

HUMAN BIOLOGY

STANFORD UNIVERSITY

HAPPY NEW YEAR AND WELCOME TO WINTER QUARTER

Dear Human Biology Alumni, Students, and Friends,

First, I hope that you are all staying well. The challenges continue apace. But I would still like to wish you all joy and peace and good health from the bottom of my heart. One thing that has sustained us here in Human Biology has been our terrific community of students, staff, faculty, and alumni. We are so fortunate to have each other.

So with the new year upon us and kicking off the start of winter quarter, I'd just like to take a moment to say thank you to you all - HumBio alums, current students, staff, and faculty. For your help, your words of encouragement, and for your goodness to one another.

As a hopefully bright diversion right now, enjoy our Winter Quarter Newsletter - an opportunity to keep you all apprised of how things are going here in the HumBiosphere and to start building energy toward our celebration of HumBio's 50th anniversary. This year! 50 and fabulous, friends.

Sending so many good wishes to you all! Stay safe and careful - but always connected too (if only virtually) to friends and family and to us, your HumBio home.

All my best,

Lianne



Lianne Kurina, PhD

*Bing Director, Program in
Human Biology
Associate Professor, Primary
Care & Population Health
Director, Stanford Military Data
Repository*



© Andrew Brodhead

THE PROGRAM IN HUMAN BIOLOGY CELEBRATES 50 YEARS



Counting down to this momentous occasion, we are planning to host a series of talks, round tables, and Q&As with HumBio faculty, alumni, and students.

Core Strength: Vision & Change in the HumBio Core

Thursday February 18, 2021 5:00-6:00pm PST

Join us for a panel discussion featuring some of HumBio's Core Faculty members. We'll be discussing the current state of the Core, including key continuities as well as how important current themes are being incorporated.

We hope you're able to join us!

[Click here to register now!](#)

Have a topic you'd like to see covered this year? Please contact Jessy Frydenberg at frydenbj@stanford.edu.

If you'd like to share any memorabilia you have for our upcoming jubilee celebrations and 50th Anniversary History Book, please contact Jessy Frydenberg.

Professor of Pediatrics and Health Research & Policy, Dr. Yvonne Maldonado Awarded a Service Medal

On December 14, 2020, Dr. Yvonne Maldonado was recognized by Santa Clara County Supervisor Joe Simitian for her extraordinary contributions to the local community and her admirable resilience during this difficult year.

"These folks, by virtue of the way they've gone about doing their work, lending their assistance, have inspired all of us to say, 'We can, and have to do more,'" Simitian said.

As an infectious disease expert, Maldonado has been vital during the COVID-19 pandemic in not only helping explain the pandemic to the world but also in working to figure out what we need to do to put this pandemic behind us.

"It is an honor and a privilege to use my medical and epidemiologic skills to support the health and safety of all the members of our community." Maldonado said.



© Stanford King Center

Welcome Jesse Calderon '20, Human Biology's New Student Services Specialist

On November 16, 2020 we warmly welcomed Jesse Calderon to the HumBio team as our new Student Services Specialist.

Calderon will be working closely with Samantha Cooper, our Student Services Officer, to provide administrative and operational support with major advising and academic services.

Calderon, who hails from the garlic capital of the world (Gilroy, CA) is a Class of 2020 Human Biology graduate whose area of

concentration was the Psychosocial Determinants of Health. Calderon chose to study Human Biology because he loved the interdisciplinary nature of the program and felt he was able to explore both the natural and social sciences through his concentration.

When asked about his favorite part of HumBio, he says the people! "I am grateful that I get to interact and build relationships with such driven, caring, and passionate individuals. I find myself constantly inspired by them and feel lucky to continue with Human Biology as a staff member." We are so excited to have him join our team!



