Holiday Party at Caputo’s
The department met at the downtown Caputo’s for the annual holiday party on December 6, 2019.
read more on pages 21-22
February 3, 2020

Dear Colleagues:

The beginning of a new year provides us with a unique opportunity to assess where we are and where we are headed. At times, we are able to congratulate ourselves for the progress we’ve made in pursuit of our goals and be proud of the success we have enjoyed. At other times, we feel a disconnect between our best selves and our current experiences, and so we make resolutions to change our activities and habits so the future we are headed to is closer to the life we desire.

As we enter the 2020s, you—like me—may ask yourself where we are in our careers and what our future outlook, both professional and personal, will be. What will we have accomplished and how will we live in January 2030? There are many voices in the world today that are foretelling doom, suggesting that the coming decade will be full of unprecedented difficulty and disaster. And it is true that the problems we face are huge and complex, and run the gamut from global crises like climate change to the everyday local challenges of improving the health of the growing and increasingly diverse population here in Utah. Yet, despite these challenges—or perhaps because of them—I believe we have never had more opportunities to build on the successes of the past and chart a clear course for excellence in the future.

The new name for our department newsletter is “Possibilities.” It’s meant to remind you of our department vision, “Expanding the Possibilities of Health.” As members of the Family and Preventive Medicine department, we are in the business of expanding possibilities for those around us—the possibilities of better health for our communities, increased safety for our industries, and more effective policies for our leaders, among many other possibilities. Due to our commitment to the possibilities we pursued in the past, we have grown from humble beginnings into a dynamic department that is a force of health and well-being in the Mountain West and across the globe. As we have passionately pursued our goals—some of which seemed impossible at the time—we have learned that when possibilities are truly understood and embraced, remarkable things happen.

As you read through the accomplishments and highlights of 2019 in this newsletter, I invite you to find ways to celebrate your accomplishments of the past—from large successes like submitting or receiving new grants or developing new initiatives and programs to more day-to-day successes like sending off an important email. Each success you have enjoyed created possibilities for the future. Given our department’s collective success over the past year, I see the possibilities ahead of us as limitless in their ability to better ourselves and our world.

As we look forward to the coming year and the decade that follows it, I am confident that we will be up to whatever challenges the future has in store for us. We’ll do this by keeping our sights firmly on the possibilities in front of us—not just the possibilities in our own lives, but also the possibilities we create for others as we apply our knowledge and hard work toward new projects and endeavors.

I warmly wish you a productive and successful start to 2020. May you grasp the possibilities you pursue as they come into reach!

Kola Okuyemi
Chair
Family and Preventive Medicine Department
**Department News**

**PUBLIC HEALTH DIVISION CHIEF**

In December, the Public Health Search Committee made the exciting announcement that they had selected a new Division Chief.

The department’s selection committee announced in December that it had selected Steven E. Lacey, PhD, CIH, CSP, FAIHA as the new Chief of the Division of Public Health at the University of Utah. The position is currently being filled by James A. Vanderslice, PhD, who has served as Acting Division Chief since January 2019.

Dr. Lacey most recently served as the chair of the Department of Environmental Health Science at the Indiana University Fairbanks School of Public Health. There, he implemented changes to attract academically stronger students, double department course offerings, and create undergraduate courses that focused on contemporary social problems.

Prior to his work at Indiana University Fairbanks School of Health, Dr. Lacey served as director of the ABET-accredited industrial hygiene and occupational safety graduate training programs within the NIOSH-funded Illinois Education and Research Center, and he also has served on the board of the American Industrial Hygiene Association.

Dr. Lacey will join the department on February 18, 2020. Of his new position, Dr. Lacey says, “I am thrilled to join the University of Utah and this outstanding group of public health researchers and educators. Utah is among the healthiest of states in national rankings, so I see my new role as supporting the faculty, staff, and students in work that will do nothing short of taking us to new levels of health, safety, and well-being.”

**ANNIVERSARIES**

The employees below celebrated significant anniversaries as University employees in the 2019 October-December quarter. Please join us in thanking them for their service!

