



# The Lattice

M A S T E R O F P U B L I C H E A L T H  
A L U M N I A N D F R I E N D S

### SPECIAL POINTS OF INTEREST:

- Director's Corner
- WHEN Annual Meeting in Madison, WI—May 16, 2006
- Marshfield Community Health 2006—"Grantseeking," "Nutrition and Weight Management," and "Environmental Health"
- Alumni Spotlight: Jill Hubbard ('04)
- Current Candidate Spotlight: Mariko Okahata ('06)

### DIRECTOR'S CORNER

With 2006, we enter into our 15<sup>th</sup> year as a Master of Public Health program, the first such degree in the University of Wisconsin System, and the sixth ranked program in the nation (America's Best Graduate Programs, 2004; *U.S. News and World Report*). A great deal has transpired over the past few years, to include being nationally accredited since 1992, engaging in meaningful outreach efforts (e.g., bringing a course-work series to the Greater Marshfield Region for 2006), establishing a Fulbright Chapter advocating for faculty, staff, and student involvement in noteworthy cultural connections, and increasing our global affinity, with current candidates from Japan, India, and Tajikistan. In addition, there has been a direct connection with the *National Health Education Competencies Update Project (CUP)*, and the Wisconsin Public Health Council endeavors for *Healthiest Wisconsin*



**Kristine Buchholz ('05) and Dr. Gilmore reviewing some epidemiologic information**

2010 and emergency preparedness. Complementing these efforts has been the establishment of new Community Health Education Preceptorship sites, to include a summer arrangement with the Milwaukee Health Department that is the result of a collaborative effort with the new UW-Madison MPH program. In my current role as President of the Council of Accredited MPH Programs (CAMP), there is a tangible spirit of advocacy, advancement of practitioner-based training, and the expansion of opportunities for collaboration.

Overall, the days are full and most meaningful, particularly

because of the quality candidates in the program coupled with the dedication of the faculty. As just a few examples of the notable efforts by our MPH candidates, Ellen Schafer, Graduate Assistant in Community Health Education, is conducting her thesis research in the development and evaluation of the new electronic version of the Wellness Development Process for the nationally-recognized La Crosse Wellness Project. Kathy Oswald, with the Portage County Health and Human Services Department, has just completed her thesis research with the development, implementation, and evaluation of a Sexual Assault Prevention and Advocacy Training Program for a college campus. Additionally, Salima Kasyмова, an IREX-sponsored Edmund Muskie Fellow in our MPH program, will be involved in our inaugural collaborative Community Health Preceptorship experience with UW-Madison and the Milwaukee Public Health Department.

Indeed, while challenges surround us, these are times of opportunity. All of us should be encouraged to give back in some small way. Think of the difference we can make together.

Gary D. Gilmore, MPH, Ph.D., CHES

### 2006 WHEN ANNUAL MEETING

This year's annual meeting for the Wisconsin Health Education Network (WHEN), "Nurturing Partnerships for the Public's Health" is scheduled for May 16, 2006, at the Marriot Madison West, in Madison.

The keynote speaker is Lawrence W. Green, Dr. PH from the Department of Epidemiology and Biostatistics, Director, Social and Behavioral Sciences Program, and Comprehensive Cancer Center at the University of California at San Francisco.

Other breakout session facilitators include: Marion Fass, Al Graewin, Julie Lederhaus, Kurt Eggebrecht, Shawn Boogaard, Margaret Schmelzer, and Mary Gothard.

For more information, con-

tact Continuing Education at UW-La Crosse:

www.uwlax.edu/conted  
Tel: (608) 785-6504 or  
1-866-895-9233

### MARSHFIELD COMMUNITY HEALTH 2006

The University of Wisconsin-La Crosse is bringing educational opportunities to public health professional located in North-Central Wisconsin.

The line up includes:

- 3 credit "Grantseeking in Health, Human Services and Education Professions" instructed by Garth Tymeson, Ph.D. Dates: Jan. 27-28, Feb. 17-18, and March 3-4, 2006.
- 1 credit "Independent Study in Health Education: Fads, Fallacies, and

Fiction in the World of Nutrition and Weight Management" instructed by Keely Rees, Ph.D., CHES. Dates: June 9&10, 2006.

- 3 credit "Environmental Health" instructed by Dan Duquette, Ed.D., CHES. Dates: Sept. 29-30, Oct. 27-28, and Dec. 1-2, 2006.

For more information regarding any of the courses, contact Dr. Gilmore at (608) 785-8163.

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## MASTER OF PUBLIC HEALTH ALUMNI AND FRIENDS

UNIVERSITY of WISCONSIN  
**LA CROSSE**

G.D. Gilmore, MPH, Ph.D., CHES  
Professor and Director  
Graduate Community Health Programs  
University of Wisconsin and University of  
Wisconsin-Extension  
201 Mitchell Hall  
La Crosse, WI 54601

Phone: 608-785-8163  
Fax: 608-785-6792  
E-mail: gilmore.gary@uwlax.edu

### MPH-CHE Mission Statement:

The mission of the MPH-CHE graduate program at the University of Wisconsin is to prepare professionals who will address enhancing the quality of life through health education and health promotion, realizing the dynamic and interdependent nature of human systems and their interactions with the environment.

