Dear SBS community,

Our 2nd Forum on Population Health Equity was successfully held on October 18-19. A huge thanks to Circe LeCompte, Yenee Soh, Tara Kelly & Alberta Zoummar who put the program together. We had over 900 people register, 60+ submitted poster presentations, and a half dozen nano-courses on offer. In case you missed it, the taped sessions will be available on the 2016 Forum on Population Health Equity YouTube Channel: https://www.youtube.com/channel/UCF2talxgtGPFnjQzocYaqlA.

I’ll be hosting the SBS Happy Hour over at the Landmark Center, room 403Q on November 18 (Friday) from 3:00-5:00pm. Winter Session course registration opens on December 8 and we have a number of courses on offer as usual (SBS 511 taught by Mauricio Avendano, SBS 550 offered by Marie McCormick and Mary Jean Brown, WGH 250 taught by Nancy Krieger, and SBS 515 and 516, both taught by Rima Rudd).

Finally, don’t forget to vote on November 8!!

Best wishes,
Ichiro

Nancy Krieger delivers the keynote address at the Forum on Population Health Equity.
You recently received a seed grant through the Robert Wood Johnson Foundation. What is the focus of your new research?

I received the grant to examine the relationship between psychosocial stress and obesity among Latinos/Hispanics. Hispanics have the largest prevalence of overweight/obesity compared to non-Hispanic Whites. We know that overweight/obesity increases the chances of co-morbidity with various chronic and acute illnesses, such as cancer, heart disease, and diabetes. Stress plays a critical role in that it can contribute to the development of obesity through biological and behavioral pathways. For example, biological responses to stress can directly increase fat accumulation and release appetite hormones that can increase food consumption. Prior studies find that ongoing stressors in important life domains (health, work, and relationships) are associated with a greater likelihood of being obese among Latinos. My colleagues and I proposed to examine three other stressors that have been previously shown to be deleterious to Latino health: ethnic discrimination, acculturative stress, and neighborhood stress. The association between these stressors and obesity has been understudied in the Latino population.

You mention that the role of stress has been understudied. Can you explain the relationship you’ve identified between stress and obesity?

We looked at three specific types of stressors: ethnic discrimination, acculturative stress, and neighborhood stress and their cumulative influence on obesity using data from the Hispanic Community Health Study/Study of Latinos, which is the largest health population-based cohort study of Hispanic/Latino populations in the United States. We find that those who reported greater ethnic discrimination were more likely to be obese. We also find that those who reported greater strain when adapting to a new culture were also more likely to be obese. Even after adjusting for physical activity and dietary behaviors, Latinos who scored high on discrimination, acculturative stress, and neighborhood stress were more likely to be obese. We decided to see if these relationships were the same for all heritage groups. We find that discrimination and acculturative stress predicted obesity, but only for Dominicans and Cubans. While our study yielded some interesting results, we have to proceed with caution as there are other important factors that need to be considered, such as length of time in the US and generation status. We are planning on building on this study to investigate these factors further, which could further illuminate complexities in the link between stress and obesity.

What will the study ultimately allow you to do with regard to interventions that prevent chronic and acute illnesses in Hispanic/Latino populations?

These findings allow us to influence interventions in two ways: They help us to develop stress management techniques related to these stressors that can serve as complementary methods to lifestyle modification interventions. They also help us frame the discussion in a socio-ecological perspective, where policies and programs can be developed to help reduce discriminatory practices and ease the process of acculturative adaptation in the United States for Latinos/Hispanics.

-Interview and photo by Whitney Waddell
In Memoriam

Arthur Martin Sobol, a long-time programmer and data analyst in the Social and Behavioral Sciences Department at the Harvard Chan School of Public Health, passed away on September 14, 2016 at Beth Israel Hospital, Boston. He was 69.

