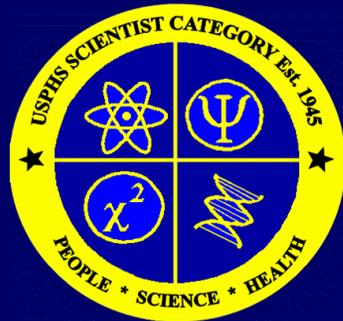


The Scientist Officer



Summer Edition 2019

Volume 12, Issue 3

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Photo by Kun Shen

2019 SciPAC Category Day and Social

During May 6-9, 2019, officers gathered in Minneapolis, MN, to attend the 54th USPHS Scientific & Training Symposium. On Wednesday, May 8, both the Scientist Category Day and Social were held. Over 70 Scientist officers attended either Category Day activity. Thanks to the work of CDRs Eric Zhou and Deborah Dee (Category Day Subcommittee Co-Chairs) and the entire Category Day Subcommittee, the event was a great success.

The theme for the 2019 Symposium was "Better Health through Better Partnerships," which aligns with the Surgeon General's motto. The Keynote Speaker Team (led by CDR Kamil Barbour) identified an excellent speaker to present on this theme. Dr. Erin Krebs, Women's Health Medical Director, Minneapolis Veterans Affairs Health Care System, and Associate Professor of Medicine, University of Minnesota, spoke about "Team-based care for patients with chronic pain and long-term opioid use."

Scientific presentations, including traditional and SciTalks (similar to very brief TED or Ignite talks) were distributed across morning and afternoon sessions. Nine officers presented on various topics related to scientific issues, networking, Scientist category benchmarks, history of the Scientist category, and personal development.

Awards were presented to [four distinguished Scientist officers](#) during Category Day. The Shalom M. Irving Memorial Junior Scientist Officer of the Year award was awarded to LCDR Oliver Ou of USDA. The Derek Dunn Memorial Senior Scientist Officer of the Year award was awarded to CDR Matthew Murphy of CDC. The Scientist Responder of the Year Award was awarded to CDR Sara Vagi of CDC. The Scientist Mentor of the Year Award was awarded to CDR Anne Purfield of CDC.

The networking session was well-moderated by LCDRs Jorge Muñiz-Ortiz and Nancy Tian, as well as LTs Tanesha Tutt and Alesha Harris. Officers in attendance selected numbers out of a hat to determine which tables they would sit at during the session; officers were able to join two different groups of officers during the session to maximize the opportunity to meet others and to network. At the end of the session, a few officers reported about what they learned from and about their fellow officers.

CDR Matthew Newland and LT Debra Chen organized a creative Category Day mentoring session. The session was an interactive workshop designed to engage officers in discussing various mentoring scenarios and providing specific recommendations to hypothetical officers.

The Panel Discussion Team (led by LCDR Eduardo O'Neill) planned their session around a very timely and relevant topic for the Corps: The Importance of Partnerships During Emergency Responses. Panelists included CDRs Adrienne Goodrich-Doctor and Michelle Rodriguez, and LCDRs Israel Cross and John Pesce. Each talked about their deployment experiences and how partners played a role in the success of these deployments.

The 2019 SciPAC Social took place Wednesday evening at Brit's Pub, a nearby venue that offered officers the chance to mingle after a superb day of Category Day presentations and activities. This year, the Category took a break from bowling, but still took time to enjoy good food and company. Attendance was high for the social, and a great time was had by all. Thanks go out to the Social Team (led by LCDR Oliver Ou) for the fun event.

By CDR Deborah Dee and CDR Zewditu Demissie

SciPAC Visibility Subcommittee Supports Walking for Health: The BeltLine Run/Walk and Social

Physical activity is an important component of a healthy lifestyle and contributes to disease prevention. *The Physical Activity Guidelines for Americans* recommend adults get at least 150 minutes of moderate-intensity aerobic physical activity, 75 minutes of vigorous-intensity physical activity, or an equivalent amount of physical activity in combination each week.¹ However, only one-half of U.S. adults meet the minimum aerobic physical activity guidelines. To increase physical activity in the nation, several initiatives have focused on walking.

