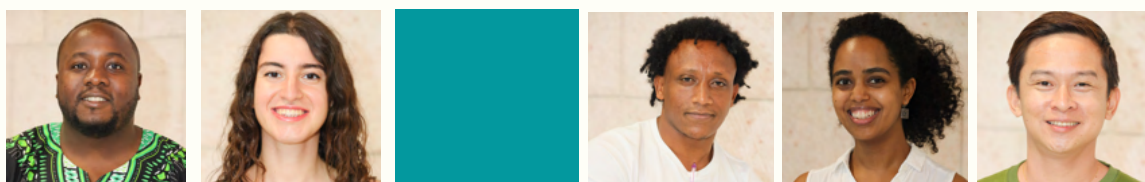


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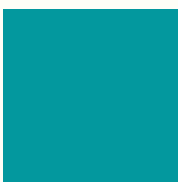
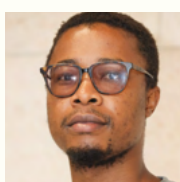
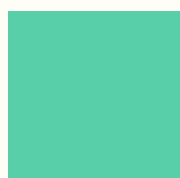
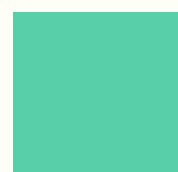
International MPH Alumni Newsletter

December 2021



#IMPH46

#IMPHLikeNoOther



Braun School of Public Health
and Community Medicine
Hebrew University of Jerusalem
Hadassah Medical Organization



December 2021

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Message from Prof. Ronit Calderon- Margalit

Director, Braun School

Dear IMPH Alumni,

I am very excited to write my first message as the Director of the Braun School. I hope that during my term as Director, the School's activities with our alumni, both Israeli and International,



will flourish and that we will be able to expand our collaborative contribution to public health and public health research. As you probably know, we plan a one day alumni symposium on March 31, 2022 in honour of our esteemed professors Orly Manor, David Chinitz and Amir Shmueli. We would be very excited to have you join us. If you think you can contribute to give a talk, please submit your abstract (kenes_sph@mail.huji.ac.il). If you would like to participate in a video clip for the event, please let us know.

Our plans rely heavily on the pandemic and the restrictions that come with it. A year ago we were very hopeful in Israel that vaccines would put an end to this pandemic, however, although vaccines saved many lives, and our knowledge increases every day, there is no end in sight. This academic year has started with in-person teaching. The introduction of the Omicron variant as well as the surge of COVID in Europe and the US threatens the continuation of life with minimal restrictions.

The pandemic brought other collateral damages, with increasing social gaps and harming mental health, to name a few. We all encounter the loss of public trust in government, but more disturbing – loss of trust in science. Social cohesion and trust are essential for the success of public health efforts. Beyond that, I think that we all felt increasingly the toll of climate change. Climate change is expected to dramatically impact our health and, as public health professionals, we should all be advocates for actions to slow global warming. We can all make a change, whether in the local, national or international spheres.

Season's Greetings to you all. Please stay safe in the coming holiday season.

Many wishes for a healthy, prosperous and meaningful New Year.

Sincerely,

Prof. Ronit Calderon-Margalit, MD, MPH, Braun School Director

Message from Prof. Ora Paltiel

Director, IMPH Program

Dear IMPH Alumni,

Here I am again, writing messages in the IMPH newsletter as the new IMPH director. Many of you know how passionate I am about the IMPH, how fulfilled I was in this role the first time around! You know how much I feel invested and connected with each and every IMPH graduate.

Like the two COVID-19 years that preceded it, this year has brought its challenges. But here they are, all together, learning in-class, all vaccinated, celebrating Hannukah - 21 IMPH students, 12 women and 9 men, from 16 countries and five continents. They are a lively, kind and mutually supportive group. It seems to me they feel genuinely honored and privileged to be part of the IMPH class. As always, diversity is the name of the game, and this year I am especially proud not only of the gender and of geographic diversity of our class, but also of their professional diversity: dentistry, medicine, nutrition, occupational therapy, social sciences etc. As usual, they are deep into their studies and assignments, peppered by seminars, lectures, holiday celebrations, trips and professional site visits! All that, despite, Covid-19. The IMPH team, as usual, has mastered the logistics in order for all this to happen.

