Let’s all welcome Carol Way to the SHAHS team! She is the new Administrative Associate to the Director and Associate Director. Seeking the coast and warmer temperatures, Carol relocated from the University of Alaska Fairbanks (UAF), Fairbanks, AK. While there, she worked 11 years in the Alaska Satellite Facility (ASF) as the Assistant to the Associate Vice Chancellor for Research, ASF Director, and ASF Deputy Director. Prior to UAF, Carol worked 8 years on the Yucca Mountain Project in Las Vegas, NV.
There are five groups consisting of vegetables, fruits, grains, dairy and a protein group which includes meat, poultry, fish and nuts. ChooseMyPlate (www.choosemyplate.gov) illustrates the five food groups that are the building blocks for a healthy diet.

What are the basic food groups?

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>The vegetables you eat may be fresh, frozen, canned or dried and may be eaten whole, cut-up, or mashed. You should eat a variety of dark green, red and orange vegetables, as well as beans and peas (which are also considered part of the protein group). Examples include broccoli, carrots, collard greens, split peas, green beans, black-eyed peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes and kidney beans. Any vegetable or 100% vegetable juice counts in this group.</td>
</tr>
<tr>
<td>Fruits</td>
<td>The fruits you eat may be fresh, canned, frozen or dried and may be eaten whole, cut-up, or pureed. Examples include apples, apricots, bananas, dates, grapes, oranges, grapefruit, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines, and 100% fruit juice.</td>
</tr>
<tr>
<td>Grains</td>
<td>There are two types of grains – whole grains and refined grains. At least half of the grains you eat should be whole grains, such as whole-wheat bread, whole-grain cereals and crackers, oatmeal, bulgur, and brown rice. Refined grains include white bread, white rice, enriched pasta, flour tortillas, and most noodles.</td>
</tr>
<tr>
<td>Dairy</td>
<td>Most of your choices should be fat-free or low-fat milk and milk products, but all milks and calcium-containing milk products count in this category. Examples include milk, cheeses, and yogurt as well as lactose-free and lactose-reduced products and soy beverages. Foods that are made from milk but have little or no calcium are not included, such as butter, cream, sour cream, and cream cheese.</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>Choose a variety of lean meats and poultry, seafood, beans and peas, eggs, processed soy products, unsalted nuts, and seeds. Make sure to eat at least 8 ounces of seafood each week.</td>
</tr>
</tbody>
</table>

How much of each food group should I eat?
The amount of food you need to eat from each group depends on your age, sex, and level of physical activity. For information about the food groups and the recommended daily amounts visit ChooseMyPlate.gov Daily Food Plans. For easy advice on creating a healthy balanced plate visit -10 Tips to a great plate
Source: [http://www.cdc.gov/nutrition/everyone/basics/foodgroups.html](http://www.cdc.gov/nutrition/everyone/basics/foodgroups.html)

Fruits and Vegetables in Season for Spring:
Apricots, Artichokes, Asparagus, Broccoli, Butter Lettuce, Collard Greens, Corn, Fava Beans, Green Beans, Honeydew, Limes, Mango, Oranges, Peas, Pineapple, Radicchio, Red Leaf Lettuce, Rhubarb, Snow Peas, Spinach, Strawberries, Vidalia Onions
From Paws4People, Tops Soccer, Police Athletic League, and volunteering by numerous student groups, these are just a few of the many examples of "Giving back," a theme put into practice by faculty, staff, and students throughout SHAHS. Featured in this edition of the SHAHS Newsletter, is one such example. Deb Dowd, Coordinator and faculty member in Exercise Science, and her Golden Retriever, Cutter, volunteer as a certified Animal Assisted Therapy Team through Canines for Service, a non-profit agency serving the North Carolina and South Carolina areas.

Several times a month, Deb and Cutter visit several local sites including UCP Easter Seals where Cutter plays with the children. His favorite game is "retrieve the tennis ball" much to the squeals and delight of the children who work on basic motor skills throwing the ball and chasing Cutter around the playground. "I often run into students from our school as well as Nursing and Social Work who are volunteering their time, getting clinical hours, etc. Seeing smiles on everyone's faces, children and adults alike, really touches your heart."

