Greetings from the College of Health Sciences (COHS)!

The COHS continues to grow and thrive. New academic programs will join the college in July at the beginning of the new academic year. We are excited to welcome the Department of Kinesiology and the School of Social Work. We will also welcome a new interim associate dean in July. Ron Pfeiffer will bring a wealth of expertise and skill to the position based on his current and past positions within Kinesiology and the College of Education. Preparations for these transitions are still underway and we will share additional information as it develops.

In this newsletter you will read about other changes in the college, including the new centralized location for the Office of Research and its new director, Terri Soelberg. Some of our changes elicit mixed emotions, such as the departure of our development director, Sunny Wallace, as she moves to a new position at the university. We are thankful that she will be able to use her talents for the benefit of the entire Boise State community in her new position as Policy Manager for Campus Operations and General Counsel.

Despite all this growth and opportunity, our college's faculty, staff and students continue to excel. The Radiologic Sciences students have shined on the state and national stages for their profession. The faculty continue their outstanding teaching, with formal recognition by their students. The academic programs continue to receive rave reviews from accreditors and academic societies. These are just a few of the exceptional happenings in the college.

Enjoy the newsletter, and please contact me if you have any comments, suggestions or questions.
Radiologic Sciences Students Win Six Awards in Three Months

Twelve Radiologic Sciences students have won six awards in the past three months.

In early April at the Idaho Society of Radiologic Technologists (ISRT) conference in Fort Hall, Idaho, Maritza Ambitz, Myesha Uker and Allisha Whiteshell, won the conference's research paper competition for their paper "Frequency of Radiation Protection within Diagnostic Medical Imaging." Also, Kaitlyn Loveland, Brooke Newhouse and Michelle Moon, placed third in the conference's research exhibit competition for their poster, "Cleanliness in High Traffic Medical Areas." Read more.

Jeanie McElroy, was selected to participate in the American Society of Radiologic Technologists (ASRT) 2014 Student Leadership Development Program in March. McElroy was one of 75 radiologic science students chosen from around the country to participate in the program and receive an all-expenses-paid trip to the ASRT annual meeting in June in Orlando, Fla. Read more.

In Feb., three student teams, each consisting of three radiologic sciences students, swept the Association of Collegiate Educators in Radiologic Technology's Royal Domingo Student Essay Competition. Kaitlyn Loveland, Brooke Newhouse and Michelle Moon took first place for their paper, "Cleanliness in the Radiology Department." Ivy Edwards, Amanda Koslosky and Brandilyn Richner won second place for their paper, "Methods of Imaging Scholiosis to Reduce Breast Dose." Scott Hartley, Arlen Longeteig and Allan Lloyd placed third for their paper, "The Utilization of Lead Equivalent Scatter Attenuation Drapes during Surgical Procedures." Read more.
Office of Research Evolves to Offer More Faculty Research Support

The College of Health Sciences Office of Research made leaps in the office's evolution during the month of March.

The Office of Research is now housed in a single location in the Norco Nursing and Health Services Building Suite 113, has combined pre-award and post-award services, and has a new director. For faculty and staff in the College of Health Sciences, the new location means centralized access to personnel supporting research and other sponsored activities.

Janet Reis, former director of the Office of Research, will now focus on her role as senior researcher within the office. In this capacity, she will support faculty and engage community partners to design and implement original research proposals and projects.

Newly appointed director, Terri Soelberg, will provide leadership and support to advance the college's research-related strategic goals. Read more.

Two College of Health Sciences Faculty Honored at Annual Golden Apple Award Ceremony

Jody Lester, chair and associate professor for the Department of Respiratory Care, won the Golden Apple Award for the College of Health Sciences, and Susan Esp, assistant professor for the Department of Community and Environmental Health, received an honorable mention.

One outstanding faculty member from each of Boise State's six academic colleges and the Graduate College was presented with a 2014 Golden Apple Award on March 10. All nominations were made by students and the award is sponsored by the Associated Students of Boise State University (ASBSU). The Golden Apple Award is a way for students to thank teachers who encouraged them and instilled

Health Tip

Mind Your Health - May is Mental Health Month.

- Nearly 1-in-5 Americans over age 18 will experience a diagnosable mental health disorder in a given year, and nearly half (46.4%) will experience a mental health disorder in their lifetime.
- Approximately 70% of Americans experience physical and non-physical symptoms of stress, but only 37% think they are doing very well at managing stress.
- Relationships and social connections are important. A low level of social interaction was found to have an impact on lifespan equivalent to smoking nearly a pack of cigarettes a day or being an alcoholic, and was twice as harmful as being obese.

The good news is there are many healthy choices and steps that individuals can adopt to promote and strengthen mental health—and overall health and well-being.

- Mental health is integral to our overall health. The mind and body are intricately connected; complete health includes good mental health as well as
Boise State students and faculty, Chan Chen Primary School Principal, Carlos Itzap, in front of completed chicken coop.

Two College of Health Sciences Lead Students on International Learning Experiences

Megan Koster, clinical assistant professor in the Department of Respiratory Care and faculty advisor for the Boise State chapter of Timmy Global Health, and Karen Breitkreuz, assistant professor in the School of Nursing, each led a group of students on an international learning experience.

