

Community/School Health Education Newsletter

Winter 2011 Issue



DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND WELLNESS
BRONX COMMUNITY COLLEGE/CUNY



Dr. Suzan Moss may be a familiar face to students on campus who have participated in Dance Workshop, taken one of her dance classes, or been an audience member at one of her wonderful dance productions. Dr. Moss's many talents are now being put to good use as the new **Chairperson of the Department of Health, Physical Education and Wellness**. Dr. Moss was

elected Chairperson in May 2010, after Dr. Michele Stern retired from the college. Despite her new administrative responsibilities, she hasn't totally given up her first love of dance and will still be teaching salsa, afro-caribbean, and jazz dance as well as continuing being active in Dance Workshop productions. Dr. Moss has been teaching at Bronx Community for 16 years. Her previous life before coming to BCC was as a dancer/choreographer working on the concert stage and theater. She has also has been a dance therapist in psychiatric hospitals and other human service programs. Dr. Moss is a political activist and believes in the rights of CUNY students.

Welcome to New Department Faculty



Prof. Elyse Gruttadauria (left) and Prof. Yvette Adams

Health Faculty

Dr. Suzan Moss,
Chairperson
718-289-5281, AG 300

Dr. Janet Heller,
Coordinator
718-289-5902, Lo 308

Prof. Yvette Adams
718-289-5899, Lo 300

Prof. Charmaine Aleong,
718-289-5100 x5048
Lo 307

Prof. Elyse Gruttadauria
718-289-5100 x3130
Lo 302

Prof. Mary Lou McNichol
718-289-5899, Lo 304

Dr. Sam Schwartz,
718-289-5897, Lo 300

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Healthy CUNY Initiative

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Public Health Program

Bronx Knows HIV
Testing Initiative



Community/School Health Education Program

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND WELLNESS

Healthy CUNY Initiative

BCC students **Nikita Buchanan**, **Tezira Sendi**, and **Livia Gonzalez** were accepted to participate in a 4 day training at the CUNY Graduate Center during the month of January 2011. They joined 32 other CUNY students from 10 schools in the Healthy CUNY Initiative. They will be developing projects during the Spring semester to make the CUNY campuses a healthier place to attend school.

Dr. Nicholas Freudenberg, Distinguished Professor, Hunter College School of Public Health and Director, CUNY Doctoral Program in Public Health, discussed many issues that young people face today, including the problem of hunger and food insecurity. *Food insecurity* can be described as when individuals do not have sufficient availability and access to food. In a study he conducted with CUNY students on food and hunger, he found that 22.8% responded "often or sometimes" to the question "In the past 12 months, how often did you go hungry because of a lack of money." Almost half of students surveyed (44.5%) responded that they "often or sometimes" worried that they would not have enough money for food. One of the major issues that participants will concentrate on is the dual problem of food insecurity and the obesity/diabetes epidemic.



From left bottom row: Livia Gonzalez, Nikita Buchanan, Dr. Janet Heller; top row: Tezira Sendi, Prof. Mary Lou McNichol

Get Involved!

Nikita, Tezira and Livia need your help! This is a great opportunity to get involved in making BCC a healthier place to go to school.

You can contact them at:
niki.buchanan@yahoo.com; tezrah18@gmail.com; liviagonzalez@optonline.net



Dr. Janet Heller and **Professor Mary Lou McNichol** joined the students to help them brainstorm about health issues affecting CUNY students and how to implement their ideas. Some of the ideas the students suggested were: changing cafeteria menus and vending machines to offer healthier options, bringing green carts to campus, assisting qualified students with obtaining food stamps, starting a food pantry on campus, helping people quit smoking, and promoting mental health services.

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New Department Faculty

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You may have seen a few new friendly faces over in Loew Hall during the Fall semester. Professor Elyse Gruttadauria is a new full-time Instructor and Prof. Yvette Adams is a new full-time substitute Lecturer.

Prof. Gruttadauria hails from upstate New York where she earned her Master of Science in Health Education from SUNY Brockport and a BA in Health Care Organization from the University at Buffalo. She was a full-time health teacher in the Rochester Public Schools and also taught for 6 years as an Adjunct at SUNY Brockport in Human Sexuality and HIV/AIDS Issues and Implications. She taught the HLT 93-Human Sexuality course in the Fall semester and she will be teaching a day and evening section this Spring. When asked what her passion is, Prof Gruttadauria replied: "The only thing I love more than teaching...is learning!"

Prof. Adams earned her BS degree from Hunter in Community Health Education and an MS from Audrey Cohen College in Human Services Administration. Much of her experience has been in public health program development and teaching. Her most exciting professional experiences have been presenting at The World Congress of Sexology and teaching on a Mahrai in New Zealand. Prof. Adams is also very interested in mind-body medicine, particularly Chinese medicine. She also loves to travel; her most exciting trip has been to Tibet. When she travels, she fulfills one of her other passions which is cooking. She either takes cooking lessons or meets someone that teaches her to cook a native dish. She always brings home seasonings from the places she travels!



Save the Date

Public Health Association
of New York (PHANYC)
Presents:

Career Forum

Date: Tuesday, April 5

Place: 25 Broadway,
New York City

Time: 5-9pm

Meet public health educators from hospitals, schools, public health departments, and industry. Find out what they do, where they went to school and how they got their jobs.

Bring a friend!



The Bronx Knows HIV TESTING INITIATIVE

New York City has one of the highest HIV rates in the United States. The Bronx has been hit especially hard.

- In 2005, an estimated 250,000 Bronx residents aged 18–64 had never been tested for HIV.
- About one in four people with HIV do not know they are infected.
- Finding out you have HIV early means earlier access to available treatment and prevention services before the disease progresses. One out of every four people that find out they are HIV-positive also find out they have full-blown AIDS at the same time.
- Get tested now. Testing every Thursday in Loew Hall 101.

Source: NYC Dept of Health and Mental Hygiene: <http://www.nyc.gov/html/doh/html/ah/bronx-knows-ads.shtml>