



POINTS OF INTEREST:

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- **Student Achievements**
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Are You Ready?

As flu season begins to sneak up on us quickly, you may wonder what you can do to prevent from getting the flu or worse-H1N1 — also known as swine flu — this winter. In this issue, we will be addressing what H1N1 is and how you can prevent it. Please continue to stay updated about this pandemic and protect yourself.

How do you get H1N1 flu?

H1N1 is spread the same way as the seasonal flu—from person to person, especially through an infected person coughing or sneezing. You may also catch it by touching things that have the virus on it and then touching your mouth or nose. You cannot get H1N1 from eating pork!



Stay informed this flu season!

To stay up to date on the H1N1 virus regularly visit the Center for Disease Control and Prevention Web site at:
www.cdc.gov/H1N1FLU/

How do you prevent H1N1 flu?

Wash your hands frequently, especially when you are in public places. Stay at least three feet away from anyone who is coughing or sneezing. If someone around you appears sick, avoid touching your eyes, nose, and mouth and any surface the sick person touches until you have a chance to wash your hands. If you are living with someone who has the H1N1 flu, it's important to protect yourself! Care for yourself by wearing a mask or a protective cloth over your mouth and nose. Wash your hands frequently, and don't share dishes, towels or bed sheets with the sick person.

For more information on the Are You Ready campaign download the handouts available at www.csufresno.edu/publichealth

Vaccinations

The groups recommended to receive the 2009 H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by “cocooning” them from the virus;
- **Healthcare and emergency medical services personnel** because infections among health-care workers have been reported, and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months through 24 years of age**
- **Children from 6 months through 18 years of age** because cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other in school and day care settings, which increases the likelihood of disease spread, and
- **Young adults 19 through 24 years of age** because many cases of 2009 H1N1 influenza have been seen in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population
- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

Student Achievements

The Public Health Department is proud to recognize the following students and alumni for their achievements:

- **Eiji Yamashita** received the 2009 George F. Gruner Award for Public Service (sponsored by Fresno State and Fresno Bee). Yamashita received this award for his investigative reporting for the Hanford Sentinel.
- **Dr. Kathleen Young**, MPH student, was promoted and tenured at CSU Northridge. Dr. Young is an associate professor of Health Science.
- **Esther Rivera**, completed a summer program in Switzerland (see page 4). Rivera is the first student from Fresno State accepted into this competitive program is offered through Penn State University.
- **Yatee Patel**, MPH alumnus, was the Outstanding Kings County Employee in August. Patel is an environmental health officer at the health department.
- **Dr. Helda Pinzon-Perez**, passed the Certified in Public Health exam becoming the first MPH alumni to do so. Congratulations Dr. Pinzon-Perez!!!!

If you have any outstanding achievements and you would like to be recognized in our semester newsletter, please contact our office at 278.4014.

"Most successful men have not achieved their distinction by having some new talent or opportunity presented to them.

They have developed the opportunity that was at hand."

-Bruce Barton



Group Advising Sessions-Community Health

On Aug. 31, 2009, and Sep. 1, 2009, the community health option advisers held group advising session. The meetings allowed students to meet with their adviser and take care of mandatory advising as well as discuss further plans. The Community Health advisers have set up two more dates for group advising sessions on Oct. 26, 2009 in the Education Building Room 140 from 3-5

pm and Oct. 27, 2009, in Peters Building Room 194 from 2-4 pm. An e-mail will be sent to your campus e-mail address as the dates approach. This is a great chance for you to get the advising hold taken care of or inquire about your standing in the department. If you need any further information contact Dr. Helda Pinzon-Perez at 278.5329 or via e-mail at hpinzonp@csufresno.edu.



Public Health Training Academy

The Central California Public Health Training Academy is expanding the scope of its audience. It's mission is to provide high quality technical assistance, ongoing training, as well as continuing education opportunities for health care providers, public health

personnel, and non-profit organizations in the Central California region. The Public Health Training Academy offers training in a variety of health fields to the community on a personal professional level. The Academy is partnered with numerous county health departments where the

main focus is on serving the public health community. If you are interested in any further information you can call the department at 559.278.4014 or visit our Web site at csufresno.edu/publichealth and click on the Public Health Training Academy tab.

Student Health Science Association

The Student Health Science Association is always looking for new members. Every student in the department is welcome and encouraged to join! The club encourages an interest in the study of public health and provides a framework to expand career opportunities for students involved in the public health fields and

to organize social interactions for those interested in serving the community. Club members participate in a number of activities throughout the semester. A few of those includes health fairs within the university and the community at large, graduation banquet, collaborative programs with

the Student Health Center (e.g. World AIDS Day), tour to health care facilities, fundraising activities, and many more!! Contact Dr. Kara Zografos at 278.5988 for additional information. Visit our Web site for info about other student groups in the department. Come and participate!!!!

