

The School of Public and Allied Health Newsletter

Vol. 2, Issue 1; February 2025



**Dr. Angela
Branch-Vital**

FROM THE EXECUTIVE DIRECTOR'S DESK

The School of Public and Allied Health (SPAH) proudly advances with a steadfast commitment to excellence. Aligned with PVAMU's *Journey to Eminence 2035* (JTE-35) Strategic Plan, SPAH has made significant strides by drafting its core values, strategic initiatives, and timeline to shape its future. Key achievements include the growth of our Advisory Council, the establishment of a Student Council and Ambassadors program, and the conferral of over 100 degrees to graduates in December. Our students, faculty, and staff continue to enhance student-centered initiatives and faculty support, driving innovation and success across all areas. Looking ahead, SPAH is dedicated to expanding efforts, including philanthropic initiatives, to ensure we uphold the standard of **EXCELLENCE** in all we do.

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**Excellence
Lives Here**

SCHOOL OF PUBLIC AND ALLIED HEALTH



[http://www.](http://www.pvamu.edu/spah/)

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VISITING SCHOLAR



**DR. LADREA
INGRAM**

Dr. LaDrea Ingram, a visiting scholar through the Yale University ASCEND Initiative grant, continues to make a significant impact within the School of Public and Allied Health. A dual-licensed clinical mental health counselor and addiction specialist, Dr. Ingram is also a Research Associate Scientist at Yale School of Public Health and the Founder of the Gatherings NetWork, which promotes community resilience and health equity. Recognized nationally as a Culture of Health Leader in Racial Healing, her work addresses mental health and substance abuse in marginalized populations through culturally responsive, sustainable interventions.

FACULTY-IN-RESIDENCE

Dr. Nathan Lott joined the School of Public and Allied Health as a Faculty-in-Residence. He is A board-certified internal medicine physician specializing in pulmonary and critical care, Dr. Lott practices at Baylor Scott and White Hillcrest Hospital in Waco, Texas. His clinical focus is managing chronic lung disease, and he is known for his compassionate care. A Prairie View A&M alumnus, Dr. Lott has a longstanding commitment to underserved communities and is often featured as a medical expert in the media. Dr. Lott will be assisting students with preparation for medical school.



**DR. NATHAN
LOTT**

THE TEXAS UNDERGRADUATE MEDICAL ACADEMY

The Texas Undergraduate Medical Academy (UMA) at Prairie View A&M University has officially joined the School of Public and Allied Health, strengthening its mission to prepare future medical professionals. Established in 2004, UMA represents a partnership between PVAMU and the Texas A&M Health Science Center College of Medicine, providing students with the resources and mentorship needed to excel in the medical field. As part of the School of Public and Allied Health, UMA will continue to:

- ✓ Attract top students seeking a pathway to medical school.
- ✓ Foster a strong support system between students, faculty, and medical professionals.
- ✓ Create hands-on research opportunities in medical sciences.
- ✓ Inspire K-12 students to pursue careers in health and medicine.

This integration marks an exciting step forward in SPAH'S commitment to academic excellence and healthcare advancement. Together, we are shaping the next generation of medical leaders!

LUNCH AND LEARN

GUEST SPEAKERS

On September 19, **Dr. Destiny Thompson**, Doctor of Physical Therapy, presented on "Career Advancement and Maintaining Work-life Balance." She holds a B.S. in Kinesiology and Exercise Science from Texas Tech University and a DPT from Texas Woman's University.



On October 17, **Dr. Larissa Estes**, Executive Director of the Racial Equity Commission, spoke on "Advancing Equity through Systems Change and Community Partnerships." Dr. Estes holds a B.S. in Athletic Training from Duquesne University, an MPH from the University of Arizona, and a Doctorate in Public Health from the University of Texas Health Science Center in Houston. Dr. Estes is a member of the SPAH Advisory Council.



On November 14, **Dr. Oluremi Onifade** was our special guest speaker. Dr. Onifade, a Doctor of Physical Therapy (Emory University), serves as the clinic director and minority partner of an outpatient physical therapy clinic in Ellenwood, GA. She is also the co-founder of the National Association of Black Physical Therapists (NABPT), an organization dedicated to increasing diversity in the physical therapy field.



