

DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES (DFMPHS)



Tweet from Chair, Tsveti Markova, MD, FAAFP



Celebration! 8th place on NIH research funding from 150 family medicine departments nationally.



Department of Family Medicine and Public Health Sciences

Vision, Mission, Values

The Department of Family Medicine and Public Health Sciences will promote health equity and well-being of individuals, families, and communities. We improve health and well-being by advancing the science and practice of Family Medicine and Public Health through innovation, interdisciplinary collaboration, and excellence in partnership with our communities. We embrace our core values of Excellence, Collaboration, Innovation, Integrity, Diversity & Inclusion, and Social Justice.

MICHIGAN AHEC LAUNCHES AHEC SCHOLARS PROGRAM

This January, Michigan AHEC (Area Health Education Center) launched the AHEC Scholar's Program at Wayne State University. The AHEC Scholars is a part of a national initiative to prepare tomorrow's health professionals to become leaders in interprofessional, transformative practice who serve those who need it the most. The inaugural Michigan AHEC Scholars cohort includes 20 nursing and medical students.



Dr. Juliann Binienda, Associate Professor in Wayne State University's School of Medicine is the AHEC Scholars Course Director. "We are excited to offer this statewide innovative and stimulating program which seeks to increase the quantity and quality of health professionals in rural and

urban underserved areas of Michigan."

The Michigan AHEC Scholars Program is designed for health professions students from diverse backgrounds who are interested in supplementing their education by gaining additional knowledge and experience in rural or urban underserved communities. It aims to prepare students to enter the health professions workforce by teaching them health disparities and the role of the community in patient care through interaction with different health specialties. Types of health professions students in the AHEC scholars program are: medical, pharmacy, dental, nursing, physician assistant, public health, and social work.

AHEC Scholars is a 2-year program that requires 80 hours of effort per year. Forty hours will be spent completing clinical and community based training and 40 hours will be spent participating in didactic training activities.

Educational and training activities for AHEC Scholars will be team-based and will support the following areas: Interprofessional Education; Behavioral Health Integration; Social Determinants of Health; Cultural Competency; Practice Transformation, and Current and Emerging Health Issues

In the fall of 2019, the Michigan AHEC Scholars Program is expected to expand and include students from across the state of Michigan.

Click logo for more information



The Department of Family Medicine and Public Health Sciences (DFMPHS) is now in 8th place nationally in NIH rankings among

the 150 Family Medicine departments at U.S. medical schools in this important metric of research competitiveness. In 2016, the Department was in 25th place and in 2017 went up to 20th place. Our Department has a strong community and public health focus with an emphasis on research and applications of socio-behavioral and medical sciences to health problems in the

community. The department's research portfolio includes a heavy emphasis on research that meets the University's mission to conduct health equity and disparities research that improves health outcomes for persons residing in Detroit. The ranking demonstrates the department's continued commitment to research excellence and the outstanding efforts of its investigators, despite a challenging and competitive funding climate. Our faculty, staff and research

leadership in the department, SoM, and The Office of the Vice President for Research (OVPR) should all be proud of this accomplishment. We appreciate the support from the SOM's Research Administrative Services and OVPR.

Thanks to all of our investigators, division leadership and staff for their hard work!

~ Tsveti Markova

JOHN P WALLER JR., DRPH AND MENTHELE (MIKKI) WALLER ENDOWED SCHOLARSHIP AWARDED TO MASTER OF PUBLIC HEALTH STUDENT

The John B. Waller Jr., DrPH and Menthele (Mikki) Waller Endowed Scholarship for MPH Students was recently awarded to Tonia Jones, a Master of Public Health student in the Wayne State University Department of Family Medicine and Public Health Sciences.

"I was very excited, happy and honored," Jones said.

Dr. Waller, who established the foundation of the School of Medicine's Master of Public Health program, was considered by many the community face of public health in metropolitan Detroit, serving as Detroit's director of Public Health and chair of the then-Department of Community Medicine. He was one of the nation's first researchers to treat interpersonal violence as a public health issue. His focus on population-based epidemiology also encompassed maternal-child health, chronic and disabling conditions, and health disparities.

