

NOTABLE NEWS //



Dr. Jane Cauley

JANE CAULEY, NEW ASSOCIATE DEAN FOR RESEARCH

Dean Donald Burke announced the appointment of Jane Cauley, DrPH as new Associate Dean for Research at the Graduate School of Public Health, effective immediately. Jane has had a highly productive research career at the Graduate School of Public Health. Her research has focused on women's health and aging, falls, the interaction between endogenous and exogenous hormones, risk factors, inflammation, and disease outcomes. Jane will be stepping down from her current position as Vice Chair for Research in the department of epidemiology to assume this role at the school level.

STEVE WISNIEWSKI ASSUMES ROLE AS ASSOCIATE VICE PROVOST FOR PLANNING

We congratulate Steve Wisniewski, Ph.D on being appointed Associate Vice Provost for Planning at the University. Steve will step down from his current position as Senior Associate Dean here at the Graduate School of Public Health, but he will maintain his other academic and research activities at the school. He will also serve as advisor to the Dean on Special Projects, in which role he will continue to guide the school's construction and renovation efforts.



Dr. Stephen Wisniewski



Dr. Andrea Kriska

PITT EFFORT SEEKS TO COMBAT 'SITTING DISEASE'

Schools of Health Sciences Media Relations
January 27, 2015

Armed with a \$3 million grant from the National Institutes of Health, physical activity epidemiologist and professor of epidemiology, Andrea Kriska, Ph.D., and her team will investigate whether they can improve the health of sedentary, overweight people with a program initially focusing on decreasing the amount of time they spend sitting – rather than starting with an emphasis on increasing the amount of time they spend exercising. This current study will test the concept that sitting less may be as important as participating in planned bouts of moderate intensity physical activity in sedentary people. Additional epidemiology investigators include assistant professors M. Kaye Kramer, Dr.P.H., and Tom Songer, Ph.D. »

NOTABLE NEWS : CONTINUED //**AMERICAN HEART ASSOCIATION FELLOWS RESEARCH DAY**

The American Heart Association (AHA) Great Rivers Affiliate Fellows Research Day took place on Friday January 23. This is a day of research presentations highlighting work of fellows/trainees related to heart disease. Several of our Epidemiology Department faculty were involved with the planning and judging of this event including associate professors Emma Barinas-Mitchell, Ph.D, Samar El Khoudary, Ph.D, Iva Miljkovic, M.D., Ph.D and assistant professor Christina Wassel, Ph.D. A number of our Epidemiology students presented posters at this session: Didier Chalhoub, Mindy Columbus, Carrie Hanley, Ashima Singh, Jessica White and Nayana Nagaraj who was selected to do an oral presentation. Ashima Singh won an award for her poster in the Clinical category titled “On-Pump vs off-pump coronary artery bypass graft surgery among patients with type 2 diabetes” and was based on data from the BARI 2D Clinical Trial.



AHA Fellows Research Day

WEISSFELDS SAY GOODBYE TO PITT

Lisa and Joel Weissfeld were honored for their years of service to Pitt Public Health at a reception on December 15, 2014 as they embark on a new chapter in their lives, in Maryland. Lisa Weissfeld, Ph.D has been a member of the biostatistics faculty since 1990. Joel Weissfeld, M.D., M.P.H. is a 1982 graduate of our department, where he earned his M.P.H. in epidemiology. He then went to Johns Hopkins University to complete his M.D., and completed postgraduate studies at Duke University. He joined Pitt’s faculty in the Department of Epidemiology in 1990. In addition to holding the position of Associate Professor of Epidemiology, Joel Weissfeld is also the co-leader of the Cancer Epidemiology, Prevention, and Control Program at the University of Pittsburgh Cancer Institute. We thank them both for their dedicated service to Pitt Public Health and wish them well in their new endeavors.



Dr. Joel Weissfeld is presented with a gift from the department

INSULIN RESISTANCE-RELATED LIPOPROTEINS LINKED TO DIABETES RISK

Healio.com
January 28, 2015

According to research published in *Diabetes Care*, “Insulin resistance is associated with changes in levels of lipids and lipoproteins, which may occur independently and precede insulin resistance-related changes in levels of glucose, insulin, and homeostasis model assessment of insulin resistance,” stated lead author Rachel H. Mackey, Ph.D, M.P.H., assistant professor at Pitt Public Health. Christina Wassel, Ph.D, M.S. is a co-author of the paper. »



