What a Spring Semester! The Department has been incredibly busy and has accomplished many important tasks. Among some of the most exciting events were:

- The hiring of three faculty/staff: We hired Letty Gallegos as our new Academic Advisor (page 2), we received word of a special hire for the fall in Health Care Management, and we interviewed for the Epidemiology position (to start August 2012).
- I testified at the NM State Legislature on the need for a School of Public Health.
- Drs. Robinson, Young, and I attended the National AA-HE Conference in Boston only to have it cancelled because of a power outage that impacted the convention center and nearby hotels.
- We received word on the promotion of Ms. Pearl Hawe from College Assistant Professor to College Associate Professor (Page 5).
- Dr. Sue Forster-Cox received two university awards (page 5).

Follow Us on Twitter/Facebook

The New Mexico State University’s Public Health program is now on Twitter. After registering with a Twitter account, sign up to follow ‘NMSUMPH’. For Facebook, go to facebook.com/pages/141960965893661

Health Science Leads College in SCH Production

Once again the Department of Health Science has led the college in Student Credit Hour production. In Spring 2012 we produced more than 6,600 SCH—approximately 45% of all hours earned in the college.
NMSU Professors REALIZE Leadership

Dr. Mark Kittleson and Dr. Jim Robinson are familiar faces around campus. You can usually find them in the Health Sciences Department either teaching class, attending meetings or mentoring graduate students. These two individuals exemplify outstanding academic skills and their leadership qualities on and off campus have not gone without recognition.

In May 2011, Drs. Kittleson and Robinson were selected to participate in a unique leadership experience called REALIZE. The REALIZE experience is a 15-month program that was developed by the Paso del Norte Health Foundation to inspire good leaders to become transformational leaders. The program develops leadership skills among top-level health leaders who serve the Paso del Norte region. Drs. Kittleson and Robinson were among the first cohort of 20 individuals who include CEO’s of organizations and non-profit Executive Directors. Myrna Deckert, President and CEO of the Paso del Norte Health Foundation says, “We want to inspire the next generation of health leaders. I am confident that the health of residents in New Mexico will benefit from Jim and Mark.”

REALIZE offers participants 360 leadership self-assessments, one-on-one executive coaching with nationally known consultants, two off-site experiences, and other learning opportunities. The 360 leadership self-assessments were completed prior to the program by peers, stakeholders and supervisors who work closely with Mark and Jim. It will be completed again after the program as a means of evaluation. Each participant was assigned an executive coach who has expertise in leadership building. Participants receive intensive hours of executive coaching to develop their leadership skills. Mark and Jim work closely with Dr. Hank Durand, a nationally known consultant from Seattle, who also coaches some of Google’s executives. “It has been a pleasure and great experience coaching Mark and Jim,” says Dr. Durand. “Both of these gentlemen are outstanding leaders and I have absolute confidence that they will strive in improving the health of New Mexico and transform the new and upcoming leaders coming out of New Mexico State University.”

REALIZE provides opportunity for this cohort of 20 regional leaders to become familiar with each other on a personal level. Bonds of friendship were formed on the two-off site experiences and through team projects. Both Mark and Jim attended off-site experiences held in June and October, 2011. Mark says, “These off-site-experiences not only allowed me to get to know my fellow Cohort on a more personal level, but it allowed me to build working relationships with other leaders in the Paso del Norte region.” Cohort Connects are another important component of the REALIZE program. The Cohort Connects offer the participants a chance to dialog with nationally known experts on the different leadership styles and development. The participants can have deep conversations about leadership building and, most importantly, develop skills for becoming a more successful leader. “The Cohort Connects allow me to distinguish the different leadership styles and apply them to become a more effective leader.” says Jim.

As part of the program, the cohort is developing projects that help improve leadership skills and improve the health of the region. The Paso del Norte Health Foundation funded five projects, all of which met the mission of the Foundation. Dr. Kittleson’s team project is focused on the reduction of child abuse. Dr. Robinson’s team project was developed to help the reduction of tobacco and will be working closely with the Smoke Free Coalition. Both of these projects started in January 2012 and will end June 2012.