On the other end of the spectrum, Cutter seems to naturally switch gears to visit The Lower Cape Fear Hospice Care Center where he and Deb try to bring even just a few moments of support to patients and/or their families. This coming week, Cutter is hoping to start visiting New Hanover Regional Medical Center's pediatric areas.
Kudos to our very own Dr. Sue Combs! Sue Combs, professor and director of the I Can Do It, You Can Do It program (IDIC), attended the White House Summit and Research Forum October 6th-7th. The conference focused on Improved Health and Fitness for Americans with Disabilities.

The I Can Do It program utilizes faculty and students from the School of Health and Applied Human Sciences to provide mentoring to individuals with disabilities. Mentors are students majoring in physical education and health, exercise science, special education/adapted, and recreation, sport leadership and tourism management. The multi-disciplinary make-up of the class provides a unique learning experience for both the mentees and mentors. The program also offers information to the participants and their families about nutrition.

Congratulations to Dr. Lisa Sprod who recently published her work on yoga for sleep quality of cancer survivors in the Journal of Clinical Oncology!

Congratulations to Dr. Dan Johnson who received the NC Recreational Therapy Association’s Outstanding Professional Award in Raleigh NC on Oct. 21st. The award was for leadership and service to the profession; and professional research, publications, or presentations.

Congratulations to Dr. Jim Herstine, Dr. Nancy Hritz and Dr. Alexia Franzidis who landed a contract with the North Carolina Division of Coastal Management, Department of Environment and Natural Resources for their research proposal entitled,

North Carolina’s Public Beach and Coastal Waterfront Access Program: An Investigation, Analysis, Assessment and Evaluation of the Program’s Success.
Congratulations to Dr. Steve Elliott and Dr. Alexia Franzidis for their selection as 2014 Discere Aude Award recipients. The Discere Aude Award recognizes faculty who were nominated for the award directly by students on the Chancellor’s Achievement Award List. Those nominations are further vetted by members of the CTE Advisory Board, so that the list of faculty who are awarded each year received the most powerful nominations from our highest-achieving students.

Congratulations to Dr. Robert Boyce on being selected as "Professor of the Year" by the Nu Lambda chapter of Chi Omega Fraternity!

Eleanor Krassen Covan, Professor Emerita of Gerontology, has been selected to receive the Mildred M. Seltzer Distinguished Service Recognition by AHGE. This award acknowledges her significant service to the Association for Gerontology in Higher Education through her active participation through the years on numerous AGHE committees, as well as for her impressive and valuable contributions as an AGHE representative for UNCW.

Trish Buerger has announced that she will retire from the Public Health Studies faculty after summer term, 2015. Trish is a long time instructor in the program and has taught numerous courses including First Aid, Nutrition and Behavior, Intro to Health Promotion, Yoga, Consumer Health and many more. She and her husband are looking forward to moving to New Mexico soon after she retires.

Congratulations to Larry Honeycutt who was recently recognized in the nationally published magazine Referee! After 47 years of officiating high school football, basketball and soccer in North Carolina, Larry has decided to retire from officiating at the end of this school year.
Paws4People

Paws4People a program piloted by UNCW in fall of 2011 and founded by executive director Kyria Henry is making exciting news once again! Young wounded veterans are finding a helpful paw through this successful program. It was a chance encounter with Kyria Henry in Bluffton that paved the way for the Moss Creek Marines group. Many who suffer anxiety and PTSD are hyper vigilant, but when the service dog doesn't move, the Marines can relax because they know the room is safe.

Good News

In 2014, 93% of UNCW Recreation Therapy Students passed the National Council for Therapeutic Recreation Certification exam, surpassing the national pass rate of 76%! Way to go students and faculty!

Community Health Education students passed the Certified Heath Education Specialist (CHES) national exam with a 100% first time pass rate! Nationally, 68.8% of the 2304 individuals who took the exam passed. Further the exam is broken down into 7 sub-components and the UNCW students scored higher in each sub-component than the national cohort.