© Courtesy of Jesse Calderon

Professor Laurence Baker, PhD, elected to the National Academy of Sciences



© Stanford Health Policy Profile

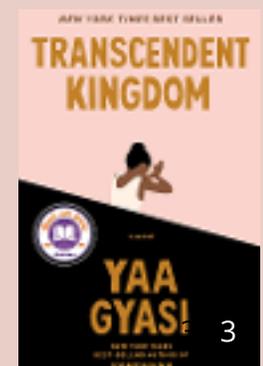
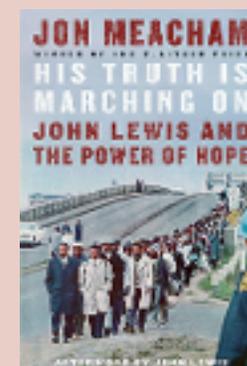
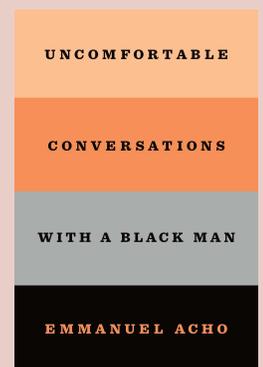
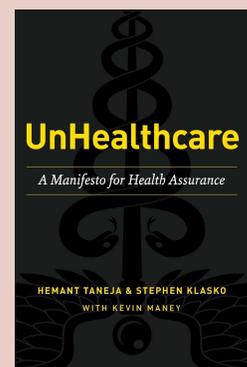
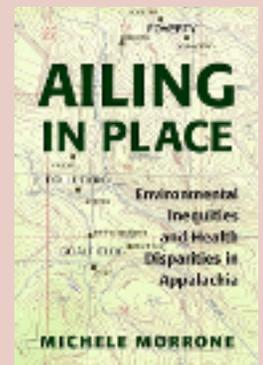
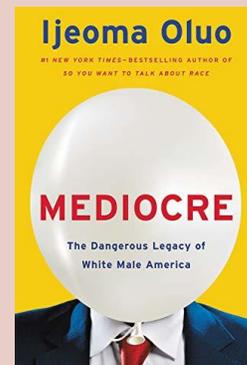
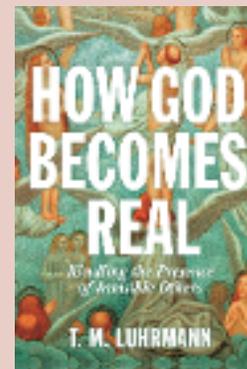
Congratulations to Professor Laurence Baker who was elected to the National Academy of Medicine on October 19. He was elected for his work, "contributions on consequences of rapid health care technology adoption, the importance of physician practice organization for costs and outcomes, the proliferation of out-of-network billing, and physician gender-based income disparities."

Dr. Baker is the Bing Professor of Human Biology, a Professor of Health Research & Policy, and a Senior Fellow at the Stanford Institute for Economic Policy

Research (SIEPR). He teaches in the HumBio Core, HumBio 3A: Environmental and Health Policy Analysis, and the upper division course, HumBio 120B: The American Health Care System and Health Policy.

HumBio Bookshelf

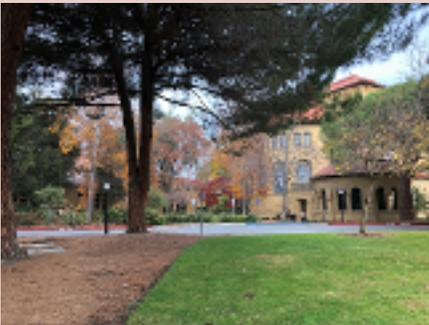
Books recommended by faculty and staff



TRANSITIONING TO REMOTE LEARNING

HOW THE HUMBIO CORE HAS ADAPTED TO THE PANDEMIC & REMOTE LEARNING

Scenes From Autumn on Campus



The coronavirus pandemic has rewritten the syllabus for educators across the globe, and the Program in Human Biology has been no different. Our faculty and staff have put enormous creativity and energy into their teaching and advising to maintain a vibrant and engaging HumBio educational experience in a remote environment.

The HumBio Core has always been the backbone of a HumBio education. It is the one thing that all HumBio grads have in common across the program's five decades of existence, and yet it is constantly evolving to stay relevant and address current events. There were many current events to address this year. "The faculty make it a point to connect what we are learning to the new developments, discoveries, or big news events around us today," Course Associate Abby Chen shared. In the first quarter of the series, HumBio 2A focuses on molecular biology, genetics, evolutionary processes, and ecology and 2B examines the evolution of human culture and demography. Building on this foundation, 3A looks at the fundamentals of cell biology, development and how we fight disease. 3B introduces health and environmental policy, emphasizing the connections between the life sciences and public policy (3B). Finally, HumBio 4A looks at how the human organism works physiologically and neurobiologically while 4B explores psychology and the influence that the interaction between genes and the environment have on humans.

