

**MONROE COLLEGE**

**PUBLIC HEALTH**

Welcome to the premiere edition of Public Health, Monroe's new publication for students and alumni of our master's in public health program. To be issued twice a year, Public Health will report on news and updates with our MPH program and faculty, as well as all things relevant to the field. We hope you will find this publication helpful. Let us know what you would like to see in a future edition; guest articles are happily considered. Please reach out to Denese Ramadar, Dean of the School of Allied Health Professions ([dramadar@monroecollege.edu](mailto:dramadar@monroecollege.edu) or 646.393.8344) with your comments and contributions. We'd love to hear from you!

**HIGHLIGHTS**

- Public Health in the Age of Covid-19
- Public Health Career Forecast
- The Monroe MPH
- Meeting the Diversity Challenge
- WHO'S WHO
- APHA Annual Meeting & Expo 2020

**Good News on CPH Certification**



We have some big news regarding the CPH examination. For many years, only public health professionals graduating from schools accredited by the Council for Education on Public Health (CEPH) were allowed to sit for the Certified in Public Health (CPH) examination. Not anymore.

CEPH modified their requirements last year, and eligibility is now extended to any individuals with the requisite number of years of public health work experience. For Monroe students and graduates, that means (a) at least a bachelor's degree, in any concentration, and at least five subsequent years' public health work experience; or (b) a relevant graduate-level degree, and at least three subsequent years' public health work experience. More information about the exam may be found here: [www.nbphe.org](http://www.nbphe.org).

The change is big news for Monroe students and those who attend quality schools that have simply not completed the comprehensive CEPH accreditation process. Indeed, many MPH programs in the US are not CEPH-accredited, including most medical schools.

Dr. Christine Freaney, Professor of Public Health at Monroe, explained how this old rule affected her as a new PhD graduate back in 2011. "My school at that time was not CEPH accredited, therefore I was unable to sit for the exam... CEPH not only excluded me, but also anyone working in public health who didn't have a recent degree. As a result, senior-level administrators working in public health for well more than five years would have to go back to school and get a new degree in order to be eligible for the exam. Not surprisingly, not many people were taking the exam."

**Other Public Health Certifications to Consider**

Dr. Freaney offers the following advice for other certifications: "If health education is where you want to go, then I highly recommend you take the Certified Health Education Specialist (CHES) exam as jobs in that field are starting to require CHES." More information can be found at [www.nchec.org/ches](http://www.nchec.org/ches).

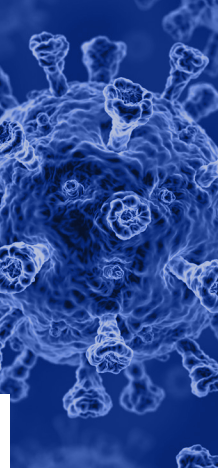


"If you are thinking of working in the area of private industry with hopes of improving employee health, then I highly suggest the Certified Wellness Practitioner (CWP) issued by the National Wellness Institute (NWI)." Go to <https://nationalwellness.org/certification>.

*(continued on page 2)*



# Public Health in the Age Of Covid-19



Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, has been called the “Babe Ruth of virology” by other public health leaders for his popularity and fame in leading the country’s pandemic response.

The middle of a pandemic is certainly an interesting time to start a public health career. It’s also a good time. The urgent need for more public health professionals with the requisite expertise in epidemiology, global health, and health policy is clear.

“All eyes are on public health professionals who are on the frontlines of a war against a virus that threatens the livelihood of us all,” says Dr. Charles Daramola, professor of Public Health Science at Bakersfield College.

He suggests that our experiences with HIV in the 1980s, H1N1 in 2009, Ebola in 2013, Zika in 2016, and the current pandemic will become more and more commonplace. While COVID-19 is hardly anything to be cheerful about, there is a silver lining: It demands that we “create the necessary infrastructure and planning – not only at the federal and state level, but also at the individual and family level as public health becomes the business of everyone.”

After all, conditions where people live, learn, work, and play affect a wide range of health risks and outcomes. These social determinants of health inequities are incorporated throughout all aspects of public health work.

At no point in recent history has the choice to enter the field of public health been more crucial. Individuals in this field are better positioned to carry out the essential services of public health through its three core functions:

**Assessment, Policy Development, and Assurance.** 


## Good News on CPH Certification *(continued)*

“There are many different areas in public health and health administration,” says Dr. Freaney. “It is important for you to think about where you want to go with regard to your employment. What interests you? Then see what certifications are important to obtain employment in that area.”

In Fall 2020, the King Graduate School will offer a CPH preparation course. The school will underwrite the cost of the course for any Monroe MPH student or graduate. Alumni, please contact Dean Denese Ramadar for more information ([dramadar@monroecollege.edu](mailto:dramadar@monroecollege.edu) or **646.393.8344**).

## One Last Word on CEPH Accreditation

For some employers, notably government agencies, accreditation is a plus. For many programs and affiliated agencies, however, it is not mandatory.

