The mission of the Office of Community Health is to develop, implement and integrate education, research and clinical training programs aimed at building leaders in community health and improving the health of underserved populations.

Valley Foundation MPH Fellows Announced

The Office of Community Health is excited to announce the recipients of the first Valley Foundation MPH Fellowship. We would like to congratulate third year medical students, Anna Chen Arroyo and Patrick Avila on receiving this award. Both students will be starting the 11-month Master of Public Health program at UC Berkeley this summer. The students will have the opportunity to apply the skills and knowledge they acquire in the classroom directly to the field, by completing a community health project with a local partner in the Santa Clara Valley.

Patrick Avila, Stanford Medical Student

Project Title: Strategies to Increase Enrollment in the Medicaid Coverage Expansion Program in the Santa Clara Valley Hospital System Network

Community Partner: Santa Clara Valley Health and Hospital System

Anna Chen Arroyo, Stanford Medical Student

Project Title: Creation, Implementation and Evaluation of a Diabetes Registry and Assessment of Self-Management Techniques in a Homeless Population

Community Partner: Peninsula Health Care Connection

To join the Community Health listserv, write to communityhealth-join@lists.stanford.edu with “subscribe communityhealth” in the body of your email. For general inquiries, please e-mail och@med.stanford.edu
The Office of Community Health is pleased to announce the recipients of the 2011 CTSA Community Engagement Seed Grants. These awards provide research/project funding to faculty who engage in community based research through collaborative relationships with community agencies (listed below). The CTSA Community Engagement Seed Grant funding will be used to form new community-based partnerships, enhance existing partnerships or support implementation of a community-based research project with organizations in San Mateo or Santa Clara counties. This year’s award recipients include the following Stanford School of Medicine Faculty:

**Vivek Bhalla**, M.D., FASN, Assistant Professor of Medicine, Division of Nephrology for: Validation of Biomarkers for Diabetic Nephropathy in a Community-Based Healthcare Setting with Palo Alto Medical Foundation

**Lisa Chamberlain**, M.D., MPH, Assistant Professor, Dept. of Pediatrics, and **Elizabeth Baca**, M.D., MPA, Clinical Instructor, Dept. of Pediatrics, for: Fighting hunger in East Palo Alto: Identifying innovative community-based strategies for pediatricians to support local community partners with Ecumenical Hunger Program in East Palo Alto

**Victor Carrion**, M.D., Associate Professor, Department of Psychiatry and Behavioral Sciences, and **Daryn Reicherter**, M.D., Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, for: A targeted intervention addressing the emotional needs of high risk youth through a family wellness program with Ravenswood Family Health Center and the Boys and Girls Club of the Peninsula

**David Katzenstein**, M.D., Professor of Medicine, Division of Infectious Diseases and Geographic Medicine, for: Molecular Surveillance of HIV-1 Transmission and Drug Resistance Networks in San Clara and San Mateo Counties with Stanford Positive Care Clinic, Ira Green Positive PACE Clinic, and San Mateo Medical Center

**Suzan Song**, M.D., MPH, Instructor (pending), Stanford Department of Psychiatry, for: Developing community-based mental health interventions to prevent the transmission of trauma from survivors of torture to their children with Center for Survivors of Torture at the Asian Americans for Community Involvement (AACI)

**Annie Talbot**, M.D., Clinical Assistant Professor, Division of Infectious Diseases and **Andrew Zolopa**, M.D., Associate Professor of Medicine, Division of Infectious Diseases, for: Evaluating risk factors for HIV and acceptability of HIV testing at two community-based substance treatment centers with the County of Santa Clara Department of Public Health, Mariposa Lodge, and Vida Nueva

Congratulations to all.

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“I sometimes hear it said that our efforts in research and education are at odds with our community efforts. I am always surprised by that perception since to me each is a very vital and important part of what medicine and science stand for - the discovery of new knowledge and the search for ways to utilize innovation and discovery to improve the health of our communities.”