“Drs. Kittleson and Robinson’s participation in the program has planted a seed of opportunity for other health leaders in New Mexico,” stated Michael Kelly, Senior Program Officer with the Paso del Norte Health Foundation. “We hope they will become the mentors of future generations as we work together to promote health and prevent disease in the Paso del Norte region.”

Letty Gallegos
New Academic Advisor

Letty has worked in higher education for over 20 years at several institutions including Tarrant County College, the University of New Mexico, DeVry University in Dallas, and the University of North Texas. She has held numerous positions including Director of Weekend College, Director of Academic Operations, Director of Academic Advising, and Associate Dean for Student Success.

Letty has had significant experience in academic and student services including developing student services, staff supervision, and program implementation and evaluation. She has been involved in committee work and has conducted various presentations and workshops for students and parents. Her greatest passion is helping students succeed.

Letty earned a Master of Arts degree in Training and Organizational Development from Amberton University, a Master of Science degree in Student Affairs Management and a Bachelor of Arts in Speech Communications, Radio/TV/Film from the University of North Texas. She also has completed some doctoral work in Higher Education Administration and Organizational Learning.

She was born and raised in El Paso and her family has lived in the southern New Mexico area since the 1800’s. She enjoys sports and current events and she is a big Texas Ranger and Dallas Cowboy fan. She is also trying to resurrect her golf game.

Letty Gallegos  
New Academic Advisor

Letty has worked in higher education for over 20 years at several institutions including Tarrant County College, the University of New Mexico, DeVry University in Dallas, and the University of North Texas. She has held numerous positions including Director of Weekend College, Director of Academic Operations, Director of Academic Advising, and Associate Dean for Student Success.

Letty has had significant experience in academic and student services including developing student services, staff supervision, and program implementation and evaluation. She has been involved in committee work and has conducted various presentations and workshops for students and parents. Her greatest passion is helping students succeed.

Letty earned a Master of Arts degree in Training and Organizational Development from Amberton University, a Master of Science degree in Student Affairs Management and a Bachelor of Arts in Speech Communications, Radio/TV/Film from the University of North Texas. She also has completed some doctoral work in Higher Education Administration and Organizational Learning.

She was born and raised in El Paso and her family has lived in the southern New Mexico area since the 1800’s. She enjoys sports and current events and she is a big Texas Ranger and Dallas Cowboy fan. She is also trying to resurrect her golf game.

Letty Gallegos  
New Academic Advisor

Letty has worked in higher education for over 20 years at several institutions including Tarrant County College, the University of New Mexico, DeVry University in Dallas, and the University of North Texas. She has held numerous positions including Director of Weekend College, Director of Academic Operations, Director of Academic Advising, and Associate Dean for Student Success.

Letty has had significant experience in academic and student services including developing student services, staff supervision, and program implementation and evaluation. She has been involved in committee work and has conducted various presentations and workshops for students and parents. Her greatest passion is helping students succeed.

Letty earned a Master of Arts degree in Training and Organizational Development from Amberton University, a Master of Science degree in Student Affairs Management and a Bachelor of Arts in Speech Communications, Radio/TV/Film from the University of North Texas. She also has completed some doctoral work in Higher Education Administration and Organizational Learning.

She was born and raised in El Paso and her family has lived in the southern New Mexico area since the 1800’s. She enjoys sports and current events and she is a big Texas Ranger and Dallas Cowboy fan. She is also trying to resurrect her golf game.

Letty Gallegos  
New Academic Advisor

Letty has worked in higher education for over 20 years at several institutions including Tarrant County College, the University of New Mexico, DeVry University in Dallas, and the University of North Texas. She has held numerous positions including Director of Weekend College, Director of Academic Operations, Director of Academic Advising, and Associate Dean for Student Success.

Letty has had significant experience in academic and student services including developing student services, staff supervision, and program implementation and evaluation. She has been involved in committee work and has conducted various presentations and workshops for students and parents. Her greatest passion is helping students succeed.

