



Health Sciences Center for Global Health

The Global Address

My Take



My Road to Global Health by Kristen Mallory, MPH

In July, Kristen Mallory moves to Honduras as the in-country director of Montaña de Luz, a non-profit organization that provides a home as well as meets the health and educational needs of children affected by HIV/AIDS. In this article she details her global health journey from inception to moving to a developing country to pursue her passion for global and public health.

As I am preparing to receive my Master in Public Health degree, I can't help but reflect on the road that brought me to this moment. I had never even heard of Public Health, back in undergrad I toiled between deciding over a career in medicine or physical therapy. I knew I was interested in preserving the wellness of others but not sure in what context. By the end of my degree I was pretty much set on physical therapy. However, during my junior year I was given a taste of global health, and let me tell you, this homebody from Cincinnati was never the same again. I signed up to go on a mission trip to Costa Rica. We helped remodel a broken home and put on a summer camp for the children in a rural community. Even though this was a small second of my life it impacted me on many levels. I had never seen lands so

beautiful yet poverty stricken, and even though my Spanish comprehension was much less than it should have been after all of those classes, I found the people to be so kind, humble, and hospitable. I often wonder how my life would be if this opportunity hadn't presented itself at that exact time. As a result, I decided to join the Peace Corps. This two-year commitment turned into three years as I fell in love with Ecuador, my country of service.

I worked as a community health volunteer. It wasn't always blue skies and butterflies, in fact it was extremely hot and sweaty and progress towards goals ran on a very different rhythm and pace from what I was used to. Picking up the language and culture norms was a challenge with many rewards. I learned that laughing at yourself was the best way to get through language barriers. I remember feeling more frustrated than ever before; but it was humbling to meet such amazing people who transformed from strangers to partners to friends to family. Through working with the health center to spread knowledge about dengue and malaria prevention, the importance of prenatal care, and sexual and reproductive health to youth, I saw the power of global health and its need especially in rural remote regions. Teaching people to become an active agent of their health and wellbeing was the goal. We trained health promoters who volunteered their time to control BMI and blood pressure in their communities through a 6-month program that integrated nutrition education, physical activity, stress management and chronic disease prevention.

I stumbled upon public health without even realizing it. One thing led to another and I was no longer applying to PT programs but to Masters of Public Health programs. I realized that more than treating individuals I was interested in working with populations to prevent disease and promote self-care and wellness. I like working on the community level and holistically impacting social change for healthier more equal lives. I believe that every human has a right to have access to health information and services. Ecuador opened my mind and heart to the inequality and disparities that exist in the world in terms of access to health services and education. I was inspired by the drive that my partners in Ecuador had to improve the conditions for their communities. The Peace Corps turned global health, which originally was going to be an isolated life experience for me, into a career and life calling. Although previously I had never thought of

Continues on page 2

My Road to Global Health Continued from cover

Public Health as a profession I was amazed at its impact and opportunity.

Two weeks after returning to the U.S., I began my MPH program at The Ohio State University. My priority was to find out how I could be involved in global health initiatives. I heard about the Graduate Interdisciplinary Specialization in Global Health (GISGH) and immediately took steps to enroll. I began to network with faculty and staff who were involved in international research, trying to get a grasp on who I could collaborate with in the university. I was impressed by the spectrum of interests and experience.

I began to research organizations and opportunities for international MPH practicums. After e-mailing numerous organizations, I received a reply from Partner for Surgery (PFS), a non-profit organization in Guatemala that worked as a bridge between Guatemalan patients and international surgical missions. I was able to spend the summer in Guatemala working as an intern for this organization with the help of the GISGH's R25 international practicum grant. I evaluated PFS's nutrition project that worked with cleft lip and palate children in rural indigenous communities. Through interviews, data collection, and workshops I made recommendations for the continuation of this project along with education plans for the health promoters. We also educated midwives in the use of breast pumps and a recording system for babies born with clefts. This practicum was a way for me to combine my past experiences in Latin America with the skills that I acquired through the first year of the MPH program. Ohio State, especially the global health office could not have been more accommodating and helpful in this process and I recommend anyone considering a career in global health to utilize these resources.