At the time of his death in 2006, Dr. Waller was director of the WSU Institute for Maternal and Child Health, director of the WSU Division for the Prevention and Control of Interpersonal Violence, and senior vice president for Urban and Community Health for the Detroit Medical Center/Wayne State University Community Health Institute. He served as a public health professional for more than 40 years.

Jones, an Oak Park native, recently completed her public health practicum portion of the degree, working at The Youth Connection in Detroit, where she created a "Healthy Home" manual for adolescents and young adults aging out of the foster system.

"I really love giving back to the com-

munity, serving the underserved and helping others," she said. She is in the final year of her graduate degree. "It came at the right time. It means a lot to me both financially and as a growing professional to be honored for doing work that I love to do and will continue to do," she added.

Jones was recognized at a Nov. 28 gathering attended by her parents, along with Mrs. Mikki Waller as the honored guest.

Dr. Waller established the Master of Public Health program in the WSU School of Medicine. Before 2016, the first year of the Waller Endowed Scholarship, the Waller family and the Department of Family Medicine and Public Health Sciences provided an annual John B. Waller Student Achievement Award.

"Every year you make me part of this. It makes me feel happy, very happy," Mrs. Waller said. "It just makes me so proud."

The WSU School of Medicine celebration's speakers included Department of Family Medicine and Public Health Sciences Chair and Professor Tsveti Markova, MD, FAAFP; and Herbert Smitherman, MD, MPH, FACP, vice dean of Diversity and Community Affairs.

"Dr. Waller was a rare combination of excellence, caring for people and political savvy," said Dr. Smitherman, his mentee. "The legacy of this award is extremely important."

As the MPH program continues to grow, Dr. Markova noted, "We appreciate the generosity of the Waller family and their contribution to the advancement of the values of Detroit urban health."

The next Waller Endowed Scholarship will be awarded in April.

To learn more about advancing Dr. Waller's legacy and support MPH students in conducting leading-edge public health research and practice in the Department of Family Medicine and Public Health Sciences, contact Patty Paquin at ppaquin@med.wayne.edu or 313-577-0026.

[Excerpted in its entirety from Warrior Medicine Newsletter December 3, 2018.]



Pictured from Left to Right: Dr. Tsveti Markova, Dr. Herbert Smitherman, Tonia Jones, and Mrs. Menthele (Mikki) Waller

RESEARCHING INTRAFAMILY CONFLICT: MENTAL HEALTH PROBLEMS AND SLEEP DISTURBANCE

Dr. Liying Zhang, a research assistant in DFMPHS, and her coauthors published a peer-reviewed article in *Sleep Medicine* 46 (2018) 74-80. Mental health problems and sleep disturbance are prevalent in adolescents. Intrafamily conflict has been found to be associated with mental health problems and sleep disturbance in adolescents. Dr. Zhang's study examined the hypothesis that sleep disturbance mediates the effect of intrafamily conflict on mental health problems. They found that sleep disturbance had significant mediating effects on the relationship between intrafamily conflict and mental health problems. The findings suggested that family-centered programs should include sleep disturbance intervention for preventing adolescent mental health problems. If you are interested in receiving a PDF of the article, please contact jmagdale@med.wayne.edu