Letty earned a Master of Arts degree in Training and Organizational Development from Amberton University, a Master of Science degree in Student Affairs Management and a Bachelor of Arts in Speech Communications, Radio/TV/Film from the University of North Texas. She also has completed some doctoral work in Higher Education Administration and Organizational Learning.

She was born and raised in El Paso and her family has lived in the southern New Mexico area since the 1800’s. She enjoys sports and current events and she is a big Texas Ranger and Dallas Cowboy fan. She is also trying to resurrect her golf game.
Multicultural Community Health and Art Therapy – A Unique Course

Blending art therapy and community health is quite natural as both are human service fields. Janice Havlena, Professor of Art Therapy at Edgewood College (Madison, WI) and Sue Forster-Cox, Associate Professor, NMSU Department of Health Science, teamed up to blend these two fields, in a unique online course taught spring semester 2012. The course includes 6 Edgewood students and 30 NMSU students. Over the past year, the two colleagues developed the course, which included diverse readings, online discussion, various art projects that students completed on their own and with family and community members.

A New Mexico excursion, for the Edgewood students, over their spring break allowed them the opportunity to engage in art therapy projects in unique New Mexico communities. The Edgewood team visited Chaparral, NM and worked with the Healthy Start program, and some of the program’s mothers and children in a variety of inexpensive yet creative toy-making projects such as rock dominos, play clay, and glove squirrels. In Jemez Pueblo, the Edgewood team organized a creative art process for older adults, “Mind, Body, Spirit: My Path of Wellness,” and used a variety of art and other materials (yarn, beads, etc.) to explore and honor some of the people, beliefs, and activities that have been important to them throughout their lives. While in Las Cruces, several of the NMSU students were able to meet their Edgewood colleagues and participate in a meet-n-greet art making session exploring the many layers of cultural influences that enrich our lives. The proud artists and their creations are below.

Jeff Bingaman Keynote Speaker at Brandon Health Disparities Series

U.S. Sen. Jeff Bingaman was the latest speaker to take part in New Mexico State University’s Jeffrey E. and Mary T. Brandon Distinguished Lecture Series on Health Disparities. The event is designed to increase awareness of health disparity issues along the U.S.-Mexico border.

“This is an important event for our border region,” said Tilahun Adera, dean of the College of Health and Social Services. “The greatest number of health disparities occurs in populations without ready access to preventive health care. It is our duty and responsibility to educate and help these individuals and their communities.”

Bingaman has taken a leadership role in legislation addressing numerous public health issues along the border. He was one of five congressional sponsors of the 1994 law that led to the creation of the U.S.-Mexico Border Health Commission.

“The efforts of Sen. Bingaman to create national awareness and political good-will among our legislators and citizens to address needs along the U.S.-Mexico border have been instrumental in shaping and advancing our bi-national public health agenda,” said Jeffrey E. Brandon, a retired professor/former dean of the college and cofounder of the speaker series.

Date: 2012-03-28

Writer: Justin Bannister, 575-646-5981, jbannist@nmsu.edu
**Dr. Cindy Kratzke’s Work on Breast Cancer Awareness**

Breast cancer is the leading cause of cancer death for Hispanic women, plus it’s the second leading cause of cancer death for women overall. Despite these facts, one New Mexico State University professor says women are still not getting as much information as they should from their mothers about the disease.

“To me, it was kind of staggering,” said Cynthia Kratzke, an assistant professor in the Department of Health Science in NMSU’s College of Health and Social Services. Her pilot survey showed that only 33 percent of college-aged women get advice from their mothers about breast cancer prevention and detection. And, to make matters worse, the information those women receive isn’t always complete.

In contrast to the low number of women who receive breast cancer information from their mothers, Kratzke found a high percentage of college women – about 70 percent – knew someone with breast cancer.

“I don’t think mothers like to talk about cancer, in general,” she said. “For some cultures, there’s a fear that if you talk about cancer, you draw it to you. You would think the mother in the family would be the communicator, the advocate.”