Digital Thesis/Projects

To facilitate access to previous students theses and projects, the department is making available, with author's permission, electronic copies of recent theses and projects through the Blackboard site. Go to the MPH Blackboard site and click on the thesis or the projects tab.

Spring 2010 Enrollment

Mark your calendars and don't forget to enroll for your Spring 2010 classes beginning Nov. 9, 2009. Students in the Department of Public Health are advised to enroll in their classes as soon as possible and -- if possible -- to avoid enrolling in classes which may eventually drop. Class cancellations mean fewer seats across all disciplines, making it harder to find open classes. Finally, schedule your advising appointments as soon as possible to avoid any last minute rush.

Focus On Our Partners-Oasis Adult Day Care

People Always Learn Something, P.A.L.S., is the first program of its kind in the San Joaquin Valley that specifically addresses the unique psychosocial needs of individuals experiencing minimal memory loss. P.A.L.S. nurtures the self-esteem and dignity of each participant through peer support to maintain existing memory as much as possible, and provides education on resources



available for planning their own care. This is accomplished through memory booster/retraining activities, group discussions, quarterly social outings, and daily walks. P.A.L.S. participants enjoy a supportive network of friends. For meeting dates, share of cost and additional information please call 559.221.0396 or visit our Web site at www.valleycrc.org.

International Internship-Esther Rivera

The summer of 2009 I was awarded the Minority Health and Health Disparities International Research Training (MHIRT) offered through Pennsylvania State University. My internship placement was with the International Center for Migration Health and Development (ICMH) in Geneva, Switzerland. Under the leadership of Manuel Carballo, I was assigned to the Cultural Competency Project. The goal of the project was to create a curriculum on cultural competency for health professionals. My internship was focused on the creation of a resource list of migratory cultures. The information gathered focused on the health beliefs of eight cultures throughout the world that have been displaced or migrated to other countries. The information gathered included beliefs and attitudes toward health workers, hospitals, the body, gender roles, illness, treatment, cultural practices, and a resource list on each country. While the cultural competency project was the main focus of my time in Geneva, I also completed an assignment on the effect of political instability on health in Haiti. During my time in Geneva I was able to attend a briefing from UNICEF on female genital cutting, a conference at the International Labour Organization, tour the World Health Organization and attend a United Nations debate on the effect of migration on children.

Featured Faculty-Mohammad Rahman

Mohammad Rahman has been part of our department for three years. Dr. Rahman teaches courses in areas related to Health Policy & Management, which includes Public Health Administration, Healthcare Economics, and Human Resource

Management in Healthcare. He is currently serving as an undergraduate academic adviser for the health administration option and also coordinates the undergraduate and graduate Student Outcomes Assessment Plan (SOAP). He has authored and co-authored more than

seven publications and has served on many grant-writing committees. Dr. Rahman has recently changed offices and is now located in McLane Hall, J-Wing Room 10. He can be reached at 278.4222.



“There is no substitute for hard work in order to be successful”.
-Rahman

Mark Your Calendars

August 24-

- Instruction begins

September 4-

- Last day to Add/Drop Classes without permission
- Campus-Wide Furlough

September 21-

- Last day to Add/Drop Classes with permission

September 25-

- Office Closed due to Furlough

October 9-

- Office Closed due to Furlough

October 21-

- Fall Harvest Fest 2009

October 22-

- Disabilities Awareness Fair

October 24-

- Healing the Whole Person: Wellness and Ayurveda.
Location: Alice Peters Auditorium.

October 25-

- Office Closed due to Furlough

October 26-

- Food for Thought: Why it's Healthy to Collaborate.
Location: UC 202 at 10:00 AM

November 11-

- Veteran's Day-Campus Closed

November 17-

- Last day to withdraw for Serious and Compelling Reasons

November 18-

- Wellness Fair
- How to Write A Strong Research Paper
Location: McLane 134

November 25-27-

- Thanksgiving Recess-Campus Closed

November 30-

- Office Closed due to Furlough

December 9-

- Last day of instruction

December 10-

- Faculty Consultation Day

December 11-

- Campus-Wide Furlough

December 14-17-

- Final Examinations

December 21-January 14-



December 24-

- Office Closed due to Furlough

December 31-

- Office Closed due to Furlough