L. Zhang et al. / *Sleep Medicine* 46 (2018) 74–80

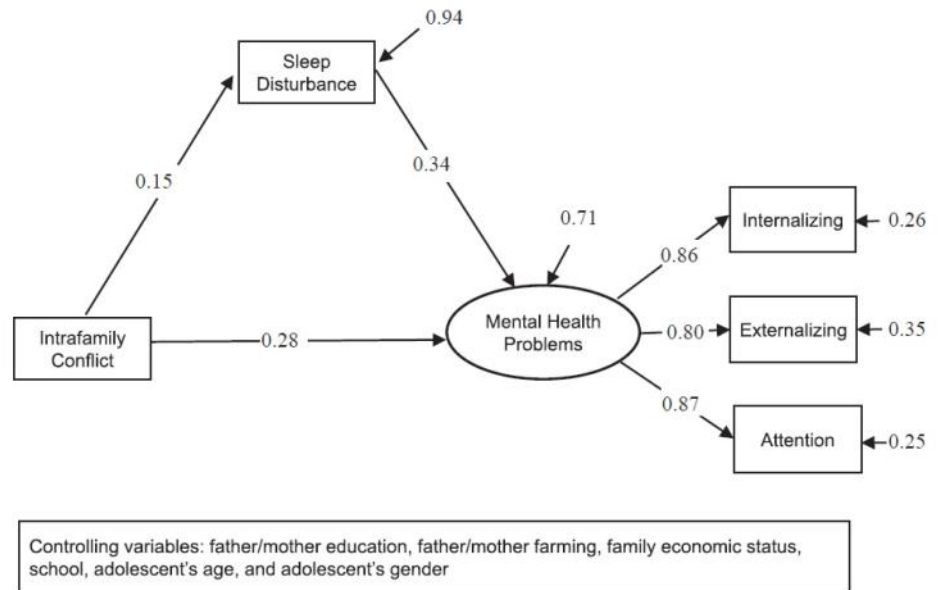


Fig. 2. Standardized parameter estimates based on the revised model.

THE *Scholar* SECTION

Below are the most recent publications from our faculty and staff, whose names are bolded.

- **Towner, E.K.**, Robson, S.L., & Stark, L.J. Secondary Impact of a Behavioral Intervention on Dietary Quality in Preschoolers with Obesity. *Children's Health Care*. 2019; 48(1): 75-89.
- **Tsilimingras D**, Gibson-Scipio W, Benkert R, **Hudson L**, Liu X, **Zhang L**, **Reed T**, **Markova T**. An Evaluation of the Michigan State Loan Repayment Program. *Journal of Family Medicine & Community Health*. 2018; 5(5): 1161, 1-7.
- **Zhang, L.**, Yang, Y., Liu, Z., Jia, C., Liu, X. Sleep disturbance mediates the association between intrafamily conflict and mental health problems in Chinese adolescents. *Sleep Medicine*. 2018; 46: 74-80.

MASTER OF PUBLIC HEALTH ALUMNI NEWS

PUBLIC HEALTH A PERFECT FIT FOR MPH ALUMNUS

Dr. Shawnita Sealy- Jefferson, MPH (2008), PhD (2012), is an Assistant Professor at the Ohio State Public College of Public Health where she teaches social epidemiology.



"Who I am at my core makes work in public health a perfect fit for me. First, I defy odds. I'm an epidemiologist and I calculate odds for a living, but I don't think the odds against me matter. Racial disparity in preterm birth has existed for a long time and it looks like we can't do anything about it, but I don't care what it looks like because I have never paid attention to the odds of whether I can do or try something. Second, I fight injustice. In

public health we have a moral imperative to fight for social justice. Third, I believe that God has my back and good will prevail over evil. And fourth, I find and help underdogs. Trying to find solutions for groups that are suffering is my responsibility and a part of who I am."

MD-MPH GRADUATE WINS JOHNS HOPKINS RESEARCH AWARD

Lea Selitsky, MD- MPH, 2018, won the Johns Hopkins University Division of General Internal Medicine Housestaff Research Award, The Richard Moore Award. The award recognizes achievement in HIV-related research. Dr. Selitsky was recognized for research she conducted as a medical



and MPH student at WSU, "Associations between traumatic experiences and sexual risk factors among incarcerated adolescents in Detroit."

Congratulations to our alumni, Drs. Sealy-Jefferson and Selitsky, for your accomplishments thus far in your careers and representing Wayne State University and the Department of Family Medicine & Public Health Sciences so well.



DIVISION OF POPULATION HEALTH CORNER

The Division of Population Health within the Department of Family Medicine and Public Health Sciences would like to share recent accomplishments.

PROFESSIONAL ACTIVITIES

- Drs. **Ralph Williams**, Tamara Schmidt (voluntary community faculty), and **Juliann Binienda** presented a seminar at a national forum: the annual Society of Teachers of Family Medicine (STFM) conference on Medical Student Education in Jacksonville,

Florida Jan 31 – Feb 3, 2019. Titled "The Unburdening of Community Preceptors", the lecture described the WSU School of Medicine experience of transitioning a Year 3 clerkship to the Year 2 medical school curriculum. This paradigm shift in medical education involved revising the SOM curriculum, along with the heroic task of recruiting over 100 new community preceptors to accommodate the 300 WSU medical students, and then training the preceptors on how to

enrich the educational experience of these younger students. This session was attended by approximately 40 family medicine faculty from around the nation. The presentation stimulated great discussion and received a standing ovation.

