



Bachelor of Science in Public Health Winter 2020 Newsletter



BSPH Program Student-Faculty Social (January, 2020)



Parkinson Professional Development Workshop (January, 2020)

BSPH Program Director's Note by Julie Darnell, PhD, MHSA

The BSPH Program has adopted a new curriculum!

In the spirit of continuous quality improvement, a guiding tenet of our BSPH program, we have implemented several changes to our BSPH curriculum that we hope will make the major more flexible for current students and more inviting to prospective students. Instead of 87 credit hours, the BSPH major now requires 71 credit hours. We have:

- Dropped one ethics-related course. Students are no longer required to take *both* PHIL 287 Environmental Ethics and PHIL 284 Health Care Ethics, but may take *either* course to fulfill a requirement.
- Removed the introductory statistics course, STAT 103, since students will be taking an introductory *biostatistics* course, STAT 335.
- Cut in half the number of required public health elective courses (from 12 to 6 credit hours) and eliminated the environmental science elective so that students can pursue their own interests.
- Revamped our approach to building knowledge of and skills in health communication, opting to integrate the topic across our curriculum instead of having it siloed in a single course, Public Health Communication. In other words, we have eliminated the PUBH 305 course.
- Increased the number of credit hours for a student's culminating experience, or Capstone. Now worth three credit hours, the PUBH 399 course better reflects the level of effort that we anticipate students will be spending in an internship or on a research project.

The remainder of the 71-credit-hour curriculum, which rests upon a strong math and science foundation, remains unchanged. A full description of the BSPH curriculum and a sample course plan can be accessed [here](#). Please help us spread the word about our curricular changes.

Did you know?

The decennial census, a count of every person in the United States, has important implications for public health—implications that will impact communities for the next decade. It provides vital public health data that allows us to monitor and study disease prevalence and rates, outbreaks, demographic trends, the effects of climate change, and social inequalities in health. It determines how to disseminate billions of dollars in federal funds that support state and local governments, nonprofit organizations, businesses, and households in our communities. The census is also used to reapportion U.S. congressional representatives to states. Thus, the census plays a critical role in the distribution of political power and resources across communities. Given the high stakes, getting an accurate count is paramount. Consider getting involved! The Loyola University Public Health Association (LUPHA), the student club for the MPH program, is organizing an effort to educate and empower students about the 2020 census through peer trainings, hosting informational tables, and helping individuals fill out their forms. Working with the Coalition for Spiritual and Public Leadership, they plan to train students to volunteer at census tables throughout campus (gym, hospital, library, etc.) in order to educate and help the community fill out the census forms. Join the training session on March 17 from 1:30 pm to 2:30 pm at Stritch School of Medicine. For further information, contact: luphaorg@gmail.com.

Public Health Faculty Spotlight *by Maria Price*



Amy Luke, PhD

Loyola University Chicago professor Amy Luke manifests an earnest commitment to her academic interest in community health. This is apparent across every sphere of Dr. Luke's daily intellectual and personal life. She currently serves as Vice Chair for the Department of Public Health Sciences within the Parkinson School where she also directs the master of public health (MPH) track for students pursuing a concentration in global health equity and oversees the joint MD/MPH program. Dr. Luke teaches a number of courses in the MPH program, including grant writing and global health. In the BSPH program, Dr. Luke introduces students to the biomedical, social, and behavioral factors in public health in the foundational course, PUBH 300, Introduction to Public Health. No matter how she supports the development of budding medical and public health professionals, she always encourages the spirit of meaningful engagement among students.

A graduate of The University of Chicago with a doctorate in Human Nutrition and Nutritional Biology, Dr. Luke has dedicated much of her work to researching and producing scientific publications examining the determinants of excess weight gain in populations. She has received external funding continuously over the past decade to support her work on the genomic and epidemiological impacts related to the onset of chronic disease. Dr. Luke's work has directly benefited a wide range of communities, from Chicagoland's Maywood area to the West African countries of Nigeria and Ghana. Having the opportunity to become acquainted with communities differing starkly from her own, Dr. Luke notes an irrevocable truth: "Humanity is incredibly valuable" She states further, "We really do need to make people's lives better."

Dr. Luke holds true to these notions by prioritizing community development and stewardship. A resident of Maywood, Dr. Luke not only is personally familiar with the challenges present within the neighborhood, but she

also participates in the development of community health initiatives designed to improve the health of her neighbors in Maywood.

The focus on community health offers many avenues for public health professionals to facilitate improved health outcomes for a given population. What is required is the ability to consider paths of meaningful engagement. Toward this end, Dr. Luke inspires students to dynamically consider their environment as she states, “Be critical, question what you are being told, and investigate things.” Though she recognizes that the things that motivate us often lead to increased personal demands and expectations, Dr. Luke stresses flexibility as an essential aspect of one’s ability to respond effectively. Looking to the future, Dr. Luke is enthusiastic about the Parkinson School’s potential impact, professing, “Students of Loyola’s Parkinson School are uniquely placed to personally realize the incredible value of humanity.”

Amy Luke, Professor and Vice Chair of Public Health Sciences, teaches in the PUBH 300, Introduction to Public Health, offered each fall. For a list of some of Amy’s publications, click [here](#).

Maria Price is a sophomore BSPH major and contributor to the BSPH Newsletter. Maria also serves on the leadership board of the LUC Public Health Club.

