The past month I’ve been thinking a lot about roles. It started with the Valentine’s Day card my 7-year-old son gave to my husband and me last month. He wrote: “Dad, I love you because you play football with me and you cook for me. Mom, I love you because you make me hot chocolate and you cook with me.” [Notice how he writes that I cook with him since I still need those cooking lessons.]

And now, people in countries all over the world are having to re-examine their roles as we face a global pandemic with COVID-19. I may seem calm and I do try to tell a good joke now and then, but I’ve had some anxious moments over the past week or so. We’re going to be working from home? My son is going to have school at home? My elderly relatives in Canada still think they’re going to fly to Florida in April? Aaah!

In our lives, we all wear multiple hats and have oodles of responsibilities. I started writing a bit about this in an earlier blog about work-life harmony. People rely on us (whether they live near or far) and we rely on others (whether they live near or far). When I introduce myself to others, I typically start with, “I’m proud mom of Dylan Dojc.” And if you know me, you know I am super proud and not shy to talk about my son. I don’t consider myself to be a particularly stellar parent, I just do what I know and a lot of times it feels like I’m being reactive which is often the case when you have an energetic and precocious child. When it comes to my job, that seems more second nature to me. [What would be the work version of the phrase Motherly Instinct? Jobily Instinct?]

There may be days when we are reactive but we figure out what needs to be done with the outstanding people with whom we work. [I also have incredibly supportive mentors and feel very fortunate that this is the case!]

Perhaps I feel more comfortable at work at times because I’ve been at the university for longer than I’ve been a parent. Or perhaps it’s because my role as a parent has helped me with problem-solving in my role at the university. Shall we go with the latter? Okay, so back to roles. Do we define ourselves by our roles? I guess so. Probably. My roles all contribute to my outlook on life and my interactions, behaviors and desire to help people, but there is not one role I have for which I can say, “That’s my role so that’s me.” I don’t think any of us need to do that. Before I started in my role as a department chair, I read a book called, “On Becoming a Woman Leader” by Susan R. Madsen (2008). I still refer to two of the tables in that book every so often – one on the multiple roles of influential individuals and one on competencies developed outside of work that contribute greatly to the job, such as learning patience, understanding other people’s perspectives, and learning to think and communicate during difficult situations.

And so here we are in a difficult time. Right now amidst COVID-19, many of you are juggling multiple roles while trying to stay health and safe. You may be a graduate student moving to online learning and an online dissertation defense, a teaching or research assistant figuring out how you will work remotely, and perhaps a caregiver for parents, children, friends, and community members. It is overwhelming. Take some time to think about how your various roles link together. Will some roles help with others? Are there some for which you can ask for some support or advice from your peers or your faculty advisor or department leadership? Despite the uncertainty right now, I am finding comfort in thinking about my various roles and how they provide me with some structure as I navigate through the day. I am also realizing that I can’t fulfill all of my roles all the time – and I’m okay with that. You should be too.

I will continue to think about my work, service, and personal roles and responsibilities. I know for certain I will not end up being a super chef. But if you ever want to get together and continue the discussion about roles, I can make us a mean hot chocolate. (We may need to meet through Zoom or BlackBoard Collaborate for a while but we can make it happen!)

Take good care, Daniela Friedman
Congratulations Are In Order

**Dr. Charis Davidson**, HPEB alum, has accepted a position as assistant professor in the Health Science Program, Department of Natural Sciences, School of Health and Natural Sciences, at Mercy College in New York. She will be teaching in the new health promotion concentration.

**Dr. Mindi Spencer** was invited to speak at the Interdisciplinary Summit on the Opioid Crisis: Addressing Racial, Ethnic and Socioeconomic Disparities this March.

**Krystal Rampalli**, doctoral student, received a 2019-2020 SPARC grant. [Link]

**Dr. Shan Qiao** received the 2020 Breakthrough Star Award. [Link]

**Yoojin Cho**, doctoral student, was named one of the 2020 Breakthrough Graduate Scholars.

**Dr. Courtney Monroe** received the Ann Johnson Institute for Science, Technology, and Society Faculty Fellow for research mentorship for Magellan research entitled: Instagram Influencers in Physical Activity, Diet, and Weight Control: Exploring Content Quality and Influence among College Students.