Kudos!

WSU School of Medicine
Department of Family Medicine
& Public Health Sciences

Primary Business Address
3939 Woodward Ave., 3rd Floor
Detroit, MI 48201
Phone: (313) 577-1421
Fax: (313) 577-6718
www.familymedicine.med.wayne.edu/

Master of Public Health Programs
3939 Woodward Ave., 3rd Floor
Detroit, MI 48201
Phone: (313) 577-1051
Fax: (313) 577-3070
www.familymedicine.med.wayne.edu/mph

FM & TY Residency Programs
1101 W. University Drive, 2-South
Rochester, MI 48307
Phone: (248) 601-4900
Fax: (248) 601-4994
www.familymedicine.med.wayne.edu/residency/index.php

Research
Integrated Biosciences Center (IBio)
6135 Woodward
Detroit, MI 48202

Clinic Site
1560 E. Maple Road
Troy, MI 48063
Phone: (248) 581-5151
Fax: (248) 581-5199
upgdocs.org/Troy

Important Dates



All-Faculty Meeting Dates:

April 17, 2019 (DFMPHS Annual Research Day)
June 19, 2019

Upcoming WSU Holiday Closures:

Memorial Day Observance—May 27
Independence Day - July 4

DFMPHS FACULTY MENTOR 2019 MEDICAL STUDENT RESEARCH SYMPOSIUM WINNERS

The Office of Medical Education held its 2019 Medical Student Research Symposium Awards Ceremony on January 24, 2019.

DFMPHS is happy to congratulate the following individuals for being recognized for their work during the event.

In the symposium category, Prospective & Retrospective Public Health Studies, win-

ners from the department included:

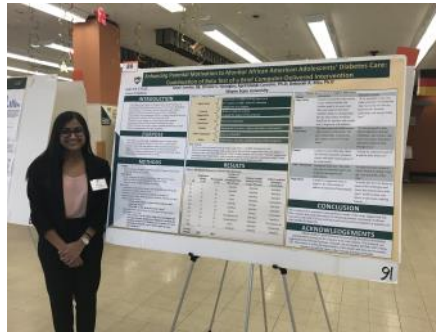
2nd Place: Anjali Sundar mentored by Dr. April Carcone

- Enhancing Parental Motivation to Monitor African American Adolescents' Diabetes Care: Continuation of Beta Test of a Brief Computer-Delivered Intervention.

Honorable Mention: Emily Yagihashi & Inara Ismailova mentored by Dr. Dawn Misra

- Pregnant women and the ED: assessing variables predicting ED use

Congratulations to these student and their mentors!



Anjali Sundar displays her 2nd place poster



Grant Announcements:

11 grants submitted by the department from December-February (current as of this publication date).

DFMPHS ANNUAL RESEARCH DAY — APRIL 17, 2019



Please join us as we come together to celebrate the scholarly works of the DFMPHS! The event will feature student and faculty presentations with a keynote address by School of Social Work Dean, [Sheryl Kubiak](#).

Wednesday, April 17, 2019
8:00am – 12:30pm
Margherio Conference Center

More information forthcoming!

WELCOME TO DFMPHS

We would like to welcome the following individuals who have joined our department in varying roles:

- Lyndsay Archer, student volunteer (working with Dr. Carcone)
- Sarah Vaughan—Research Assistant (working with Dr. Misra)
- Andrea Motley—Research temp (working with Dr. Ellis)



DFMPHS HOLIDAY GIVING PROGRAM

Each year our department engages in community outreach with one of our community partners. We believe in supporting our partnerships through service-driven projects and financial support.

This year our department focused their holiday giving toward The Horizons Project. Horizons is a designated STI non-profit clinic for youth ages 13 to 25. Providing support services for both at-risk youth and those living with HIV or AIDS, while also taking on prevention services. Horizons sees about eight to 25 patients a day. One of our own faculty, Dr. Angulique Outlaw is the Director of Prevention Ser-

vices for Horizons Project. She described to us the tremendous needs of this population particularly during the holiday season.

Our DFMPHS faculty and staff once again showed their passion for supporting one of our community partners through their generous donations during its annual holiday luncheon in Woodward Gardens.



Dr. Tsveti Markova shows the gift she selected during the department's fun and lively annual White Elephant Exchange.

