Trainees’ studies garner media attention

Two recently-published studies by Department trainees, with important implications for public health policy and research, have generated significant media coverage in the past month.

Supervised drug injection facility significantly lowers overdose mortality

In an important study published in the *Lancet*, postdoctoral fellow and lead author Dr. Brandon Marshall finds that deaths from illicit drug overdoses declined significantly after the opening of a supervised injection facility in a Vancouver neighborhood where such deaths had been at epidemic levels.

The results are a key piece of research informing and advancing the policy and legal debate surrounding this controversial public health issue. The facility, called Insite, has been the target of political attack from some opponents of supervised injections, but has the support of many Canadian politicians, courts, and the Canadian Medical Association, the Canadian Public Health Association, and the Canadian Nurses Association.

Insite is based in the Downtown Eastside neighborhood of Vancouver, an area that once had one of the highest rates of overdose deaths from use of injection drugs in Canada.

“The results of the study clearly indicate that supervised injection facilities such as Insite are playing a key role in reducing mortality rates from illicit drug use,” said Dr. Marshall.

The study results were covered by UPI and received widespread attention in the Canadian media.

Road warriors more prone to obesity, self-rated poor health

About 30 national and global media outlets, including many in the business and travel press, covered doctoral trainee Catherine Richards’ first published lead author study, which links frequent business travel with obesity and self-reported poor health. Among them were the *New York Times*, the *Washington Post*, the *Wall Street Journal*, Time, MSNBC, *Reuters*, *The Economist*, the *LA Times*, the BBC, and *The Times of India*.

The study, which was published in the in the *Journal of Occupational and Environmental Medicine*, was co-authored by Associate Professor of Epidemiology Dr. Andrew Rundle. The investigators found that frequent travelers had poorer health by several measures that indicate risk for cardiovascular disease and were significantly more likely to report fair or poor health.

“The results for-self rated health are of concern because this simple measure is a very robust predictor of mortality,” Ms. Richards says.
MESSAGE FROM THE CHAIR

Dear colleagues,

Welcome to the June 2011 issue of Two by Two, the Epidemiology Department newsletter. The theme of this issue is Celebrating Students. As the academic year draws to a close, we have much to celebrate.

In these pages we honor our master’s and doctoral graduates, both for successfully completing a rigorous course of epidemiologic study and for their own contributions to research in the field, as evidenced by the impressive and inspiring array of master’s theses and doctoral dissertations completed this year.

We are extremely proud of the innovative research of our master’s students and doctoral and postdoctoral trainees. Our front page features two recent publications, both first authored by Epidemiology trainees (Ms. Catherine Richards and Dr. Brandon Marshall), that garnered enormous media attention. This month’s student profile celebrates the Epidemiology students who received awards for their research achievements, and the alumni profile features recent graduate Dr. Delivette Castor, now at USAID.

On June 6, the Department also welcomes a new body of students as the inaugural session of the Epidemiology and Population Health Summer Institute at Columbia University (EPIC) opens on June 6. This year 120 students will attend 19 full- and half-day weeklong courses taught by Department faculty as well as others from around the Medical Center. Special thanks go to EPIC faculty directors Dr. Ryan Demmer and Dr. Gina Lovasi, and to our team of Ms. Elaine Meyer, Ms. Barbara Aaron, Ms. Kathy Dodd, Ms. Liliane Zaretsky, and Ms. Elizabeth Ferrari for their superb work in bringing this program to life.

We are looking forward to presenting our Summer Two by Two, which will feature a compendium of useful information and resources for incoming students. Until then,

Warm regards,

JUNE 6 – JULY 1, 2011 8:00 AM-5:00 PM ALLAN ROSENFIELD BUILDING AND HAMMER HEALTH SCIENCES CENTER

THURSDAY, JUNE 9, 2011 9:00 AM-2:00 PM 8TH FLOOR AUDITORIUM

FRIDAY, JUNE 10, 2011 2:00-3:00 PM HESS COMMONS

FRIDAY, JUNE 10, 2011 3:00-4:30 PM 4TH FLOOR CONFERENCE ROOM

FRIDAY, JUNE 17, 2011 1:00-3:00 PM HESS COMMONS

If you have a study, news story, award, or other milestone you’d like to share in Two by Two, please email Elaine Meyer at em2642@columbia.edu with your submission.

HAPPENING THIS JUNE

EPIDEMIOLOGY AND POPULATION HEALTH SUMMER INSTITUTE AT COLUMBIA (EPIC)

MOVING BEYOND MORTALITY, DISABILITY AS A POPULATION BASED MEASURE (CO-SPONSORED BY EPIDEMIOLOGY INNOVATION CLUSTER SEMINAR)

DEPARTMENT SEMINAR: HEATHER GREENLEE, ND, PhD

INFECTIOUS DISEASE EPIDEMIOLOGY CLUSTER SEMINAR

FACULTY MEETING: DOCTORAL PROGRAM
Agriculture injury surveillance improved with electronic reporting

Data on agricultural injuries significantly increased with the use of two newly available medical electronic systems, according to a new study senior authored by Dr. John May, Professor of Clinical Medicine and Clinical Epidemiology. Since agriculture is one of the most dangerous industries in the nation, ongoing injury surveillance is important to preventing major injuries. Using electronic hospital and ambulance records, the researchers were able to find that horse injuries, falls, and hand tool injuries appeared to play a larger role in farm injuries than previously thought.


Childhood abuse poses psychopathology risk

A new study senior authored by Dr. Raz Gross, Assistant Professor of Clinical Epidemiology, has found that people who reported childhood sexual or physical abuse are at a greater risk for developing a psychopathology later in life. The researchers used data from the Israel-based World Mental Health Survey of 4,589 people for the study.

