

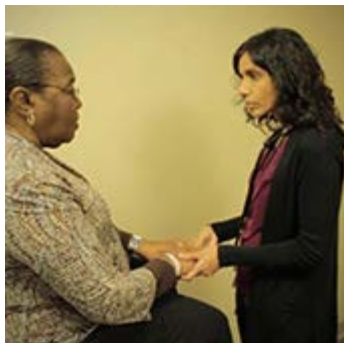
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January 8, 2014



Kiosk



Monica Bharel, MPH '12, named Mass. health commissioner

Massachusetts Governor Charlie Baker has named Monica Bharel, MPH'12, to head the Department of Public Health. Bharel currently is chief medical officer at the Boston Health Care for the Homeless Program.



More whole grains linked with lower mortality

Eating more whole grains is associated with up to 15% lower mortality—particularly cardiovascular disease-related mortality. The study also found that bran, a component of whole grain foods, was associated with similar beneficial effects.



Weight training may help control belly fat

Healthy men who did 20 minutes of daily weight training had less of an increase in age-related abdominal fat compared with men who spent the same amount of time doing aerobic activities. Combining both activities led to the most optimal results.

Event Highlights

State of the School address

January 12

Presentations: 4:00–5:00 PM

Refreshments: 5:00–6:00 PM

Kresge Cafeteria

Refreshments will be provided

[RSVP](#) and ask a question

Project STEEL: Sustainable Training for Emerging Ethics Leaders in Low- and Middle-Income Countries

[Delia Wolf](#) will discuss this new program

January 13

12:30–1:30 PM

Kresge 439

Senior Leader Administrative Forum Breakfast

[Michael Kan](#) and [Meredith Rosenthal](#) welcome the School community to chat about diversity and other topics.

January 15

9:00–10:30 AM

Kresge 110

[Event calendar >](#)

In the news



[The heat is on: Causes of hospitalization due to heat waves identified](#)

Around the School

Green space and health

Mounting evidence connects



human health and urban green spaces. A new report calls for accelerating research on how cities can be designed to take advantage of this link.



Sharing ideas on public health education

The School recently welcomed a delegation of 16 academic leaders from Nigeria and Ghana.

Managing the Transitions of Life

January 20, 12:00–1:00 PM, Countway Library, Ballard Room

This course will describe some methods to deal with challenging life transitions such as a new job or the arrival of a new baby.

Quality Cancer Care

January 29, 12:00–1:00 PM, Countway Library, Ballard Room

This seminar covers what to expect during cancer diagnosis and treatment, and ways to confront the challenges that ensue.

Register for both seminars in PeopleSoft by following this path: Self Service>Learning and Development>Request Training Enrollment>Search by Course Name>Category, enter HLC.

[Molecular mechanism behind health benefits of dietary restriction identified](#)

[African countries could pay greater share of HIV/AIDS funding](#)

[Vermont calls it quits on single payer](#)

[Ebola causing trauma among children, families in Sierra Leone](#)

[Maternal health better basis for baby growth standards](#)

[Low-GI diet may not help lower risk of diabetes, heart disease](#)

[Obesity linked to aggressive prostate cancer](#)

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