In my second and final year of the program I began applying for jobs. Although I was trying to concentrate my search in the United States I found myself being subconsciously pulled to jobs outside of the country. I thought to myself, "what is the harm in sending out a CV and cover letter?" Every job description that I read dealing with community organizing and health promotion in the developing world sent a surge of excitement through my veins.

One day I was working the Peace Corps booth at an OSU job fair when I met the Executive Director of Montaña de Luz, a non-profit in Honduras that provides a home and services for orphans with HIV. We had one of those immediate connections and before I knew it she offered me an interview for their in-country director position. After researching the organization and participating in three interviews I was offered the position to start in July after graduation.

"I believe that these two years at Ohio State were integral to my development as a global health professional."

I am excited for my next adventure. One of the most fulfilling aspects of this field is the diversity and large scope of opportunities. It is a career that is challenging but with immense rewards. I feel like at the end of the day I can smile knowing that I am making an impact in someone's life other than my own.

I believe that these two years at Ohio State were integral to my development as a global health professional. I encourage those who are interested in a career in global health to really take advantage of the amount of resources available. Because of the size and excellence of this university there is a plethora of connections and opportunities, make the most of your time here! Global health is a career that involves taking risks, stepping out of your comfort zone, and embracing another culture and way of life. It is an opportunity to make a positive impact in people's lives, while finding new understanding within yourself.

I encourage you to take a risk and follow that sensation and inspiration that gives you purpose and excites your soul. Whether it be across the street or across the world, never doubt the impact that you are capable of making.

For more information, visit the websites of [Partner for Surgery](#) and [Montaña de Luz](#).



Developing a worldview of health

Global Health: the Undergraduate Perspective

Seven Billion Strong: A Story of Maternal Health Advocacy by Katie Ferman

"Welcome to Washington, D.C.! We are quite the expanding metropolis. Currently, we are growing rapidly at seven billion strong, including nearby continents."

Thus John Seeger, president of the Washington, D.C.-based non-profit organization Population Connection, opened the annual Capitol Hill Days conference.

Over a period of three and a half days in early April, conference attendees from around the country congregated in Washington, D.C., to discuss maternal reproductive health and its link to population growth and environmental degradation, and formulate strategies for use in talks with congressional representatives.

Present at this conference was a contingent of over thirty Ohio State undergraduate students, who had traveled to D.C. to advocate for increased aid to international family planning programs that could help mitigate the effects of global overpopulation.

Among these undergraduates was Thara Nagarajan, a sophomore majoring in Anthropology. Says Nagarajan, "Before coming to Capital Hill Days this year, I didn't really know the extent to which family planning affected the world. Attending this conference really opened my eyes to the large-scale problems facing our planet."

Students had the opportunity to interact with guest lecturers from Ipas, Marie Stopes International, and Planned Parenthood, and learned about how overpopulation and overconsumption affect the delicate balance between population and available resources. Much of the conference focused on how international aid can be used to provide health clinics abroad with the educational resources and healthcare infrastructure needed to teach women about their options regarding birth spacing, birth control, and prenatal care.

Of course, the current national debate on birth control and maternal reproductive rights led to extensive discussions on ethics, not only of birth control, but also of abortion services. As one Population Connection representative pointed out, however: "Our work is not about abortion. It is about preventing the need for abortion."

On the final day of the conference, students sat down with congressional representatives from Ohio to express their concerns and push for action, including increasing aid to \$1 billion for international family planning initiatives, support for the United Nations Population Fund (UNFPA), and permanent repeal of the Global Gag Rule, which restricts public health aid to clinics abroad.

Ultimately, the take-away idea for conference attendees was that of the need for sustainable healthcare, and the universal theme of connectedness.

"There's no 'away' to throw anything," President Seeger reminded conference members. "This is not an issue that only a small group of people must deal with. And the truth is, you never know the whole story until you make it your story."

And in just a short time, the story of population stress became a story that touched the lives of many of the Ohio State attendees.