Adults who live in neighborhoods with a high level of collective efficacy (the ability to organize in order to achieve shared goals) are less likely to have major depression, according to a new study senior authored by Dr. Sandro Galea. Dr. Galea and lead author Dr. Jennifer Ahern analyzed data from a population-based sample of 4,000 New Yorkers who were surveyed in the New York Social Environment Study, a multi-level study designed to examine neighborhood-level exposures in New York City. This study suggests both that social features of neighborhoods may be important drivers of population mental health and that interventions that target the social environment may play a role in improving mood-anxiety disorders in populations.


Long-term breastfeeding reduces risk of severe diarrhea in children of HIV-infected mothers

A clinical trial conducted in Zambia by Dr. Louise Kuhn (principal investigator), Professor of Epidemiology in the Sergievsky Center, Dr. Stephen Arpadi, Professor of Clinical Pediatrics and Clinical Epidemiology, and analyzed and written up by Epidemiology master’s student Ashraf Fawzy, has found a relationship between longer term breastfeeding and lower diarrhea-related morbidity and mortality among children. The study focused on uninfected children born to HIV-infected mothers. Those children who stopped breastfeeding early at 4 months were more likely to succumb to severe diarrhea than children who breastfed into the second year of life.

Dr. Heather Greenlee, Assistant Professor of Epidemiology and Medical Oncology (in Medicine), has been awarded an R21 grant called “Feasibility of a weight loss intervention among female cancer survivors in SWOG [Southwest Oncology Group],” by the National Cancer Institute (NCI) effective 7/1/11-6/30/13. She will conduct a multisite clinical trial within SWOG, an NCI cancer clinical trials network, to pilot a weight loss program among overweight women with breast and colorectal cancer. Dr. Greenlee will use data from the study to inform the design of a larger trial to investigate whether a weight loss program is effective in improving breast and colorectal cancer patients’ chance of survival. The investigation builds on past observational studies that have shown that women with lower body mass indexes after cancer diagnosis have a better chance of surviving breast and colorectal cancer.

Congratulations to Drs. Salim Abdool Karim and Quarraisha Abdool Karim, recipients of the 2011 Allan Rosenfield Alumni Award for Excellence. The award recognizes their recent landmark study demonstrating the efficacy of a microbicide for women to prevent HIV infection. The award also acknowledges the Karims’ pivotal early role in sparking the work of our late Dean, Dr. Allan Rosenfield on “MTCT-plus,” a precursor to ICAP, the International Center for AIDS Care and Treatment Programs.

The award is presented annually to a Mailman School alumna/us who has made exceptional contributions to the School and/or exhibited distinguished leadership in the field of public health, such as in research, education, healthcare administration, public policy and practice. Drs. Salim Abdool Karim and Quarraisha Abdool Karim will be honored at the Alumni Summit for Public Health Leadership, on Thursday, June 16, where they will deliver a talk with Dr. Wafaa El-Sadr.
IN THE NEWS

**The New York Times**

Dr. Mayeux in New York Times for Alzheimer’s study

Dr. Richard Mayeux was featured in a *New York Times* article, commenting about a large study that has identified at least five genes that are linked to Alzheimer’s. The study, which was published in early April in *Nature Genetics*, is a very large undertaking, with the participation of practically every Alzheimer’s center and Alzheimer’s geneticist in the country, including Dr. Mayeux. “One of my jobs was to make sure the Alzheimer’s cases really were cases—that they had used some reasonable criteria,” Dr. Mayeux told the *Times*.

**WNBC**

Dr. Thorpe in WNBC program about residents’ clinic use after 9/11

Dr. Lorna Thorpe commented for a radio program on WNBC that sought to answer why thousands of New York residents with persistent health problems after the September 11 attacks did not seek help at city clinics. According to Dr. Thorpe, who was Deputy Commissioner for Epidemiology at the Department of Health and Mental Hygiene when the first surveys about clinic use were conducted, people often were not aware of the clinics or had not made the connection between the September 11 attacks and their health problems. “We see the disconnect between people who need services and the services that exist in many aspects of public health,” she said.

**The Wall Street Journal**

Dr. Hornig in Wall Street Journal for chronic fatigue study

Dr. Mady Hornig was featured in an article in the *Wall Street Journal* describing scientific advances toward discovering a biologic cause for chronic fatigue syndrome. In the article, Dr. Hornig spoke about her current study, which seeks to identify pathogens that may appear in patients who have chronic fatigue.

**Crikey**

Dr. Susser’s keynote in Australian press

Dr. Ezra Susser’s keynote speech at the Coalition for Research to Improve Aboriginal Health Conference May in Sydney, Australia was featured in the Australian publication *Crikey*. Dr. Susser spoke about the need for mental health to be a central priority of public health in communities and nations where it currently is not prioritized. “For most of the world’s population there is less than one trained mental health professional of any kind per 100,000 people,” he said. “You can’t just throw people out into the world and expect them to sink or swim because they usually sink if you throw them into a desolate situation where they’re all alone.”
IN THE NEWS

CONTINUED FROM PAGE 1

Insite, a medically-supervised injection drug use facility, is located in the Downtown Eastside neighborhood of Vancouver, which is known as the poorest postal code in Canada and is an area that has struggled with an epidemic of injection drug use and mortality. An estimated 5,000 people of a population of 16,590 are injection drug users.

Insite was opened with federal support in 2003 to reduce the spread of HIV, prevent deaths from overdose, and provide support and referrals to programs, including addiction treatment. On an average day, the facility supervises over 500 injections. Nurses at the site also provide basic health care services and intervene in the event of an overdose.

Dr. Marshall’s evaluation is the first peer-reviewed study to assess the impact of supervised injection facilities on overdose mortality. He and his co-authors found a 35% reduction in overdose deaths in the immediate vicinity of Insite, compared with a decline of 9% in the rest of Vancouver. Since its opening, there have been over 2,400 overdoses in the facility, but no fatalities.

For the study, the researchers reviewed nearly 300 case reports from the British Columbia Coroners Service documenting all illicit drug overdose deaths in Vancouver between January 1, 2001, and December 31, 2005. They compared deaths within a third of a mile from the facility with those in the rest of the city. Mortality rates from overdose were then calculated for each category in the periods before and after Insite’s opening.