Public Health Club: Peer Mentorship at the Parkinson School

by Maria Price



Few things come close to the energy created when a group of motivated students are brought together in fellowship for the first time. While February has already proven to be a month of historic moments across the nation, for the Parkinson School students, the month has delivered outstanding opportunities to draw inspiration from within Loyola’s growing public health community. Presented in conjunction with Loyola University Public Health Association (LUPHA) on the Health Sciences Campus, and the Public Health Club (PHC) on the Lake Shore Campus, the mentorship program is set to run for the duration of the 2020 spring semester and will certainly bring enriching outcomes lasting far beyond the semester.

The mentorship program, which is run by and for students, originated from Public Health Club members who desired a resource that would link undergraduate students who are interested in the health sciences and public health together with graduate students who are pursuing related fields of study. By promoting one-on-one mentoring relationships, the program design offers mutual support and encouragement, networking opportunities, and personal and professional development for its participants. Eighteen students (9 pairs) are participating in this inaugural program.

Public Health Club (PHC) Upcoming Programs

- *Public Health Panel (BSPH program)*, Tuesday, March 10, 5:30 p.m., Cuneo Hall 203 (LSC).
- *Upkey Resume Building & Professional Headshot Seminar*, Monday, March 23, 5:30 p.m., Cuneo Hall 107 (LSC).
- *Research in Public Health*, U. of Chicago Urban Health Lab Representatives, Wednesday, March 25, 5:30 p.m., Cuneo 103 (LSC).
- *Northwestern Stop the Bleed Course Seminar*, Saturday, April 4, 9 a.m. – 11 a.m., Cuneo Hall 109 (LSC).
- *Meet Parkinson School Dean Elaine Morrato*, Wednesday, April 8, 5:30 p.m., Cuneo Hall 103, (LSC).
- *Epidemiology Presentation*, Dr. David Shoham, Wednesday, April 15, 5:30 p.m., Cuneo Hall 103 (LSC).
- *Peer Mentor Program Meet & Greet and Health Science Campus Tour*, Saturday, April 18, 10:00 a.m.

For further information on the Public Health Club and programs, contact: lucphc@gmail.com.

Public Health (PUBH) Courses - Fall 2020

PUBH 300, Introduction to Public Health, Class #5074 (2nd Year or 3rd Year students)

Wed 2:45 PM – 5:15 PM, 8/24/20 – 12/12/20; Julie Darnell, PhD and team of Public Health Science faculty.
Public health is the science of preventing disease and protecting and promoting the health of populations and communities. Through interactive exercises and application of concepts, this course considers its history; ethical principles; scientific foundation and tools; biomedical bases; socioeconomic and behavioral factors; environmental issues; and relationship to medical care.

PUBH 301, Health and the Environment, Class #5077 (2nd Year or 3rd Year students)

Tues/Thurs 8:30 AM – 9:45 AM, 8/24/20 – 12/12/20; Justin Harbison, PhD
This course is designed as an introduction to the field of environmental health, including regulations, research, disease prevention, and advocacy.

PUBH 304, Public Health Behavior & Health Promotion, Class #5579

Tues/Thurs 8:30 AM – 9:45 AM, 8/24/20 – 12/12/20; TBA
This introductory course is designed to provide students with a foundation in behavioral theory as applied to public health practice. Health education strategies will be examined from the perspective of health literacy, cultural competency, and adult learning behaviors among other dynamics. Course will expose students to a range of health behavior theories and frameworks commonly incorporated into public health interventions on the individual, inter-personal, and community level.

PUBH 307, Foundations of Public Health Policy, Class #5583

Tues 4:15 PM – 6:45 PM, 8/24/20 – 12/12/20; Daniel Swartzman, JD, MPH
The course provides students with theoretical frameworks to approach public health policy issues, and empowers them with practical analytical tools to develop position papers. This course is founded on the premise that there is no single approach to policy-making. Consequently, students are provided with the knowledge and skills to conduct meaningful research for health policy and the opportunities to apply those skills to engage pressing health policy problems. Perspectives will be drawn from epidemiology, law, economics, political science, and ethics to engage and examine the policy-making process, articulate positions advocating for (or against) particular interventions, and develop materials for different audiences to further a health policy intervention. This course meets the Writing Intensive (WI) requirement for Loyola University Chicago.

Reach out to Keith Kramer, Program Coordinator/Academic Advisor for the BSPH at kkramer4@luc.edu if you have questions about BSPH program courses.

Upcoming Professional Development Workshop

Christie Andersen Asif, Career Development Advisor in Career Services at LUC, will present the last in a series of Parkinson School Professional Development Lunch & Learn Workshops for this academic year. **Job Search Jump Start** begins at **12:30 p.m. on Wednesday, March 11, in IES 123/124** (Lake Shore Campus). For those who would like to join but are not able to attend in person, we will make a Zoom link available. Please contact kkramer4@luc.edu to register. Previous workshops included *Are You LinkedIn? How to Connect with People & Opportunities* presented last October, and *Resume Writing in Health Sciences & Public Health* presented last month. Past workshops were recorded and are available in our archive.

Resources

Public Health Resources:

- [Public Health Job Board](#)
- [Career Services](#), Christie Andersen Asif, Career Development Advisor (Health Sciences), casif@luc.edu
- **Librarian for the BSPH Program**, Geoff Swindells, Associate Dean of Research, Learning, & Engagement, gswindells@luc.edu; [Public Health Guide](#)

Student Support Resources:

- [Parkinson School of Health Sciences and Public Health Student Handbook 2019-2020](#)
- [Student Accessibility Center](#)
- [Tutoring Center](#)
- [Writing Center](#)

For more information about the B.S. in Public Health program, please contact:

Keith Kramer, BSPH Program Coordinator/Advisor, kkramer4@luc.edu

Julie Darnell, PhD, BSPH Program Director, jdarnell1@luc.edu



Know someone who is interested in public health? Please share this newsletter.