Once again a skilled and professional group of teachers have taken on the task of educating our students in the basic public health competencies. They do so, as always, with enthusiasm and dedication. Jeanette Spitz (IMPH 2021) has done a terrific job filling in for Hana Sloutski! And our beloved Edna has been named the chief administrative secretary for our School. Thank you Edna for all your commitment, hard work and creativity over the years for our IMPH students. Your attention to every detail has made the IMPH experience over the last nine years all the more enriched. I also want to wish Prof. Ronit Calderon-Margalit every success as School Director.



Ronit brings with her experience as IMPH Director, Head of the National Quality indicators Program in Community health care, and a record of excellent research and teaching over the years in the School.

We have just opened up our registration for the 2022-23 academic year. So this is the time to recommend your colleagues to the program and the program to your colleagues. I have met individually with all of our current students; some came because they heard about us from alumni, and some found us on the internet. Both avenues are important, so please help us by spreading the word and identifying worthy potential candidates.

Coping with the COVID-19 pandemic continues to be at the forefront of the public health agenda.



IMPH breakfast at Prof. Ora Paltiel's home

However, as public health practitioners we are duty-bound to take a holistic view of health and not neglect our other responsibilities, other communicable and non-communicable diseases, nutrition, reproductive, child and mental health and of course, the health of our planet and its relation to human health.

There is much darkness and uncertainty in the world. On this last day of the Festival of Lights, I wish all of you, your colleagues and your families, a year of health and personal growth. May we all see the light at the end of this pandemic tunnel. May research, education and knowledge dissemination in our field continue to enlighten and illuminate us.

Sincerely,

Prof. Ora Paltiel MDCM, MSc, FRCPC, IMPH Director

Message from Dr. Maureen Malowany

IMPH Alumni Academic Coordinator

Dear IMPH Alumni,

Thank you for your WhatsApp posts and email updates! As we move toward closing 2021 and welcoming 2022, with many of you celebrating holidays with friends and family, we appreciate the warmth and support you share with all of us.

As you will see below, two 2021 graduates have received Pears Seed Grant Awards. Awardees from previous years have published their research results. We encourage you to think about your research possibilities and opportunities. Applications for Seed Grant Awards are open year-round.

Doctoral scholarships are also available to qualified IMPH alumni who completed their program with a thesis. Dr. Rene Galera (IMPH 2013, Philippines) is with us this academic year working on his doctoral project "Associations of Composite Dietary Indices with Adiposity and Metabolic Syndrome: Interpopulation comparisons and the role of lifestyle and genetics" under the supervision of Dr. Hagit Hochner. We will welcome Dr. Selin Girgin (IMPH 2021, Turkey) in January to begin her doctoral program under the supervision of Dr. Raanan Raz.

Jeanette Spitz (IMPH 2021|United States/Israel) is our current Alumni Communications Coordinator while Hanna Sloutski is on maternity leave. Jeanette works on our alumni database among other responsibilities. Please do respond to her requests for your information.

As you have seen on our Facebook page, the School continues our Public Health



Seminars in hybrid fashion - in-person and on Zoom. Please note the following date - 27 April 2022. Professor Fred Binka (IMPH 1988, Ghana) and I will present on the malaria vaccine - the history (me) and the trials/results/future (Fred). The time, noon-12:55 pm, will not work for all time zones but for those who are able to attend, please do!

As we have all become familiar with Zoom, we would like to encourage alumni to share your research or practice activities with our current IMPH cohort. If you have projects or activities appropriate to present to current IMPH students, please write to me.