When the pandemic was first emerging in the US in late February/early March, students in HumBio 3A were learning about immunology. Even before classes went online, Professor Roel Nusse quickly adapted one of his lectures to include a discussion on coronaviruses and how coronaviruses compare to other viruses such as influenza and HIV. This past fall quarter, Professor Will Talbot and a guest lecture by Professor Nusse brought in examples of how the molecular biology that students were learning in HumBio 2A were relevant to understanding SARS-CoV2 and helping scientists develop drug treatments or vaccines. The 3A course taking place this winter quarter will also have two additional lectures on infectious disease and vaccine development.

On the B-side of the core, some topics have taken on an added weight and sense of urgency this year. These included historical responses to pandemics, contemporary health disparities, structural inequalities, and the changing patterns of infectious disease. Professor Aliya Saperstein, who teaches in HumBio 2B, explained that given how the pandemic has unfolded, the massive protests against police violence, and growing awareness of systemic racism, the introduction of these topics to the B-side of the core was especially necessary and salient to cover. Professor Walter Scheidel also expanded his 2B lectures on disease and society to include an additional lecture on influenza, particularly the 1918 pandemic. The lecture highlighted both how far we have come with the knowledge of infectious disease since 1918, but also some similarities to the current pandemic such as controversies over mask mandates and inequality leading to differential outcomes in health and mortality. Interestingly, Stanford did not close for the 1918 Spanish Flu Pandemic. In recent years, HumBio 3B has also placed more emphasis on health disparities and how they can be addressed from a policy perspective. This year, 3B will also have a new lecture emphasizing public health to complement the HumBio 3A lectures on pandemics and infectious disease.

In addition to the changes in content, moving online has also necessitated

some reorganization and several changes to the structure and methods of the core. Office hours have become even more important for faculty as a way to connect with individual students and support their needs. Several faculty, starting with Dr. Paul Fisher in HumBio 4A, have offered drop in “coffee-chats” to give students opportunities for informal conversation. Lectures have been rewritten to help students stay engaged and focused in an online learning environment. Despite these challenges, “The pandemic hasn’t changed the fundamentals of teaching,” Saperstein said. “My goal is still to figure out how to clearly convey key concepts and debates, and important historical and contextual information, in an accessible way so students can make sense of the world around them.”

Assessments have also needed to be changed significantly. Because students take their exams on their own time, outside the classroom, they must be allowed to consult their books, notes, and online resources. This has encouraged the teaching team to think even more than usual about how to emphasize critical thinking and problem solving skills in their assessments. The move to a remote format has somewhat changed the projects, but the Core has maintained its emphasis on helping students build their communication skills. In the spring, the 4B teaching team adapted the poster project that has been a part of the Core for many years to an online research paper presentation. The 4B faculty, Dr. Mike Frank, Dr. David Lyons and Dr. Virginia Marchman made visits to sections the week of the student presentations in lieu of the poster day that is typically held. In 2B, students still prepared two minute presentations on questions like “What does it mean to be human?”, “How does inequality shape our lives?” and “How does our knowledge of genetics shape our understanding of ourselves?” Students then met remotely with tutors from the Hume Center and gave their presentations in section, receiving feedback from the B-side CAs.

One of the biggest challenges facing the Core faculty and staff team is how to successfully engage with and maintain a sense of personability and availability to the students despite being on a screen, sometimes thousands of miles apart. “It is extremely difficult to convey the same openness and sincerity behind a computer screen” Course Associate Cameron Nosrat shares, something of which would come naturally in-person when the faculty and CAs could really get to know each student on a personal level. With the inability to read the body language of their students, the faculty and course associates have worked to incorporate opportunities to both actively engage students and stop and ask for feedback in order to ensure the students’ understanding and success. In 2A, Dr. Katherine Preston welcomed the students by inviting them to unmute and just say hello. Dr. Gavin

Continues on next page, HumBio Core



© Courtesy of Dr. Darcy Wooten

Two decades of Stanford Human Biology alumni, "now stomping out infectious diseases at UCSD Health" - Dr. Darcy Wooten '03 pictured with Dr. Rehan Syed '11 and MD Candidate, Annie Kaufman '16

Dr. Tien-Wen Wiedmann, Emeritus Professor of the School of Medicine, Dies at 83

We are sad to share the passing of Dr. Tien-Wen Wiedmann (known by many as T.W.) on July 18, 2020. She was 83 years old.