Dr. Rachel Mackey

HEAD, NECK, LUNG CANCER SCREENINGS SHOULD BE CONCURRENT

University Times
January 22, 2015

Adding head and neck cancer screenings to recommended lung cancer screenings likely would improve early detection and survival, according to a multidisciplinary team led by scientists affiliated with the University of Pittsburgh Cancer Institute (UPCI), a partner with UPMC CancerCenter. Said senior author Brenda Diergaarde, Ph.D., assistant professor of epidemiology and member of UPCI: “When caught early, the five-year survival rate for head and neck cancer is over 83 percent. However, the majority of cases are diagnosed later when survival rates generally shrink below 50 percent. There is a strong need to develop strategies that will result in identification of the cancer when it can still be successfully treated.” Joel Weissfeld, Ph.D. is an additional researcher on this study. »



Dr. Brenda Diergaarde

NOTABLE NEWS : CONTINUED //**THE PITTSBURGH FATIGABILITY SCALE FOR OLDER ADULTS**

A report describing the development, reliability and validity of the Pittsburgh Fatigability Scale for Older Adults was published in the Journal of the American Geriatrics Society.



Dr. Nancy Glynn

Main author of the report is Nancy Glynn, Ph.D, assistant professor of epidemiology and co-authors include Robert Boudreau, Ph.D assistant professor of epidemiology and Anne Newman, M.D., M.P.H. epidemiology department chair and Director of the Center for Aging and Population Health. »

PROGRAM IMPROVES DIABETES CONTROL IN WORLD'S POOREST CHILDREN, PITT PUBLIC HEALTH FINDS

Schools of Health Sciences Media Relations
January 27, 2015

A nonprofit program that brings diabetes care and education to some of the world's poorest children has successfully improved control of the disease, according to a University of Pittsburgh Graduate School of Public Health analysis published in the journal Diabetes Research and Clinical Practice.



Dr. Trevor Orchard

"Type 1 diabetes can be a very difficult disease to manage, and, if not properly controlled, it is deadly," said senior author Trevor Orchard, M.D., professor of epidemiology at Pitt Public Health. "When coupled with poverty, food insecurity and severely limited health care provision that many of the children in sub-Saharan Africa face, the need for proven programs to help these children control their diabetes becomes vital." Additional researchers include Sara Marshall Ph.D, Clareann Bunker, Ph.D, and Ronald LaPorte, Ph.D. »

WORKPLACE LIFESTYLE INTERVENTION PROGRAM IMPROVES HEALTH, REDUCES DIABETES AND HEART DISEASE RISKS

Schools of Health Sciences Media Relations
March 6, 2015

A healthy lifestyle intervention program administered at the workplace and developed by the University of Pittsburgh Graduate School of Public Health significantly reduces risk factors for diabetes and heart disease, according to a study reported in the March issue of the Journal of Occupational and Environmental Medicine. "Health care expenditures associated with diabetes are spiraling, causing widespread concern, particularly for employers who worry about employee health and productivity," said lead author M. Kaye Kramer, Dr.P.H., assistant professor in Pitt Public Health's Department of Epidemiology and director of the school's Diabetes Prevention Support Center. "This leads to an interest in workplace health promotion; however, there are very few evidence-based programs that actually demonstrate improvement in employee health. This study found that our program not only improves health, but also that employees really like it." Andrea Kriska, Ph.D, professor of epidemiology is a senior author. »



Dr. M. Kaye Kramer

LANDMARK TRIAL SHOWS EARLY BLOOD GLUCOSE CONTROL EXTENDS LIFESPAN IN PEOPLE WITH TYPE 1 DIABETES

Pittsburgh Post Gazette
January 7, 2015

People with type 1 diabetes who intensively control their blood glucose soon after diagnosis are likely to live longer than those who do not, a recent report led by Trevor Orchard, M.D. revealed. "We can now confidently tell doctors and patients that good, early control of blood glucose greatly reduces any risk for early mortality in people with type 1 diabetes, usually diagnosed in children and young adults," said lead author Trevor Orchard, M.D., professor of epidemiology at Pitt Public Health. "These results also remove any lingering concern that intensive therapy may lead to increased mortality." The NIH funded Diabetes Control and Complications Trial (DCCT) and the subsequent Epidemiology of Diabetes Control and Complications (EDIC) observational ...continued on page 4

NOTABLE NEWS : CONTINUED //

continued from page 3... study have significantly changed treatment protocols for type 1 diabetes and improved the outlook for people with the condition over the past several decades, explained Griffin P. Rodgers, M.D., director of NIH's National Institute of Diabetes and Digestive Kidney Diseases (NIDDK). »