- Dean Philip A. Pizzo

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**Seed Grants**

Through funding made possible by Stanford’s CTSA, the OCH offers funding to encourage community based research through collaborative relationships with community agencies to: form new or enhance existing community partnerships and support the implementation of community-based research projects with organizations in San...
In July 2010 the OCH awarded a CTSA seed grant to Abby C. King, PhD, Professor of Health Research and Policy and Medicine in Stanford’s Prevention Research Center. The purpose of the grant, entitled *Neighborhood Audit Tools to Promote Healthful Eating and Active Living in Local Counties* was to learn whether advocacy teams could successfully be formed to identify and then work toward improving neighborhood attributes. In partnership with San Mateo County Health System and BRIDGE Housing Corporation, the goals included increasing opportunities for active living and healthful eating among seniors living in communal housing settings. Residents from two housing sites operated by Mid-Peninsula Housing Corporation: Runnymede Gardens in East Palo Alto; and San Pedro Commons in Daly City, became the crucial link in conducting the neighborhood audits and making recommendations for improvements. The project recently culminated in a community meeting on May 3rd in which the residents from each of the housing units spoke about the activities of the previous nine months. The project resulted in many positive outcomes including:

- Seniors at Runnymede Gardens and San Pedro Commons formed *Neighborhood Eating and Activity Advocacy Teams* that have worked together to make changes in their neighborhoods.
- Residents at both sites identified a number of features of their physical activity and nutrition environment that they considered could be improved. They did this by conducting a neighborhood audit in small groups using photographs and audio recording. This activity was also useful in providing researchers at the Stanford Prevention Center with information used to develop a more user-friendly neighborhood audit tool.
- Members of the Community Advocacy Team partnered with Collective Roots, a local non-profit organization that seeks to educate and engage communities in food system change through sustainable programs. Through this service, residents have received assistance in preparing the garden for planting, as well as access to shovels, rakes, and hoes and soil, which Collective Roots lends for free.
- Through Collective Roots, 12 *gardening classes* will be held throughout the year at the Runnymede Gardens community garden for any residents who would like to learn.
- Residents are now able to get Fresh Checks. This program is run by Collective Roots and incentivizes individuals and families to spend their food stamps and other federal benefits on healthy produce at the East Palo Alto Farmers Market. Fresh Checks are *vouchers for $5 to be used to purchase fresh fruits and vegetables* at the East Palo Alto Community Farmers Market. (continued)
Champions for Change (continued)

- A series of 12 cooking classes have been organized through Cooking Matters and Collective Roots. Residents get to try cooking healthy foods that they had never made before.
- Members of the Community Advocacy Team have had discussions with the Planning Division of East Palo Alto and local officials about pedestrian safety in their neighborhoods.
- Members of the Community Advocacy Team have been having discussions with various community organizations to try to arrange for a shuttle bus to take residents to the Farmer’s Market in East Palo Alto on Saturday afternoons. To date, no arrangements have been made, but this continues to be an area of activity for the Advocacy Teams.

Through this collaborative effort to assess and recommend improvements in two housing sites, the residents of Runnymede Gardens and San Pedro Gardens have increased opportunities for active living and healthful eating. The project team was also able to document their strategies for developing long term sustainable partnerships. For additional information on the CTSA seed grants program or consultation on Community Engaged Research, please contact Jill Evans: jille@stanford.edu or 650-736-8074.

Winkleby to be honored with inaugural White prize

Marilyn Winkleby, PhD, MPH, Faculty Director for the OCH and Professor of Medicine at the Stanford Prevention Research Center, has been named the inaugural recipient of the Dr. Augustus A. White III and Family Faculty Professionalism Award. This award recognizes outstanding work by Stanford Medical School faculty member(s) whose work help reduce health disparities and/or enhance the effectiveness of underrepresented minorities through research, education, mentoring or service to the university community.

Augustus A. White, III, M.D., PhD, is the first African American graduate of Stanford Medical School in 1961 and the first African American Chair of the Department of Orthopaedic Surgery at Harvard Medical School. This award, administered by the Office of Diversity and Leadership seeks to identify outstanding individuals who make contributions toward eliminating health disparities, through their research, teaching, mentoring, and by example. Much of Winkleby’s research has focused on understanding the disparities that affect the health of ethnic minority and low-income populations, and devising community-based interventions to address those inequities. She also co-founded the Stanford Medical Youth Science Program, a five-week summer residential program for low-income and under-represented minority high school students interested in biomedical careers. Now in its 24th year, SMYSP has an impressive track record: Of the 524 students who graduated from the program, 100 percent have graduated from high school, 86 percent have graduated from four-year colleges (of which 43 percent have attended medical or graduate school) and 42 percent are becoming or have become health professionals.