You have seen a 'Save the Date' for a one-day Braun School Symposium to be held March 31, 2022. As written in the letter of invitation, the Symposium will honour three of our Braun School faculty - Drs. David Chinitz, Orly Manor and Amir Shmueli - who have recently retired. Note that your abstract needs to fall into one of the three themes: health inequalities, health inequities, health policy and health economics.

Although we would love to be planning an IMPH Alumni Conference, we have to wait until travel is safe and unrestricted with regard to visas.

We have just finished our Chanukah celebration of light and, in the spirit of the holiday and the seasonal holidays of this month, we wish you all light in your lives and work as you celebrate with friends and family.

Warm regards,

Maureen

IMPH Alumni Academic Coordinator



Dr. Baranabas Natamba, Dr. Maureen Malowany, and TPO Counselor in BidiBidi Camp, Yumbe, Uganda



Dr. Baranabas Natamba, Dr. Maureen Malowany, and South Sudanese Women in BidiBidi Camp, Yumbe, Uganda

Dear Alumni,

We are fast approaching the end of 2021 and celebrating the beginning of 2022! Now that I am on maternity leave, time goes by even faster: the school celebrated the graduation of the International MPH class of 2020/2021 and welcomed the new 47th cohort to start the year in Jerusalem all amidst the pandemic. This is the season that many of us use to think over the last year and make resolutions for the next. The reflection on the year's notable moments and experiences

is especially challenging: there were too many losses, too much disruption and uncertainty, which still remains. In February I lost my dear parents and grandmother to COVID-19, in August my husband and I welcomed our firstborn baby girl, Kayla Ida, into the world. Life goes on, they say. Every time you share good or bad news, it allows us to reconnect and feel some support even if it is just a few words of a prayer. For the 2022, we hope that our graduates have all the luck and stay safe as they begin their post-IMPH careers around the world. We also wish the new IMPH class to continue their studies successfully and spend their best time in Israel.

Our very own, Jeanette Spitz (IMPH 2021|United States/Israel) is currently Alumni Communications Coordinator, and this newsletter is compiled and publicized largely thanks to her efforts.

Registration for the 2022/2023 IMPH Program is now open! We hope that our Alumni will take a significant role, once again, in recommending our program to your colleagues.

You are invited to submit your news by filling out the form, contacting me via email, or sharing it with your colleagues on our WhatsApp groups. In addition, reconnect with us on LinkedIn and Twitter.

Kind regards,

Ms. Hanna Sloutski,

IMPH Alumni Communications Coordinator



Dear Alumni,

It's been such a privilege to help out while Hanna is on maternity leave.

I got the chance to speak with many of you from other cohorts and it's been a joy getting to know other members of our alumni family. I never realized how strongly our ties are with one other and that makes me even prouder to be an alumna. I hope to get to know and connect with more of you! Although I am only acting in this position temporarily, I know I will never be too far away from the IMPH.

Thank you to Maureen, Ora, Ronit, Hanna and the rest of the IMPH faculty for welcoming me 'behind the scenes' and making me feel comfortable.

All the best,
Jeanette Spitz



CONGRATULATIONS, CLASS OF 2021!

Welcome to the IMPH Alumni family!

2020-2021 Recipients of the

INTERNATIONAL MASTER OF PUBLIC HEALTH

Akinsola Akinwumi | Nigeria

Augustus Villano | Philippines

Aysegul Ekemen | Turkey

Calvin Mhango | Malawi

Charles Basilubo | Congo (DR)

Hewan Mulugeta Asfeha | Ethiopia

Husna Ahmed Omer Dafalla | South Sudan

Jeanette Spitz | USA

Kidus Bazezew | Ethiopia

Luse Tinaikui Buinimasi | Fiji

Mary Simiyu | Kenya

Nchinjoh Sangwe | Cameroon

Ndung Ako Forbinake | Cameroon

Niyat Tekie | Ethiopia

Saddiq Abubakar | Nigeria

Sarah Akite | Uganda

Selin Girgin | Turkey

Si Thu Aung | Myanmar

Sravani Kante | India

Stephen William Kazimir | Tanzania

Vanessa Yongabi | Cameroon

Xiaolong Wu | China

*"The oak fought the wind and was broken, the willow bent when it
must and survived" - Robert Jordan*