Students in the Public Health Studies program with a concentration in Community Health Education may take the Certified Heath Education Specialist (CHES) national exam which is conducted by the National Commission for Health Education Credentialing (NCHEC). UNCW is a testing site for the NCHEC exam. More information about the exam can be found at www.nchec.org.
SHAHS in the News
The Public Health Studies program landed on the front page of the Local/State section of the Star News. The article entitled: "UNCW gets nod in public health", highlighted our selection as the NC local Performance Site which, as the article reports, puts us “in the company of some of the most esteemed public health institutions in the South”. Dean Hardy is quoted in the article attributing part of our strength to our collaborative approach to health. The article identifies some of the potential roles UNCW could play in the health of the region and in the education of public health professionals, as a result of this designation.

Dr. Kirk Brown and Ms. Andi Bender instructed 30 students for a CPR/AED for Professional Rescuers and Health Care Providers class over two days of training.

Drs. Spivey and Sidman taught their first Osher Lifelong Learning Institute course called, “The Pursuit of Lifetime Happiness.” It was a successful 3-week interactive course where participants reflected on their values, thoughts, and behaviors to improve and sustain a lifetime of happiness.

Thank you to everyone that donated money and gifts for the family that SHAHS provided holiday assistance to! We were able to purchase a lot of wonderful items for this deserving family!
Students from Recreation Therapy and Exercise Science are teaming for a research project at the Miracle Field in Wilmington. They will work four times a week with residents of Cape Fear Group Homes to improve fitness, strength, balance, flexibility, and recreation skills. A battery of pre-and post-tests, along with activity trackers will monitor their progress in the ten week program.

Dr. Lisa Sprod, Dr. Brandi Crowe, and Dr. Dan Johnson developed the program and successfully wrote proposals for a Cahill Grant and a SHAHS Grant to fund the equipment. Residents will work with the students and the Miracle Field staff twice a week at the Miracle Field and twice at their group home. The residents are between 24 and 54 years old and have intellectual disabilities.

The Miracle League of Wilmington opened its 4th baseball season on Saturday, March 7th at Olsen Park. Recreation Therapy alumni Jennifer Bell leads the organization, this time assisted by her first Recreation Therapy intern, Christian Davis. Games are at 10:00, 11:00, and 12:00 for the 8 week season.
Michelle Collopy, Allison Usher, Heather Pearson and Kia Smalls, four Exercise Science majors, presented a poster at the NC Association for Behavior Analysts Annual Conference in Asheville, NC on February 11-13, 2015. The poster, titled “Usage of Behavior Modification Strategies to Increase Steps Taken Daily and Decrease Meals Eaten Out,” described the students’ work to improve a client’s health related behaviors over a 6-week intervention, and was the effect of the students’ Behavior Modification Project, conducted during the Fall semester of 2014 in Exercise and Sport Psychology (EXS 460). The students attended the conference with their faculty mentor, Ms. Tamlyn Shields, and were the only undergraduate poster presentation among a slew of graduate student presentations from other universities throughout NC. Go Seahawks!

SHAHS faculty members (Dr. Lynn Long, Dr. Sue Combs, Dr. Steve Elliott, and Ms. Tamlyn Shields) have partnered with a J’Nelle Ruscetti, a Physician Assistant with Wilmington Health, to expand the Student Fitness Challenge (SFC) program into local elementary schools. The SFC is an evidence-based wellness program designed to decrease childhood obesity by achieving 7 health-related behavior changes among participants in a school setting. Specifically, the goals of the SFC are to help participants increase physical activity to 60 minutes of exercise or 10,000 steps taken daily, consume a combined 5 servings of fruits and vegetables daily, accumulate 10 hours of sleep/night, consume at least 3 meals daily (including breakfast), consume 5 at-home dinners/week, limit media outside school to less than 2 hours daily, and decrease consumption of sweetened beverages. Each of these targeted behaviors has repeatedly been linked to achieving a health body weight and is included in “North Carolina’s Plan to Address Obesity: Healthy Weight and Healthy Communities 2013-2020.”