Congratulations to Marilyn Winkleby. A full version of the award announcement, can be found at http://med.stanford.edu/ism/2011/april/brief-winkleby-0411.html
Population Health Projects

As part of the Population Health curriculum in the Practice of Medicine course, first year medical students have been engaging in projects this spring, which address the needs of local community partners. Student projects range from advocacy efforts to influence health care policy reform to developing curriculum to improve reproductive health education among adolescents.

Two examples of this year's projects:

**Stanford Medical Student:** Anthony Kaveh

**Project Title:** Addressing Bike Safety on Stanford’s Campus

**Partner:** Ariadne Scott – Parking and Transportation Services, Stanford University

With the help of fellow medical students, the Department of Parking and Transportation, and Drs. Pizzo and Prober, we are forming programs to jumpstart the next academic year with a focus on bicycle safety. Bicycle safety influences not only cyclists on our campus, but also pedestrians and cars, making it a critical point of safety intervention and awareness.

"We are working hard to equip next year’s incoming class with bicycle safety gear to help spread the message to the rest of campus. We are also working with the LKSC café to develop a rewards program that can be extended beyond the immediate medical campus to further encourage safe practices. Last week’s “Bike to Work Day” was a great success with stations around the hospital – we even had a guest appearance by Sprocket Man!” Be safe while riding and help us spread the word! - Anthony Kaveh

**Stanford Medical Students:** Casey Means, Adrian Begaye, Rowza Rumma and Keith Glover

**Project Title:** Assessing Access to Specialty Care through a Managed Care System

**Partner:** Dr. Mary Giammona – Health Plan of San Mateo

“We learned some more perspective about the logistical and access challenges that under-insured populations may face in pursuing specialty care under the current system.”
A Day at the Capitol

On April 6th, undergraduate students in the Office of Community Health’s Patient Advocacy program ventured to Sacramento for the California Primary Care Association’s 2011 Day at the Capitol. The students teamed up with health professionals and patients from a number of non-profit community clinics and health centers around the local area to speak out against state budget cuts. These cuts adversely affect many programs that provide services and support to low-income and underserved populations, including First 5 California, Medi-Cal and Adult Day Health Care. Throughout the day, students met with various state legislators, attended an Assembly Committee on Health session and had the opportunity to engage in grassroots political advocacy.

“Participating in the CPCA Day at the Capitol was a wonderful chance to see democracy at work. The community clinics in our area are facing some truly tough times as both the state and donors cut funding. In that vein, the visit to the capitol became more than simply an eye-opening experience. It was also a vital opportunity to advocate for the patients that I see every week at Mayview Health Center in Palo Alto and to make sure that legislators know how integral the health care safety is for millions of Californians.”

-Anand Habib, Stanford University, Class of 2011
Cardinal Free Clinics Select New Student Managers for 2011-2012

Arbor and Pacific free clinics announced their new student managers for 2011-2012. The nine new managers, four for each clinic and one for the overarching Cardinal Free Clinic structure, were selected through a competitive application and interview process which had applications from current Stanford University School of Medicine students and current volunteers that are involved with the clinic.

The new managers for Arbor Free Clinic are:

Amrapali Maitra, a first year medical student, who has a proven track record in leading student-run programs and managing volunteers.

Kaylin Pennington is an alumna of Stanford University who is applying to medical school. As an undergraduate, Kaylin was actively involved in the clinic and led initiatives that have already improved operations and patient care at Arbor.

Cindy Ung is a first year medical student who brings an interest in helping Arbor with technological improvements, which is critical this year as the clinics transition to an electronic medical record. Cindy also brings health program management experience from various leadership roles in the Children’s Hospital in Boston.

Lara Vogel is a first year medical student who brings a strong background in business and non-profit management to help run the clinic. She graduated from Stanford in 2004 and then went on to obtain her MBA from Oxford University.

The new managers for Pacific Free Clinic are:

Gillian Bach is an undergraduate neurobiology major at Stanford and has been the chair of preclinical volunteer recruitment and training at PFC. She is thrilled to deepen her relationship with the clinic by turning her skill and enthusiasm to management of community outreach.

Hong-An Nguyen is a first year medical student who has been involved with PFC since 2007 while an undergraduate. She has been involved in clinic flow design, volunteer recruitment and training, and most recently, a mentoring program for San Jose high school students.

Betty Pham, as an undergraduate alumna of Stanford, has been an active participant at PFC as a steering committee member and preclinical student since 2008.