The study was conducted at the Urban Health Research Initiative (UHRI) where Dr. Marshall was a graduate student. In a previous evaluation, UHRI researchers demonstrated Insite’s ability to reduce HIV risk behavior, increase access to addiction treatment and primary health care services, and reduce healthcare costs in the long term.


CONTINUED FROM PAGE 1

A road warrior might enjoy many perks of traveling for work, including business class, hotel points, and compensated meals. But this lifestyle can come with a health cost, as Ms. Richards’ and Dr. Rundle’s study shows. Using data from medical records of 13,000 workers in a corporate wellness program provided by preventive healthcare company EHE International, the authors found that frequent business travelers (those on the road for 2 or more weeks per month) have higher rates of obesity and rate themselves as in poorer health than non-frequent travelers. Interestingly, those who don’t travel at all for work also tend to have worse health than those who travel less frequently, perhaps because workers who do not travel likely have pre-existing medical conditions that prevent them from doing so.

A comparison of business travelers who are on the road 20 days per month or more to those who travel from 1 to 6 days per month found that the more frequent travelers:

- had a mean Body Mass Index (BMI) of 27.5 kg/m2 versus 26.1 for light travelers
- had a mean HDL level of 53.3 mg/DL versus 56.1 for light travelers
- had a mean Diastolic pressure of 76.2 mmHg versus 74.6 for light travelers
- were 260% more likely to rate their health as fair to poor compared to light travelers a higher body mass index, lower HDL (good cholesterol), higher Diastolic pressure

“While the differences in clinical values for diastolic blood pressure and HDL were small, the results for self rated health are of concern because this simple measure is a very robust predictor of mortality,” Ms. Richards says.

The study was motivated by Dr. Rundle’s own experience encountering the lack of healthy options on the road. As he told Time, “They put you in a hotel with no gym and no restaurant, then they give you a takeout menu and tell you to order from the Cheesecake Factory. My annoyance was a phenomenon that affected my health, but with this data, we could actually study it.”

Although past research has shown the association between business travel and infectious disease, this study is the first to look at its relation to cardiovascular disease.

“Should further research substantiate a link between business travel and obesity and other chronic disease health outcomes, there are several possibilities for workplace interventions. Employee education programs and strategies to improve diet and activity while traveling are a simple start,” Dr. Rundle says.

Ms. Richards had more good news this month, with the acceptance of another paper she first-authored on colonoscopy screening disparities in New York City by the American Journal of Gastroenterology.

Dr. Kline’s primary interests are pregnancy loss, both chromosomally normal and abnormal, as well as ovarian age, measured by indicators such as age at menopause and hormone levels.

As a doctoral student at Columbia, she studied the epidemiology of miscarriage with Dr. Zena Stein. In the 1960s, karyotypes of miscarried products of conception revealed that a high proportion had an abnormal number of chromosomes. With Drs. Stein, Mervyn Susser, and Dorothy Warburton, a cytogeneticist, Dr. Kline embarked on a study of karyotyped miscarriages. Dr. Bruce Levin, of Biostatistics, joined the team in 1978.

The first aim of the study was to identify risk factors for loss of chromosomally normal conceptions. The second aim was to identify risk factors for each of the main classes of chromosomally abnormal loss, particularly trisomy, the most common anomaly. A trisomic conceptus has one extra chromosome. Most trisomic pregnancies are miscarried; among births, trisomy of chromosome 21 (Down syndrome) is the most common.

The team members were surprised to find that few potential risk factors are associated with miscarriage of a chromosomally normal conception. The only established risk factors are maternal age, prior pregnancy loss, and conception while using an intrauterine device. Observations for cigarette smoking are equivocal, indicating that an association, if present, is modest.

For trisomy, Dr. Kline and others found that advancing maternal age is the only risk factor. Over the course of her career, Dr. Kline and colleagues, Drs. Warburton, Levin and Ann Kinney, have attempted to elucidate this association. Three subsequent studies have led them to hypothesize that elevated levels of follicle stimulating hormone (a hormone produced by the pituitary that stimulates the development of ovarian follicles) may increase the chance of the genetic error in meiosis that leads to trisomy.

In addition to her primary research, Dr. Kline has sought risk factors for other adverse pregnancy outcomes such as low birthweight and preterm delivery. During the late 1980s, she helped develop the Neurologic Examination for Children. She also began a long-standing collaboration with Drs. Joseph Graziano, Gail Wasserman, and Pam Factor-Litvak to study associations of pre- and early post-natal lead and arsenic exposure with cognition in children.

Dr. Kline is also a principal investigator of a study of the relation of characteristics of the Fragile X Mental Retardation gene to trisomy and to hormonal indicators of ovarian age. She is a co-investigator of several other projects, including two studies to identify genetic changes associated with congenital heart disease.

Dr. Kline teaches in the Perinatal Epidemiology course, serves on the General Examination Committee, is Co-Director of the Imprints Center at NYSPI, and coordinates the Lifecourse Cluster seminars.
Delivette Castor, PhD, is a 2006 graduate of the Epidemiology Doctoral Program. With her mix of epidemiologic know-how and applied public health gumption, Dr. Castor has taken her training to the cutting edge of HIV implementation science and program research.

Dr. Castor is currently a Global Health Fellow in the Technical Research and Leadership (TLR) Division of the HIV/AIDS bureau at USAID, the lead international development arm of the US government, and one of the major implementing agencies of the US government’s global HIV efforts. In this position, she is responsible for managing the design and analytical approaches to improve HIV/AIDS programming in resource-limited settings.

Evaluation of HIV/AIDS programs faces steep technical hurdles that relate to ensuring proper study design, tracking biological & behavior changes in dynamic populations, reaching most-at-risk populations, and assessing effects of interventions often complicated by the complex environments where multiple and varied HIV programs are simultaneously being implemented. Her career path has required ingenuity in applying a solid foundation of epidemiology theory in dynamic, real world environments.