"It really impacts you how these issues affect everyone personally," said Brandon Beck, a third year student in Microbiology and Chair of High School Outreach for the Global Health Initiative. "The conference opened my eyes to the fact that I personally contribute to many of the problems we discussed, and unless each of us takes ownership and action, we can never make progress towards a healthier, more sustainable planet."

For more information about how to become involved in Population Connection or attend future Capitol Hill Days summits, contact [Katie Ferman](#).



Katie Ferman is an undergraduate student majoring in International Studies and Environmental Policy and Management, and President of the Global Health Initiative at Ohio State.

The Global Address is published quarterly by the Health Sciences Center for Global Health.

Editor
[Pamela L. Potter](#)

Layout and Design
[Jessica E. Small](#)

Editorial Advisors
Daniel D. Sedmak, MD
Mary Ellen Wewers, PhD, MPH

Health Sciences Center for Global Health
376 West 10th Avenue, Suite 165
Columbus, Ohio 43210

www.globalhealth.osu.edu

Global Health Elective (GHE) in Guatemala

Margaret (Peggy) Williams went to Guatemala for her GHE but greatly expanded the traditional duties of a healthcare provider. Williams chose to do her elective through a program called Mayan Medical Aid (MMA), which allowed her the chance to work on her Spanish-speaking skills as well as offered a clinic-based program for the month where she felt she would have more interaction with the local community than she might at a hospital. That proved to be the case but little did she know that it wasn't her medical skills that would leave the longest impression on the people around Santa Cruz.

As Williams explains in her report, "For two weeks of our trip, MMA's super volunteer, Peter Cooch, was in Santa Cruz. Peter is a 3rd year medical student at University of Vermont. He has spent most of his vacation time and two summers in Santa Cruz, working at the clinic and trying to build an ambulance out of a Toyota pickup truck that he had driven to Guatemala from Montana. He had gotten the truck to a point where it was running well but he had not been successful in outfitting it as an ambulance. He asked if anyone in our group had construction experience. I have a degree in civil/envi-



An ambulance for 3 mountain villages

ronmental engineering and had worked 4 years in the field. Additionally, I restored a 100-year-old home, learning construction, electrical work and plumbing from mentors over the past 7 years. Stacy Boore (Med 4) has also had experience in construction projects so I knew that Peter was lucky the two of us were there. We designed the plan for the ambulance, working around the obstacle of not wanting to drill into the vehicle itself which would create a magnet for rust. We designed a platform built from 2x 4's with a plywood top to hug the wheel bases and snugly fit into the back of the ambulance. This allowed us to then build benches and guides for a stretcher securing the wood to the 2x4's of the platform, rather than to the metal of the truck. Our biggest achievement was attaching small castor wheels to the bottom of a backboard to create a rolling, friction-free stretcher

that could roll into the guides. The stretcher is secured by a piece of wood preventing the stretcher from moving forward, and horizontal guides across the back of the platform that allow the stretcher wheels to roll over them on either side, but snugly hold a piece of wood placed into the horizontal guides once the stretcher is loaded to prevent it from rolling toward the back of the truck. Securing the stretcher was extremely important as the ambulance will be going up and down hills. We were lucky to have the use of the woodshop in the skilled-worker training college across the town square from the

Santa Cruz clinic, but we had to buy all of the materials in Panajachel and transport them by boat. We worked on the ambulance during our last weekend in Santa Cruz and in the late afternoons and evenings that last week, but were very pleased with the final product that was finished our last day there and driven up to the ridgetop clinics. There is a road from the clinics to Solola where the closest hospital is located, and thus having an ambulance to drive an acute patient to the hospital may mean the difference in a very sick patient receiving care or not receiving care. The townspeople were very excited to have the ambulance. Although I did not anticipate that I would build an ambulance during my global health rotation, it was a very fun and rewarding project and I was glad to have the skills to help make it happen."