Kratzke’s research began as an effort to examine health disparities along the U.S./Mexico border. Often, the same health issues will impact various groups differently, depending on their ethnicity, where they live, their socioeconomic background, and other factors. The issue of health disparities is one the NMSU College of Health and Social Services is actively trying to address.

“For Hispanics, breast cancer prevention might not be a topic discussed in the family,” she said. “But then again, what I’m finding suggests it might not be a topic discussed among other groups either.”

Kratzke came to NMSU in 2009. Her specialty is health communication, or how information about disease prevention and well being is relayed from person to person. For this study, she received a “rising star” grant from the university to look specifically at the mother/daughter transfer of medical information for Hispanic and non-Hispanic college women. Her goal is to increase breast cancer awareness among college women. She also wants to see if the information transfer goes the other way too; whether daughters are proactive in telling their mothers about breast cancer as well.

“From a health care provider perspective, young women normally go for a yearly check-up,” she said. “If the doctor recommends the self-exam, they are more likely to take it seriously. Five to 10 years ago, that wasn’t the case.”

She recently presented her findings with her colleague, Hugo Vilchis, at the American Association of Cancer Research conference in Chicago, a large event that often attracts more than 17,000 participants. She is also increasing the sample size of participants to see if her findings remain constant. She later plans to expand her research to look at other campuses in the Southwest and help to develop web-based information to help increase awareness.

Date: 2012-04-09
Writer: Justin Bannister, 575-646-5981, jbannist@nmsu.edu

---

**Undergraduate Update**

- Luke Gray was selected as the American Association of Health Education (AAHE)’s Major of the Year. He attended the conference in Boston, but upon arrival learned that the conference was cancelled because of a power outage in the city.
- The BCH is graduating 12 students this spring; we have admitted an additional 22 students for the Fall 2012 semester.
- Ruby Aguayo, (shown below) a junior in Community Health was the recipient of the Robert E. and Evelyn McKee Foundation Scholarship.

**Meet Lupe Blazon—Health Science Receptionist**

Originally from Colorado, and having lived in Las Cruces for 10 years, Lupe is working as the Department’s receptionist. She is here as part of a State Agency initiative that places seniors at different non-profit sites where they will be taught skills that can eventually retrain them to re-enter the job market. Lupe is the face of the Department and we are thrilled that she has been placed with us. Besides a great personality, she has a variety of office skills that has been of value to Bertha and the Department. She has a son and a daughter and six grandchildren who live in Denver.
Update on Faculty

Dr. Susan Wilson and her co-author (John J. Ely) presented “Notes from the Field: Modernization, Stress, and Diabetes Risk: Hispanic Populations in the US-Mexico Border Region” at the American Anthropological Association in Baltimore.

Drs. Cindy Kratzke and Hugo Vilchis presented the following at the American Association for Cancer Research in Chicago: “Mother-Daughter Communication and Breast Cancer Prevention Knowledge, Attitudes, and Behaviors Between Hispanic and non-Hispanic College Women.” Dr. Kratzke was also recently voted on the NM Public Health Association Board of Directors.

Dr. Kittleson had three presentations scheduled for the American Association of Health Education (but the conference was cancelled due to a power outage in the city).


Dr. Michael Young and colleagues just published an article, “Impact of Personal and Organizational Religiosity on College Student Sexual Behavior,” in the American Journal of Health Studies. He was also appointed the chair of the Board of the Associate Editors.

Drs. Rebecca Palacios and Kittleson, along with Jessica Rodríguez-Herrera (MPH student), recently had an article published in the Health Education Monograph, “Obesity Issues in the 51st State.” Satya Rao was selected for the 2012-2013 Cohort of the ADVANCING Leaders Program.

Dr. Palacios presented 3 studies on motivation for eating and physical activity at the Annual Meeting for the Society for Behavioral Medicine in New Orleans, LA. Dr. Palacios, in collaboration with a team of researchers from UTEP, obtained external funding from the EPA to develop Point of Use Water Treatment Filtration Systems for the Colonias in the Paso del Norte Region.