**5 Years Service Award**
- Mandy Johnson
  - PHYSICIAN ASSISTANT STUDIES
- Rebecca Ross
  - PHYSICIAN ASSISTANT STUDIES
- Lance Linscott
  - PHYSICIAN ASSISTANT STUDIES
- Theodore Paisley
  - FAMILY MEDICINE

**10 Years Service Award**
- Mia Hashibe
  - PHYSICIAN ASSISTANT STUDIES

**20 Years Service Award**
- Karen Winningham
  - PHYSICIAN ASSISTANT STUDIES
- Kirsten Stoesser
  - FAMILY MEDICINE

**NEW EMPLOYEES**

Many employees joined the department in October-December. Join us in welcoming them to the DFPM team!

- Elizabeth Johnson
  - PUBLIC HEALTH
- Jared Adney
  - PHYSICIAN ASSISTANT PROGRAM
- Jesslyn Popwell
  - OCCUPATIONAL & ENVIRONMENTAL HEALTH
- Trent Henry
  - PHYSICIAN ASSISTANT PROGRAM
- Danny Nelson
  - ADMINISTRATION
What were pediatricians most interested about in 2019? According to the journal Medscape Pediatrics, the answer is “lice and scabies.” An article on the subject, written by Utah researchers Bernadette Kiraly, MD, Karen Gunning, PharmD, BCPS, and Karly Ann Pippett, MD, FAAFP, was the most-read article in the journal in 2019. The article, titled “Lice and Scabies: Treatment Update,” provides important new information about the treatment of lice infestations and methods of managing an outbreak in public places such as schools. Additionally, the article overviews proper procedures for handling lice outbreaks in infants, children, and adults, and proposes first-line treatment for the scabies that often accompany an infestation.

Family Medicine Professor Publishes Mental Health Memoir

Kyle Bradford Jones, MD, has written a book titled Fallible: a memoir of a young physician’s struggle with mental illness. The book will be published by Black Rose Writing.

From the book’s online summary: “This book is about the fallibility of us all, including the doctors who are supposed to care for us. It is about the fine line of illness and normal emotion, and about how to change the norms of medical practice in light of human weakness.”

Fallible is available now for pre-order and will be released on April 2, 2020. Those interested in purchasing the book can visit the publisher’s webpage at https://www.blackrosewriting.com/nonfiction/fallible.

Rayne Loder, MHS, PA-C was awarded a Mentored New Researcher award in the amount of $7000 for her proposal, titled A Comparison of Perceived Competencies between Hurricane, Utah’s Local Emergency Planning Committee (LEPC) and Zion National Park (ZNP) First Responders.

Rachael Jones, PhD, CIH was awarded a Research Pilot award in the amount of $6000 for her proposal, Building a Research Team for Total Worker Health.

Marlene Egger, PhD was interviewed by the American Statistical Association as a fellow of the organization. Dr. Egger’s interview is in the September 2019 edition of the AMSTAT News.

Karen Schliep, PhD, MSPH was featured in the National Institute of Child and Human Development (NICHD) Newsroom for her article discussing how high stress levels can contribute to pregnancy delays in women with prior pregnancy loss. The mention was based on an article Dr. Schliep published in November in the journal Epidemiology.

Dr. Schliep’s mention in NICHD’s Newsroom is not her only achievement of the quarter. She also had the distinction to be awarded the NICHD Extramural Loan Repayment Program Contraception and Infertility Research Award for her project, “Endometriosis Typology and Subsequent Risk of Infertility.” Additionally, she received a Lifespan and Life Course Research Un-Meeting Travel Award from Northwestern University.

Rounding out her busy schedule, Dr. Schliep was also named the Editor-in-Chief for the new Utah Women’s Health Review journal sponsored by the Eccles Health Sciences Library.

Karen Schliep, PhD, was interviewed by the American Statistical Association as a fellow of the organization. Dr. Schliep’s interview is in the September 2019 edition of the AMSTAT News.