At Columbia, Dr. Castor’s research and dissertation work focused on investigating associations between drug resistance and treatment outcomes in individuals with late-stage HIV. After graduating, Dr. Castor took an instructor position at Rockefeller University’s Clinical Scholars Program in the Aaron Diamond AIDS Research Center (ADARC).

There she used epidemiologic research methods to investigate HIV clustering and drug resistance among men who have sex with men (MSM), identified during the acute stage of HIV infection. These steps led ADARC to further investigate social network and social determinants of HIV, which was largely absent prior to Dr. Castor’s arrival.

These studies drew the attention of USAID government officials who were seeking to recruit experts for the President’s Emergency Plan for AIDS Relief’s global programming. Dr. Castor takes satisfaction in the interdisciplinary nature of her work and the organizational environment that fosters use of creative investigative approaches for a wide variety of evaluations. “The interventions that we manage the research for are so broad in spectrum... under our research group we are responsible for biomedical prevention research such as microbicides, pre-exposure prophylaxis, vaccines, and male circumcision research, as well as behavioral research, treatment and other program research all done through the auspices of our programs. It really is unlike many settings where those items sit in different areas. We are all often sitting at the same table thinking about it,” Dr. Castor says.

One of the most challenging parts of her job is dealing with the frequent emergencies to which USAID must respond, including emerging health crises, media pressures, and scientific discoveries. The individuals who are most successful in this environment are those who have a strong ability to prioritize and a heightened sense of political acuity, Dr. Castor says.

To students who might be interested in following Dr. Castor’s career trajectory in government, she recommends they participate in the Global Health Fellows Program, a Washington, DC-based summer internship that puts students right in the mix of policy and health programming.

Author: Jorge Luna
Jorge is a PhD candidate in the Department of Epidemiology.
In the 1.5 years she has been here, Mirtha has taken on significant responsibilities, including a high volume of post-award grant work.

She constantly follows up to make sure people are reimbursed in a timely manner and has ably trained staff in proper reimbursement procedure, which has ensured that people are paid back smoothly and efficiently.

"Mirtha is a pleasure to work with. She works well with all staff and is willing to help each person. She has trained numerous staff members as well as program managers in the accounts payable process. She graciously takes on other duties when needed," says Department Administrator Kathy Dodd.

Neil Rhodes, who, as Business Manager and Senior Cluster Administrator for the Psych/Neuro cluster, works with Mirtha often, says, "Mirtha is a team player and an asset to the Department. She is always willing to go the extra mile to ensure that the faculty are supported administratively and that the Department operates at a high level of excellence."

According to Dr. Ryan Demmer, "Working with Mirtha is a pleasure. Mirtha has graciously handled my travel reimbursements, petty cash reconciliations, and supply ordering. Everything is completed in a highly efficient manner resulting in rapid reimbursements and petty cash replenishments."

Mirtha says she appreciates working with the Department staff, because everyone is flexible and good at solving problems.

"Everyone is operating at the same level. Everyone’s willing to put their heads together to resolve potential problems," she says.

Mirtha came to her current position with a significant amount of experience in the health field and with grant administration in particular. At age 16, she began her first job of working in a nursing home and later became an office manager at an assisted living facility. After that, she worked for 4 years in grants administration at the Taub Institute and 1 year in pre-award grant review for Albert Einstein College of Medicine’s central grants office in the Bronx.

When she isn’t working, Mirtha is taking classes to build her career in public health and business administration. She is currently working toward her MBA degree at King Graduate College and will begin her MPH at Lehman College in the fall, with plans to one day start a non-profit for adolescent issues, such as teen pregnancy. She envisions the non-profit as a provider and educator for teens, offering services such as training teenage parents on responsible parenting skills.

For fun, Mirtha likes to do recreational activities with her 11-year-old son Salvador, such as cooking and yoga. She is also a professional salsa dancer and performs around New York City.

As Financial Coordinator, Mirtha DelValle monitors all grants awarded to the Department to ensure that they comply with University spending policies, including monitoring travel and business expenses, vendors, and the use of consultants to make sure they are compliant with policies and procedures.
BRIEF MENTIONS

Master’s student wins travel award

Congratulations to Ms. Katrina Kezios, who has won a student travel award from the Society for Epidemiologic Research. Katrina submitted two first authored abstracts working with her mentor Dr. Pam Factor-Litvak.

Anthony Diaz wins staff excellence award

Congratulations to Mr. Anthony Diaz, a winner of the Mailman School’s Staff Award for Excellence. He was honored at an assembly on May 10 in recognition of his excellent work and commitment to service and was awarded $5,000.

Dr. Greenlee featured in NCI report

Dr. Heather Greenlee was featured in an article in the National Cancer Institute’s “Annual Report on Complementary and Alternative Medicine.” The article describes her grant research into whether anti-oxidant supplements counteract the benefits of chemotherapy.

Epi biostat mixer

On April 30, our staff and faculty had a very successful mixer with the Biostatistics Department, where we enjoyed food from Dinosaur Barbecue. We look forward to many such events to come!

Pizza Friday

We held our second staff-only Pizza Friday meeting on May 13. The turnout was excellent (as was the pizza), and the discussion was relaxed, informative, and productive. Save the date for our next Pizza Friday on September 23.

Congress of Epidemiology

The 3rd North American Congress of Epidemiology will take place from June 21-24 in Montreal. Many of our faculty and students will be giving presentations at the event. The Annual Columbia Alumni and Friends Reception will be held on June 22, from 7-8:30 pm at the Le Centre Sheraton Montreal Hotel, salon 1, level 2.
Below we profile 8 master’s and doctoral students in the Department who earned our three departmental awards for 2011.

The Anna C. Gelman Award for Excellence in Epidemiology is awarded to students in the Department for high academic distinction and the potential for significant contributions in the field of public health.

Anna Gelman was one of a small and highly select group of women to graduate in 1934 with an MPH from the Massachusetts Institute of Technology in 1934. Professor Gelman distinguished herself as a faculty member in our Department, as an epidemiologist, and as a teacher of several thousand students over her career.