## THE FIRST LATTICE EDITOR: ELLEN SCHAFFER, CHES (2006)

Ellen Schaffer is a May 2006 MPH candidate and community health graduate assistant. Dr. Gilmore approached Ellen and asked her to use some creative energy to design the very first electronic University of Wisconsin-La Crosse Master of Public Health Alumni and Friends newsletter. The title of "The Lattice" was chosen to convey the interwoven connectivity we can have with each other as friends and colleagues in an attempt to network and keep up on what's going on in the lives and work of our peers.

Ellen is currently working on her graduate thesis and looking forward to graduation.

Ellen's contact information:

Email: [schafer.elle@students.uwlax.edu](mailto:schafer.elle@students.uwlax.edu)

## ALUMNI SPOTLIGHT: JILL HUBBARD (2004)

Jill Hubbard is a December 2004 graduate of the MPH program and is now leading the way in the world of public health as the Community Health Education Coordinator for the Monroe Clinic.

As with most health educators, Jill has many duties and responsibilities in coordinating health education events in the community by bringing in nationally-known speakers such as Joe Piscatella for heart health prevention. Jill also coordinates the "Health Advantage Series" with physician presentations and screenings at least once a month along with other special events. As a resource person, Jill acts as a liaison to community organizations like nursing homes and health departments in Wisconsin and Illinois.

One of the priority projects Jill participates

in is the Green County Healthy Community Coalition. In 2005, this group conducted a community-wide needs assessment and wrote a 2006 action plan on family lifestyle management.

Jill's office is housed within the Business Development Department. She has the opportunity to interact and work with public relations and marketing professionals, daily. This comes in handy for funding and resources. However, as the only health educator, it can also be a challenge when trying to assess what services are necessary for the community while also trying to work within the services promoted by the clinic.

Jill has had the opportunity to attend many professional development offerings such as the WHEN conference, the National Wellness

Conference, and the Wellness Council of Wisconsin.

When reflecting on her time and work in La Crosse, Jill said her thoughts were "positive, absolutely no doubt that I was provided the professional development needed for this position. My graduate assistantship and thesis is the majority of that and the Public Health Administration course, too, since it focuses on administration and experiencing different organizations."

Jill is willing to share her contact information to her fellow colleagues and it is as follows:

**Jill Hubbard, MPH, CHES**  
**Community Health Education Coordinator**  
**Phone: (608) 324-1303**  
**Email: [jill.hubbard@monroeclinic.org](mailto:jill.hubbard@monroeclinic.org)**

## CANDIDATE SPOTLIGHT: MARIKO OKAHATA (2006)

Mariko Okahata is a current MPH candidate anticipating graduation in August 2006. Presently, Mariko is working on her graduate thesis and finishing up elective coursework.

Mariko joined our ranks as an MPH student in September 2004, from Tokyo, Japan. Her background is in education, specifically elementary and health/physical education. After graduation in Tokyo, Mariko worked as a medical assistant for a doctor who was also an associate professor for the exercise prescription lab that she took. This doctor knew of Mariko's plans of looking and applying for US graduate schools, so he hired her in a temporary position and helped her gain some "connections." This doctor also knew of a gentleman who graduated from the University of Wisconsin-La Crosse and Mariko had the opportunity to meet him at an American College of Sports Medicine conference. Ironically, UW-L was also a university with a booth at a university fair in Tokyo.

Between these two connections, and wanting to study in the northern United States, UW-L was an obvious choice for Mariko's application.

In the fall semester of 2005, Mariko completed her graduate preceptorship at the La Crosse County Health Department under Doug Mormann, the County Health Director. Currently, Mariko is making strides in the world of thesis activity. Her research is: "Availability and Accessibility to Health Care by the Homeless Shelter Population in La Crosse." This topic fits Mariko very well; as she's concerned about the general well-being of the people she meets and will go out of her way to help in any situation. That is quite possibly an overarching characteristic of all public and community health educators!

Beyond health care, Mariko's interests also include fitness, physical activity, and prevention.

Mariko has many options for life after

graduation from UW-L. She could either return to Japan, or work toward extending her stay in the United States. If she returns to Japan, Mariko sees herself working within the health department structures of the local government. If she stays in the United States, Mariko is thinking of using her unique talents in translating English/Japanese health-related documents.

When asked to reflect on her general experience in La Crosse, WI, and the MPH program so far, Mariko's response is that the program is "very fast with nice professors and classmates. The thesis is the most exciting part of the program—it's the last project and it's a challenge." Also, "Wisconsin is super cold. I have never experienced my hair, nose, or ears frozen before."

Mariko's contact information:

Email: [okahata.mari@students.uwlax.edu](mailto:okahata.mari@students.uwlax.edu)