On November 21, **Dr. Meera Alagaraja**, an Associate Professor from Texas A&M University, spoke on "Cultivating a Well-Being Mindset." She holds an M.S. in Human Resources Development and a Ph.D. in Educational Human Resource Development.



SPAH SPOTLIGHT

STUDENT SPOTLIGHT



JORDYN HUBBERT

Jordyn had the incredible honor of being one of only nine scholars selected from over 50 applicants to become an HBCU Aging Ambassador and attend the 1st Annual HBCU Aging Conference in Seattle, WA, as part of the Gerontological Society of America (GSA) Conference. She is part of the first group of scholars, as this program was approved to continue for five more years. Representing Prairie View A&M University, Jordyn presented her research "Socioeconomic Impacts on Elderly Well-Being in African American and Asian-American Communities: Strategies for Awareness and Inclusion."

"I AM NO LONGER ACCEPTING THE THINGS I CANNOT CHANGE. I AM CHANGING THE THINGS I CANNOT ACCEPT".
- ANGELA DAVIS

FACULTY SPOTLIGHT

DR. YUSUF OLUWASEYL

Assistant Professor | Graduate Program Coordinator



Dr. Yusuf Oluwaseyi is honored to serve as a keynote speaker and recipient of an Excellent Academic Award at the Global Research Conference, taking place at Harvard University in Boston, Massachusetts, from December 6th to 9th, 2024. His presentation, titled "Effect of Physicochemical Parameters on Physical Fitness Components of Female Adolescents Around Qua Iboe Estuary Using Machine Learning," delves into the impact of gaseous and water pollutants on various fitness parameters, including cardiovascular endurance, body composition, flexibility, muscular endurance, and strength.

"WHEN WE SAY WE WILL MEET AGAIN, YOU NEVER CAN TELL WHEN WE WILL MEET AGAIN. THEREFORE, BE KIND TO PEOPLE ON YOUR WAY."

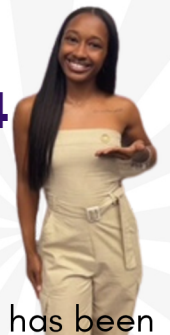
ALUMNI SPOTLIGHT

DR. KHADIJA OLIVER '20

From earning her Bachelor of Science in Kinesiology at Prairie View A&M University to pursuing her doctorate in chiropractic at Parker University, Dr. Khadija Oliver has always believed in envisioning and working toward something greater. Chiropractic school was a transformative journey of growth, perseverance, and purpose, which shaped her passion for helping others achieve their highest potential through holistic health care. Today, she proudly combines her expertise as a chiropractor with entrepreneurial ventures that inspire confidence and promote self-care in others. Dr. Oliver is the Founder of K.Sade Collections, an e-commerce brand focused on beauty and hair care.

"CREATE THE HIGHEST, GRANDEST VISION POSSIBLE FOR YOUR LIFE BECAUSE YOU BECOME WHAT YOU BELIEVE."
- OPRAH WINFREY

HALEIGH JACK '24

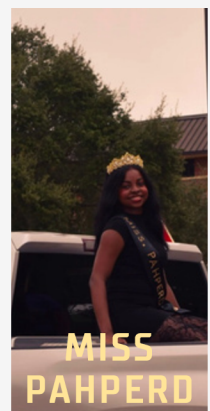


Ms. Jack has been accepted into the Entry-Level Doctorate in Occupational Therapy (OTD) program at UTMB School of Health Professions in Galveston, Texas!

UPCOMING EVENTS

Cactus Jack Foundation HBCU Celebrity Softball Classic & Events Feb 13-15
Houston Methodist Cypress Hospital Grand Opening Feb 15
PVAMU Day at the State Capital Feb 18
Lunch and Learn: Mrs. Sahira Abdool, MPA, MHR, MPH, LSSBB, CSM Feb 20
Texas ACSM Conference Feb 20-21
SPAH Week March 24-27, 2025

PHOTO RECAP OF FALL 2024



STAY CONNECTED



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@pvamuspahstuco



HEALTHY LIVING



Exercise: Regular exercise can increase energy levels, improve cardiovascular health, and reduce inflammation. It can also help with brain health by increasing blood flow to the brain and promoting neuroplasticity. **Challenge:** Take 5,000 steps a day

<https://www.utsouthwestern.edu/newsroom/articles/year-2021/exercise-boosts-blood-flow-to-the-brain.html>