Arthur grew up in Newton, MA, graduated from Boston University, and earned a Masters in Statistics from Harvard. He worked with Social and Behavioral Science faculty, staff and students for more than 40 years. His data coding, analysis, and published research included the Community Child Health studies headed by Robert Haggerty MD, studies from the Harvard TH Chan School Prevention Research Center with Steven Gortmaker, and the Stirling County study with Jane Murphy of both the Harvard Chan School Department of Epidemiology and Massachusetts General Hospital. Over his career, Arthur Sobol co-authored 48 published reports with his Harvard colleagues.

While Arthur was widely acknowledged as the consummate programmer, he was also known as an ardent sports fan, always ready to worry about the potential downfall of his beloved Boston sports teams. Fortunately his teams came through with plenty of championships.

Arthur was a wonderful colleague. He made a big difference in many of our lives for many years, and will be greatly missed.

-Written by Steven Gortmaker

Landmark Update

Activities from the SBS Social Landmark group resumed in early October with the Fall Happy Hour. We were glad to catch up with 13 regular members and new fellows sitting at Landmark Center. For our next activity on November 15th, two of our fellows will present their ongoing work at a research-oriented get-together, where we’ll have Dr. Vaughan Rees as a guest faculty member. Have a good start of the school year everyone, and stay tuned for future activities!

-Claudia Trudel-Fitzgerald & Ester Villalonga

Request to join Social Landmark’s facebook group 💻
Works in Progress

Our Works in Progress seminar series reconvenes in Fall. Works in Progress provides an informal and supportive setting for current SBS doctoral students and postdocs to present their work.

Ayesha McAdams Mahmoud, SD ’20 will present her preliminary analysis of Coping strategies following chronic exposures to violence news-based social media content: a pilot survey. December 1, 2016, 12:30-1:20pm in Kresge 708.

Alina Schnake-Mahl, SD ’20 will present The suburbanization of poverty and implications for health care access. December 15, 2016, 12:30-1:20pm in Kresge 708.
A number of social gatherings took place during Fall1, including an afternoon coffee break and student-faculty luncheon.

Congratulations to Marilyn, Carolyn, Gabe and Ann who were all awarded Conference Travel Awards to present their research at APHA in Denver, Colorado in November.

- **Marilyn Cabrera, MPH ‘18**: Affordable Care Act and the Youth Health Equity Model of Practice: Creating a healthier nation by strengthening the health and human services infrastructure and workforce

- **Carolyn Brooks, SD ‘18**: 1) Insights and Evaluation Results from a Sodium Reduction Intervention conducted in Community-based Organizations, Community Health Centers, and Hospitals during the Boston-based Racial and Ethnic Approaches to Community Health (REACH) Demonstration Project; 2) Prevalence of Inadequate Hydration among US Adults and Disparities by Gender and Race/Ethnicity: National Health and Nutrition Examination Survey, 2009-2012"

- **Gabriel Schwartz, PhD ‘22**: Gabriel Highways, rivers, and food deserts: Using Euclidian vs. network distances to measure the food retail environment and its relationship to nutrition outcomes

- **Ann Crawford-Roberts, MPH ‘17**: Beyond implicit bias: a medical student course of race and racism in medicine
Arrivals

Chasmine Flax joins us as a Research Assistant in the Prevention Research Center. Chasmine’s interest lies in the prevention of obesity and chronic disease through modifiable lifestyle factors. She also has strong interests in children’s health and health disparities. Chasmine recently completed her masters at the Yale School of Public Health. She received her bachelors degree from the University of Southern Mississippi. Welcome Chasmine!

PRC staff member, Jessica Barrett welcomed her baby, Paige Testa, on September 12, 2016. Congratulations Jessica!

Jess Marden, SD ’16 and her husband Aaron welcomed their first daughter Ada Daniela on August 19, 2016. Congratulations Jess!