Lice and Scabies Take Utah Researchers to the Top

What were pediatricians most interested about in 2019? According to the journal Medscape Pediatrics, the answer is “lice and scabies.” An article on the subject, written by Utah researchers Bernadette Kiraly, MD, Karen Gunning, PharmD, BCPS, and Karly Ann Pippett, MD, FAAFP, was the most-read article in the journal in 2019.
Parasites such as lice are a public health problem for humans worldwide, and can negatively affect people from all walks of life. Thanks, however, to the tireless efforts of Drs. Gunning, Kiraly, and Pippett, pediatricians across the world have access to the best possible treatments for lice and scabies.

Master of Public Health Program Enrollment Growth

The Division of Public Health said hello and goodbye this quarter, celebrating the achievements of their distinguished graduates even as they prepared to bring in a diverse group of new enrollments.

The division’s growth reflects the excellence of the Public Health curriculum, faculty, and administrative team. From their first day, new students in the program participate in activities that highlight the challenges of public health and emphasize the good that a well-trained healthcare workforce can do.

PUBLIC HEALTH by the numbers

19 new students
109 total students

NUMBER OF MPH STUDENTS

3 new students
21 total students

NUMBER OF MSTAT-BIOSTATISTICS STUDENTS

7 GRADUATE FAIRS VISITED

Brigham Young University
Utah State University
Dixie State University
Utah Valley University
Southern Utah University
Weber State University
BYU-Idaho

FALL 2019 GRADUATES

1 MASTER OF SCIENCE IN PUBLIC HEALTH
2 MASTER OF STATISTICS - BIOSTATISTICS
13 MASTER OF PUBLIC HEALTH

Requests from predatory publications can range from crude to highly sophisticated, with some scam journals creating elaborate websites displaying misleading information.

COMBATING Predatory Publications

Academic research largely progresses through the publication of research results in journals and other publications, so much so that “publish or perish” is a watchword of academia. As more and more journals are developed by researchers, there has also been an increase in the number of scam journals—illicit publications that pretend to have academic backing but are instead money-making schemes for individuals willing to defraud researchers looking for publication opportunities.

Predatory journals are many and varied, but they have similarities in their approach and end goals. According to the University of Utah’s Eccles Health Science Library, predatory publishers tend to have the following characteristics:

• Their primary goal is to make money.
• They do not care about the quality of the work published.
• They make false claims or promises.
• They engage in unethical business practices.
• They fail to follow accepted standards or best practices of scholarly publishing.

Requests from predatory publications can range from crude to highly sophisticated, with some scam journals creating elaborate websites displaying misleading information.

Physician Assistant named #3 in US News and World Report List of 100 Top Jobs

What are the best jobs in 2020? That’s the question that US News and World Report sought to answer in a recent article highlighting the 100 best jobs for the new year. Their findings are of particular interest to our department, as Physician Assistant jobs are ranked at #3 on the list.

Physician Assistant’s high ranking was based on a survey of median salary, growth rate, work/life balance, and other key criteria. The magazine notes that Physician Assistants provide essential support services in a variety of healthcare situations, and have a versatile approach to modern challenges in healthcare service. Nationally, the Physician Assistant career has an impressive unemployment rate of 1.1% and is expected to grow 31% by 2028, adding 37,000 jobs.

The high ranking for Physician Assistants means that the job beat out other health professions under consideration, including Physician (#7) and Nurse Practitioner (#5). The two top professions listed by US News were Dentist (#2) and Software Developer (#1).

PUBLIC HEALTH by the numbers

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109 total students

NUMBER OF MPH STUDENTS

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Brigham Young University
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FALL 2019 GRADUATES

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13 MASTER OF PUBLIC HEALTH

Requests from predatory publications can range from crude to highly sophisticated, with some scam journals creating elaborate websites displaying misleading information.
In order to combat this growing problem, the University of Utah announced in December 2019 that it would join the subscription service Cabell’s Journal Blacklist. The Blacklist utilizes research specialists to analyze publications across disciplines in order to identify—and alert researchers to—individual predatory journals. The extensive Blacklist also provides detailed reports on the publications, giving researchers a useful roadmap of the predatory behaviors to watch for as they look to submit their work for publication.