STAY CONNECTED | GET INVOLVED | GIVE BACK

Remembering Alumnus - Dr. Barnabas Natamba

(IMPH '06 | Uganda)

Dear IMPH Family,

We lost a wonderful member of our IMPH, we understand due to COVID, a passionate advocate for science, reliable evidence, nutrition for vulnerable populations especially women with HIV/AIDS - our alumnus, Dr. Barnabas Natamba. Barnabas came to us from Uganda and graduated in 2006. His Masters Thesis was published in 2008 - 'Determinants of Disordered Eating Behaviors among Israeli Adolescent Girls'. Following his return to Uganda, Barnabas lectured in Public Health, Gulu University and continued his academic studies obtaining a PhD (2015) from Cornell University,



Dr. Barnabas Natamba in Jerusalem

Division of Nutritional Sciences

followed by a post-doctoral fellowship with the Harvard TH Chan School of Public Health. In 2017, Barnabas joined the former Medical Research Council/Uganda Viral Research Unit Entebbe (now MRC/UVRI and LSHTM Uganda Research Unit) with an extensive publication record. In 2020, Barnabas brought his research experience, epidemiological skills and passion for sound policies addressing his country's public health challenges to the Ministry of Science, Technology and Innovation as Assistant Commissioner, Research Development.

Barnabas was a gentle person with a very dry sense of humor. We traveled from Entebbe to Yumbe to visit the BidiBidi refugee camp in 2018 - a fun 'road trip' and a wonderful opportunity for me to share his insights into Gulu region and the camp itself.

Barnabas loved his year in Jerusalem. He and his wife, Dina named their second son Ariel, born March 2, 2015, the 'lion of the Almighty' with Jerusalem and their Christian faith in mind. There are no adequate words to truly describe loss - of a father, husband, colleague, friend.

May his memory be a blessing and comfort to Dina and family and to ours.

Regards,

Maureen

IMPH Alumni Academic Coordinator



Prof. Ronit Calderon-Margalit
appointed as Braun School
Director.



Prof. Ora Paltiel appointed as
IMPH Program Director.



Dr. Yael Bar-Zeev was awarded a
two-year grant from the Israel
Science Foundation for her
research, "Developing and Pilot
Testing a Digital Behavioral
Intervention to Reduce Second-
Hand Smoke Exposure during
Pregnancy".



Dr. Adam Rose was awarded a
two-year grant from the Israel
Science Foundation for his
research, "Temporal Regularity of
Primary Care Visits as a Quality of
Care Measure".

Dear Alumni,
*Be among inspiring people and help us spread
the word among your friends and colleagues.*
**APPLICATIONS NOW OPEN for the INTERNATIONAL MASTER OF
PUBLIC HEALTH PROGRAM 2022/2023!**

*Join us and become part of our world-wide family devoted to the advancement of public
health practices, research, and teaching.*

A New School Year!

We welcome the 47th IMPH Cohort 2021/2022. This new batch of bright and innovative minds consist of 21 students from 16 countries and 5 continents. We look forward to the work this cohort will produce this year. We wish them the best of luck and much success!