Seminars

- STRIPED presents Elena Rossini, filmmaker and producer of the documentary The Illusionists, who will discuss her film on Monday, October 24, 2016, 5:30-7:20PM in FXB G12. The Illusionists examines the sale of the Westernized image, the body as "the finest consumer object," the international public health implications of marketing skin bleaching creams to women of color, and more. Visit: http://theillusionists.org/film/teaser/

- Dr. Mary Jean Brown, Adjunct Professor of Social and Behavioral Sciences and former Chief of the Lead Poisoning Prevention Branch at the U.S. Centers for Disease Control and Prevention will discuss The Flint Michigan Water Crisis during the MCH Seminar on Wednesday, October 26, 2016 12:30-1:20PM in FXB G12. For more information and the webinar link visit: https://www.hsph.harvard.edu/mch-cyf-concentration/news/ or e-mail: cgl475@mail.harvard.edu.

Awards & Announcements

- **Madina Agénor, Assistant Professor**, gave the opening plenary presentation, *Intersectionality Matters for LGBTQ Health Research and Practice* at the Gay and Lesbian Medical Association (GLMA).

- **Katie Cueva, SD ’18**, was selected to participate in an Arctic PhD summer school in Nuuk, Greenland in September 2016. Katie was also awarded the 2016 R. Davilene Carter Presidential Prize for best manuscript submitted at the International Cancer Education Conference (ICEC), and presented at the ICEC Best of the Best plenary after being awarded for submitting one of the top 3 abstracts.

- **SBS postdoc, Eric Kim** was appointed by AARP & Age UK to its Global Council on Brain Health. He will serve as a subject matter specialist on purpose in life / psychological well-being among older adults.

- **Faculty members, Ichiro Kawachi, SV Subramanian and David Williams** have once again earned the Thompson Reuters Highly Cited Researchers award by being among the top 1% most cited for their subject fields.

- **SBS postdoc, Ester Villalonga Olives** won best article for her paper *The measurement of social capital* published in *Gaceta Sanitaria* (Health Gazette) in 2015.

Alumni Updates

- **Austin Crumpton, MPH ’16** was recently promoted to National Biomedical Performance Analyst V at the American Red Cross.

- **Anne Czernek, MPH ‘16** accepted a new role as a Product Manager at Wellframe.

- **Amy Lanteigne, SM ’14** is the Research & Data Manager at The Trevor Project, the leading national organization providing crisis intervention and suicide prevention to LGBTQ youth.

- **Emily Lisker, MPH ‘16** accepted a position as Senior Performance Analyst in the City Performance Unit at the Controller’s Office within the City and County of San Francisco.

- **Nina Schraeger, MPH ’16** is doing a PhD in reproductive, perinatal, and pediatric epidemiology at Boston University.

- **Marvin So, SM ‘15** is a CDC Evaluation Fellow for the National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention.

- **Veronica Thomas, MPH ‘15** is a Senior Communication Analyst, Center for Communication Science, RTI International.

- **Jenna Troup, SM ‘15** is the co-founder of a nutrition therapy company called TreatMNT, currently working at the Harvard Innovation Launch Lab in Allston.
The Science of Health and Happiness Symposium

Friday, December 2, 2016
9:00am – 4:00pm
Joseph B. Martin Conference Center

Please visit: [http://tinyurl.com/HealthHappinessSymposium](http://tinyurl.com/HealthHappinessSymposium) to register.

The symposium will feature keynote talks from Professors Ed Diener and Andrew Steptoe, as well as panel discussions on the current state of science for understanding the relationship between positive mental and physical health and translation of research to influence practice and policy. Panel speakers include Professors Daniel Gilbert, Lisa Berkman, Steve Gortmaker, Sara Bleich, Michael Norton and Dr. Jeff Huffman.

Please visit: [www.hsph.harvard.edu/health-happiness/2016-symposium](http://www.hsph.harvard.edu/health-happiness/2016-symposium)

Upcoming Social Gatherings

All gatherings are open to the entire SBS community: students, postdocs, faculty and staff!

**SBS COFFEE BREAK**
October 27, 10:15-10:45AM
6th floor

**SBS HAPPY HOUR**
November 8, 3:00-5:00PM
Landmark Center

**SBS NEW YEAR’S PARTY**
January 23, 2017 4:30-7:00PM
Sebastian’s Cafe

Questions, suggestions, ideas? Email us: sbs@hsph.harvard.edu

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