Walking can be an easy way to start and maintain a physically active lifestyle. It requires no special skills or extra equipment. Further, walkable communities make it easier for people to be active. In 2015, the Surgeon General, Dr. Vivek Murthy, released the *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*, presenting five goals and supporting implementation strategies to help Americans be physically active and for the nation to better support walking and walkable communities. It also explains the roles that different sectors (e.g., schools and transportation, land use, and community design) can play in this important health promotion activity.²



A photo from the April 2019 BeltLine Run/Walk. Pictured from left to right: Martin Tomov (husband of LCDR Jessica Tomov), LCDR Jessica Tomov, CDR Zewditu Demissie, LT Tanesha Tutt, LCDR Alaine Knipes, LT Erica Rose (kneeling), LT Michelle Hughes, LT Leora Feldstein

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SciPAC Visibility Subcommittee Supports Walking for Health: The BeltLine Run/Walk and Social, continued from page 2

Aligned with the *Step It Up!* call to action is the Every Body Walk! campaign. Launched in 2007, this campaign aims at getting Americans up and moving. A collaborative partnership of national, state and local organizations, federal agencies, businesses, and professional associations, the Every Body Walk! initiative is committed to developing and implementing collective approaches that can return walking to a valued, cultural norm for all Americans. The campaign's site features information about the health benefits of walking, news, videos, and events while focusing on improving the safety, convenience, and comfort of walking in local communities.

Both of these efforts support The National Prevention Strategy, spearheaded by former Surgeon General Dr. Regina Benjamin. The Strategy aimed to guide our nation in the most useful, effective, and achievable means for leading a healthy lifestyle. The Strategy envisioned working across sectors and populations to improve the health and quality of life for individuals, families, and communities by shifting focus from sickness and disease to prevention and wellness. One priority area of the Strategy was active living.³

In support of these initiatives, officers' physical fitness, and desire for camaraderie, the SciPAC Visibility Subcommittee's Atlanta Socials Team organizes walking events along the Atlanta BeltLine. The BeltLine is a modernized walking trail built from a system of old rail corridors across several Atlanta neighborhoods. In 1999, a graduate student at Georgia Tech proposed to use the old railways to build a new transit system to link the multiple neighborhoods. After further study, the BeltLine project was re-imagined as a connected park, trail, and transit system. In 2008, the first trails opened, and the BeltLine has been a hub for physical activity ever since.⁴ In addition to running or walking the BeltLine, Scientist Officers connect with each other over brunch to socialize. If any officers are interested in leading a BeltLine event, please contact CDR Zewditu Demissie, Atlanta Socials Team Lead, izj5@cdc.gov.

References

¹U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. 2nd ed. Washington, DC: U.S. Department of Health and Human Services; 2018.

²Step It Up!: The Surgeon General's Call to Action to Promote Walking and Walkable Communities. Washington, D.C.: U.S. Department of Health and Human Services, U.S. Public Health Service, Office of the Surgeon General, 2015. <https://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>

³Benjamin RM. The national prevention strategy: shifting the nation's health-care system. *Public Health Rep.* 2011;126(6):774–776.

⁴Atlanta BeltLine. Project History. <https://beltline.org/progress/progress/project-history/>

By CDR Zewditu Demissie and LCDR Colleen Scott

SciPAC Twitter Launched April 2019!

After numerous iterations of policy documents and third party website assessments, two years of work and follow-up has resulted in the official launch of our very own SciPAC Twitter Handle, @PHS_Scientist!

Using Twitter as an outward-facing and timely platform for sharing news, we aim to promote Scientist Officer accomplishments and foster collaboration among Scientists and public health professionals across USG agencies and the broader public health community. Targeting USPHS officers, public health professionals in other sectors of the US government, and the public, we are working towards increasing the visibility of USPHS Scientists, while highlighting our impactful scientific accomplishments. We also hope to inspire comradery through building visibility around shared interests and exciting topics.