David Purger is a first-year medical student with a passion for peer mentoring and education in the community volunteer setting. He brings his substantial experience as an emergency medical technician.

The new manager for Cardinal Free Clinic who will oversee joint initiatives and collaboration between the two clinics is:

Long Nguyen is a third year medical student. He was a student manager of PFC in 2009 and played an important role as PFC restructured and reopened under a new model. He brings strong interpersonal and leadership skills. The OCH is excited to work with this group of exceptional students in leading the Cardinal Free Clinics during the coming year!
General Announcements

OCH Welcomes Caroline Murugan as the new Administrative Assistant

The Office of Community Health would like to welcome Caroline Murugan to our team. Caroline joined the OCH in March as our new Administrative Assistant. She has been with Stanford for one year prior as the Admissions Program Coordinator for MD admissions. This past year she helped launch the new Multiple Mini-Interview admissions process here at Stanford, as well as other events and activities for MD admissions. Prior to joining Stanford, Caroline spent five years as a recruiter for law firms. As part of the new OCH team, Caroline will be providing program support to the OCH team, as well as oversee the Community Partner Database, the website, and coordination of several OCH events. Caroline lives in Menlo Park with her husband and two-year old daughter.

We are proud to have Caroline join our team and are excited to have a full team!

Presentations

Presenting Our Work

At the Office of Community Health we continually seek and respond to opportunities to disseminate our programmatic successes and challenges. In the process we learn a great deal from our colleagues in the community and at other academic institutions.

Association of American Medical Colleges Western Regional Conference - April/May 2011
Stanford, California

Engaging in Population Health: New Curricular Initiatives
A Joint Presentation with the UC Berkeley – UCSF Joint Medical Program, focusing on the incorporation of community engagement projects into the required first-year medical curriculum.

The Stanford Patient Advocacy Program: A Service-Learning Approach to Understanding Community Health
A presentation by undergraduate seniors Anand Habib and Jocelyn Ko about their classroom and community engagement experiences.

International Institute on Partnerships – May 2011
Portland, Oregon

Community Engagement in Overseas Studies: A Partnership Model
A presentation on the Community Health in Oaxaca Program, which engages undergraduate and medical students in community-responsive service and research.
General Announcements (continued)

Announcing the Community Based Participatory Research for Health Equity Institute
Hosted by San Francisco State University in Collaboration with the School of Public Health, UC Berkeley

August 8-12, 2011
The summer institute will address the following topic of interest to faculty, students, and community members:

8-8-2011 Introduction to CBPR; Building and Maintaining Partnerships; Working with the IRB
with keynote speakers Arnold Perkins and Lawrence Green

8-9-2011 Collaborative Study Design, Data Collection, and Data Analysis with Communities
with keynote speaker Bonnie Duran

8-10-2011 Collaborative Intervention Development, Implementation, and Evaluation with Diverse Populations
with keynote speaker Nina Wallerstein

8-11-2011 The Intersection of CBPR and Policy Change
with keynote speaker Meredith Minkler

Sustainability and Fundraising in CBPR
with keynote speakers Marj Plumb and Marion Standish

Institute Fees: $650/week or $150/day; reduced fees for eligible students and community members at $300/week or $75/day. Partial scholarships available for SFSU junior faculty

Location: Monday through Wednesday (8/8-8/10), Downtown Campus San Francisco State University at 835 Market Street, 6th Floor (Powell Street BART). Thursday & Friday (8/11-8/12), 150 University Hall, UC Berkeley (Downtown Berkeley BART).

For more info: http://healthed.sfsu.edu/cbpr.aspx

Sponsored by College of Health and Human Services, Office of Research and Sponsored Programs, RMI Program in Health Disparities, and the Health Equity Institute at San Francisco State University; and the School of Public Health, University of California, Berkeley.

Upcoming OCH Meetings

Advisory Board Meeting
The next Advisory Board Meeting will take place on Thursday, July 7th from 4:00 – 7:00 p.m., in LKSC room 304.

CFC Oversight Committee meeting
The next CFC Oversight Committee Meeting will take place on Tuesday, June 21st from 5:30 — 7:00 p.m. in LKSC room 306.

Community Health Symposium
The 10th Annual Community Health Symposium is tentatively scheduled for Thursday, October 27th from 5:00 — 7:00 p.m. in the LKSC.