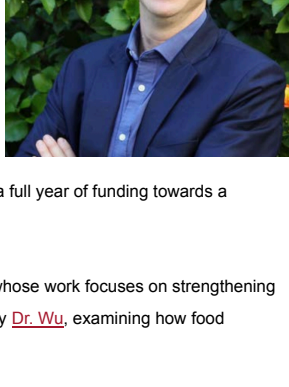




Director's Message

Dear Friends,

This month, we feature exciting success stories from our students and alumni. First, [Maira Torres Armenta](#), a current CDC public health advisor, tells us about her career path and how her SDSU degree helped her achieve her goals. We also hear from students who have contributed to the nonprofit [HealthCorps](#) across the United States. Our Doctor of Public Health students had [first-hand experiences](#) visiting regional health service providers across the region. Impressively, three of our SPH graduate students successfully competed for [SDSU CORE fellowships](#), which provide a full year of funding towards a student's dissertation, thesis, or culminating experience.



This Fall we introduce our new faculty member, [Dr. Amanda Miller](#), whose work focuses on strengthening public health systems globally. We also highlight a landmark study by [Dr. Wu](#), examining how food temperature is associated with health.

Congratulations as well to all the students, faculty and alumni who presented at the APHA Annual Meeting in Atlanta! [SPH held a successful Expo booth](#) as well as social, and we look forward to connecting with many of you in San Antonio in person next year!

In this month's award-winning SPH podcast, [If I Could Change One Thing](#), Dr. Brittnee Bloom speaks with Dr. Shunling Tsang, Family Medicine Chair and Deputy Public Health Officer for Riverside County.

A reminder that the ["No Flu November"](#) campaign on campus provides free flu shots to our students.

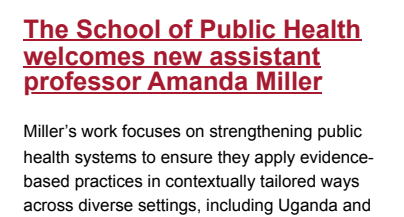
If you are no longer at SDSU, please continue to stay in touch with us! For updates on the SPH and our events, please check our website and online calendar, our LinkedIn Alumni pages, and make sure you update your information in our alumni database: <https://publichealth.sdsu.edu/alumni/update-form>

"In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog." – Cynthia Rylant.

Eyal Oren, PhD, MS

Director, SDSU School of Public Health

Alumni Spotlight



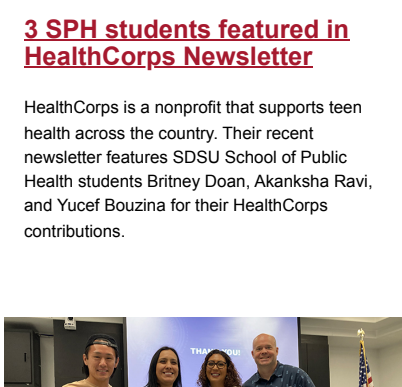
[From SDSU to the CDC: School of Public Health alumna Maira Torres Armenta's career journey](#)

Torres Armenta graduated from SDSU in 2021 with a degree in public health. She has since devoted her career to supporting migrant health, working with the Centers for Disease Control and Prevention and the San Diego County Health and Human Services Agency.

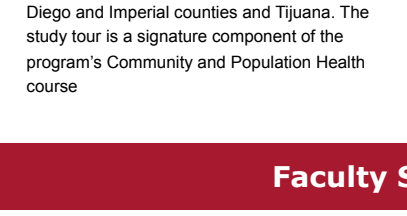
New Faculty

[The School of Public Health welcomes new assistant professor Amanda Miller](#)

Miller's work focuses on strengthening public health systems to ensure they apply evidence-based practices in contextually tailored ways across diverse settings, including Uganda and South Africa.



Student Spotlight

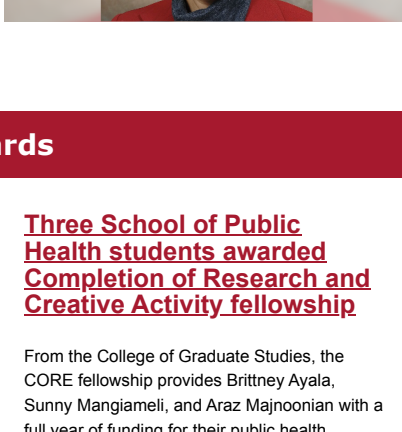


[3 SPH students featured in HealthCorps Newsletter](#)

HealthCorps is a nonprofit that supports teen health across the country. Their recent newsletter features SDSU School of Public Health students Britney Doan, Akanksha Ravi, and Yucef Bouzina for their HealthCorps contributions.