BEFORE

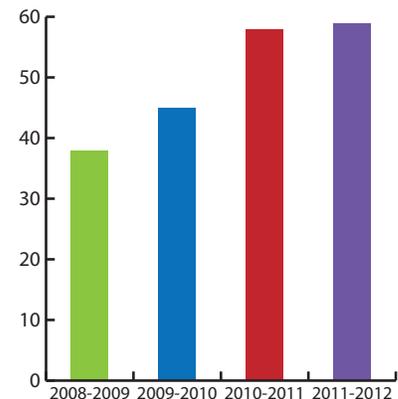


AFTER



Medical Student Global Health Interest Continues to Grow

The number of students completing Global Health Electives (GHE) continues to increase each year. This chart shows the increase between 2008 and 2012. In the 2011-2012 academic year, fourth-year medical students completed 59 GHEs in 21 countries around the world.





Ride for World Health 2012

The seventh annual Ride for World Health (R4WH) team finished their 2012 ride on June 3 with the ceremonial dipping of their bike tires in the Atlantic Ocean in Bethany Beach, Delaware. R4WH is a student led non-profit organization founded at OSU in 2006. The team of medical students, health care professionals, and community representatives raise funds through a 3,700-mile cross-country ride. In addition to the ride, participants help educate and raise awareness of global and domestic health concerns through their Coast-to-Coast lecture series given at schools, churches, community centers, etc., along the ride route. The lectures series focuses on topics of healthcare access, poverty and disease, infectious diseases, and women's and children's health.

Each year R4WH selects non-profit organizations who share their goals to be the beneficiaries of the funds they raise. This year's beneficiaries are [Louie's Kids](#), [MANA](#), and [SOIL](#). R4WH 2012 will give more than \$80,000 to charity this year, the most they have raised in one annual cross-country ride to date.

There are many reasons that students get involved in the ride including an opportunity to address global health disparities and the chance to combine a passion for cycling with supporting worthy organizations but as R4WH 2012 CEO, Lisa Winton notes, "The ride is a one-of-a-kind, once in a lifetime opportunity that gives you the chance to make a difference in a huge way. I have a newfound family in the R4WH team,

and together, we woke up and faced each day. It's amazing to think that we are actually finished, and it exciting to look back and see all of the people we've touched, the things we have overcome, and all of the memories we have made."

If you are interested in participating in the 2013 ride, contact [Eliza Beal](#) or visit the [website](#) for more information.

OSU 2012 Global Health Day

May 25 was designated Global Health Day at OSU this year. Activities are organized around the arrival of the R4WH team as they make their way from San Diego, California to Washington, D.C. The annual event is held to help raise awareness of global health issues and to support the R4WH team.

Educational presentations, presented by riders as well as OSU faculty, were:

- *Severe Acute Malnutrition: Diagnosis and Treatment* by R4WH
- *HIV: A Global Perspective* by Jesse Kwiek, PhD
- *Food Safety & Security in a Global Context: The Farm to Table Experience* by Armando Hoet, DVM, PhD, Dipl ACVPM
- *International Medical Experience: The Traveling Doctor* by David Ries, MD
- *International Travel Tips: Boil It, Cook It, Peel It, or Forget It!?* by Shu-Hua Wang, MD, MPH&TM

R4WH also sponsored a solidarity ride on May 26. Solidarity rides allow the local community to participate in a 20-mile or 40-mile route with family and friends and raise money for a good cause.



Terry Bahn, EdD, executive director of the Area Health Education Center at OSU (rt) and COM Class of 2012 graduate Mark Price.

R4WH 2012 Beneficiaries



Louie's Kids provides multiple resources for obese children who are in need of assistance, guidance, and education to adopt a healthy lifestyle. The non-profit provides treatment from a highly skilled group of staff members and volunteers which includes physical and emotional outreach.



MANA is a charitable organization which seeks to alleviate the health burden on children with severe acute malnutrition. MANA manufactures and distributes Ready to Use Therapeutic Food (RUTF), a fortified peanut butter product that significantly reduces the number of deaths from this condition.



Sustainable Organic Integrated Livelihoods (SOIL) is a US-based non-profit organization dedicated to protecting soil resources, empowering communities and transforming wastes into resources in Haiti. SOIL promotes integrated approaches to the problems of poverty, poor public health, agricultural productivity, and environmental destruction.