In Fall 14 and Spring 15, the project has expanded to include 130 4th graders at Bellamy Elementary School. The challenge includes 8 weekly, 1-hr sessions. J’Nelle Ruscetti leads each session which includes nutrition education, physical activity, practical application and a new behavior challenge for the upcoming week. J’Nelle is helped by students from the Physical Education and Health and Exercise Science degree programs in SHAHS.

The School Health Advisory Council (SHAC) for New Hanover County Schools (NHCS) has consistently supported expansion of the program to additional schools and has indicated in its Strategic Plan that expansion of the Student Fitness Challenge to all elementary schools in the county is a system-wide priority. The program has been supported by a SHAHS Development Grant, a Friends of Wilmington Grant, a NHC Health Dept. Grant, and a Cahill Grant. Recently, UNCW faculty members Dr. Lynn Long, Dr. Sue Combs, Dr. Steve Elliott, and Ms. Tamlyn Shields presented this program at two regional / national professional conferences (SDAAHPERD in Atlanta and SHAPE America in Seattle).
First-year Athletic Training Students in Professor Andi Bender’s ATR 211 class show off the latest trends in braces and protective equipment during a group lab activity reviewing care and prevention strategies of athletic injuries.

Twenty-four students from the Athletic Training Education Program attended the 30th Annual Athletic Training Student Symposium in Atlanta, GA from February 5-7, 2015. Students listed below participated in this three day intensive workshop reviewing foundations in Athletic Training such as Care and Prevention of Athletic Injuries, leadership development, and review of AT competencies for the National Board of Certification Exam that seniors will be taking in April 2015. ATEP Director Kirk Brown also presented at this conference on “Pediatric and Adolescent Injury Management”.

**Public Health Studies Accreditation Consultant Visit** – On Friday, February 27th a consultant from the Council for Education in Public Health (CEPH) visited the UNCW Public Health Studies Program to review an early draft of the accreditation self-study document. The consultant spent the day with program faculty and provided critique and guidance to help the program faculty as they develop the final self-study document to be submitted in October 2015. In November 2015 a team of public health professionals will conduct a site visit and ultimately make recommendations to CEPH regarding program accreditation. A decision on accreditation will be made sometime in spring, 2016.

Over thirty Health and Applied Human Sciences alumni and faculty gathered at Shell Island Resort for the HAHS Alumni Mixer on Thursday, August 7th.
Pine Valley Elementary School Visit

Over 100 Pine Valley Elementary school 5th graders visited campus on November 7, 2014. They learned about the musculoskeletal, respiratory, vestibular and cardiorespiratory systems along with Healing and care of wounds.
Congrats to ALL December 2014 Graduates!
PAST EVENTS

Freediving Seminar

Thursday, October 2, 11 AM

Featuring:
Ren Chapman and Ashley Futral Chapman, holder of world and national records in competitive freediving

Lumina Theater at the Fisher Student Center

You are invited to attend

Step It UP!
The Importance of Physical Activity for Weight Control and Health

Wednesday, Nov. 12, 9–10 a.m.
Lumina Theater, Fisher Student Center

Guest Speaker:
Dr. John Jakicic, professor and chair,
Department of Health and Physical Activity,
University of Pittsburgh

A partnership between
UNCW College of Health and Human Services,
Office of Community Engagement and Impact,
Obesity Prevention Strategic Initiative Team and
School of Health and Applied Human Sciences

FREE PED 101 EXPO
November 17
Burney Center
Come See What PED 101 Has To Offer

The Wilmington Police Department, UNCW School of Health and Applied Human Sciences, and UNCW Athletics cordially invite you to the annual

POLICE ATHLETIC LEAGUE CROSS CITY CHAMPIONSHIP GAME
Thursday, March 5th at 5:00PM
UNCW Trask Coliseum

The Police Athletic League connects youth and police officers through athletics while encouraging positive attitudes, good citizenship, and crime prevention.

Come and support these young athletes as they celebrate the end of another great basketball season!

Sponsored by:
The 5th Annual Police Athletic League Championship

The championship game was at Trask on Thursday March 5th at UNCW.

