

## POINTS OF INTEREST:

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2345 E. Ramon Ave.  
M/S 30  
Fresno, Ca 93740

559.278.4014  
[www.csufresno.edu/  
publichealth](http://www.csufresno.edu/publichealth)



## Congrats Class of 2010



One hundred eighty seven undergraduates and graduate students in the Department of Public Health have applied for graduation at the end of Academic Year 2009-2010. Congratulations to each of them for a job well done!!!

The university's graduation ceremony will take place at 9:30 am on May 22, 2010 in the Save Mart Center.

The Department of Public Health will continue its tradition of hosting a graduation reception. This year's event will be held at Grand Occasions on May 21, 2010 from 11:00 am to 3:00 pm.

### Ticket Information

Each graduate and two guests will be admitted to the graduation reception. The graduate will be admitted free and each guest (up to two) is \$15 (prepaid, cash only). Graduates must pick up tickets from the Public Health Department Office beginning April 26<sup>th</sup>. All tickets must be purchased no later than May 10<sup>th</sup>.

Tickets are required for admission.

While the dress code will continue to be semi-formal (men ~ slacks & ties; women ~ dress or slacks), we strongly recommend our graduates and faculty to wear their academic regalia.

## Featured Faculty: Suzanne Kotkin-Jaszi

Suzanne Kotkin-Jaszi, Dr. PH. is an Associate Professor of Public Health and has been with the department since 2005. She is the option coordinator for Health Administration and has served as the MPH program director for the last two years. Dr. Kotkin-Jaszi teaches courses in health administration, health care law and legislation, health policy and health services management in both the undergraduate and graduate programs. Her research interests are chronic illness, health care disparities and diabetes. She came to California State University, Fresno because she was a first-generation college student and is interested in helping our students succeed through great teaching, advising and mentoring. One of her goals is work with other faculty in the department to build a program option focused on global health and reducing health care disparities in underserved communities. She has received the faculty recognition award (2008-2009) and the Henry J. Madden Library Publication Award (2009). She lives in Clovis with her husband and pets.

## Focus on Alumni: Blanca Sciara

"I am extremely thankful to the professors in the Health Science Department who were very instrumental in preparing me for my future professional career."

Blanca Sciara  
MPH, Alumnus  
Class of 1997

I have always enjoyed working with patients; therefore, my decision to seek a degree that would enable me to work with people who are ready to make behavioral changes was not surprising. I attended classes at California State University, Fresno, where I graduated with a bachelor of science in community health in 1994 and went on to obtain my master's in Health Promotion in 1997.



It was during that time that I was hired to be the program director for the American Heart Association, where I was able to use what I was taught in my health promotion classes in planning, organizing, conducting workshops and evaluating programs in addition to developing health education material in both English and Spanish. Three years later, I was hired to manage the Allied Health Academies, a grant-funded position within the Central California Center for Health and Human Services at Fresno State. The goal was to develop an education pipeline to increase the number of high school and community college students seeking health careers. I was able to establish partnerships with nurses, counselors and administrators within the Central San Joaquin Valley and facilitated monthly forums with them and professors from the university, which I found to be extremely rewarding.

In 2003, I was hired as the clinical health educator at Kaiser Permanente, Fresno. I have very much enjoyed what I do. I am able to educate members and to encourage them to make lifestyle changes, many of whom have diabetes, high blood pressure, cholesterol and many who are wishing to lose weight or quit smoking. I am also co-chair of our Employee Wellness committee, which has allowed me to assist in developing programs that address the needs and concerns of our employees.

It has been extremely rewarding having worked in different environments that have provided me with the experience and tools needed to better assist those who are ready to make lifestyle changes. I am extremely thankful to the professors in the Health Science Department who were very instrumental in preparing me for my future professional career. Their support, dedication and encouragement to their students has meant so much to me. It is also exciting to be able to collaborate with other former students who are currently employed in various work sites. I encourage those of you who are contemplating the health career fields to continue in your pursuit, as these are areas that will better improve the needs of our community.

Starting fall 2010 semester, the department's class prefix has been changed from HS (Health Science) to PH (Public Health). Class schedules and the university catalog denote this change.

### Department Updates

Dr. Vicki Krenz named MPH director beginning Fall 2010.

**We're moving!!** Effective June 3, 2010, the Department of Public Health's office will temporarily move from Mc Lane Hall 184 to University Center 101. This move is due to construction in Mc Lane Hall and is expected to last only a couple of months.