UP TO 14 YEARS OF HOT FLASHES FOUND IN SWAN RESEARCH

Pittsburgh Post Gazette
March 6, 2015

Many news outlets picked up a JAMA Internal Medicine report from the Study of Women's Health Across the Nation (SWAN) that suggests that women who experience hot flashes at a younger age- and who have them more often than their peers- may be at increased risk of heart disease. Authors include, Joyce Bromberger, Ph.D, professor of epidemiology, Ping Tepper, Ph.D, assistant professor of epidemiology and Rebecca Thurston, Ph.D associate professor of psychiatry. »

**STUDENT CORNER :
ZAMBILEAH !****ADVENTURES OF A GIRL
NAMED LEAH IN A COUNTRY
CALLED ZAMBIA**

Leah Goeke, a PCMI- MPH student, has been living in Zambia, a South African country approximately the size of Texas, since June 15, 2014, serving her two-year Peace Corps commitment. Her blog, Zambileah, opens a window to her successes and struggles in this arid, impoverished country, and reveals how the indomitable spirit of its inhabitants intermingled with her leadership and dreams for their advancement are resulting in authentic change.

Leah's objective in Kanchomba, her assigned village, is to learn more about needs related to public health concerns, such as HIV/AIDS and maternal and child health, and to act as a catalyst for community leadership development.

Meetings coordinated by Leah have revealed a strong desire to build a



local market. She has applied for rural development financial resources, while marshalling support from Chief Hamaundu, her host father, and 10 other village leaders. Enthusiastic community volunteers will handle most of the actual construction

of this important new resource. On a day-to-day basis, Leah visits families in remote areas to teach about nutrition, monitor newborns' health, or donate food. She also helps facilitate boys' and girls' ...continued on page 5

STUDENT CORNER : CONTINUED //

continued from page 4... clubs (grades 7 – 9) to teach about gender equality, HIV/AIDS prevention, and leadership. Her vegetable garden is a model for demonstrating how families may improve their eating habits and stock the new market. Her additional goals? In 27 villages (including 10,000 people), she will work to ensure families receive and use insecticide-treated netting to prevent malaria, and to establish an HIV/AIDS community support group. Following Leah’s cultivation of Jatropha trees, a plant with numerous medicinal benefits, women and girls will learn to make soap from tree oil to improve home sanitation and sell. Leah is officially known as “Princess Lweendo Hamaundu” in her host father’s chiefdom, a Tonga name meaning “journey.” She is eagerly anticipating the paths her future journeys will take! And Pitt Public Health is looking forward to following along ... »

HOLIDAY RESEARCH SYMPOSIUM //

The Department Holiday Research Symposium on December 11, 2014 included student poster presentations by:

- MINI JACOB
- KASIA BACA
- BRITTNEY LANGE-MAIA
- QIAN ZHAO
- SARAH PUGH
- YONGXU HUANG
- LINDSAY BOW
- STEPHEN LIU
- ASHIMA SINGH
- YVONNE EAGLEHOUSE



OUTSIDE THE OFFICE : COACH RUPPERT CALLS IT QUILTS //

Kris Ruppert, Ph.D, has been busy with more than just statistical analyses. She has coached volleyball for 18 years and has now decided to step down from this role. Dr. Ruppert, an assistant professor of epidemiology, played volleyball in high school and in college, for Pitt. She will now officiate games as a referee to continue being active in the sport. »



Dr. Kristine Ruppert

UPCOMING EVENTS : PLEASE ATTEND //

UNDERSTANDING HUMAN AGING – AN EPIDEMIOLOGIC PERSPECTIVE

*Provost Patricia E. Beeson invites you to an Inaugural Lecture by
Anne B. Newman, MD, MPH
Katherine M. Detre Endowed Chair of Population Health Science*

Thursday, March 19, 2015

4:00 p.m.

Scaife Hall, Fourth Floor

Lecture Room 6

Reception to follow

2015 PARRAN LECTURE

*Presented by department alumnus Wen-Ta Chiu, DrPH
Former minister of health and welfare in Taiwan*

Friday, April 10, 2015

3:00 p.m.

G23 Auditorium

Parran Hall

Graduate School of

Public Health

CONGRATULATIONS //

AWARDS :

JENNIFER ADIBI

Outstanding Abstract Award, Endocrine Society

JANE CAULEY

Chancellor's Distinguished Research Award, senior scholar category

ANDREA KRISKA

*School of Education's Department of Health
and Physical Activity Alumni Award*



TO SUBMIT NEWS TO THE EPIDEMIOLOGY NEWSLETTER :

If you have a story, award or other milestone you would like to share, please email Frani Averbach at averbachf@edc.pitt.edu with your submission.