This year, Natalie Levy, Hae Young Kim, and Jamie Ruffing received the Anna C. Gelman award.

Natalie Levy, a graduating MPH student, was born in Johannesburg, South Africa and spent her childhood in Albuquerque, New Mexico. She graduated with a BA in Quantitative Economics and International Relations from Tufts University and then spent 2.5 years at the Federal Reserve Bank. As an MPH student and Epi Scholar, Natalie did her practicum at the New York City Department of Health and Mental Hygiene (DOHMH), where she worked on a matched case-control study focusing on disparities in the severity of novel H1N1 influenza. Natalie will now begin a two-year CDC/CSTE Fellowship, a program that gives recent public health graduates training in applied epidemiology. She will get her training at the DOHMH's Bureau of Tuberculosis Control.

Hae Young Kim an MPH graduate, was born in South Korea and moved to Minnesota to go to college, where she earned a degree in Chemistry. Her interests and work are specifically focused around the challenges facing HIV prevention and treatment for women and children in resource-limited settings. Along with being a student, Hae has worked for Dr. Louise Kuhn for the past year as a research assistant, analyzing data from studies in Zambia and South Africa. Hae has also been working as a consultant for the Malawi Project which is sponsored by the Korean government, providing essential advice on antenatal care and Preventing Mother-to-Child Transmission of HIV. Hae plans to either do an advanced degree in epidemiology, go to medical school, or to try to do both.

Lt. Col. Jamie Ruffing, a PhD graduate, is also a United States Military Academy graduate who has spent many years as an engineer working for the Army. Her military background has allowed her to take a unique approach to the Columbia program and to her research. As an epidemiology student, Jamie’s mentor was Dr. Jeri Nieves. During her time as a doctoral student, Jamie has continued working as a Public Health Officer for the New Jersey Air National Guard. In this position, Jamie has applied her epidemiology knowledge to the health policy decisions she makes for reservists.
The Sydney Kark Award in Epidemiology is given to students in the Department who are committed to research in global health.

Sydney Kark coined the term community-oriented primary health care to describe his work in South Africa and innovated the cornerstone concepts of community-oriented primary health care, including an emphasis on applied research, and a team approach to public health problems.

This year, Lindsey Locks and Matthew Lamb received the Sydney Kark Award.

**Lindsey Locks**, a graduating MPH and Global Health Track student, has a long-standing interest in global health and nutrition. She completed her undergraduate training at Princeton University and subsequently received a fellowship to work for the World Food Program in Nairobi, Kenya, and Kampala, Uganda. Lindsey stayed in East Africa as a nutrition coordinator with the Clinton Foundation HIV/AIDS Initiative, designing and implementing monitoring and evaluation pilot projects for the treatment of severe acute malnutrition. For her six month Global Health practicum, Lindsey carried out an internship with Helen Keller International in Nepal, working on food security and malnutrition. She also collaborated with the World Food Program to integrate child nutrition and infant and young child feeding practices into the Nepal Food Security Monitoring System. Lindsey earned exceptional grades at the School, with a GPA of greater than 4.0. She has been accepted into a PhD program at Harvard in Nutritional Epidemiology and plans to orient her doctoral studies toward maternal nutrition and nutrition of children under two.

**Matt Lamb**, a PhD graduate, successfully defended his dissertation with distinction in May. Before earning his PhD, Matt was trained as an environmental engineer. He graduated with a master’s from the Mailman School and then went on to the PhD program, where his dissertation was sponsored by Dr. Denis Nash. Matt is currently a Staff Associate in ICAP (International Center for AIDS Prevention) in the Monitoring and Evaluation Unit, where he has conducted groundbreaking work that attempts to shed light on how to improve the incredibly high rates of loss to follow-up in HIV care in sub-Saharan Africa, which is one of the biggest challenges and threats to the success of global HIV care and treatment scale-up. He is also developing innovative epidemiological methods and applying a causal framework to his analysis. Matt plans to remain working within ICAP and would like to teach.
The William Farr Award in Epidemiology is given to students in the Department who have shown commitment to understanding or addressing the causes of social inequalities in health.

William Farr was a leading British epidemiologist who was a pioneer in the field of medical statistics. He developed the first national vital statistics system and assured its use as a surveillance instrument and in the conduct of epidemiologic studies.

The three recipients of this year’s William Farr Award are Mary E. Smith, Amanda Gomez, and Natalie Crawford.

Mary Elizabeth (Emmy) Smith, an MPH graduate, came to the Department from Barnard, where she graduated Summa Cum Laude with a BA in Neuroscience and Behavior. For her practicum, she worked as an intern for the Vera Institute of Justice, where she researched ways to improve services and outcomes for individuals in the justice system who suffer from substance use and other disorders. Emmy currently works part-time with Dr. Deborah Hasin and will attend the University of Massachusetts Medical School in the fall.

Amanda Gomez, an MPH graduate, earned her BS in Biochemistry and Spanish from the University of Michigan in 2005. She went on to work in finance for several years before coming to the Department. Last year, she did her practicum at the National Center for Disaster Preparedness (NCDP) at the School, where she currently works as a full-time project coordinator.

At NCDP, Amanda has been involved in projects that cover a number of timely subjects, including the Gulf Coast Child and Family Health Study, a longitudinal cohort study investigating health outcomes among a population of Hurricane Katrina survivors in the Gulf Coast, a project on the lives of undocumented Mexican immigrants, and research related to long-term recovery following a disaster event.

As a second practicum last year, she worked as a research assistant at the Department of OBGYN on studies examining the utility of text messaging in improving adherence to birth control and other health outcomes.

Amanda is planning on attending medical school in the fall at Columbia.