The Twitter team is composed of four Scientist Officers and is located within the SciPAC Visibility Subcommittee. The team meets monthly to brainstorm items and strategize activity on our Twitter page. Our method is simple - we create original content tweets around topics intended to inspire and motivate. Our tweets weave in photos and officer portraits to interest readers. We peruse agency twitter feeds and retweet relevant content to promote awareness and build our profile. We retweet public health-related content from the Twitter accounts of our Surgeon General and other public health figures to keep our followers up to date and informed. We share factoids about SciPAC and USPHS to build understanding and interest in the history and impact of our officers.



(Continued on page 6)

SciPAC Twitter Launched April 2019! continued from page 4



Since going live on Twitter in April 2019, we have already seen interest in our content! By tracking our presence using the Twitter Analytics tools, we can measure the engagement of our followers and the public for each of our tweets and retweets. To date, we have tweeted 15 original tweets and retweeted seven times to generate more than 2,100 impressions and 80 engagements. We track which of our tweets generate the most interest, and are working towards generating more of the same types of content. Notably, our “Officer Profile Tweets” and our “DYK (Did you know) Tweets” are performing best, as are tweets with images and links to affiliated organizations and universities.

Looking forward, we are working towards increasing our presence on Twitter by adding more followers and more exciting content! In the coming months, the Twitter team will be looking to update some aspects of the Twitter policy document (more original tweets approved per month). We will also be looking to expand our team by putting out a call for new SciPAC Visibility Twitter team members! The new members will help us to generate original content and seek interesting and new opportunities to promote the work of Scientist officers. The more we tweet, the more visibility and potential for impact for Scientist Officers and our service! Follow us @PHS_Scientist.



By LCDR Alaine Knipes, LCDR Colleen Scott, LT Ruth Link-Gelles, and LT Jen Beauregard

FAPAC Recognizes Commissioned Corps Officers



Uniformed Service Awardees group photo. LCDR Zhang is second from the left.

On May 13-16, 2019, the Federal Asian Pacific American Council (FAPAC) celebrated awardees for both the Uniformed Services and Civilian Awards. The selection is based on a multitude of criterion for those who foster, promote, and practice a harmonious environment between the government and Asian American and Pacific Islander (AAPI) communities. For the uniformed services, special remarks were delivered by Major General Garrett Yee, Deputy Director of Strategic Operations Planning for the U.S. Army, and keynote speaker, Rear Admiral Matt Sibley, Director of Reserve and Military Personnel, U.S. Coast Guard. They both highlighted the importance of diversity within the ranks to further mission success. This year, during FAPAC's 34th National Leadership Training Program (NLTP) in Huntsville, AL, LCDR Xinzhi Zhang, a Scientist Officer, received a FAPAC Uniformed Service Award. The award is for his great passion, outstanding leadership, and exceptional efforts to promote workforce diversity and inclusion; improve minority health; and reduce disparities, racism, and discrimination in the nation, particularly for AAPI communities.

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FAPAC Recognizes Commissioned Corps Officers, continued from page 6

Founded in 1985, FAPAC is a nonprofit, nonpartisan organization representing the civilian and military AAPI employees in the Federal and District of Columbia governments. FAPAC is the oldest and largest AAPI affinity group for federally employed AAPIs. For the first time in the history of FAPAC, the National Board has changed its Military Service Awards to Uniformed Service Awards this year. The FAPAC Uniformed Service Awards now recognize and honor members of the Uniformed Services, which include the armed forces, Commissioned Corps of the Public Health Service and the National Ocean and Atmospheric Administration for their contributions to the country.