In addition to the Cabell’s Journal Blacklist, the library connects researchers to many local and world-wide resources combating predatory publications. For researchers uncertain where to share their work, specialists at the Eccles Health Library can help researchers identify legitimate research journals in the relevant topical area.

For more warning signs and information about combating predatory publications, visit campusguides.lib.utah.edu/scholarlypublishing/predatoryjournals. This site also provides a link to Cabell’s Journal Blacklist. While there is also a Cabell’s Whitelist, at this time the University does not have a subscription to this service. However, the U’s webpage has links to a checklist you can use that helps determine whether a journal is likely reputable (see http://thinkchecksubmit.org/check), as well as a comparison feature that will allow you to narrow your journal search from a list of up to 10 journals (see www.scopus.com/sourceeval.url).

### Predatory Journal

**WARNING SIGNS**

Think you’re dealing with a predatory journal, but not sure? Use the warning signs below and at campusguides.lib.utah.edu/scholarlypublishing/predatoryjournals to see if the journal raises any red flags.

- the Journal isn’t listed in a credible index
- you and/or your peers have not heard of the Journal
- the Journal’s physical address is misleading or nonsensical
- the Journal website url doesn’t match the name of the Journal
- the “country of publication” listing doesn’t match the Journal address
- important information is missing from the Journal website (such as the publisher “about” informational section, or peer review/copyright information page)
- submission fees are required, and/or publication fees are much higher than your discipline’s standard

### THE POT CZAR OF UTAH

The Utah Medical Cannabis Act was passed by the Utah legislature on December 3, 2018 following the popular passing of Utah Proposition 2, known as the Medical Marijuana Initiative. The Act directs the Utah Department of Health to issue medical cannabis cards to patients with certain conditions and oversee marijuana growers and dispensaries in the state.

This dramatic addition to the state’s health infrastructure requires additional work by health employees, and public health servants from across the state have stepped up to make sure the use of medical cannabis as a treatment in the state is well-regulated and effective in addressing patient and provider needs.

The Department of Family and Preventive Medicine has the distinction of having one of our former faculty serve at the highest level of the state’s medical cannabis infrastructure. On October 31, 2019, Dr. David N. Sundwall, Professor Emeritus of Public Health, was appointed the Presiding Officer of the Compassionate Use Board by Joseph Miner, Executive Director of the Utah Department of Health. In this capacity, Dr. Sundwall will serve as the adjudicator when decisions made by the seven-member Compassionate Use Board are appealed by patients or their families seeking medical marijuana. All persons under 21, and those with a medical condition not specified as being qualified in the Medical Cannabis Act, must be reviewed by this Board before they can receive a card enabling them to purchase medical marijuana.

Dr. Sundwall says he is honored by this appointment, but concerned that it will be difficult to meet patient expectations due to so much publicity about the potential health benefits of cannabis-based health products with the limited scientific evidence available. “We will be pioneering with this initiative – learning as we proceed to implement this new law, but with a goal on helping patients being top priority,” he says.

The Utah Medical Cannabis Act is due to be fully implemented in March of 2020, which is when the Compassionate Use Board will begin its work. Meanwhile, Public Health staff has taken to affectionately calling Dr. Sundwall the “Pot Czar of Utah.”

### MEDICAL MARIJUANA RESOURCES - UTAH

**Utah Medical Cannabis Program**
https://medicalcannabis.utah.gov

Provides governmental information regarding the legally approved uses of medical marijuana in the state. The full text of the Utah Medical Cannabis Act is posted at this website.

**Utah Medical Cannabis Program**
https://healthcare.utah.edu/medical-marijuana

This website explains the interactions between the new legislation and the University of Utah healthcare system. State and University regulations regarding cannabis use for research and clinical practice are described in this website. The site also lists current research done at the U related to cannabis.
FARMWORKER HEALTH PROJECT 9/20 & 9/22 

The Santaquin area in Utah County has the largest population of migrant and seasonal farmworkers in the state. Health care infrastructure was organized in this area with funding from the Farm Worker Health Grant starting in 1991 in Utah with the Farm Worker Health Clinic, Centro de Buena Salud, and Migrant Head Start Programs through Centro de la Familia de Utah. Since this time, the University of Utah Physician Assistant Program (UUPAP) has partnered with these programs to better understand and address farmworker healthcare needs in a sociocultural context.

