



**NYCPM**  
New York College of Podiatric Medicine

## **Student News**

### **Naeemah Ruffin (2016) Co-Wrote Chapter in Forthcoming Book**



DPM/MPH Candidate Naeemah Ruffin (2016), has co-written a chapter of a book, *Environmental Health Disparities: Costs and Benefits of Breaking the Cycle*, Editors: I. L. Rubin, M.D. (Research Associate Professor, Department of Pediatrics, Morehouse School of Medicine, Co-Director of the Southeast Pediatric Environmental Health Specialty Unit at Emory University and Medical Director at Development Pediatric Specialists in Atlanta, Georgia, and J. Merrick, M.D. (Medical Director, Health Services, Division for Intellectual and Developmental Disabilities, Ministry of Social Affairs and Social Services, Jerusalem, Israel) to be published early this year.

Her chapter is *Exercise and healthy eating: Multi-level community based intervention*, by Naeemah Ruffin, Sharon Levine, MPH and Cappy Collins, MD, MPH Icahn School of Medicine at Mount Sinai. An overview of her chapter: "A child's environment, both in the home and outside the home, can positively or negatively affect the child's ability to improve his or her conscious decision-making skills and default healthy behaviors that will positively impact his or her life. Changing a child's environment through a multi-level, community-based intervention, can enable the child to be healthy and live life to the fullest. This study is based on assessing the effectiveness of this type of intervention." The book is part of a series of books about public health, and will be published in the first quarter of 2016.