# Health Care Reform

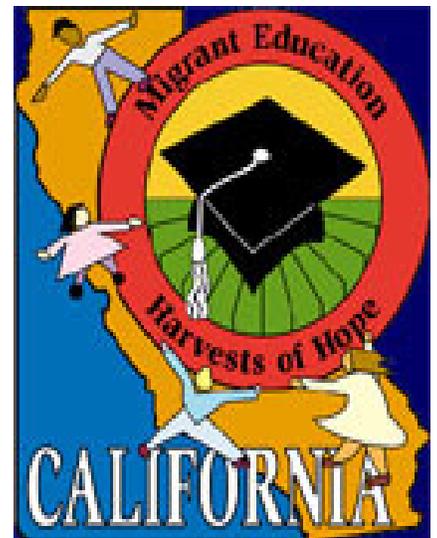
The passage of health insurance reform legislation represents a historic victory for the American people – a victory over the special interests that have fought for decades to prevent families and businesses from having control over their health care or the health care of their workers. The legislation will:

- Rein in the worst excesses and abuses of the insurance industry with some of the toughest consumer protections this country has ever known.
- Hold insurance companies accountable to keep premiums down and prevent denials of care and coverage, including for pre-existing conditions.
- Make health insurance affordable for middle class families and small businesses with one of largest tax cuts for health care in history – reducing premiums and out-of-pocket costs.
- Provide the security of knowing that if you lose your job, change your job, or start that new business, you'll always be able to purchase quality, affordable care in a new competitive health insurance market that keeps costs down.
- Strengthen Medicare benefits with lower prescription drug costs for those in the 'donut hole,' chronic care, free preventive care, and nearly a decade more of solvency for Medicare.
- Improve our nation's fiscal health by reducing our deficit by more than \$100 billion over the next decade, and more than \$1 trillion in the decade after that.

For more Information visit: [www.healthreform.gov](http://www.healthreform.gov)

## Focus on our Partners-Fresno County Office of Education- Migrant Education Program

The Fresno County Office of Education's Migrant Education Program is seeking part-time summer interns for the Choose Health Nutrition Education and Diabetes Prevention Program. The Choose Health Program will provide school-based health education presentations focused on nutrition and physical activity to all migrant students attending Migrant Education summer programs. The goal of the program is to provide at least one nutrition and physical activity lesson per student, to increase students' knowledge of consumption of fruits and vegetables, and to increase physical activity levels. Student interns will work as peer health educators to deliver the curriculum content across Fresno County. Ideal candidates are preferred to be currently enrolled in an undergraduate or graduate program in health education or similar field. Graduate students are highly encouraged to apply. Candidates are required to be bilingual in Spanish or Hmong; have reliable transportation; possess excellent communication and interpersonal skills; and be computer literate and proficient with MS Word, MS PowerPoint, and MS Excel. Interested students should forward their resume and cover letter to Yunuen Garcia at [ygarcia@fcoe.org](mailto:ygarcia@fcoe.org). The dates of the internship are from June 1 to July 16, 2010.



Courtesy of the United States Environmental Protection Agency

# Fun Facts

If the sun were hollow, you could fit about 1.3 million earths inside.

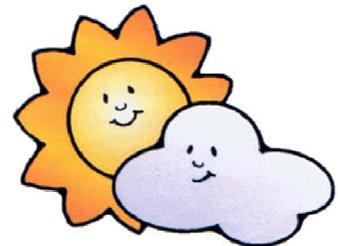
Elephants use dirt and hay as a natural sun-screen — they spread it on their backs to cover their skin.



Meerkats have black rings around their eyes to absorb the sun's rays, protecting their eyes from sun damage.



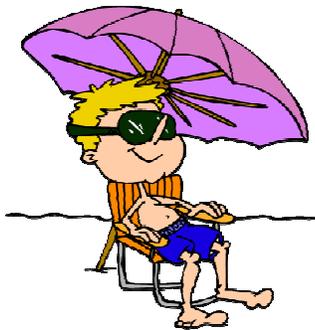
Humans shed and regrow outer skin cells about every 27 days — that's almost 1,000 new skins in a typical lifetime!



If you weigh 100 pounds you would weigh approximately 2,800 pounds on the sun.



You would need 62.8 gallons of sunscreen to protect the historic faces on Mount Rushmore



Pigs and warthogs do not have sweat glands; they wallow in mud to keep cool and protect their skin from the sun's harmful rays.



By age 70, the average person will have lost 105 pounds of skin.



Every square inch of the human body has about 9.5 million skin cells.