Natalie Crawford, a PhD graduate, came to the Department in 2004 as an MPH student on an Initiative for Maximizing Student Diversity fellowship. She entered the PhD program in 2006, funded by an Anna C. Gelman fellowship for doctoral studies. She has worked with Dr. Crystal Fuller since 2007 as a Research Coordinator, where she has successfully managed 4 large-scale NIH-funded grants. These grants all focused on social and behavioral factors that increase risk of HIV/AIDS and drug abuse among the most vulnerable populations in New York City.

Natalie successfully defended her dissertation this spring, which examines the association between various forms of discrimination and high risk social network relationships in order to understand racial/ethnic disparities in HIV. She also examines the role of structural and social neighborhood characteristics that may influence this relationship. Her work provides an innovative perspective for understanding how social processes influence health. Natalie is getting married this June in Atlanta and will go on to do a Robert Wood Johnson Health and Society Scholars postdoctoral fellowship at the University of Michigan.

We are very proud of our award recipients and all of our outstanding students and wish them much luck in the future.
GIANTS AMONG US

Zena Stein, MA, MB, BCh, Special Lecturer of Epidemiology and Professor of Epidemiology Emerita, spent her early days learning epidemiology not in a classroom but in a community clinic that served Africans in apartheid South Africa. There she saw how society and government—in the form of policies that institutionalized racism—contributed to the health problems in the people she treated.

ZENA STEIN

That experience was the beginning of a long and remarkable career that has combined social justice with the study of controversial health issues, including prenatal nutrition, breast feeding and women’s health, mental development, and HIV/AIDS. Using both research and activism, she has brought attention to public health problems that government authorities initially have ignored or under-prioritized.

It is her intelligence, innovative thinking, rigorous epidemiologic analysis, and persistence in the face of public health crises—crises that required not only study design and analysis but also sheer personal and political will—that make Dr. Stein a giant in the field.

The Alexandra clinic

Dr. Stein was born in Durban to parents who had fled Lithuania because of rising anti-Semitism under the Russian Empire. She and her husband Dr. Mervyn Susser met in South Africa as children, through Dr. Stein’s older brother Sylvester. As an undergraduate, Dr. Stein studied history and went on to join the South African military—which was aligned with the Allied forces—during World War II. In South Africa, joining the military was not required or common, but Dr. Stein came from a politically involved family that was very aware of the Nazi threat and that believed in fighting social injustice. Her mother was head of a program that assisted Jewish refugees from Germany, and at home, her family all in one way or another, resisted the social apartheid of the time and place.

After the war, Dr. Stein went into medicine. She thought it would be the best way to have a direct impact on redressing the inequalities that had come about during the apartheid government. Dr. Susser it turned out had the same idea. The two re-met in the army and then both took science classes that were preparation for medical school.

They were up against an increasingly racist structure. In medical school, they saw how the establishment virtually ignored the health problems of black South Africans. The three pediatrics lectures Dr. Stein received did not address any of the diseases that were commonly seen among Africans, even though they had a much higher mortality rate than whites. Blacks and whites were also treated in separate buildings, and the school forbade black medical students from being present in the autopsy room when a white corpse was being examined.

“You would have thought there were no black people,” Dr. Stein says about the formal medical school curriculum during that period.

When they graduated, Drs. Stein and Susser wanted to...
open a clinic that was oriented toward the needs of a community, similar to many that had sprung up in the postwar period. However, after 1948 apartheid intensified, checking the development of these centers.

Fortunately, the couple met Dr. Sidney Kark, a bold public health practitioner who headed a well-regarded community health center in Durban that had been established two years before the entrenchment of apartheid. He encouraged Drs. Stein and Susser to use their medical knowledge to help society, and told them about what he called “promotive” medicine—medicine that focuses on helping improve the health of a community.

In 1952, Drs. Stein and Susser went to work at and further developed with some similarly-minded friends the Alexandra Health Center and University Clinic in a poor, African community near Johannesburg. They found that there was little in the way of South African medical literature to explain some of the conditions that they encountered at the clinic. To diagnose a particular type of skin lesion they often saw on the faces of their patients, they had to seek out documentation from the American South, which showed these lesions were a symptom of malnourishment. Discoveries like these increasingly pointed Drs. Stein and Susser toward looking for answers to the health problems not just at an individual level but at a society level.

“[These types of diagnoses] involved as much sociology as physiology,” Dr. Stein says. “These ideas were primitive epidemiological insights.”

Although their clinic benefited the local community, it drew the unwanted attention of the government, as did their increasing political activism against apartheid policies alongside government opponents such as Nelson Mandela.

A political conflict between Dr. Susser and the government ultimately resulted in his having to leave his clinic position. The couple found themselves facing the threat of arrest which they feared most of all because of their three young children. In 1956, they decided to leave South Africa for what they thought would be a brief stay abroad.

IQ studies in England

They went to England, where their exposure to social science began to flourish, as they worked and made friends with several social scientists like the anthropologists Drs. Max Gluckman and William Watson, and published articles about their experiences in South Africa. With the help of Dr. Jerry Morris, a prominent epidemiologist, they were given positions in the Department of Social and Preventive Medicine at the University of Manchester and stayed in Britain for longer than they had planned.

Dr. Stein won a grant that allowed her and Dr. Susser to study childhood development, a subject that had interested them because of their experience treating patients. The study would look at whether social class and family function profoundly influence the diagnosis and management of the educationally subnormal child,” Drs. Stein and Susser said.

Coming to Columbia and the Dutch Famine Study

After nearly a decade in England, Drs. Stein and Susser moved to New York for what was again supposed to be a short stay. However, they decided to plant roots in the area when they were both offered appointments at Columbia, Dr. Susser as Head of the then-Division of Epidemiology, and Dr. Stein as Associate Professor and the head of the Epidemiology Research Unit of the New York State Psychiatric Institute.

Here, they continued to study early childhood development by embarking on an ambitious study of children who had been born soon after a German blockade of the Netherlands during World War II, known as the Dutch Hunger Winter. They would study whether six months of starvation endured by pregnant mothers during the blockade impaired cognitive function and intelligence in their children.