By CAPT Sally Hu

From Left to Right: Rear Admiral Matt Sibley, LCDR Xinzhi Zhang, FAPAC President Olivia Adrian



SciPAC Celebratory Fist Bump Recognition



CAPT Rick Troiano (NIH) was recently cited in a review article detailing the historical development of physical activity and health research. In this review, his highly influential paper, published in Preventive Medicine (2007), was recognized as one of the five most influential papers in the field of physical activity and health. To access the review article, visit: <https://www.sciencedirect.com/science/article/pii/S0091743517303778?via%3DiHub>. Well done CAPT Troiano! We present you with a celebratory SciPAC Fist Bump for this noteworthy professional achievement.



CDR Brian Harcourt (CDC) is receiving a celebratory SciPAC Fist Bump for crossing the 50 pound weight loss threshold. With proper support and internal motivation, it is possible to lose weight, feel better, and get fit. CDR Harcourt commemorates this significant milestone by giving a shot out to his excellent CDC nutritionist, Alyssa Dragutsky, Ms. Dragutsky, encouraged him to eat well balanced meals consisting of recommended proportions proteins, fats, and carbohydrates and appropriately sleeping 7-8 hours per night. Through his success, CDR Harcourt has motivated other CDC staff to improve their health and well-being. CDR Harcourt is photographed in a small slot canyon in the Valley of Fire State Park in Nevada.

CDR Kamil Barbour (CDC) recently received an Early Career Excellence Award from the University of Pittsburgh for his notable scientific accomplishments. In recognition of this meritorious accomplishment, CDR Barbour we are presenting you with a celebratory SciPAC Fist Bump.



LCDR Israel Cross (CMS) is receiving a SciPAC Fist Bump for being selected for the highly coveted Indian Health Service National Director's Award. As a deployed Quality Assurance & Performance Improvement officer to an Indian Health Service hospital, LCDR Cross built upon the existing infrastructure to effectively reduce hospital deficiencies by creating new metrics for tracking high-risk problem prone areas, and implementing strategies to proactively drive clinical quality using data.



The SciPAC Fist Bump has been created to celebrate PHS Scientists as they complete exciting personal milestones (e.g., finished a marathon, had a baby) alongside their phenomenal professional accomplishments. To get your Fist Bump please review the instructions then simply enter your information in our tracker or contact LCDR Shondelle Wilson-Frederick, Shondelle.Wilson-Frederick@cms.hhs.gov.
Instructions <https://dcp.psc.gov/OSG/scientist/documents/SOP_SciPAC_Fist-Bump-Tool_2018.doc>

New Hat Corner: Interview with Officers Who Have Experienced Career Transition

1. Describe your career transition.

In July 2018, I had a Permanent Change of Station (PCS) move from Athens, GA, to Washington, DC. It was both a geographic and a programmatic move. In Athens, I was a Regulatory Scientist with the Laboratory Quality Assurance Staff, Office of Public Health Science (OPHS), USDA-Food Safety and Inspection Service (FSIS). In that role, I reviewed analytical chemistry validation packages in support of the USDA FSIS laboratory system, audited FSIS laboratories, and assisted the Accredited Laboratory Program (ALP) Administrator to manage the FSIS ALP program. In Washington DC, I am currently a Chemistry Staff Officer with the Science Staff, OPHS. My main duties include reviewing World Trade Organization (WTO) Notifications to support global trade, auditing foreign country's food inspection system to ensure the safety of imported products, serving on FSIS Recall Committee to address microbiological, chemical, and other scientific issues associated with a food recall, and coordinating the US National Residue Program.

2. What led you to make this change and how will it contribute to your PHS career goals?

I enjoyed working with my colleagues and living in Athens, but I had to make a move because of the lack of career advancement opportunities. In addition, I wanted to participate in-person in PAC and other PHS organization activities. Since living in DC area, I have been very happy that I was able to attend several SciPAC activities.

3. Do you have any tips for other officers considering a career transition?

Moving is part of adventure that comes with PHS and our service to the country. We, as officers, should strive to learn new things and develop new skills. If you are considering a career transition, please let officers in your network know you are looking for new opportunities. I really appreciate the fact that many officers forwarded me job announcements from their agencies.