The P.A.L. is a national community that uses sports as a tool to promote gang resistance and awareness.

UNCW's College of Health and Human Service formed a partnership with the League last year, and now students, faculty and staff are working with local youth helping to inspire them to achieve academic success.

The Wilmington Police Department charges nothing for participation in the program and only requires kids to maintain their academics and positive attitudes at home, school and on the court. The P.A.L. program is running two 10 to 12 year old seasons at the Brigade and Community Boys and Girls Clubs.

The Wilmington Police Department coached both the Brigade Boys and Girls against the Community Boys and Girls Club all season long. Both teams competed for the trophy with The Community Boys and Girls Club winning 27-24.
STUDENT, ALUMNI and COMMUNITY PARTNER HIGHLIGHT

Congrats to our own Kelsey Ross, current Public Health Student, who won the Student Research Award Scholarship at the NC Public Health Association conference. We could not be more proud of Kelsey and how she represents our program!

Congratulation to Emory Gibson who has landed a job at the Rape Crisis Center of Coastal Horizons! Emory is a fall 2014 graduate of UNCW with a Community Health Education degree. Congrats again Emory for securing a career before you even received your diploma!

Congratulations go out to one of our Community Partners Curtis Fallon, on being selected as National Jump Rope for Heart/Hoops for Heart Grant Recipient! Curtis Fallon, a physical education teacher at Edwin Anderson Elementary School, is receiving one of only 13 national Jump Rope for Heart/Hoops for Heart (JRFH/HFH) grants given from SHAPE America – Society of Health and Physical Educators. Mr. Fallon was recognized on March 19, 2015 at an awards ceremony during the SHAPE America National Convention & Expo in Seattle. Recipients are recognized for their passion and commitment for physical education and the JRFH/HFH program.

Congratulations to one of our own, Parker Grissom from Exercise Science who is launching his renewable energy innovation. Renewable Recreation LLC places the power to change the world in the hands of the people. They are renovating old gyms and making them RENEWABLE ENERGY POWER PLANTS. By using solar panels and small scale wind turbines they plan to get the facility to net zero for energy usage. They will replace the old worn out cardio equipment with new equipment that converts exercise into energy. This gives the power of creating clean energy to the members of the gym. The gym is able to sell the extra clean energy for profit each month. The members that produce the most energy receive prizes.

Congratulations to Exercise Science student Kia Smalls on winning the Earl Allen Scholarship Award. Kian is from Kinston, North Carolina, a small town about an hour and a half from Wilmington. Here at UNCW she is very involved and holds several leadership positions in Sigma Alpha Lambda, Exercise Science Student Association, and Pre-Physical Therapy Student Association. She is also an Office Assistant at the Student Rec Center, and volunteers at different events at UNCW and the surrounding Wilmington community. Upon graduation Kia plans to pursue a degree in Physical Therapy.
Having fun!
http://www.facebook.com/UNCWSHAHS

Be sure to “Like” the School of Health and Applied Human Sciences on FB and view our website to get updates on all events for the School. There are updates on graduation, special events, courses, exceptional students, faculty and much more!

Get in the know with news you can use!

Our Vision
The School of Health and Applied Human Sciences (SHAHS) will be recognized as the Atlantic Coastal Region's preeminent school of health and human sciences.

Our Mission
The mission of the School of Health and Applied Human Sciences is to promote the health and wellbeing of all persons through exemplary preparation of Health and Human Sciences professionals, community engagement, and research. We will realize this mission through relentless pursuit of strategic plan that affirms our strengths, targets growth opportunities, and pushes us to excellence. At the foundation of this plan are a set of core values.

Our Values

- Teaching. Learning. Excellence
- Superlative preparation of future leaders in the health and applied human sciences professions
- Stimulating learning environments characterized by pedagogical innovation, integration of cooperative and experiential learning, and promotion of scholarly inquiry and advancement
- Inter-professional/interdisciplinary collaboration and collegiality
- Powerful community partnerships and civic engagement activities that enhance the health and quality of life of those who reside in Cape Fear Region and beyond