The subject was an important one because a popular assumption was held during this time that prenatal nutrition was linked to mental retardation and other development problems. Some public health optimists believed adequate nutrition would eliminate many global mental health problems.

The study Drs. Stein and Susser carried out was rigorous in testing this theory, comparing birth cohorts who had been exposed to famine to those who hadn’t. The results contradicted observational studies, showing that famine during pregnancy did not affect the child’s IQ at age 18.

Drs. Stein and Susser “accepted the outcome despite the fact that it undercut strongly held beliefs and progressive politics in the field of nutrition and development,” say Drs. Gerald M. Oppenheimer and David Rosner.

But many others in public health stubbornly refused to accept the results.

The animosity over the study has subsided, and the cohort has since been a fruitful source of health studies, illuminating the causes of such health issues as neural tube defects and schizophrenia.

HIV and women’s health

Following on a decade Dr. Stein spent studying miscarriage and reproduction with Drs. Jennie Kline and Dorothy Warburton, the HIV epidemic emerged.

Dr. Stein’s focus on HIV prevention in women came about unintentionally, when it was still widely believed that the virus only afflicted gay men. She expressed her doubts at a talk in the early 1980s, asking a prominent...
practitioner if women were at risk for sexually-transmitted infection. He assured her they weren’t.

“Everyone said ‘women don’t get HIV,’” says Dr. Stein.

Not convinced, Dr. Stein and her then student Dr. Robin Flam began to develop research on female sex workers recruited by Dr. Flam. The study ran into many hurdles, including an inability to get government funding, which may have been the result of the controversial nature of the issue. But Drs. Stein and Flam persisted, as they came to believe that preventive measures that were focused only on male condom use would not be workable for women. Dr. Stein drafted a paper recommending the development of a vaginal microbicide that a woman could apply covertly to prevent the disease, and the female condom, which was then pending Food and Drug Administration approval.

The paper was rejected as an article by the *New England Journal of Medicine* and the *Lancet* and as an op-ed by the *New York Times*. The editor of the *American Journal of Public Health* finally came around, prevailing over several reviewers who were experts in HIV/AIDS and who had advised that the paper be rejected.

Today, the recommendations are seen as the foundation of microbicide development. Last summer brought news of the first successful vaginal microbicide trial—led by Department faculty Drs. Salim and Quarraisha Abdool Karim.

As with many previous chapters in her life, Dr. Stein was not afraid during the early days of HIV/AIDS that her views would make her unpopular.

She and Dr. Susser continued their activism into their eighties, raising alarm about AIDS in South Africa, which the government was virtually ignoring—a disturbing echo of its mid-century policies toward the black community. In 1999, they helped organize the Maputo Conference on Health, bringing together for the first time, political exiles, South African activists, and experienced AIDS health from Africa, the UK and US, to alert South Africa about the epidemic.

Today, Dr. Stein is co-director emerita of the HIV Center for Clinical and Behavioral Studies at the New York State Psychiatric Institute and is an executive committee member of the Fogarty AIDS International Training and Research Program, which she founded and served as its first director. The program seeks to put epidemiologists on the frontlines of the HIV/AIDS epidemic in Africa, just as she once was.

accomplished so much because of her unique combination of personality traits—a broad vision that has been able to apply rigorous epidemiologic analysis to many health problems, and her commitment to good research and activism.

As Dr. Flam says, “There are few people in the world with Zena’s combination of qualities.”

**REFERENCES**


Kark JD and Abramson JH. Sidney Kark’s contributions to epidemiology and community medicine. 2003; 32 (5): 882-884


“Zena is the founding mother of microbicides for HIV prevention. She initiated the discourse on methods that women can use and control with her commentary about 2 decades ago in the AJPH. Since the early days of the HIV epidemic, she has persevered with this idea supporting research on the female condom and microbicides. Quarraisha and I are not involved in microbicide research by accident—our involvement was spurred by Zena who has been an inspiration to us.”

Dr. Salim Abdool Karim

“Way before the importance of women in the HIV epidemic was acknowledged by the public health community, Zena was at the forefront challenging the prevailing complacency and indifference to the women’s plight.”

Dr. Wafaa El-Sadr

“She’s one of those rare people who is incredibly brilliant and incredibly down to earth all at the same time.”

Dr. Robin Flam

“Dr. Stein has demonstrated a subtle sense of the historical process, recognizing, for example, that disease and risk of disease arise from the social structure, culture and relative power relationships among groups.”

Dr. Gerald Oppenheimer
USEFUL RESOURCES

p. 19  
Training and Career Development for Epidemiology Staff

p. 20  
Application for Supervisor Approval/Departmental Funding for Staff Training

p. 21  
Event promotion guide
The Department of Epidemiology aims to assure that officers of administration and support staff members have opportunities to grow and improve in their jobs and to enhance their future career options. As such, staff members are encouraged to explore the numerous training resources available at Columbia.

Columbia Learning and Development provides online courses to build proficiency in numerous software applications, as well as personal effectiveness skills such as supervision, coaching, and leading meetings. Columbia’s Finance Division offers training in financial systems, e.g. APCAR and FFE, and also in specific functions such as travel and business expense reimbursement, purchasing, and budgeting/accounting. There are also ongoing programs sponsored at CUMC to build skills in IRB and pre- and post-award grants management.

The Columbia libraries offer a number of classroom based software courses from EndNote to Intro to GIS.

These courses are available free of charge. Employees are encouraged to make use of them, provided that the skills are related to their current job responsibilities and their supervisor approves of the time devoted to them.

In addition, Columbia Learning and Development offers a wide array of classroom-based courses at the Studebaker Building at 615 West 131st Street. These courses, which address skills in communications, time management, performance management, and project management, cost $70 for half-day classes, and $140 for full-day classes.

Where appropriate, the Department will use central funds to cover the cost of a limited number of Learning and Development classes for staff members whose job performance will clearly benefit from them. Applications for Department funding for individuals taking these courses will be reviewed by the Department Chair, Vice-Chair, and senior Department faculty on a case-by-case basis.