4. Would you be willing to share your contact information to interested officers?

Feel free to contact me by email or phone (Oliver.Ou@usda.gov, 202-772-9039). My office is in Patriots Plaza III, which is not far from the Humphrey Building in downtown DC; contact me if you are in the area.



Scientist Officer, LCDR Oliver Ou

The New Hat Corner highlights officers who have recently made career transitions, such as a geographic move, position/agency change, or other changes, and provides guidance to those considering similar changes.

For officers interested in participating in future New Hat Corner interviews, please contact the Career Development Subcommittee Chair/Co-Chairs, LCDRs Tyann Blessington (Tyann.Blessington@fda.hhs.gov), Rory Geyer (Rory.Geyer@fda.hhs.gov), and Oliver Ou (Oliver.Ou@usda.gov).

By LCDR Oliver Ou

Spotlight on Scientist Officer Publications from 2018

Contributed by LCDR Teresa Wang, LT Francis Annor, LCDR Shayne Gallaway, LCDR Alaine Knipes, LT Matthew Stuckey, LCDR Angela Thompson-Paul, LCDR Jessica Tomov, CAPT Fuyuen Yip, LT Marissa Zwald

SCIENTIST OFFICERS WORK DAILY ON DIVERSE, CROSS-CUTTING ISSUES OF REGIONAL, NATIONAL, AND INTERNATIONAL IMPORTANCE.

They participate in important scientific discourse and knowledge dissemination. To demonstrate the breadth of their work, here are some key findings from the Manuscript Highlights Team's search for Scientist Officer publications from 2018.



500+ PUBLICATIONS

Across 144 Scientist Officers

Subset of impactful publications either led or senior-authored by Scientist Officers in 2018, as evaluated by the Manuscript Highlights Team for their novelty, impact, and contribution to the field.

Including journal articles, reviews, white papers, book chapters, or other examples of primary research. Based on a combination of self-report and systematic searches (e.g. PubMed, Google Scholar, Scopus).



