“Good health is mankind’s greatest gift to man. Compassion and commitment drive a student toward a career in public health. Combining these two concepts is our mission at the Arnold School of Public Health. Now is the time to consider helping us to keep that promise.”

G. Thomas Chandler, Dean
“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”

- World Health Organization (1946 Constitution)

The Arnold School of Public Health is about people – people like Jan Merling, whose Dementia Dialogues program has helped more than 16,000 caregivers of people with dementia. Or epidemiologist Dr. Angela Liese whose research has changed our understanding of diabetes among children. Or Sarah Ali, a 2011 graduate who earned a CDC fellowship to work as a field agent in Orange County, N.Y.

The public health careers of Jan, Angela, and Sarah – and thousands of others – tell the story of the Arnold School of Public Health.

Our impact is felt in every corner of South Carolina every day and in cities and communities throughout the United States and the world. Our intervention, prevention, and rehabilitation programs improve lives and lead to immeasurable savings in healthcare costs. Our people are on the front lines of discovery, service, teaching, disaster preparedness, environmental protection, and healthcare delivery.

The Arnold School has more than 7,600 alumni, approximately 4,000 of whom are working in the Palmetto State. Our public health story is widespread because of their achievements. The dedication of our faculty, staff, students, and donors to improving the health of people, communities, and the environment is a testament to their success.

Fulfillment of the Arnold School’s promise for continued impact and transformational change in the health of the people of South Carolina and beyond – and for change in the culture of health – depends heavily upon a timely and successful capital campaign.
“My dream is to see every South Carolinian given the chance to learn and practice healthy lifestyles; to see all with access to the best that medicine can offer; to see all with the opportunity to use their bodies, their minds, and their spirit working toward peace, health, and a productive and happy life as individuals and as a community.”

Norman J. Arnold
“He who has health, has hope; and he who has hope, has everything.”

- Thomas Carlyle

Death and disease had an impact on the way Norman J. Arnold viewed life.

The Columbia business leader’s father, Ben Arnold, died unexpectedly at age 62 from a heart attack. Two decades later, Mr. Arnold found himself in a personal battle with pancreatic cancer. Determined to beat the grim diagnosis, Mr. Arnold studied pancreatic cancer and found a physician who had successfully treated terminal cancer through a macrobiotic diet.

Nearly 18 months later, Mr. Arnold was cancer free. “I knew that my life had been spared so that I could make a difference,” Mr. Arnold says.

In 2000, Mr. Arnold and his wife, Gerry Sue, gave $10 million to USC’s School of Public Health, to improve South Carolinians’ health through the prevention of chronic and deadly diseases. USC named the school in their honor.

The gift was transformational: The Arnold School has more than 1,850 graduate and undergraduate students. Research and outreach programs focus on some of the most serious health problems facing our state and nation. The school’s 100 faculty are committed to excellence in teaching, research, and service. Several SmartState centers, funded through the S.C. Education Lottery and private donations, will advance studies on brain imaging; cancer disparities; the impact of nanotechnology on the environment; rehabilitation and reconstruction of damaged joints; and the use of technology to advance healthy lifestyles.

Our outstanding core of contributors continues to grow, with each supporter motivated by his or her own story and commitment to the study, understanding, and improvement of healthcare for everyone, everywhere.
“Mentoring the next generation of scientists is the most important function of faculty and ultimately essential for improving public health.”

Shawn Youngstedt
“What is called genius is the abundance of life and health.”

- Henry David Thoreau

Too little sleep can affect blood pressure and memory. Too much may kill you.

Shawn Youngstedt has built a strong research program on sleep and sleep disorders at the Arnold School and has a prestigious grant from the National Institutes of Health to study the dangers of “long sleep” in people who get eight or more hours of sleep each night. His research on post-traumatic stress disorder offers hope for military veterans returning from war in Iraq and Afghanistan.

Youngstedt’s success also is measured by the young scholars who study with him.

Arnold School graduate Chris Kline, ’11, will continue his research on sleep disorders at the University of Pittsburgh School of Medicine where his studies are supported by a postdoctoral fellowship. At Carolina, Kline was awarded a CDC grant to study the effects of exercise on improving the severity and health impacts of sleep apnea.