Each fall, PA student activities among migrant farmworkers have included administering annual influenza vaccines, diabetes and blood pressure screenings, and oral health examinations along with diabetes and hypertension education. Abnormal findings or other health needs are then referred to Mountainlands Community Health Center and Payson Family Practice, who provide healthcare to this population. Prior training is also provided so that University faculty and students can adapt to literacy and social needs and understand historical and contemporary policies that relate to migrant and seasonal farm work. This training includes documentaries “Harvest of Shame” by Edward R. Murrow and “Harvest of Shame: Revisited” by Byron Pitts, which were broadcast on CBS on Thanksgiving Day in 1960 and 2010, respectively.

Through discussions in the DPFM Education Committee in 2019, Doris Dalton, Associate Director of Education for DPFM, expanded the partnership to include faculty and residents from the Division of Occupational & Environmental Health. This new partnership developed and piloted a health questionnaire about health concerns among farmworkers.

AHEC PRIMARY CARE SUMMIT 10/18

In October 2019, healthcare administrators, health professions students, faculty members, and policy-makers from across the state of Utah came to the Cultural Celebration Center in West Valley for the 4th annual Utah Primary Care Summit. The purpose of the meeting was to share workforce concerns, celebrate accomplishments from the past year, and continue the discussion on a comprehensive statewide strategic plan to address shortages in Utah’s primary care workforce.

DPFM faculty and staff participated in planning and organizing the summit, including Ivette Lopez, MPH, PhD; Jenna Christensen, Associate Director for Utah AHEC; and Mike Magill, MD, who serves as the AHEC director. The Keynote speaker of the 2019 Primary Care Summit was Matthew Probst, PA-C, and his address was titled, “Semillas De Salud (Seeds of Health).”

The yearly event brings together healthcare experts who don’t normally have the opportunity to collaborate when addressing health issues in the state of Utah. It also gave presenters and participants the opportunity to spread ideas about best practices and discuss emerging public health concerns.

The event received many positive evaluations for its focus on building bridges between healthcare providers and communities. As one evaluator wrote, “[This event] makes me excited for the opportunities that are available for future healthcare leaders.”

THIRD ANNUAL SUNDWALL LECTURE 10/24

The third annual Sundwall Lecture took place on Thursday, October 24th at the Crimson View room in the University of Utah’s Olin Union Building. The lecture this year was given by Dr. Judith Monroe, president and CEO of the CDC Foundation, a nonprofit that works to improve the health of people around the world and better prevent, detect, and respond to dangerous health threats.

Dr. Monroe’s talk was titled “Today’s Public Health Challenges: Superpowers and Stumbling Blocks.” She discussed how culture, politics, and human nature can contribute to the spread of disease and the sometimes extraordinary measures that must be taken to inform the public about health crises and protect vulnerable populations. Drawing on her decades of work with the Center for...
Disease Control, Association of State and Territorial Health Officials, and the World Health Organization, Dr. Monroe showed how some of the most recent outbreaks such as Ebola and H1N1 were identified and controlled by dedicated public health officials.

The Sundwall Lectureship was developed to honor the work and outreach efforts of Dr. David N. Sundwall, a graduate of Utah’s medical school and longtime public servant for local and national groups. The lecture is held annually and features people who have distinguished themselves in public health service. Past speakers included Dr. David Sundwall for the inaugural lecture and Alfredo Morabia, MD, PhD, MS, MPH, PD, FRCPE, Professor of Epidemiology at Queens College City University of New York and Editor-in-Chief of the American Journal of Public Health (AJPH) in 2018.

To contribute to the Lectureship, please visit the department’s foundation page.