Koster took two respiratory care students and one finance student to the Dominican Republic in January. They joined another Timmy Global Health team from Butler University for a week in the province of Montecristi which is made up of rural and marginalized communities comprised of stagnant Dominican families and Haitian migrant families working in banana plantations. The Timmy Global Health teams worked alongside in-country health care providers in a health program that is part of a fair trade banana cooperative called Banelino. The team provided support in mobile medical clinics, treating 447 patients of all ages in five partner communities, which were served through mobile medical clinics. Read more.

Breitkreuz and Tony Songer, professor in the Department of Construction Management, led a group of students in the second year of the Boise State-Corozal, Belize Peace Village initiative, a collaborative effort by the Colleges of Engineering and Health Sciences, the Honors College, and the University Foundations program. The collaborative effort provides Boise State students unmatched educational, cultural, and professional engagement and enrichment. The Peace Village initiative creates strategic partnerships that address root causes of poverty and disparity in emerging economies.

Sixteen students enrolled in the crosslisted service-learning physical health.

- When a person has good mental health, they deal better with what comes their way.
- Poor mental health can significantly harm a person's general health.
- Stress has a huge impact on our lives and can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.
- A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.
- Everyone can take steps to protect and strengthen their minds and bodies.
- Living a healthy lifestyle may not be easy, but can be achieved by gradually making small changes and building on those successes.
- If positive lifestyle changes aren't helping a person's mental health - they should seek help, and the Mental Health America network is available to assist them in finding
course "Global Citizenship and Social Responsibility" spent their Spring Break in the small village of Chan Chen, Corozal District, Belize working in the Chan Chen primary school. The 2014 theme was 'Healthy Lifestyles' and included conducting a camp at the schools, extending last years' garden project by building a chicken coop, and renovating a kindergarten playground. Additionally, nursing students assisted with the Corozal Hospital Mobile clinics, which visited small, remote villages in the Corozal District, and students conducted a Community Fair for the primary school children on the last day of their visit. Read more.

Faculty Publishes In-Depth Profile of Department of Respiratory Care

The Coalition Chronicle, a publication of the Coalition for Baccalaureate and Graduate Respiratory Therapy Education, has published an in-depth profile of the Boise State University Department of Respiratory Care, authored by Lonny Ashworth, professor and director of the RRT to BS Degree Completion Program, Department of Respiratory Care.

The profile gives a historical perspective of the department and an overview of the faculty and staff, the curriculum, and the equipment used in the department's programs. Offering two options to students, the department has students enrolled in an on-campus, bachelor of science degree in respiratory care and an online, degree completion program that allows respiratory therapists with an associate's degree to complete their bachelor's degree. Read more.

Best Wishes for Sunny Wallace

Sunny Wallace, development director for the College of Health Sciences, is leaving the college for a new position at Boise State. Beginning May 1, Wallace will be the policy manager for Campus Operations and General Counsel. Her new position connects to her studies in Boise State’s Doctor of Philosophy in Public Policy and Administration program.

During her tenure in the College of Health Sciences, Wallace worked with faculty, staff and the
Friends of Nursing volunteers to inspire the most successful fundraising event ever for the School of Nursing. Funding from the event is used to support faculty research and student scholarships.

She also began working on the top funding priority for the Department of Radiologic Sciences to replace old equipment. Working with Department Chair Leslie Kendrick and the Radiologic Sciences Advisory Board, they raised enough money for lighting enhancements, a generator, a dosimeter, and a newer ultrasound machine to support the educational objectives of the program.

In addition, Wallace has built relationships with dozens of individual donors and organizations from Spokane, Wash. to Boston, Mass. to begin new scholarships across the college. Finally, working closely with Dean Dunnagan, she helped build the first College of Health Sciences Board of Ambassadors. This advisory board consists of current and retired CEOs dedicated to enhancing the reputation and programs of the College of Health Sciences.

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**Sonography Program Receives Continuing Accreditation**

The Diagnostic Medical Sonography Program at Boise State University received a ten-year continuing accreditation from the Commission on Accreditation of Allied Health Education Programs (CAAHEP). The Boise State sonography program has continually maintained CAAHEP accreditation since 2001. Boise State is one of only 32 CAAHEP accredited programs across the nation offering a bachelor degree. Boise State is home to the only sonography program in the state of Idaho.

A major strength of the Boise State Sonography Program is the extensive network of local hospitals and clinics, physicians and sonographers that offer a variety of educational experiences. Students are afforded the opportunity to participate in a variety of clinical experiences at 21 clinical sites throughout the Treasure Valley. The entire clinical team consists of one faculty, one clinical coordinator, one medical director, and 26 clinical instructors, as well as numerous sonographers and physicians. The team guides the students’ didactic and clinical experiences throughout the professional component of the
CAAHEP accreditation is highly valued by students and employers alike. Accredited programs have demonstrated rigorous standards, attract high quality students and produce graduates that are highly recruited. Graduate surveys from the past five years indicate 96 percent of Boise State sonography graduates are employed in sonography within three months of graduating, with 67 percent indicating they were hired before graduation. Read more.