Kline is grateful to his mentor. “Very few individuals have the knowledge and expertise in both exercise science and sleep research that Dr. Youngstedt has. I’m very fortunate to have had him as a mentor and to have been exposed to this area of research.”

Your support for our students, faculty and facilities will ensure that the Arnold School of Public Health continues to attract top-level students and researchers like Chris Kline to its research and graduate programs.
“There was something very special about the University of South Carolina that drew me here and that led me to the Arnold School of Public Health. I have had educational and research opportunities that would not have happened anywhere else. Being at the Arnold School has challenged me to develop and grow personally and professionally.”

Larrell L. Wilkinson
“Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it.”

- Lucius Annaeus Seneca

Help is the four-letter word that sums up the reason that Larrell L. Wilkinson chose to pursue a public health career. “Public health is a helping profession,” says Wilkinson, a 2011 doctoral graduate from the Arnold School’s Department of Health Services Policy and Management.

His academic path shows a desire to help. As a student at Tennessee State University, he worked at the CDC during summer and winter breaks. In 2002, he came to the Arnold School to pursue a master’s degree, became director of USC’s Office of Alcohol & Drug Programs in 2005, and was awarded his doctorate in May 2011.

Wilkinson has conducted research on disparities among young adults with psychological distress. His post-doctoral fellowship at the Arnold School’s Institute for Partnerships to Eliminate Health Disparities focuses on the link between mental health, sleep, and the performance of Army recruits in basic training.

“I know that what I do makes a difference in someone’s life,” Wilkinson says. “That’s what motivates me every day and that is why I am a public health professional.”

He credits Arnold School faculty and staff with his success. “The Arnold School challenged me to pursue my goals and grow as a professional, and the faculty and staff encouraged me every step of the way,” he says.

When you give to the Arnold School of Public Health, you help us attract students like Larrell L. Wilkinson who as alumni devote their lives to the betterment of their communities.
“The School of Public Health deserves our support, just as those who are most vulnerable in society, most overlooked, most taken for granted, deserve the focus on women’s public health issues that we can provide.”

Frances E. Ashe-Goins
“The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.”

- Herbert Spence

Frances E. Ashe-Goins, ’70, ’75, ’80, always loved taking care of people.

The oldest of five children, Ashe-Goins was the one her family relied on to fulfill that role. After earning bachelor’s and master’s degrees in nursing and a master’s degree in public health at USC, she put her passion for caring into practice. Her education and career in public health and nursing proved the perfect fit for her job as Deputy Director of the Office of Women’s Health, U.S. Department of Health and Human Services.

“USC was a place where I could focus on learning, a place that nurtured me in ways that made we want to share what I was given,” says Ashe-Goins, the 2010 recipient of USC’s Outstanding Black Alumni Award.

A policy analyst who oversees programs to improve the health of women and children, Ashe-Goins is responsible for leading national efforts on numerous public health fronts, including HIV/AIDS education, domestic violence and sexual assault, minority women’s health, homelessness, mental health, and diabetes. She initiated the OWH Lupus Educational Awareness Project and leads the National Lupus Awareness Campaign, targeted toward young minority women.

Ashe-Goins returns to USC each year as an adjunct professor in the Arnold School’s Department of Health Education, Promotion and Behavior, and in the College of Nursing. “It’s part of my heritage,” she says. “The education I received serves as a firm basis for my current successes.”

Please consider adding your own story – and your own unique legacy – with a much-needed, highly valued gift to support the Arnold School of Public Health.
“Every day, tens of thousands of children die of preventable illnesses. Diseases do not have borders, so outbreaks can lead to crises for a country, an entire region, or the world.”

Kirby Lattwein
the promise to serve: health in action

“Where once it was the physician who waged *bellum contra morbum*, the war against disease, now it’s the whole society.”

- Susan Sontag

Before pursuing an undergraduate degree in exercise science at the Arnold School of Public Health, Kirby Lattwein, ’11, served in the U.S. Marine Corps. After being deployed to Iraq and earning numerous medals and two meritorious promotions, Lattwein left the Marines as a corporal. She studied at the U.S. Naval Academy before transferring to USC’s Arnold School.