**ROOT FOR KIDS FALL FESTIVAL 10/24**

Students and faculty from the U’s Physician Assistant Program in St. George joined Root For Kids in October to provide free wellness screenings for children. Root For Kids is a non-profit organization that provides services for children and families in Southern Utah in need of extra support.

The wellness screenings were part of Root for Kids’ annual Fall Festival. Four Physician Assistant students ran the screenings and worked in teams, supervised by faculty members. The group saw a total of six children during the two-hour event.

“We had a successful evening at Root For Kids,” says Rayne Loder, assistant professor in the Physician Assistant program at St. George. “Good times were had by all!”

**UAC MENTAL HEALTH WEEK 10/14-10/18**

Atelaithe Mapa and Greta Gokey, Fall 2019 MPH students at the University Asia Campus (UAC) in Songdo, South Korea, implemented the first campus mental health week during the week of October 14-18, 2019.

The students coordinated with appropriate offices and partners at UAC and in the community to help with the events as part of their practicum experiences. All of the events aimed to promote awareness and combat the stigma surrounding mental health in Korea.

**PUBLIC HEALTH CAREER FAIR 11/8**

Searching for a job post-graduation or for an institution that provides practicum experience for students can be a daunting task. In December, the Division of Public Health held a Career Fair to help students learn about local health organizations and businesses. This yearly event gives Public Health students the opportunity to meet key individuals, network with health professionals, and learn about the options available to them for practicum experience and potential careers. The Fair is offered as part of the Public Health Systems and Services course offered to Master of Public Health students.

The Fair was highly popular this year, with over 40 students taking the opportunity to interact with 20 health organizations. Businesses and organizations that participated in the fair included University of Utah organizations such as the Center for Global Surgery and the graduate programs of Public Affairs in addition to local organizations such as Utah Department of Health, Association for Utah Community Health, and the International Rescue Committee.

“Public Health is such a broad field, it can be difficult to get a sense of all the options available to students,” says Kelsey Townsend, Academic Advisor for the Division of Public Health, who helped plan and run this year’s Fair. “It’s extremely valuable to bring all the members of the Public Health community together so that students can network and actually get to know the local people who are working in their field.”

“It’s always beneficial to have continued support and engagement with our community partners. By having these relationships, it allows our graduate students to feel more confident knowing the career opportunities available to them during their graduate studies and post-graduation,” adds April Sanders-Aboulila, Academic Programs Manager for the Division of Public Health.

Public Health is committed to providing their students with every opportunity to succeed as they search for professional positions. In addition to the Career Fair, Public Health also maintains a career resources website that gives practical advice to job-seeking students on topics such as interviewing, networking, and how to look for local and national Public Health jobs.
In November, University of Utah students, faculty, and staff were joined by members of the public to take the opportunity to celebrate the 550th birth anniversary of Sri Guru Nanak Dev Ji, founder of Sikhism. Members of these Utah communities gathered to enjoy a Guru Ka Langar as a part of this celebration on November 7, 2019 thanks to the efforts of Dr. TP Singh, an Assistant Professor in the Division of Public Health, Department of Family and Preventive Medicine, University of Utah. Dr. Singh led a group of volunteers from the Indian diaspora of Utah, Indian Student Association of the University of Utah, and the Sikh Society of Utah to provide free food for this event.

Guru Ka Langar is a tradition where food is prepared, served, and shared by all people irrespective of class, gender, religion, or any other distinction. It was instituted by the founder of Sikhism and is followed all over the world where Sikhs live, work, and pray. The welcoming nature of the celebration reminds participants of the teachings of Guru Nanak: Universal Oneness and Equality. It strengthens the sense of community while rejecting prejudice.

“We are thankful to the University of Utah; its administration, faculty, staff and students, for sharing a meal with us,” says Dr. Singh. “Nothing is more special for a Sikh than to do Sewa – selfless service—and this year it is most gratifying since world over we are celebrating the 550th birth anniversary of Sri Guru Nanak Dev Ji, who preached and lived his life following the three principles of ‘Naam japo, Kirat karo and Vandh chako’ literally meaning ‘recite the name of God, work hard with honesty, and share and consume together.’”

