Director’s Message

For this month’s message I would like to call attention to the outstanding work of our SPRINT Coordinating Center team whose recent publication received significant media attention. Published online in JAMA, January 28, 2019, Effect of Intensive vs Standard Blood Pressure Control on Probable Dementia (PMID: 30688979), presents for the first time an effective strategy for the prevention of age-related cognitive impairment. The SPRINT MIND Study was a part of the larger study in which participants were studied for new onset of dementia or cognitive impairment. Persons randomized to intensive systolic blood pressure control (<120 mm Hg) had a statistically significant reduction in the risk of developing mild cognitive impairment (14.6 vs 18.3 cases per 1000 person-years; hazard ratio, 0.81, 95% CI: 0.69 to 0.95) compared to persons in the standard treatment arm. This adds to the SPRINT findings that intensive blood pressure control is not only good for the heart, but it is also good for the mind! The SPRINT Coordinating Center team has been busy preparing for the close-out of the SPRINT study. They are hopeful that they will be able to obtain additional funds to continue to follow the MIND cohort to determine whether the blood pressure intervention also has a benefit on dementia. (There were too few cases of dementia in the six-year follow-up to make a definitive conclusion). Shout out to Jeff Williamson, Nick Pajewski, Laura Coker, Sarah Gaussoin, Darrin Harris, Steve Rapp, David Reboussin, and Jennifer Walker who were authors of this recent paper!

Kristie Long Foley named Chair of Implementation Science

Effective January 1, 2019, Kristie Long Foley, PhD, was appointed as Chair of the Department of Implementation Science. Kristie had served as Professor and Interim Chair since July 2017 when Implementation Science was created as the fourth PHS department.

She is currently Associate Director of Population Sciences and Program Leader for Cancer Prevention and Control, in the Comprehensive Cancer Center. Kristie also serves as an Adjunct Associate Professor in the Department of Health Behavior at the UNC Gillings School of Global Public Health and as Adjunct Professor at the University of Medicine and Pharmacy of Târgu Mures, Romania.

Kristie serves as principal or co-investigator on numerous National Institutes of Health and institutional grants, including a National Cancer Institute-sponsored national cluster randomized trial to improve the effectiveness and implementation of evidence-based tobacco cessation strategies during routine lung screening. Her research has focused on advancing science that leads to health care delivery systems changes, specifically in the prevention and early detection of cancer.

Please join in congratulating Kristie as the first Chair of Implementation Science.

Upcoming Events/Save the Date

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>April 3, 2019</td>
<td>Dr. Suzanne Danhauer will lead a Strengths Finder workshop for faculty and staff of all departments. The workshop will help participants identify and develop their natural talents.</td>
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<tr>
<td>May 10, 2019</td>
<td>Faculty Retreat</td>
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<tr>
<td>September 19, 2019</td>
<td>Division of Public Health Sciences 30th Anniversary Celebration. Day and evening events. All faculty and staff are invited.</td>
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Division Updates

Birthday Social Club
The Birthday Social Club celebrates member birthdays with cake, ice cream and conversation. Fee is $10 for the year. If you are interested in joining please contact Mark Brown, 6-7218, wmbrown@wakehealth.edu

Spring Bowling
The PHS Spring Bowling league is over 20 years old. All levels of bowlers are welcome. If you are interested, please contact Mark Brown, 6-7218, wmbrown@wakehealth.edu

Best Health Champion
PHS is looking for a Best Health Champion to represent our Division. A champion will assist in coordinating wellness activities within the work area. Even small changes will make a big difference. If you are interested please contact Nancy Buchheimer, 3-5067, nbuchhe@wakehealth.edu

Recognitions

Fellowship in the Society of Behavioral Medicine
John Salsman has been elected to Fellow status in the Society of Behavioral Medicine (SBM). He will be recognized at the annual meeting held on March 6-9, 2019 in Washington, DC.

Distinguished Scientist Award
Suzanne Danhauer has been awarded a 2019 Distinguished Scientist Award from the Complementary & Integrative Medicine (CIM) Special Interest Group (SIG) for the Society of Behavioral Medicine (SBM). She will be honored at the SBM CIM SIG annual meeting on March 8, 2019 in Washington, DC.

Announcement of Emeritus Appointment
Larry Douglas Case. Professor Emeritus, Division of Public Health Sciences. Doug was among the first faculty appointed in the original Department of PHS, Section of Biostatistics.

Recent Awards

Biostatistics and Data Science
Daniel Beavers, PhD. Optimizing the Value of Pain Management in Knee Osteoarthritis Patients with Comorbidities. Subcontract with Wake Forest University/NIH

Social Sciences & Health Policy
Scott Rhodes, PhD. State Pre-emption of Municipal Laws and Policies Affecting Immigrants’ Culture of Health. Robert Wood Johnson Foundation
Chandylen Nightingale, PhD. Caregiver Oncology Needs Evaluation Tool (CONNECT): A Technology-Based Intervention to Connect Lung Cancer Caregivers with Supportive Care Resources. Lung Cancer Research Foundation
Mark Hall, JD. Assessing Health Insurers Using Medical Loss Ratio Data: Round 7. The Commonwealth Fund
Division Policies

- All non-exempt staff who work more than five hours per day are expected to take an unpaid (i.e., clocked out) meal period or lunch break of not less than 30 minutes during each scheduled shift. Lunch breaks may either be 30 minutes or 1 hour as agreed upon between the supervisor and the employee. Business Manager’s approval is required to perform work during the meal period. In those instances, the meal period is considered paid time. We ask that all employees respect this unpaid time and do not discuss work-related issues during those times.