Lattwein knows her future is in global health. On a medical mission trip to Cambodia in the summer of 2011, she worked with a medical team to provide primary medical care to children and adults. “It’s amazing how much we could do with so little,” she says. “We had a chance to help people in need, people who appreciated what we could do for them. The experience helped me know this is what I want to do with my life.”

Lattwein plans to earn her master’s in global health, then attend medical school. The Arnold School has helped prepare her to pursue her passion, a career that links public health and medicine. “The faculty provided the guidance and support that I needed. I will always be grateful to them.”

“Global health hinges on our ability to open our minds and hearts to different things and people, to work as a team regardless of cultural, economic, or educational differences,” Lattwein says. “We are united with the same overall goal of improving people’s health everywhere.”

Your support of the Carolina’s Promise campaign will help create more dedicated leaders like Kirby Lattwein – today and for many tomorrows to come.
“Public health is relatively poor in South Carolina. Improvement requires the help of knowledgeable individuals who can identify and implement improvements that benefit overall health of the community…and we’re working every day to make this happen.”

Julius Fridriksson
“Of all the forms of inequality, injustice in health care is the most shocking and inhumane.”
- Dr. Martin Luther King, Jr.

“Hope” is missing from the lives of many people who have communication problems after a stroke. That is changing, thanks to stroke rehabilitation researcher Julius Fridriksson, hailed by scientific colleagues as one of the “most distinguished pioneers” in the study of speech disabilities related to stroke.

The accolades for Fridriksson are in an area of stroke study that has seen little progress – aphasia, a communication disorder that impairs a person’s ability to process language and formulate speech.

Fridriksson is one of the world’s leading authorities on stroke and aphasia, which affects about 35 percent of all stroke patients. For a state that is in the nation’s “Stroke Belt,” the problem is particularly acute among South Carolinians. His studies, which use neuroimaging to study the brains of stroke patients, reveal that brain cells outside the damaged area of the brain can take on new roles to aid communication and other functions, also called “brain plasticity.”

The findings offer hope to patients of “chronic stroke,” characterized by the death of cells in a specific area of the brain. The damage often results in long-term or permanent disability.

“Our research shows that the adult brain is quite capable of changing, and we are able to see those changes in brain images now,” says Fridriksson. “This will substantially change the treatment prescribed for chronic-stroke patients in the near future.”

As Julius Fridriksson has said, “Many of the studies in the Arnold School of Public Health have implications for, and in some cases are quite specific to, South Carolina.” Every gift to the school is literally a gift to our fellow citizens.
“The physical activity and health group at the Arnold School of Public Health has impacted the exercise medicine and exercise and health promotion agenda more than any other research group. Doctors Blair, Durstine, and Pate have generated groundbreaking research that has profoundly impacted health indicators and personal lifestyle decisions of children and adults. Their accomplishments have earned them the respect of their colleagues worldwide.”

Claude Bouchard, Pennington Biomedical Research Center
“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

- Hippocrates

They’ve helped lead a revolution – one in which millions of children and adults are healthier by becoming physically active.

Steve Blair, Larry Durstine, and Russ Pate, Arnold School of Public Health exercise science faculty members, are past presidents of the American College of Sports Medicine. Their research and that of their colleagues on the link between physical activity and health has changed the world’s understanding of the impact of diet and exercise on diabetes, obesity, cancer, stroke, hypertension, and heart disease.

The Arnold School was the first in the nation to establish a Department of Exercise Science within a school of public health. “The move was visionary,” says Durstine. “Today, the department is considered the nation’s best for education and research in the field of physical activity and health.”

The problem of childhood obesity weighs heavy on these scientists. “We’re developing effective public health interventions. We won’t solve the obesity problem and its very negative health consequences unless we do,” says Pate. “We’re going to learn how.”

Rates of heart attack, stroke, diabetes, and cancer can be reduced significantly with healthy eating, physical activity, and not smoking, says Blair, a proponent of using technology to promote healthy lifestyles.

“As the state’s leading institution of learning, the university is in a unique position to help. We are very serious about disease prevention and promoting health,” says Blair. “That is the school’s core mission.”