Monroe’s focus right now is continuing to build the MPH program while preparing students for CPH and other certifications. CEPH accreditation will be considered as the program grows and the requirements of the field change. 




# Public Health Career Forecast



In 2018, the Bureau of Labor Statistics (BLS) predicted a 14% increase in health care employment through 2028, suggesting that it will add more jobs than any other occupational group. Specifically, the BLS predicts the overall job growth among public health professionals will grow from 10 to 21 percent through 2022, depending on one's discipline. (Note that these BLS predictions pre-date the current COVID-19 crisis.)

A recent survey of Monroe College MPH graduates has revealed an impressive variety of positions where many of our alumni have landed. Here's a sampling:

- **Senior Medical Technologist**, Westchester Medical Center (Valhalla, NY)
- **Quality/HEDIS Project Lead**, AvMed (Miami)
- **Strategic Planning Analyst**, NYC Department of Correction (Queens, NY)
- **Coordinating Manager**, Office of Strategic Management, New York City Health and Hospitals/Bellevue (New York)
- **Clinic Manager**, Blanton-Peale Institute, Queens (New York)
- **Laboratory Technologist**, Lenox Hill Hospital (New York)
- **Clinical Research Associate/U.S. Site Management & Monitoring**, AstraZeneca Pharmaceuticals (Atlanta)
- **Lead Case Management Coordinator**, Amida Care (New York)
- **Site Administrator**, Montefiore Health System (New York)
- **Recreational Therapist**, Brookdale University Hospital and Medical Center (Brooklyn, NY)
- **Nurse**, Westchester School for Special Children (Yonkers, NY)
- **Director of Managed Care**, Brightpoint Health (New York)
- **Laboratory Technologist/Chemistry**, New York Presbyterian-Columbia University Medical Center (New York)
- **Coordinator**, Department of Disability Services, Developmental Disabilities Administration (Washington, DC) 

# The Monroe MPH

**Monroe's 45-credit, highly selective MPH program has grown very popular in the seven years since its inception. The program was established with two concentrations. It added a third in 2016:**

- 1. Community Health** – The study of social and behavioral sciences to promote health in urban communities. Thesis required.
- 2. Administration and Leadership** – Developing leadership and management strategies for health care systems, hospitals, and other networks. Thesis required.
- 3. Biostatistics and Epidemiology** – Applying advanced quantitative skills toward research to improve the health of urban and rural populations. Thesis not required.

In essence, Monroe's MPH program emphasizes the practical aspects of public health through interdisciplinary study. It prepares students for their role in promoting community awareness about communicable diseases and other issues that affect health and safety.

Applied research is a vital component of the degree. Staff at the College's graduate research center look forward each year to helping students bring their work to life.

## Thesis of the Year

Since 2017, Monroe College has recognized and encouraged graduate study and scholarship through an annual award for the outstanding MPH master's thesis. The first award in 2017 went to Lennywati Imandjaja, MPH, Monroe '17, for her thesis, "Analyzing the Impact of Caregiver Burdens and Coping Mechanisms on Depression." The Thesis of the Year award the following year was awarded to Johanna Ortiz, MPH, Monroe '18, for her thesis on "The Effects of Parental Knowledge of Carbohydrate Counting and Glucose Levels of Children at Montefiore Hospital with Type 1 Diabetes Living in New York City."

## Dechen Sherp

MPH Monroe '19

This past year, the Thesis of the Year was awarded to Dechen Sherpa, who wrote her thesis on "An Assessment of Cisgender Heterosexual and Cisgender Sexual Minority Attitudes Towards Transgender Individuals Living in the Greater New York City Area."


Dechen graduated in 2019 and is now Clinic Manager at the Blanton-Peale Institute in Woodside, Queens, which is an outpatient mental health center providing therapy to people representing the full diversity of New York City.



## Introducing the Thesis Library

*This Fall, a database of MPH thesis submissions — more than 110 to date — will be available to all alumni and faculty to use in their own professional research projects. These outcomes-based scholarly works are generally the first step in an individual's contributions to the profession. An announcement will be made in the coming weeks with a link to the database.*

Some notable thesis topics include:

- Relationship of Playing High and Low Risk Organized Contact Sports to Concussion Symptoms Experienced in Adult Men 18 to 40 Years Old in The New York Metropolitan Area, by Michael A. Rodriguez III, MPH, Monroe '18. Current position: Quality/HE-DIS Project Lead at AvMed in Miami.
- Assessing Ethnic Differences in Prediabetes Risks between African American and Hispanic Adults in the Bronx Community District 5-Fordham and University Heights, by Maria Astudillo, MPH, Monroe '18. Current position: Director of Managed Care at Brightpoint Health in New York City.
- Exploring Nurses' Perceptions about Working the Night-Shift in Astoria, New York, by Louann Casiano, MPH, Monroe '17. Current position: Site Administrator at Montefiore Health System in New York City.
- The Impact of Acculturative Stress on Depression among Recent Adult Immigrants Living in Bronx, New York, by Muinat Adenihun, MPH, Monroe '16. Current position: Clinical Research Associate/U.S. Site Management & Monitoring at AstraZeneca Pharmaceuticals in Atlanta.
- Child Sexual Abuse Prevention Education: Parent and/or Guardian Knowledge and Personal Beliefs, by Steven McGriff, MPH, Monroe '15. Current position: Strategic Planning Analyst for the NYC Department of Correction in Queens, NY. 