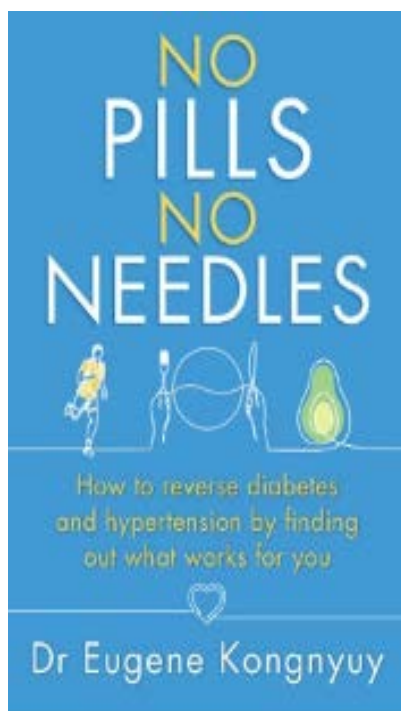


Alumni News

Congratulations



Braun School of Public Health
and Community Medicine
Hebrew University of Jerusalem
Hadassah Medical Organization



Congratulations to Dr. Eugene Kongnyuy (IMPH '06|Cameroon) on the publication of his book, "No Pills, No Needles". Conducting a series of over 70 experiments on himself that involved changes in diet and lifestyle over several years, he identified what did and did not work for him. Both his method for finding what suits us individually – the 3 Ts: Try, Track and Tell – and his findings as to what returned him to health, provides invaluable guidance to all seeking to reverse type 2 diabetes and hypertension.

Dr Kongnyuy concluded: "Hypertension and type 2 diabetes can be completely reversed, provided you adopt the appropriate lifestyle. The centerpiece for reversal or prevention of type 2 diabetes is weight loss. On the other hand, the cornerstone for reversal or prevention of hypertension is physical activity".

[For purchase click here](#)

Congratulations to **Dr. Claudette Amuzu** (IMPH '16|Sierra Leone) and advisor **Dr. Roee Singer** on the publication of their article, "Post-Ebola sequelae among Ebola Child Survivors in Sierra Leone" in BMC Pediatrics October, 2021.

[See full article here](#)

Congratulations to **Dr. David Okia** (IMPH '13|Uganda) on the publication of his article, "Infectious Waste Management in the Face of COVID-19 in a Rural Health Facility in Eastern Uganda" in Asian Journal of Medicine and Health.

[See full article here](#)

Congratulations to **Dr. Nchinjoh Sangwe** (IMPH '21|Cameroon) on being awarded a Pears Seed Grant for his research project, "Mobile Community Health Workers-based Health Care for Remote Communities (mCHW-HCRC): An Operational Research Project".

Congratulations to **Dr. Vanessa Tabe Orock-Benem** (IMPH '21|Cameroon) on being awarded a Pears Seed Grant for her research project, "Factors influencing Primary Health Care Utilisation for Wellness visits amongst Under-fives in Early Childhood Education Care Centres in Yaoundé, Cameroon".

Congratulations to **Dr. Lucas Esuh Esong** (IMPH '14|Cameroon) on his appointment as Country Ambassador for Cameroon at the Royal Society of Tropical Medicine and Hygiene.

Congratulations to **Mr. Moses Chicco Banda Aron** (IMPH '19|Malawi) on being awarded a grant from the Royal Society of Tropical Medicine and Hygiene and Wellcome Trust to understand health care workers and community members knowledge, attitude and practices on snakebite management, their health-seeking behavior and preference for bio-medicine over traditional medicine. Additionally, his abstract, "Syndrome surveillance using monthly aggregate health systems information data for COVID-19 pandemic response in Neno, Malawi" was listed in LLMIC Young Scientists Presentation section among the 10 most scoring abstracts received at the 13th Annual Conference of Consortium Universities for Global Health.

SUBMIT YOUR NEWS

Alumni of the IMPH Program,

We want to celebrate your successes. Most stories will be shared on the International Master of Public Health website, newsletter, social media and other outlets with links allowing you to share the news as well. Please use the following form to submit your news.

We look forward to hearing from all of you and wish you all much success and good health!

Warm regards,
IMPH Faculty and Staff

STAY CONNECTED | GET INVOLVED | GIVE BACK