THE OHIO STATE UNIVERSITY

Faculty, Staff and Student News

Ohio State-Eastern Africa One Health Summer Institute

The College of Veterinary Medicine, in partnership with the Colleges of Medicine, Public Health, Food, Agriculture and Environmental Sciences and eastern African academic institutes in Ethiopia, Kenya and Tanzania, is launching the first One Health Summer Institute. Up to 25 African scientists and Ohio State faculty and students will participate during the training period between May 21 and July 27. [Read more](#)

Congratulations 2012 GISGH Graduates!

Congratulations to Barry Burton (School of Health and Rehabilitation Sciences), Stacy Hackenmueller (School of Health and Rehabilitation Sciences), Kristen Mallory (College of Public Health), Benjamin Rosenfeld (College of Medicine), Elizabeth Thornton (School of Health and Rehabilitation Sciences), Cara Whalen (School of Health and Rehabilitation Sciences), and Muhammad Zeeshan (College of Public Health), the newest graduates of the Graduate Interdisciplinary Specialization in Global Health (GISGH).

Offered by the OSU Health Sciences Center for Global Health, the GISGH is a university-wide program that offers current OSU graduate and professional students advanced educational opportunities in the field of global health. The curriculum provides students the opportunity to gain specific expertise in the unique challenges of healthcare in the developing world and among immigrant populations both domestically and abroad.

There are currently 85 graduate/professional students in the program making it the largest graduate interdisciplinary specialization program at Ohio State. Courses are offered from colleges across campus including anthropology, international studies, public health, nursing, veterinary medicine and sociology.



Top (l to r): Cara Whalen, Stacy Hackenmueller, Anne Kloos, PT, PhD, NCS (SHRS GISGH advisor), Elizabeth Thornton and Barry Burton
Bottom (l to r): Kristen Mallory, Benjamin Rosenfeld, and Muhammad Zeeshan



Kalu

New Associate Provost for Global Strategies and International Affairs

Vice Provost for Global Strategies and International Affairs William Brustein, PhD, has selected Kelechi Kalu, PhD, as the next Associate Provost for Global Strategies and International Affairs at Ohio State. Subject to approval by the Ohio State's Board of Trustees, his appointment is effective July 1, 2012. Kalu is currently the director of the Center for African Studies and a professor of African American and African Studies at Ohio State. Dieter Wanner, the current Associate Provost, will retire at the end of June, remaining with the Office of International Affairs until that time.

Kalu earned a bachelor's degree in political science and economics at the University of North Texas, a master's degree in political science and international affairs from the University of Dayton and a doctorate in international studies from the Josef Korbel School of International Studies at the University of Denver.

"It is a privilege for me to help Ohio State achieve its goal of global preeminence through strategic internationalization in learning, discovery and engagement," said Kalu. "I look forward to working with faculty and staff, helping Ohio State students navigate the complex global marketplace, and guiding those citizens from Ohio and abroad who desire to know, discover and engage the world."

Excerpted from the Spring 2012 Global Perspectives

Leonard Tow Humanism in Medicine Awards

Howard Werman, MD, and Margaret (Peggy) Williams, are the 2012 faculty and student awardees of the Leonard Tow Humanism in Medicine Awards presented by The Arnold P. Gold Foundation in recognition of their humanism in the delivery of care to patients and their families. Chosen to receive the award by a vote of Med 3 and 4 students, Dr. Werman is clinical professor of Emergency Medicine, medical director of MedFlight, and is active in medical student and resident education. He travels regularly to Haiti to assist in relief efforts and actively volunteers at the Columbus Free Clinic and Physicians Free Clinic.

Williams, Class of 2012, has spent much of her extra-curricular time during medical school volunteering and organizing College of Medicine events that benefit the community. She received OSU's 100+ Hours of Community Service award for her volunteer work at the Columbus AIDS Task Force. Williams also helped organize the Anatomy Memorial Service, a Community Health Fair, and has traveled to Vietnam and rural Guatemala to assist in providing medical care. She served as service chair of the Gold Humanism Honor Society. After graduating in June, Williams and her husband will move to Ann Arbor where she will begin an Internal Medicine residency at the University of Michigan. She hopes to be able to integrate her interest in international health with her work.

See the story on page 4 about Peggy's work in Guatemala, which included retrofitting a truck to be an ambulance!