A Message From Dr. Joshua Sharfstein, Associate Dean for Public Health Practice and Training

The Office of Public Health Practice and Training has been busy. We have been holding regular “Pop Up Practice” sessions with students and faculty. A recent session featured GPMR Program Director, Dr. Clarence Lam moderating a panel on fracking that included a leading state official and a leading critic from the Maryland General Assembly.

We’re also contributing to the launch of the Bloomberg American Health Initiative, which aims to tackle addiction and overdose, environmental challenges, obesity and the food system, risks to adolescent health, and violence. Applications are available for the Bloomberg Fellows program, which will provide full scholarships to individuals working in public and private organizations on the front lines of these challenges. Please refer interested organizations and individuals to this website: http://www.jhsph.edu/about/bloomberg-american-health-initiative/apply/index.html

We also answer questions at BloombergFellowsMPH@jhu.edu.

I hope everyone has a great Thanksgiving and a wonderful new year.

Take care,
Josh Sharfstein, MD

In Memory of Dr. Donald Ainslie (D.A.) Henderson
The Former Dean of the Johns Hopkins Bloomberg School of Public Health and a Strong Supporter of the General Preventive Medicine Residency Program.
The last few months have been a trying time in public health.

Dr. D.A. Henderson, former dean of the School of Public Health and leader of the WHO's program that successfully eradicated smallpox, passed away on August 19. Not only was his legacy renowned and respected around the world, but he was an unceasing champion for our residency program. As dean, he supported the residency as a "crown jewel" of the School—a unique program that trained public health leaders and practitioners who would make an impact throughout the world.

His support was unwavering, even as dean emeritus. Many GPMR graduates will fondly remember the annual dinners he hosted at his home in Baltimore for our residents, or his inspiring talks with our residents when he would captivatingly recount his smallpox experience year after year. Throughout the years he mentored and guided many medical students and residents into preventive medicine and to our program.

D.A. was truly unique—a leader who was humble yet confident, and down-to-earth yet visionary. One who remained generous with his time and his support. As the world mourns the loss of a public health hero, we will miss D.A. as a mentor, friend, and inspiration for generations of GPMR graduates.

More recently, the results of the November election have left many to ponder the future of public health. Dean Mike Klag hosted an open forum two weeks ago filled to capacity with concerned students and faculty where there were more questions than answers. And while much is unknown at this time with the transition of the new administration, many believe that there has been a longer-term trend towards the politicization of science and attacks on public health.

Public health can be inherently political, and "politics, for better or worse, plays a critical role in health affairs." But the basic tools of public health have remained steadfast and time tested throughout history regardless of changes in leadership and in administration. Our program will continue to equip residents with the knowledge and skills to become public health leaders and prepare them with the experiences and opportunities they will need to overcome future public health challenges in our nation and around the world.

Sincerely,
Clarence Lam, MD, MPH

Program Updates
Get to know our current GPMR Residents
We welcomed nine new GPMR residents to our program in July. They come from very diverse background. We also have seven senior residents in the program. You can read more about our residents [here](#).

**Clinical Corner**

Dr. Hoda Bastani (GPMR class of 2017) has been working on obesity management at the Johns Hopkins Community Physicians, Remington Clinic. In the past year, she has developed a consult service run by preventive medicine residents to provide intensive one-on-one management of overweight and obesity within the primary care setting. She also created EMR templates that support the consult service by incorporating Expert Committee Recommendations for obesity evaluation and management as well as prompts for motivational interviewing into office visit notes. She and Dr. Nick Lehnertz (GPMR class of 2018) are now developing and evaluating the effectiveness of a longitudinal group weight management program that includes both informational and peer discussion components.

**Cooking and Fitness Classes**

A partnership was established between the Johns Hopkins Community Physicians, Remington Clinic and the Church of the Guardian Angel in the Remington neighborhood of Baltimore. Every Thursday night a few preventive medicine residents lead community members through a cooking class. A healthy recipe is picked, a few key points are discussed, and community members come to the kitchen and participate in every part of the cooking process, from reading the recipe, to chopping all the vegetables, to sautéing food on the stove. We have around 10 people attending the class every week, and about 25 people total join for dinner! So far some of our community members have tried tofu for the first time, have learned basic knife skills, and get to take home one healthy easy recipe for their toolbox. We hope to keep going and potentially expand the program in the future.

We also have a fitness class as a supplement to the cooking class, held every Thursday in the church gym prior to the cooking class. Most fitness class participants join the cooking class immediately after. The class is led by preventive medicine residents with the purpose of giving participants a group of exercises they can perform at home without any equipment necessary. Each week has a different exercise theme but all try to focus on cardiorespiratory fitness including strength and general fitness exercises. We will also be leading a yoga class as a component of our fitness activities very soon.

**GPMR Alumni Survey Results**

Partial results of the alumni survey performed during the academic year of 2014-2015 was published in the *Journal of Population Health Management*. Read more about the career paths of GPMR graduates in the US and around the world [here](#).

**JHSPH Centennial Dinner**

As many of you are aware, 2016 is the 100th Anniversary of the Johns Hopkins Bloomberg School of Public Health, and in celebration of this milestone, our school has been encouraging alumni to host "100 Centennial..."
Dinners" to bring faculty, graduates, and students together. Dr. Clarence Lam hosted a 100 Centennial Dinner in November where Associate Dean, Dr. Sharfstein, made remarks reflecting on the state of public health and discussed the new Bloomberg American Health Initiative recently announced a few weeks ago. A number of local GPMR alumni attended the event.

**Our residents among the Delta Omega inductees**
We are happy to announce that two of our residents were among the 2016 Delta Omega inductees selected by the Delta Omega Public Health Honor Society, Alpha Chapter. The residents are Dr. Cassia Wells (GPMR class of 2017) and Dr. William Cherniak, a Family Medicine Physician from University of Toronto and MPH Student at Johns Hopkins. Dr. Cherniak affiliated with our program during his MPH training. The School celebrated the inductees in a ceremony on May 16, 2016.

**Read More on GPMR**
Read the past issues of GPMR eNewsLetter [here](#).