Contributing to Carolina’s Promise helps the Arnold School of Public Health attract other top researchers of high societal impact, and provides the equipment and technology needed to support their public health efforts.
[On healthcare as a career] “The future is very strong. And the people who are the most successful are those who are excited about what they do.”

David Pankau
“The keyword is ‘health,’ not ‘medicine.’ The universe of concern is the health of the public, not the discipline of medicine.”

- Milton Terris

People of leadership and vision see the Arnold School of Public Health as vital to the future of health.

David Pankau and John Singerling are at the helm of major health organizations in South Carolina. U.S. Rep. James E. Clyburn puts his commitment for Americans’ health into legislation, while personally supporting educational initiatives to develop future healthcare leaders.

Pankau, the CEO of BlueCross BlueShield of South Carolina, and Singerling, the President of Palmetto Health, earned master’s degrees from the Department of Health Services Policy and Management. They credit the Arnold School’s faculty as key to their success.

Michael Samuels, a former professor, provided crucial direction in Pankau’s career. “Dr. Samuels had a genuine interest in students, and he helped me obtain my first job in healthcare administration. That laid the groundwork for my career.”

Health economist Sam Baker earned praise from Singerling. “He is a great teacher, and students loved him. Wherever I go, people say how much Dr. Baker meant to them.”

Because Congressman Clyburn and his wife, Emily, want to ensure that students have opportunities to learn from outstanding public health educators, they created the James E. & Emily E. Clyburn Public Health Endowed Scholarship Fund.

“So much of what ails people in South Carolina can be prevented,” Congressman Clyburn said. “This endowment reflects our commitment to reducing health disparities and improving public health for all South Carolinians.”
“Miss Newton is a real fighter for preventive health opportunities in our communities, both in the expansion of health care to underserved groups as well as with educational programs.”

Kim Butler
“The hardest hit, as everywhere, are those who have no choice.”

- Theodor W. Adorno

Elizabeth Newton has never lived her life waiting in the wings for an opportunity to help others.

A native Charlestonian and retired Columbia educator, Miss Newton established a graduate fellowship in the Department of Health Promotion, Education and Behavior. Her fellowship ensures that deserving students, committed to working in underserved areas in the Palmetto State, can continue their education.

Newton’s spirit of philanthropy came from her parents. “If some people bought a new chair, they might store the old one in the attic. If we got a new chair, my parents gave the old chair to someone who needed it. I saw what my parents did, and the example I saw interested me in helping other people.”

Her benevolence is focused on education. “People who haven’t had a good education are never going to make it,” says Miss Newton. “I was fortunate. I had great teachers.”

Kim Butler, ’05, ’08, the first Arnold School student to receive the fellowship, has taken what she’s learned in the classroom and developed a pregnancy prevention program for teen girls in Hollywood, S.C. She’s grateful for the opportunities that the fellowship affords her.

“My interests mirror Miss Newton’s in many respects, and that is why I’m so appreciative of receiving the fellowship she has provided me and others,” Butler says.

Make a difference. Support the Arnold School of Public Health to attract great teachers and the students who appreciate them, learn from them, and put their education to work in public health.
The Arnold School of Public Health is committed to improving health nationally and internationally. Our faculty are finding new approaches to prevent disease and promote health and wellness each and every day; sharing best practices with communities; improving natural and built environments; and educating the public health workforce of the 21st century.

G. Thomas Chandler, Dean
The Arnold School of Public Health’s success story is told through the achievements of its people – alumni, faculty, students, staff, donors, and friends. Our remarkable service and research prowess are a key reason why the University of South Carolina is recognized by the prestigious Carnegie Foundation for the Advancement of Teaching as a “university of high service and high research activity.”

Our success story continues because of you. Your contributions will help students graduate with less debt, enable the school to attract and retain the best faculty and researchers, and enhance our strong academic and research programs.

With your support, we can continue to build on our areas of strength:

- Encouraging healthy lifestyles
- Protecting the health of the environment
- Developing and implementing effective public health policy
- Educating the public health workforce of the 21st century
- Conducting research to benefit the health of people and the environment.

To lend your support, please contact:
Director of Development, Arnold School of Public Health
www.sph.sc.edu or (803) 777-3471
University of South Carolina, Columbia, South Carolina 29208 USA
to the arnold school of public health

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