The event in November saw crowds of people from the UU community join the celebration. Of these, an estimated 2100 people enjoyed eating at the Langar. Participants removed their shoes, covered their heads, and sat on the carpeted floor in rows called “pangats” to be served food by volunteers. Volunteers also provided information about the teachings of Guru Nanak and the importance of the Langar celebration in Sikh culture.
The theme of the 2019 APHA conference was “Creating the Healthiest Nation: For science. For action. For health.” The annual meeting is an opportunity for health professionals to meet and work to strengthen the field of public health by discussing emerging issues and best practices.

The presentations given by Utah’s Public Health students helped expand the knowledge of the meeting attendees and provided them with excellent opportunities to network with other health professionals.

### APHA STUDENT PRESENTATIONS

Five Division of Public Health students presented research at the American Public Health Association (APHA) annual meeting. The meeting was held November 2-6, 2019 in Philadelphia.

### APHA PRESENTATIONS

- **Public Health Student Presentations**

  **11/2-11/6**

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  **HOLIDAY DONATION DRIVE**

  **11/4 - 12/16**

  During the 2019 holiday season, members of Utah’s PASSED (Physician Assistant Students Supporting Equity & Diversity) held their yearly Holiday Donation Drive to benefit students at Jackson Elementary School in Salt Lake City. The group set up donation boxes across campus for members of the University community to contribute new and used winter clothing and opened up a Venmo channel for monetary contributions.

  Jackson Elementary School has a diverse student body, and many students attending the school are unprepared for the colder weather. For some children and their families, 2019 may be the first winter weather they have ever experienced. Families in difficult financial circumstances often struggle to equip their whole families with winter gear. PASSED’s contribution of warm coats and other winter clothing makes a significant difference for families in this situation.

  “The chance to do something good for the community helps supplement the training we receive as Physician Assistants,” says Tanner Winger, PASSED Student Chair. “The Donation Drive allows us to reach out to those who need help beyond medical treatment. It really helps us participate in the true spirit of the holiday season.”

  This year, the University community donated enough coats, hats, scarves, and other clothing items to fill up two car trunks. In addition, PASSED collected over $100 from online contributions that went to buying boots for needy children and their families. The winter clothes were delivered to the Jackson Elementary School principal, who distributed them to families with children in the school.

  PASSED would like to thank all those who spread the word and who donated clothing or money to make this year’s Holiday Donation Drive a success, as well as the supportive faculty and staff of the Physician Assistant division.

  **U-HELM SECOND COHORT KICKOFF**

  **11/8**

  In November of 2019, members of the U’s health community gathered for the Utah Health Equity Leadership & Mentoring (U-HELM) kickoff meeting of the 2019-2020 cohort.

  U-HELM provides junior faculty members and postdocs at the University of Utah with additional mentoring resources as they navigate the early phases of their careers. The program focuses specifically on challenges trainees and faculty from minority and under-represented groups experience and seeks to help bridge the gap by matching U-HELM cohort members with experienced faculty members. This additional mentorship experience provides support around issues of leadership and cultural identity.

  Participants in U-HELM attend a monthly seminar series covering a wide variety of topics, including both traditional academic career development and critical topics related to cultural identities. Fellows of U-HELM also have the opportunity to network with their peers and leaders from the U and beyond.

  **Directors of the U-HELM program include Molly Conroy, MD, MPH, FASCM, FAHA; Kola Okuyemi, MD, MPH; and David Wetter, PhD. In addition to these directors, U-HELM has an External Advisory Board including members from universities across the United States.**

  The 2019-2020 U-HELM cohort is the second U-HELM cohort, and the continued success of the program is reflected in the diverse group of trainees and faculty participating in the program. There are 6 junior faculty members in the 2019-2020 cohort, and one postdoc.

  For more information about the U-HELM program and membership, visit https://medicine.utah.edu/dfpm/training-mentoring/u-helm.


REMINDER
DON’T GET YOUR WIRES CROSSED

Working in a DFPM Classroom or Conference Room?

