The first term of the Fall semester has gone by rapidly. As we enjoy an extra hour of sleep this weekend due to the end of daylight savings time, let us use this as a reminder of the critical importance of good sleep to our health and the health of the populations that we serve. We have learned from research that inadequate sleep is associated with poorer metabolic functioning, immune functioning, mood, cognitive performance, moral judgment, quality of life, academic performance and public safety. Short sleep duration is even associated with increased risk of obesity and mortality. SBS researchers have also documented that how we treat others can affect how long and how well they sleep. For example, Lisa Berkman's research has documented that employees with supportive managers sleep longer at night. Similarly, some of my own research with SBS alum Natalie Slopen, has found that experiences of discrimination are associated with shorter sleep, more sleep difficulties, and contribute to racial disparities in sleep. So I wish you all productive days in which we contribute to the good sleep of others and restful nights that provide adequate health-enhancing sleep!

David R. Williams

In the Classroom

Sophia Blachman-Biatch presents her poster, "Support Patient Treatment Decisions for Nonmelanoma Skin Cancer."

HSB-65 Poster Session

On Tuesday, October 15, second-year HSB-65 students took part in a poster session for Alan Geller's, Practicum and Culminating Experience for Health & Social Behavior course (SBS 965.)

Each second-year student had a chance to present their summer field experience to the first-year students in small groups.

Alumni Corner

What piece of advice would you offer students in the SBS Department?
Dr. Jeff Blander, SD ’08, was raised by his grandparents starting at the age of six. “My grandmother firmly believed that kindness is the most important virtue to make the world a better place. I have carried this lesson with me across the globe whether working in remote villages in Tanzania to improve primary health services or on Wall Street to strongly advocate for impact investing approaches that go beyond traditional shareholder value models.

With over 25 years of experience as an entrepreneur, researcher, educator, and most recently serving in the U.S. Department of State as Chief Innovation Officer and Managing Director, Epidemic Control Teams (ECTs) for the Presidents Emergency Plan for AIDS Relief (PEPFAR), I have had the opportunity to call many SBS alumni both colleagues and friends.

As I reflect on this extraordinary group, J.K. Rowling’s words from the 2008 Harvard Commencement come to mind: “We do not need magic to transform the world. We carry all the power we need inside ourselves already.” Whether through conducting cutting-edge research or creating innovative partnerships, I believe that as a network we are poised to lead through our collective conviction and advocacy to do better.”

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**Awards and Honors**

In November, **Mary Bassett** will receive the 2019 Stephen Smith Medal for Distinguished Contributions in Public Health from the New York Academy of Medicine. The award is given for lifetime achievement in public health to an individual who has “lead or significantly contributed to work that effected a significant change in public health policy or practice to improve population health, including work on the broad determinants of health, with a special emphasis on eliminating health disparities.”

In December, **Ichiro Kawachi** will receive an honorary Doctor of Science degree from the Australian National University, for his “exceptional contribution to research, conceptualisation and integration of social science, health and inequalities and [his] invaluable role as a mentor and global leader.”

**Henning Tiemeier** will receive the 10th Annual Leon Eisenberg Award established by the Division of Developmental Medicine at Boston Children's Hospital in the Department of Pediatrics. As part of the award, he will deliver the Ludwik Szymanski Lecture at the Psychiatry Department Grand Rounds at Boston Children's Hospital on December 4.

**Claudia Trudel-Fitzgerald**, Research Scientist, received one of ten travel awards to attend the Resilience and Reserve in Aging workshop, supported by the American Federation for Aging Research and the NIH Institute of Aging.

In November, **David Williams** will receive the Harvard Faculty Humanitarian Award from the Harvard Humanitarian Initiative. This award is given annually to a Harvard University faculty whose work aligns with that of the recipient of the Elisabeth B. Weintz Humanitarian Award. This year’s Weintz awardee is Bryan Stevenson, Executive Director of the Equal Justice Initiative and author of *Just Mercy*.

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**Presentations**

**Daly, J.G.,** Gortmaker, S.L., Mozaffarian, R.S., Lee, R.M., Kenney, E. “A mixed-methods investigation of how drinking water access and quality concerns influence student health in a large urban school district.” American Public Health Association Annual Meeting: 

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Godwin EG and Moore LB. “Navigating (Un)Familiar Terrain: Experiences of Adolescent Siblings of Transgender Youth.” Canadian Professional Association of Transgender Health Biennial Conference: Montreal, QC, CAN. [Nov 1]


Publications


Trudel-Fitzgerald, C., Poole, E.M., Sood, A. K., Okereke, O. I., Kawachi, I., Kubzansky,


Selected media coverage:

1. CNN: 1 in 3 teens breathe secondhand e-cigarette vapors, new research says
2. Boston Globe: More middle and high schoolers are getting exposed to secondhand vape aerosols, study indicates

Events and Seminars

SBS Seminar: Cost-Effective Strategies to Prevent Child and Adult Obesity, Improve Population Health, Reduce Health Disparities and Improve Health Equity
Thurs, Nov 7, 1-2pm, Kresge G2

Health Communication Concentration Fall Reception
Tues, Nov 12, 4-5:15pm, Kresge 202A

WGH Working Group Meeting
Wed, Nov 13, 1-2pm, Kresge 204

Positive Health Interest Group - 3rd Meeting: Resilience and Climate Change
Thurs, Nov 14, 1-1:50pm, Kresge 708

Thinking causally about genders & sex-linked biologies – a critical interdisciplinary dialogue for population health sciences (with Sharon Schwartz and Sarah Richardson)
Tues, Nov 19, 1-2pm, Kresge G2

Happiness Center Seminar Series - George Bonanno: Resilience, Loss, and Trauma
Wed, Nov 20, 1-1:50pm, Kresge G2

Health Communication Concentration Speaker Series: Dr. Danielle Blanch Hartigan
Tues, Nov 26, 1-1:50pm, Kresge 502
WGH Working Group Meeting
Dec 4, 1-2pm, Kresge 708

Beyond LARC Promotion: A Community-Engaged Approach to Reproductive Health Agenda-Setting for States with Aisha Chaudhri, Reproductive Justice Manager at EverThrive Illinois
Fri, Dec 6, 1-2pm, Kresge 200