New college faculty this spring includes Dr. Karl Larson, Associate Professor at Gustavus Adolphus College (Minnesota). Dr. Larson is teaching a mini-semester human sexuality course. He has a strong legacy of teaching, serving as the creator and original coordinator of the AAHE Student Case-Study Competition, and recent co-authored “Complementary and Alternative Medicine for Health Professionals: A Holistic Approach to Consumer Health” textbook published by Jones and Bartlett Publishing.

He joins a great group of college faculty including Bruce Ragon, Dale Ritzel, Dhitinut Ratnapradipa, Janet Flores, Karen Rish Rishel, Don Little, Heidi Uperesa, Kathleen Thompson, Gege Dimond, Susan Cardenas, Thomas Ruiz, Genevieve Garrett, and Satya Rao.

Katy Redd, Stephen Lopez, and Nicole Thomas. The Department thanks this group of outstanding educators for all of their hard work in delivering outstanding classes.

College Assistant Professor Pearl Hawe received official word from the Provost that she received promotion to College Associate Professor. She’ll be honored at a reception on May 10. She also recently announced her retirement after 22 years at NMSU. Congratulations on both accounts to Pearl.

Jo Hill has announced that she will be retiring (again) from the Department. Jo has been with the university for over 30 years, being among the first faculty when the Department of Health Science was created in the 1980s. She has impacted thousands of students and we wish her well.

Graduate Students Update

- Marieke Jackson, who is graduating this semester from the MPH program, completed her thesis which was presented at the Annual Meeting for the Society for Behavioral Medicine in New Orleans.

  She was also recently hired with the Vermont Agency of Human Services, DOH as a Public Health Analyst II. Congrats Marieke!

- A number of NMSU MPH students presented at the New Mexico Public Health Association Conference. Among them included:

  Enrique Cardiel (current student) presented “Politics, Poverty and Health”

  Ernesto Moralez, BHCS, MPH (former student), along with Satya P. Rao, MBA, PhD, MCHES presented “Evaluation of a Promotora—led Home-based Colorectal Cancer (CRC) Group Education Strategy.”

  Melissa Bertolo, BA, MPH (graduating May 2012 dual degree MPH/MSW) presented “Health Behavior and HIV Testing Rationale among Gay and Bisexual Men in Quito, Ecuador.”

Congratulations...
Dr. Sue Forster-Cox Receives Multiple Awards

Above and Beyond Award

The New Mexico State University Regents present the Above & Beyond Award to Sue Forster-Cox, associate professor of health sciences. At the presentation are, from left, Regent Christopher Dulany, Regent Mike Cheney, Executive Vice President and Provost Wendy Wilkins, President Barbara Couture, Forster-Cox, Regent Laura Conniff and Regent Isaac Pino.

Sue Forster-Cox, associate professor of health sciences, was presented with the Above & Beyond Award Dec. 9. In addition to teaching her classes, Forster-Cox oversees the important field experience for both undergraduates and master's students in community health education. She also serves as an advisor or committee member for students who choose the thesis route for their Master of Public Health degree. Forster-Cox's strength in the department is the fact that she gets things done and she doesn't say no to any request. Some examples of Forster-Cox 'going the extra distance' are serving as undergraduate coordinator for more than 100 majors; serving as the Master of Public Health/Master of Social Work departmental liaison; and serving as the faculty advisor for the Returned Peace Corp Volunteer, many of which are Master of Public Health students. She also has taken on the responsibilities of the college's online coordinator, traveling regularly to Albuquerque to meet with current and prospective students.

Dr. Sue is the first faculty member to receive this award. Previous award recipients have all been staff.

Source: www.nmsu.edu/president/award-winners.html

Donald Roush Award

Continuing on her award-winning tour, Sue Forster-Cox was awarded the Donald C. Roush Award for Teaching Excellence at the Spring 2012 Faculty Convocation. The Donald C. Roush Excellence in Teaching Award was established in February 1984 by the Academic Deans’ Council upon the retirement of Dr. Roush in recognition of his unyielding dedication to the pursuit of teaching excellence. This is the second time that Dr. Sue has been given this award.