**Shirelle Hallum**, doctoral student, was awarded the Butterfoss Community-Based Research Endowed Fellowship.

**Dr. Megan Weis**, adjunct instructor and HPEB alum, accepted a position as a Research Assistant Professor working with the South Carolina Center for Rural and Primary Healthcare in the University of South Carolina School of Medicine.

**Dr. Carrie Draper** was selected to serve on the state-wide Healthy Palmetto Leadership Council.

**Dr. Shaun Owens**, HPEB alum and assistant professor in the College of Social Work, was recognized as one of the 40 under 40 Leaders in Health. [Link]

**Dr. Brie Turner-McGrievy** was recognized as a 2020 Distinguished Undergraduate Research Mentor Award. [Link]

**Dr. Ed Frongillo** and colleague Dr. Jef Leroy’s article on child stunting was selected to be in the Advances in Nutrition 10th Anniversary collection. He article was the most cited in the journal’s volume 10 for 2019. Advances in Nutrition has an impact factor of 7.2 and is the third ranked journal in nutrition and dietetics. [Link]

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**Funding News**

**Dr. Katrina Walsemann** received $150,000 in funding from the Alzheimer’s Association New to Field Grant.

**Dr. Caroline Rudisill** received a three-year grant from The Duke Endowment.
Dissertation and Practicum Presentations

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

Practicum Presentations:

Kalvin Cobaris: Developing Culturally Appropriate Health Communication Products for Hypertension Prevention through Verbal, Written and Electronic Media for Lower SES Patients in Free Medical Clinics in the Midland {January 2020}

Alyssa Geis: Health at Work: An Employee Needs Assessment Survey for Healthy Hospital Programming {February 2020}

Dissertation Proposal Defenses:

Kimberly Butler Willis: Evaluation of a clinic-based Peer Navigation Program (PNP) for African Americans living with HIV in South Carolina {January 2020}

Maryam S. Alhabas: Food Insecurity Resilience of Refugee Families in the United States: A Qualitative Study {January 2020}

Mohammad Masudur Rahman: Diffusion of Information and Social Norms Linked to Infant and Young Child Feeding Practices in Nepal {January 2020}

Krystal Rampalli: Adolescent Drivers of Food Choice Amidst the Nutrition Transition in Urban Ghana: the Role of Cultural Values, Unhealthy Food and Beverage Marketing, and Body Image Perceptions {February 2020}

Final Dissertation Defense:

Nazratun Nayeem Monalisa: Influences on Parents’ Food Shopping for Children’s Consumption in South Carolina {March 2020}

HPEB in the News

Seth Shelby, online MPH student, was featured on the ASPH website as a part of the “I Am Public Health” series. Link

Dr. Katrina Walsemann was recognized on UofSC’s website for her leadership of the collaborative Carolina Consortium on Health, Inequalities and Populations. Link

Keerthana Kumar, online MPH graduate, was highlighted on the ASPH website for her dedication to Public Health and her pursuit to use her MPH to become a better physician. Link

Ashley Page, SNAP-Ed Program Coordinator, was quoted in a Post and Courier article about her research into Columbia’s food deserts. Link

Dr. Julianna Jayne, HPEB alum, was featured on the ASPH website to highlight her career in science in the military. Link
Publications and Presentations


Draper C, Page A. Addressing Inequities within the Food System through Local Food Policy Councils. Oral presentation at the annual summit of Together SC: Facing Race Together. 2020

Draper C, Whilhelm G. Addressing Food Inequities through the South Carolina SNAP-Ed program. Invited presentation at the annual Chronic Disease Prevention Symposium of the SC Department of Health and Environmental Control, Myrtle Beach, SC. 2020

Draper C, Younginer N. The sustainability of policy, system, and environmental change strategies implemented in partnership with the South Carolina SNAP-Ed program and application of findings. Presented on the FNS Southeastern Regional Office SNAP-Ed Best Practices Webinar Series: Implementing and Sustaining PSE. 2020


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**Mann ES**, “It’s not really their place to tell you”: College women’s perceptions of male partner involvement in contraceptive decision making and use. Eastern Sociological Society Annual Meeting, Philadelphia, PA, February 27-March 1, 2020.


Warren AM, Frongillo EA, Nguyen PH, Menon P. Nutrition intervention using behavioral change communication without additional material inputs increased expenditures on key food groups in Bangladesh.

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**Contact Us**

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

HPEB Discovery I 915 Greene Street Suite 563 Columbia SC, 29208
Tel: 803.777.7096
gblewis@email.sc.edu

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](#)