected to have during their lifetime.

There were so many more papers. . . Jennifer Augustine reported findings from her work on out-of-sequence schooling and mom’s health (take away – no change in health for mom’s who go back to college). I found that early educational experiences such as learning a foreign language, attending a segregated school, and having a learning problem as a child, were linked to cognitive functioning decades later even after accounting for older adults’ educational attainment. Jaclyn Wong and her co-author
examined how imagined futures – ideal fertility versus expected fertility – are connected with future (un)intended pregnancy in Malawi.

And, now the Posters

Poster sessions are well-attended at PAA and our presenters did not disappoint. Stephanie Child, a HPEB alumna and former CHIP affiliate, presented work from a study she has been working on since she graduated from HPEB – the UC Berkeley Social Networks Study. She and her collaborators wanted to know how social networks affected sleep among young and older adults in the Bay Area. What caused sleep disruptions? A chronic break in a relationship and problems with work or school, but these associations seemed to be buffered by the availability of social companions and confidants.

My collaborative work with Connor Sheehan (ASU; first author) and Jennifer Ailshire (USC) also looked at sleep duration and sleep quality – and found that although higher levels of education reduced risk for short sleep and sleep problems among Whites, the direction of this relationship was the opposite for Blacks and Latinos.

Last, but definitely not least, Andrea Henderson wanted to know how cognitive functioning differed at the intersection of race/ethnicity and gender. Since she is a religion scholar, she was also interested in the potential buffering effects of religion. Cut to the chase...White men had the highest levels of cognitive functioning in older adulthood, Black women the lowest. But, as religiosity increased, cognitive functioning declined among White men, but improved among Black women. Hmmm...why does religiosity provide some cognitive benefit to Black women, but not among White men? We are still working on the explanation...stay tuned.

And, that wrapped up another spectacular PAA!

What to get involved in CHIP? Visit our website to learn how and to find out more about us: http://chip.sc.edu/get-involved