- BTO Policy and Holidays for Staff — PHS offices will be closed on New Year’s Day, MLK, Jr. Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Please make sure you have the BTO hours to cover them.

- Please observe good housekeeping to help promote a clean and orderly breakroom environment. Everyone is responsible for cleaning up after themselves.

- Starting July 1, 2019 all the coffee and breakroom supply ordering will be done by PHS Administration. This will allow improved cost efficiency and inventory control.

Faculty Career Development

Preparing your promotion portfolio (for Faculty anticipating promotion)

Date: Monday, February 11, 2019 (Commons) and Thursday, May 30, 2019 (Cancer Center, CCCR 10B & 10C)
Time: 5 pm – 6:30 pm
Target Audience: Faculty anticipating submitting applications during the 2019 cycle and staff who assist in package preparation (however, all are welcome regardless of anticipated application submission)

Job Openings

Administrative Secretary — Biostatistics and Data Science, Contact Margie Troxler, mtroxler@wakehealth.edu, 6-7108

Patient Navigator—Comp Cancer Center—Social Sciences and Health Policy, Contact LeeAnn Gleiser, lgleiser@wakehealth.edu, 3-5267

Data Collector — Social Sciences and Health Policy, Contact LeeAnn Gleiser, lgleiser@wakehealth.edu, 3-5267

Programmer/Analyst III — Research Information System, Contact Margie Troxler, mtroxler@wakehealth.edu, 6-7108

Programmer/Analyst II — Research Information System, Contact Margie Troxler, mtroxler@wakehealth.edu, 6-7108

Web Developer — Research Information System, Contact Margie Troxler, mtroxler@wakehealth.edu, 6-7108
We all know sleep is important. But how does sleep actually affect our overall health as we age? And what if there was a simple tool we could use to identify a potential invention to avoid negative health outcomes? Unfortunately, for postmenopausal women in particular, these questions go unanswered. Laura Baker, PhD (Gerontology & Geriatric Medicine and Social Sciences & Health Policy) and her team in Public Health Sciences are tackling these questions with the WHISPER (Women’s Health Initiative Sleep hyPoxia Effects on Resilience) Study.

WHISPER examines the role of nocturnal intermittent hypoxia and other adverse sleep exposures on cardiovascular events and progression, cancer incidence and severity, and cognitive trajectory, including risk of mild cognitive impairment (MCI), Alzheimer’s disease (AD) and related dementias in older women from the Women’s Health Initiative Extension Study cohort. Dr. Baker’s team serves as the study’s coordinating center, in collaboration with Harvard University, California Pacific Medical Center, Stanford University, the Fred Hutchinson Cancer Research Center and the University of North Carolina-Chapel Hill. Funding is from the NIH/NHLBI.

WHISPER is currently in the process of enrolling 5,000 postmenopausal women across the U.S. to complete a one-time sleep assessment using two at-home, low cost, wrist worn devices: the Itamar WatchPAT (to measure oximetry for one night) and the ActiLife Actigraph (to measure actigraphy for four days and four nights). Both devices have been validated to provide reliable estimates of sleep-disordered breathing (WatchPAT) and sleep duration/variation (Actigraph)—which have been identified as risk factors for negative health outcomes.

A unique aspect of WHISPER is that participants do not report to a clinic site to receive and be trained in the use of the sleep assessment devices. Instead, devices are mailed to the participants from the WHISPER offices in 525@vine and devices are returned by mail where the sleep data are downloaded for analysis. Enrolled participants receive a shipment including pictorial instruction cards, a self-report sleep diary, and the two wrist worn sleep devices. Participants receive phone calls throughout the sleep assessment to discuss the instructions and to be interviewed.

The results of this study have the potential to impact routine clinical care by providing an alternative cost-efficient, low burden, home-based sleep assessment for patients at highest risk for cardiovascular disease, cancer, and cognitive impairment.

Led by Principal Investigator Dr. Laura Baker, the WFSM study team includes: Dan Beavers, Steve Rapp, David Reboussin, Sally Shumaker, Bev Snively, Bonnie Sachs, Alyssa Anderson, Mark Brown, Lynn Callahan, Danielle Cunio, Heather Dailey, Jonna Daniel, Britany Davis, Shamita Duren, Ann Funstenburg, Leslie Gordineer, Darrin Harris, Leonard Jordan, Deb Kampman, Margaret Pearce, Debbie Pleasants, Julia Robertson, Margaret Scales, Cheryl Summerville.

HAPPENINGS......

PHS Day of Service in Memory of Cole Weaver

On November 1, 2018 the PHS Community came together for a day of service and remembrance for Cole Weaver. Teams worked with Forsyth Backpack Program and stuffed backpacks with food and helped deliver them for 1600 children.

Thank you to all who participated.