

**Robert Wood Johnson Foundation Health & Society Scholars Program**
WINTER NEWSLETTER
March 2012**Headline News****Volume 5, Issue 2**

We are pleased to announce our incoming
Cohort 10 Scholars!

**Ezequiel Galarce**

Ezequiel Galarce is a research fellow in the Department of Society, Human Development and Health at the Harvard School of Public Health. His work is focused on two questions: *What are the factors that influence health behavior maintenance? Why do some population subgroups present more difficulties in maintaining healthy lifestyle choices than others?* He attempts to tackle these problems from biological, psychological and ecological perspectives. He is particularly interested in examining how these levels interact and are affected by early experiences. He combines laboratory experiments with field interventions. Ezequiel earned a Ph.D. in Psychological and Brain Sciences in 2009 from the Johns Hopkins University. He also holds a license in Clinical Psychology earned in 2000 in Argentina. Ezequiel balances his work with his family, music and photography.

Matthew Killingsworth studies the nature and causes of human happiness, and is the creator of www.trackyourhappiness.org, a project that uses smartphones to study happiness in real-time in the course of everyday life on a large scale. Recent research has examined a variety of topics, including the relationship between happiness and mind-wandering, the percentage of daily experiences that are intrinsically valuable, and the degree of congruence between the causes of momentary happiness and of one's overall satisfaction with life. Currently, Matt is a doctoral candidate in psychology at Harvard University. Prior to graduate school, he worked in the software industry as a product manager. Matt received his B.S.E. from Duke University with majors in Biomedical Engineering, Electrical Engineering, and Economics. When not working on his research, you might find Matt wandering around the city or countryside taking pictures, in the kitchen cooking, at the gym, or trying a new restaurant.

**Matthew Killingsworth**

THANK YOU to all affiliate faculty and scholars for your participation in this year's interview process!

Scholars

Mark Pachucki is a working group member of the new interdisciplinary group, The Behavior Change Research Network (BCRN), located at the University of California, Berkeley. BCRN is composed of faculty and postdoctoral scholars from business, economics, psychology, and public health. Mark has contributed to a recent R-13 conference grant submission to the National Institute of Aging (NIA) for interdisciplinary conferences on decision-making and health behaviors during adolescence and older age during 2013-14. More information on [BCRN](#)

Meredith Barrett is working with the Environmental Protection Agency to provide feedback on their newly developing Sustainable and Healthy Communities Research Program. This program aims to incorporate sustainability, social determinants of health and health impact assessment into EPA's research activities at the community level. They plan to develop analytical tools to help communities make decisions that benefit both the environment and community health.

Featured Publications

Article by **Doug Jutte, Kaja LeWinn, Malo Hutson, et al.** from *Health Affairs*

"Bringing Researchers And Community Developers Together To Revitalize A Public Housing Project And Improve Health." [Read Article](#)

Article by **Aric Prather, Eli Puterman, Janet Tomiyama, Elissa Epel, et al.** from the *Journal of Aging Research*

"Shorter leukocyte telomere length in midlife women with poor sleep quality." [Read Article](#)

RWJF H&SSP Faculty

Ray Catalano is quoted in the *Wall Street Journal* regarding young men and the affect of the economy on them. "We're at risk of having a generation of young males who aren't well-connected to the labor market and who don't feel strong ownership of community or society because they haven't benefited from it," says Ray. [Read More](#)



Wendy Mendes joins the Program Leadership Committee for the RWJF H&SSP at our UCSFB site. Welcome Wendy!

Elissa Epel and Jennifer Daubenmier's ongoing research into how stress and the stress hormone cortisol are linked to eating behavior, fat and health made headline news at UCSF. [Read Story](#)

Bob Hiatt is part of an IOM panel that pinpoints environmental culprits in breast cancer, which is reported in *US News and World Report*. "There's been so much concern about the environment, and I think the report is a comprehensive look at what we really know, based on human evidence," said Bob, a member of the 15-member IOM committee that compiled the 364-page analysis. [Read More](#)



Barbara Laraia has taken a new position at UC Berkeley School of Public Health. She is an Associate Professor in the Division of Community Health and Human Development and part of the Public Health Nutrition faculty. Dr. Laraia will continue her research with colleagues at UCSF and UC Berkeley in how food and social environments, and household food insecurity influence dietary intake and obesity. She looks forward to expanding her research on the US food system and issues of food access among vulnerable populations. She is currently a member of the IOM Committee on the Examination of the Adequacy of Food Resources and the Supplemental Nutrition Assistant Program Allotments.

Alumni Corner

Belinda Needham has a 2010 study referenced by *Fox News*. The study, which was published in the American Journal of Public Health, found that people who feel sad and lonely gain weight more quickly than those who report fewer depression-related symptoms. [Read More](#)

Cassandra Okechukwu is lead author on study released in the November 17, 2011 issue of the American Journal of Public Health, as report by the *Harvard School of Public Health*. The study, entitled "Household Food Insufficiency, Financial Strain, Work-Family Spillover, and Depressive Symptoms in the Working Class: The Work, Family, and Health Network Study," shows that symptoms of depression are common among low-wage nursing home employees. [Read More](#)

Laura Gottlieb collaborates on new think tank to innovate healthcare for poor. [Read More](#)

Upcoming Events**RWJ H&SS Core Seminar Schedule****April 5**

Exploring environmental triggers of asthma with spatially-explicit, real-time data
Meredith Barrett, PhD

Does susceptibility to air pollution among asthmatics vary by race or socioeconomic status?
Olivier Humblet, ScD

Title: TBD

Emily Jacobs, PhD

April 12

Not What You May Expect: The Relationship of Poverty and Health

David Rehkopf, ScD, MPH

Stanford University, Assistant Professor
Department of Medicine

April 26

Complex Systems and 'what ifs?'

George Kaplan, PhD

Thomas Kaplan, Professor
Emeritus of Public Health

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