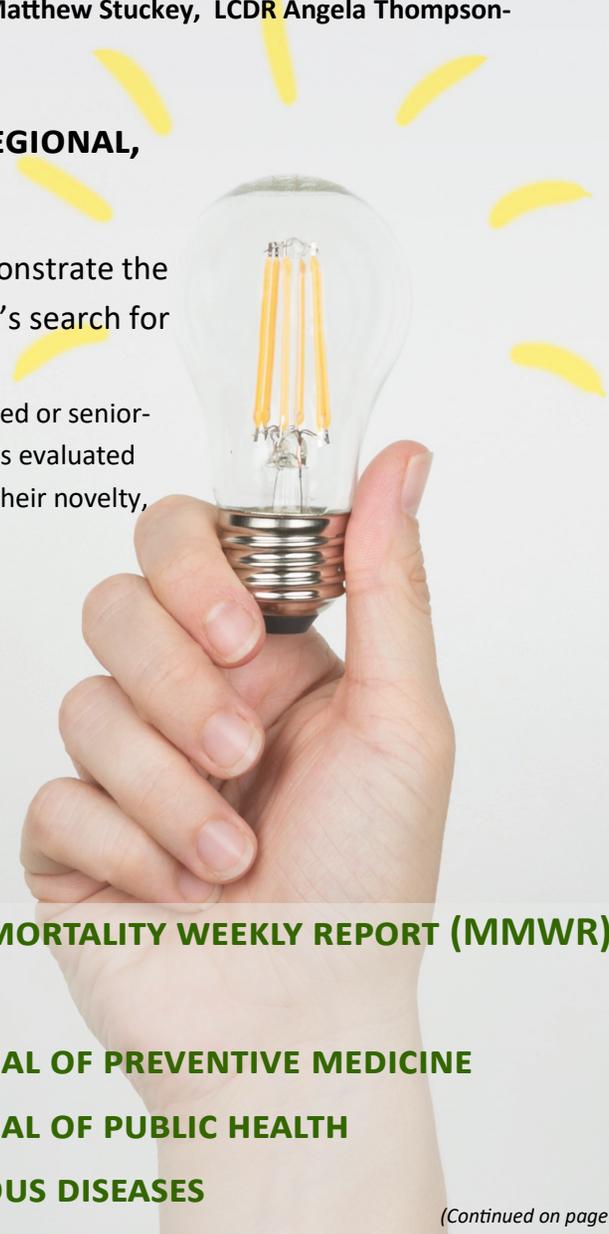
240+ PUBLICATION OUTLETS

Examples include peer-reviewed journals, digests, and textbooks.

Top Five Publication Outlets

By number of Scientist Officer contributions as lead, senior, or co-author.

1. **MORBIDITY AND MORTALITY WEEKLY REPORT (MMWR)**
2. **VACCINE**
3. **AMERICAN JOURNAL OF PREVENTIVE MEDICINE**
4. **AMERICAN JOURNAL OF PUBLIC HEALTH**
5. **CLINICAL INFECTIOUS DISEASES**



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Spotlight on Scientist Officer Publications from 2018, continued



Lead Author: CDR Gelio Alves

Rapid Classification and Identification of Multiple Microorganisms with Accurate Statistical Significance via High-Resolution Tandem Mass Spectrometry

Journal of the American Society for Mass Spectrometry



Lead Author: LT Francis Annor

USPHS Co-Authors: LT Marissa Zwald [Scientist], LCDR Asha Ivey-Stephenson [Scientist]

Characteristics of and Precipitating Circumstances Surrounding Suicide Among Persons Aged 10-17 Years — Utah, 2015

Morbidity and Mortality Weekly Report (MMWR)



Senior Author: CAPT Heidi Blanck

Trends in Severe Obesity Among Children Aged 2 to 4 Years Enrolled in Special Supplemental Nutrition Program for Women, Infants, and Children From 2000 to 2014

Journal of the American Medical Association (JAMA) Pediatrics



Lead Author: CDR Zewditu Demissie

Trends In Secondary Schools' Practices To Support Lesbian, Gay, Bisexual, Transgender, And Questioning Students, 2008-2014

American Journal of Public Health



Lead Author: LCDR Julie O'Donnell

Ten-Year Trend and Correlates of Reported Posttraumatic Stress Disorder among Young Male Veteran Suicide Decedents — Results from the National Violent Death Reporting System, 16 U.S. States, 2005–2014

Suicide and Life-Threatening Behavior

(Continued on page 13)

Spotlight on Scientist Officer Publications from 2018, continued



Senior Author: CDR Cria Perrine

USPHS Co-authors: LCDR Jennifer Nelson [Medical Officer], LT Ellen Boundy [Nurse Officer]

Trends in Rooming-In Practices Among Hospitals in the United States, 2007–2015



Lead Author: CDR Cynthia Prather

Racism, African American Women, and Their Sexual and Reproductive Health:

A Review of Historical and Contemporary Evidence and Implications for Health Equity

Health Equity



Senior Author: CAPT Stephanie Sansom

Impact of Improved HIV Care and Treatment on PrEP Effectiveness in the United States, 2016-2020

Journal of Acquired Immune Deficiency Syndromes



Lead Author: CDR Jacqueline Tate

Evaluation of Intussusception after Monovalent Rotavirus Vaccination in Africa

New England Journal of Medicine



Lead Author: LT Emily Ussery

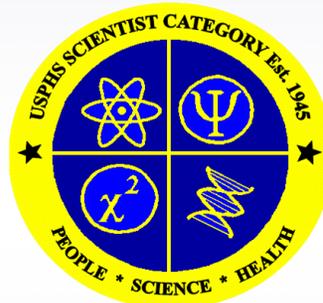
Joint Prevalence of Sitting Time and Leisure-Time Physical Activity Among US Adults, 2015-2016

JAMA



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