[SDSU's Doctor of Public Health students gain ground-level insight during immersive study tour](#)

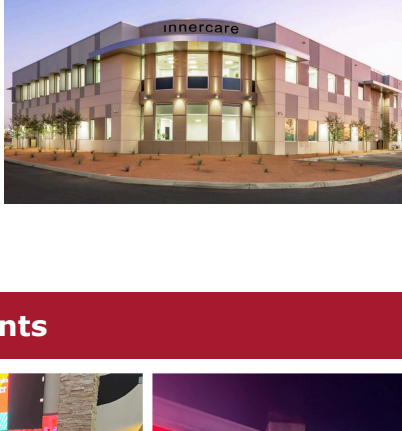
18 Doctor of Public Health students visited regional health service providers across San Diego and Imperial counties and Tijuana. The study tour is a signature component of the program's Community and Population Health course



Faculty Spotlight

[SDSU study links food and beverage temperature to mental and gut health](#)

The study, led by School of Public Health professor Tianying Wu, examined more than 400 Asian and white adults across the United States, showing cultural and biological differences in how cold and hot consumption impact anxiety, sleep and digestion



Awards



[Three School of Public Health students awarded Completion of Research and Creative Activity fellowship](#)

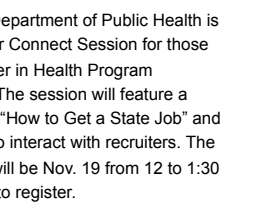
From the College of Graduate Studies, the CORE fellowship provides Brittny Ayala, Sunny Mangiameli, and Araz Majnoonian with a full year of funding for their public health projects.

[Innercare Honored with SDSU Community Champion Award](#)

Innercare received the 2025 F. Douglas Scutchfield Community Champion Award from SDSU's School of Public Health. Innercare is a nonprofit health center which serves more than 62,000 patients annually in Imperial and Riverside counties.



Events



School of Public Health alumni mixer

The School of Public Health wrapped up October with an alumni mixer at Novo Brazil Brewing. We had a great time catching up with all our alumni who attended!

[SDSU represented at this year's APHA Meeting](#)

Several faculty and students from the School of Public Health attended this year's American Public Health Association meeting in Washington D.C.

Thanks to Shan Ming Gao, Jan-Walter De Neve, Hannah Battey, Hannah Barca, Kirstin Kielhold, Guadalupe Lujan, Divya Sen, and Rachel Marshall for representing SDSU!



[Career Connect Session with CDPH](#)

The California Department of Public Health is hosting a Career Connect Session for those pursuing a career in Health Program Administration. The session will feature a presentation on "How to Get a State Job" and an opportunity to interact with recruiters. The virtual session will be Nov. 19 from 12 to 1:30 p.m. Click [here](#) to register.



California Department of Public Health

San Diego State University
School of Public Health

INFO SESSION & OPEN HOUSE

Hear from the SPH Director, Admissions Coordinator, and Faculty

Zoom Session:
Wednesday, Dec. 3
4:30 - 6:00 p.m.



[CLICK HERE TO RSVP](#)

APPLY TO OUR MPH/MS PROGRAMS BY FEBRUARY 1ST:

- Environmental Health
- Epidemiology
- Health Management & Policy
- Health Promotion & Behavioral Science



Podcast

[Season 11, Episode 2](#)

On this episode of If I Could Change One Thing, host Dr. Brittnee Bloom welcomes Dr. Shunling Tsang—Family Medicine Chair and Deputy Public Health Officer for Riverside County—to explore how upstream, community-driven strategies can power better health.

Dr. Tsang shares her winding path from event planning to public health and medicine, and why blending clinical care with prevention matters. We dive into Riverside County's Blue Zones Project—from "Power 9" habits that we all can benefit from to local policies that help make "the healthy choice the easy choice", like increasing walkability, social connection, and access to nutritious food.

Data and community members have guided this important Blue Zones work, highlighting mental health, safety, and cardiovascular risk. Dr. Tsang's one big policy wish: sustained funding for prevention—paired with a personal challenge for all of us to choose one small change today.

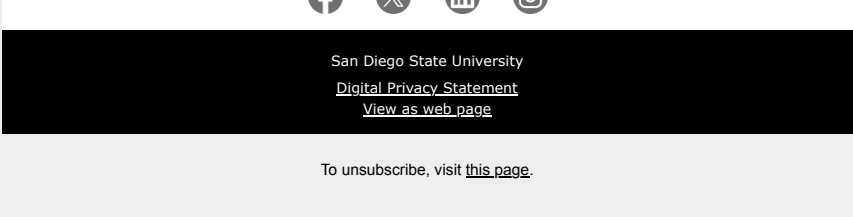


Reading Corner

[Economic Vulnerability and Associated Sexual Risk Factors for Adolescent Pregnancy Among Adolescent Females in Southern California](#)

Check out this [new article](#) featuring [Mia Mora](#), [Guadalupe Xochitl Ayala](#), [Emily Schmied](#), [Ning Tang](#), and [Elizabeth Reed](#)!

[Send us your ideas for stories or newsletter contributions!](#)

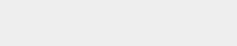


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For SDSU SPH updates and our events, please check our website, our online calendar, our Alumni LinkedIn Pages, and make sure you update your information in our [alumni database](#).

Thoughts or suggestions? Contact us with any stories you would like to share!

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