# Meeting the Diversity Challenge

Monroe seeks to meet the CDC's challenge to advance health equity among a diverse workforce. "Today's health care workers have too little resemblance to the populations they serve, leaving many Americans feeling excluded by a system that seems distant and uncaring."



Monroe has always answered the need for more diversity in its enrollment strategies, finding ways to recruit minority students to reflect the demographics of New York and its surroundings. These methods include making connections at local undergraduate institutions targeting historically underrepresented populations, supporting students through the application process, implementing a mentoring program to assist students throughout their college experience – including the thesis – and an institutional commitment to hire minority faculty (69% of today's faculty are men and women of color).

Monroe looks forward to following the success of its MPH graduates as they progress in their careers. Recent graduates of the program have already made impressive contributions to the profession, starting with their thesis and continuing on into their chosen professional affiliation. 

## WHO'S WHO

With each new issue of *Public Health*, the College will feature select Monroe faculty, staff, graduates, and current students who regularly contribute to the public health field. These four individuals passionately promote and protect the health of people and communities every day. Let's learn about the work of those profiled in this issue:

### Dr. Christine Freaney,

*Prof. of Public Health King Graduate School*

A social and behavioral scientist, Professor Freaney's research investigates health disparities related to sexual orientation and gender identity. She earned an MHA from Hofstra and a PhD in Health & Human Sciences from the University of Tennessee.

Professor Freaney and student Sheneil Isles will present their study at the 2020 APHA Annual Meeting.



### Shatima Haskins, MPH Monroe '17

Shatima graduated with a concentration in Biostatistics & Epidemiology and, since 2018, has been Service Coordinator for the Department of Disability Services in Washington, DC (DDA). The agency supports individuals with intellectual disabilities, providing independence, choice, and control over their own lives through person-centered service planning and delivery, and increased provider capacity.




### Micheline Ivery, MPH Monroe '20

A three-time alum of Monroe College, Micheline Ivery earned her BBA in Health Services Administration summa cum laude in 2016, and AAS in Medical Administration cum laude in 2014. She graduated from the MPH program with a concentration in Biostatistics & Epidemiology, and is now Senior Secretary to the Division Chief of the Hematology Department at Montefiore Medical Center in the Bronx.



### Dr. Sheneil Isles, MPH Candidate Monroe '21

Dr. Sheneil Isles is an international student from St. Kitts & Nevis. She earned her medical degree at the University of the West Indies-Mona in Jamaica, and until recently, was a physician at Mt. Saint John's Medical Center in Antigua.


Dr. Isles researched and co-authored a study with Professor Freaney that will be presented at the 2020 APHA Annual Meeting. 



# Apha Annual Meeting & Expo 2020

Professor Christine Freaney and Dr. Sheneil Isles' (see above) research study was selected from nearly 10,000 submissions for consideration at this year's APHA Annual Meeting & Expo. Their study is titled "An Examination of Health Care Workers' Knowledge, Attitudinal Awareness, and Clinical Preparedness Towards LGBTQ patients in New York City."

A second study by Dr. Freaney is waitlisted (she will find out in July). MPH student Bhawana Pokharel (Monroe '21) assisted in all aspects of this second study, "An Examination of Depression and Suicidality among Homeless and Stably Housed LGBTQ Young Adults."

APHA event planners recently announced that the APHA 2020 Annual Meeting and Expo will be an all-virtual event held Oct. 24-28. This year's theme is "Creating the Healthiest Nation: Preventing Violence" (click title for a direct link to event specifics). The conference was originally scheduled to take place in San Francisco. Registration for the virtual event is open now. 



## References

[https://www.bakersfield.com/opinion/community-voices-public-health-is-rightfully-gaining-more-attention-than-ever/article\\_b18c63a6-80f5-11ea-ab93-db2b3f14433e.html](https://www.bakersfield.com/opinion/community-voices-public-health-is-rightfully-gaining-more-attention-than-ever/article_b18c63a6-80f5-11ea-ab93-db2b3f14433e.html)

<https://www.cdc.gov/minorityhealth/internships/2016/WhyDiversityInclusionMattersPublicHealth.pdf>

## STAY CONNECTED

Public Health welcomes your comments about this publication, as well as news, articles, or other contributions from you and your colleagues. If you wish to contribute to the next issue, please contact Denese Ramadar, Dean of the School of Allied Health Professions, [dramadar@monroecollege.edu](mailto:dramadar@monroecollege.edu) or 646.393.8344.

If you want to sign up for the CHP prep class, Dean Ramadar can point you in the right direction.