Rearranging or unplugging the cords of computers leads to costly computer connectivity problems. Leave computer setups as they are, and request help from it-dfpm@lists.utah.edu or a member of the administrative staff if you need adjustments.

THANK YOU
A pressing concern in modern healthcare is how best to maintain a diverse workforce that supports and empowers workers from a variety of backgrounds and experiences.

Given this concern, there has been high interest in the Division of Physician Assistant Studies initiative “Equity and Diversity to Create a Diverse Healthcare Workforce.” This initiative, spearheaded by faculty and administrators in the division, provides a framework for fostering diversity in the physician assistant community and hosts a number of activities that help reinforce the division’s commitment to excellence in diversity.

Darín Ryujin, PA-C, MPAS, Director of Inclusion and Diversity at the PA division, has worked tirelessly over the past two decades to establish this dynamic program. His primary objective is to create a more structurally diverse program, not only through recruitment and retention of well-qualified, diverse students, but also through the hiring and retention of diverse faculty and staff, so that the division truly reflects the University’s commitment to a diverse community.

Ryujin also works to enhance the program’s commitment to diversity through carefully curated activities designed to deconstruct intolerance, prejudice, and marginalization while promoting equal access, academic achievement, and retention of all students. This two-tiered approach ensures educational equity and helps provide the foundation for graduation of all students.

Ryujin is not alone in his efforts to bring diversity to the programs at Family and Preventive Medicine. José Rodríguez, MD, who serves as the interim Associate Vice President for Health Equity and Inclusion, has also been instrumental at an institutional level in bringing the dream of a more diverse student body to the University of Utah’s Physician Assistant program.

“I am lucky to capitalize on the tremendous work that has already been done at the U,” says Dr. Rodriguez. “I am eager to build on those efforts as we move toward a more diverse campus for health sciences students and faculty.”

The success of these doctors’ efforts has not gone unnoticed. At the recent Health Sciences initiative “U Health Academic-Clinical Workforce Planning Alliance Meeting,” the Physician Assistant division was able to present the Equity and Diversity program to School of Medicine leadership. Trent Honda, PA-C, PhD, and Doris Dalton, MPA, presented specific data and recommendations to increase a commitment to diversity and equity at the U.

Creating a Diverse HEALTHCARE WORKFORCE

GOT SOMETHING TO REPORT? LET US KNOW!

Keeping track of all the great things happening in the department is a monumental job. We work hard to keep everyone informed of all the different events and opportunities across the divisions, but we need your help!

Please let us know about your recent events, initiatives, accomplishments, and challenges. We have many different ways to share this information with your colleagues, including the Weekly Update email, social media platforms, and the quarterly Newsletter.

If you have an item to share, notify Danny Nelson (danny.nelson@utah.edu). Deadlines for posting items are listed below.

<table>
<thead>
<tr>
<th>Platform</th>
<th>Deadline</th>
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<tr>
<td>Weekly Update</td>
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<td>Social Media</td>
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<td>Newsletter</td>
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The Final Word

NEXT NEWSLETTER: JANUARY – MARCH 2020

Volume 3, Issue 2 of the Department of Family and Preventive Medicine’s Newsletter will feature stories of events, initiatives, and achievements that took place across our department in the months of January-February 2020.

The DFPM communications team is currently gathering stories from these months to include in the upcoming Newsletter. Make sure your event, announcement, or shout-out has a place in the Newsletter by contacting Danny Nelson with your material.

THANK YOU FOR YOUR CONTRIBUTION

We want to extend a big “Thank You” to everyone that contributed to and helped with latest issue of the department newsletter. We couldn’t do it without you!

Managing Editor
Danny Nelson

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Tracy Rees
Camie Schaefer

Design
Danny Nelson

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The Department of Family and Preventive Medicine was founded in 1970, making it one of the oldest and most established family medicine departments in the country.

The department houses the Divisions of Family Medicine, Physician Assistant Studies, Public Health, and Occupational and Environmental Health, each of which upholds the department’s values and mission of improving health in communities across the world.