All staff who wish to undertake training should complete and submit the application form on page 20 to their supervisor and senior cluster administrator.

Links to Training Resources:

- Online learning: http://hr.columbia.edu/learn-dev/e-learning
- Classroom learning through Columbia libraries: http://library.cumc.columbia.edu/classes
- Classroom learning through Human Resources: http://hr.columbia.edu/learn-dev/live
- Finance division training: http://www.finance.columbia.edu/hr/training/classroom_training.html
- Funding and grantsmanship for research and career development: http://grantscourse.columbia.edu/
Application for Staff Training

EMPLOYEE NAME

CLASS TITLE AND LOCATION

CLASS DATE AND TIME

CLASS FEE (IF APPLICABLE)

How will the proposed class directly enhance your ability to succeed in your current role?

Approved:

SUPERVISOR / PRINCIPAL INVESTIGATOR

DATE

SENIOR CLUSTER ADMINISTRATOR

DATE

CHAIR’S OFFICE (IF FUNDING IS REQUESTED)

DATE
The Department of Epidemiology sponsors a large number of events, including grand rounds, seminars, special lectures, training and cluster seminars, and social gatherings.

This guide will help us to assure that relevant audiences are aware of events, providing an overview of the tools available to us, helpful instructions about how to use them, and a chart indicating which tools are appropriate for specific events.

**COMMUNICATION TOOLS: HOW TO USE THEM**

1. **MSPH calendar**
   To enter the event, visit this page [http://www.mailman.columbia.edu/events](http://www.mailman.columbia.edu/events). Click “submit event” next to the Mailman Events Calendar, and then follow the steps to submit your event. A notice will be sent to the Epidemiology Calendar Administrator, who will approve your event to go live on: A, The MSPH main events page, and B, the sidebar of the Department of Epidemiology’s homepage.

2. **Student digest**
   If your event is of interest to students, you can consider listing it on the Student Digest, which will include it in a daily email rundown of events to all students. Visit the site at [http://www.mailman.columbia.edu/students/student-life/student-digest](http://www.mailman.columbia.edu/students/student-life/student-digest) and follow the same steps you would for the regular events calendar. Your request will be reviewed and approved to go live by the appropriate administrator.

3. **Department listservs**
   The Department listservs (faculty, staff, and students) are typically used only for CUEGRS, Department seminars, special lectures, and Department meetings and social events. To send announcements via the Department listservs, contact Ms. Erin Gilbert at emg2163@columbia.edu.

4. **Digital signage**
   Displays the event on the Mailman School flat screens on the lobby. Contact Ms. Elaine Meyer em2642@columbia.edu who can work with you to get your event displayed. See C at right.
### event promotion guide

#### 5 Facebook and Twitter

To include your event on the Epidemiology Facebook page [http://facebook.com/cuepidemiology](http://facebook.com/cuepidemiology) and Twitter page [http://twitter.com/cuepidemiology](http://twitter.com/cuepidemiology), email Ms. Erin Gilbert or Ms. Elaine Meyer with the details, including the name of the event, speaker, description, time, date, and place.

#### 6 Week N

Week N is the Department Chair’s weekly email to faculty, students and staff. If you would like to have Dr. Galea include your event in the Week N, please contact Ms. Laura Goldenkranz lag2172@columbia.edu to coordinate.

#### 7 CUMC listserv

Please contact Ms. Elaine Meyer if you are interested in broadcasting your event to the full CUMC listserv.

#### 8 Epi bulletin boards

Don’t forget about the Department of Epidemiology bulletin boards on the 7th, 8th, 15th and 16th floors. Note that, on 7 and 15, there are two boards, one for jobs/studies and one for seminar announcements. Please display on the proper board and please do not over-crowd bulletin boards.

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* For GMHP Lectures, send to the Psych/Neuro, Social, and Life-Course Cluster Listservs.
Moving Beyond Mortality:
DISABILITY AS A POPULATION-BASED MEASURE

A one-day symposium on the World Health Organization’s International Classification of Functioning, Disability and Health (ICF) and its usage as a population-based measure.

INVITED SPEAKERS

Maureen Durkin, PhD, DrPH
Professor of Population Health Sciences and Pediatrics, Waisman Center Investigator, University of Wisconsin School of Medicine and Public Health

Cille Kennedy, PhD
Senior Policy Analyst in Health Policy, Office of the Assistant Secretary for Planning and Evaluation, US Department of Health and Human Services (formerly at the National Institute of Mental Health)

Jack M. Guralnik, MD, PhD, MPH
Professor of Epidemiology and Public Health, University of Maryland School of Medicine (formerly at the National Institute on Aging)

Thursday, June 9, 2011
Mailman School of Public Health
Allan Rosenfield Building
722 W 168th Street

9:00am-9:30am
Breakfast & Registration, 8th fl Auditorium

9:30am-1:30pm
Symposium, 8th fl Auditorium

2:00pm-4:30pm
Lunch and Hands-On Workshops (rooms TBA)

- Disability and Aging
- Disability and Mental Health
- Disability in Children

The symposium is open to all; workshop space is limited and awarded on a first-come, first-served basis. Please RSVP early with Ms. Fatimatou Bah, fb2201@columbia.edu.
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<td>Kathryn Lane (Feb 2011)</td>
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<td>Risk factors for cognitive and motor development delay in children</td>
<td>Dr. Dale Hesdorffer</td>
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<td>High-risk sexual behaviors among non-injection drug users with and</td>
<td>Dr. Daniel Pilowsky</td>
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<td>Natalie Levy</td>
<td>Clinical and demographic determinants of disparities in severity of</td>
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<td>Predictive demographic factors for vaccine beliefs and practices of</td>
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<td>Dr. Carolyn Westhoff</td>
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<td>An Assessment of malaria interventions in six districts in Botswana:</td>
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<td>Julie Myers</td>
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<td>Infected adults in La Romana, Dominican Republic</td>
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JUNE 2011


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