Besides being an exceptional educator, Dr. Sue serves as the interim On-Line Coordinator, the undergraduate coordinator, practicum supervisor for both the BCH and MPH programs, and as the Departmental Representative for the MPH/MSW joint degree. She also oversees the Peace Corp Returning Fellows and the Masters International programs. She is also a charter member of the Aggie Century Club.

She recently supervised the SABPAC self-study assessment and has served on various college and university committees (including the Graduate Council).

According to Mark Kittleson, Department Head, “Dr. Sue makes my job easy. Without her enthusiasm and commitment to students my job would be a lot more complicated.”

Congratulations Dr. Sue.

Daniel Reyna Scholarship

Mrs. Rebecca Reyna, widow of Daniel Marks Reyna, has been working with the College of Health and Social Services to create a scholarship for undergraduates in public health.

Dan was a longtime supporter of public health and border health efforts in the region. He tragically died last summer from a heart attack.

The Daniel Marks Reyna Memorial Endowed Scholarship will be available for those majoring in public health with an interest in border health efforts. If you would like to contribute to this scholarship, go to http://foundation.nmsu.edu, click the GIVE ONLINE button, then in number 1, put the amount, click ‘Find a Giving Area/Fund’ and type in Reyna. Highlight the Reyna Memorial Endowed Scholarship and double click.
New Affiliated Faculty

The faculty are very grateful for the support they’ve received from various public health practitioners in the area. Over the past few months the Department has been assigning affiliated faculty status. As of the date of this printing, the following individuals have been given Affiliated Faculty Status:

- Dr. Mary Alice Scott, currently a tenure-track assistant professor of Medical Anthropology
- Mr. Paul Dulin, Director of the Office on Border Health
- Dr. Tamara Tonoyan, currently a Carnegie Research Fellowship from Yerevan State Medical University (Armenia) studying Health Economics.
- Dr. Paul C. Magarelli, Institute for Sustained Health and the Reproductive Medicine & Fertility Centers; in Albuquerque, NM.
- Dr. John Andazola, Director of the Family Practice Residency at Memorial Medical Center
- Dr. Jill McDonald, CDC Epidemiologist for the U.S./Mexico Border Commission

Mark J. Kittleson, PhD, FAAHB, FAAHE
Professor and Head
‘We ARE Public Health’

Did you know...

- ...that there is a projected shortage of public health workers in the country and New Mexico that will rival the shortage of nursing?
- ...that NMSU is the only institution in the state that is devoted to preparing public health practitioners?
- ...that NMSU is one of only five research institutions along the US/Mexico Border, positioning itself in a unique setting to advance public health initiatives?
- ...that in 2011 100% of the MPH students who took the CHES exam passed?
- ...that in 2011 faculty gave over 25 professional presentations at various national and international conferences?
- ...that in 2011 faculty published over 13 articles in professional journals?
- ...that for the past five years NMSU has had an undergraduate major in Community Health Education who has been recognized by our largest national organization (American Association of Health Education)?
Join the Aggie Century Club

The Aggie Century Club has been designed to allow alums of our programs an opportunity to directly impact our current students. The Aggie Century Club is a commitment by alums to donate $8.50 a month (less than two lattes) to the department to help students travel to conferences, offset expenses of guest speakers, or other activities to enhance the students’ experience.

Giving has never been more important to universities. We are asking alums to donate to the Aggie Century Club. All those who agree to donate prior to the end of the Fall Semester will be inducted into the charter Aggie Century Club. Join this special club!

For more information, go to http://publichealth.nmsu.edu/donor

P.S. Membership is not just restricted to alums; friends of the NMSU Public Health program are also encouraged to donate.

Our Mission: To provide academic, professional, and service excellence in preparing community health education professionals who will demonstrate competent leadership, innovation, and technical expertise at local, state, and national levels, with particular emphasis on border and rural health problems in communities along the U.S./Mexico border.

New Mexico State University
Department of Health Science
‘We Are Public Health’