Wiedmann was an Emeritus Professor of Stanford's School of Medicine, and by courtesy, Computer Science. She was a partner of Human Biology, advising many of the program's Honors students. Over the years, Wiedmann also actively mentored hundreds of students and engaged them in service learning activities, particularly with her organization.

With her passion for education and mentoring of students and her love of sports, Wiedmann started the community health-education program, H.E.L.P. 4 KIDS. The program is founded on the belief that a healthy body and a sound mind are a necessary foundation and equips young students with the knowledge, tools, and skills to make sound choices and informed decisions for themselves.

It is clear that Wiedmann's legacy, her incredible giving spirit and her hard work to provide a health education program to young students will continue to live on through all the lives that she has touched. She will be deeply missed.



© Courtesy of Christian Wiedmann

HumBio Core Cont'd

Sherlock started class with songs that linked together in a theme and Dr. Julie Baker included photo challenges for students to guess places around the world. Sections also included fun check-in questions to help students get to know one another as they would in an in-person setting. Both lectures and sections made extensive use of the chat function in Zoom to allow students to both ask and answer questions.

Despite the added workload, the challenges faced, and the stress of the pandemic, moving the core from in person to online has also had its benefits, often in unanticipated ways. For one, the flexible nature of hosting the core online has provided students with even more opportunities to access the class videos. "As a result of this flexibility and understanding, I think some students have also felt more comfortable reaching out when they need help or need extensions which I think is a powerful benefit," Chen noted. Students who do attend virtual class "live" are able to interact with the professor, course associates, and their classmates beyond just verbally. The use of Poll Everywhere, fun breakout rooms, and the chat function of Zoom allows a greater number of students the chance to speak up, ask questions, or simply engage more regularly in lectures and sections. Some professors also include fun activities and quizzes integrated into their lectures to keep students engaged and energized. For example, last spring in HUMBIO4A, Dr. Paul Fisher and Dr. Craig Heller offered "HUMBIO Challenge" questions that highlighted HumBio or Stanford alumni. Bonded by the shared hardships of being apart and learning remotely, the students have adjusted and formed new ways of participating and in turn, a new virtual community of support. "Just being compassionate and understanding during these trying times can go a long way," Nosrat added.

The coronavirus pandemic has uprooted much of our lives, bringing with it a new normal. While there have certainly been challenges and setbacks, it is clear that the ever-changing and evolving nature of the HumBio Core and the constant of having an actively engaged group of students has been central to the Core's success in the move to remote learning.

Read the latest syllabuses for the HumBio Core 2A/B, 3A/B, and 4A/B.

Dr. Chase Richard '12: Bet on Yourself

Recently featured on the Spotify podcast *Black Men in Medicine*, co-founded by Corey Gatewood '12, Dr. Chase Richard '12, an Emergency Medicine physician, shares his journey of how he went from being a Stanford Deans' Award recipient to an Emergency Medicine physician.

"*Black Men in Medicine* is a podcast series created by Black male physicians and rising medical students as a means to increase the recruitment of black men in medicine. We provide a secure platform for minority males to openly discuss the difficulties we face, both inside and outside of medicine." (Spotify description)

Listen to Richard's story on Spotify here.



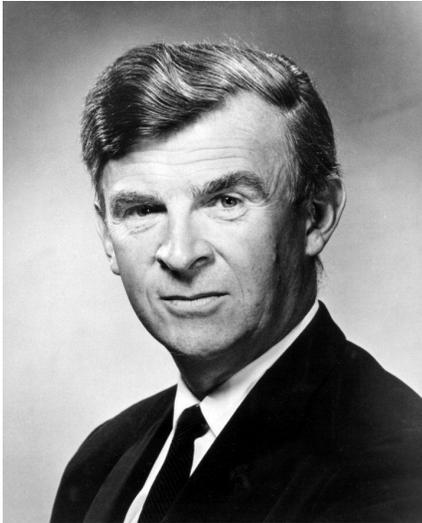
© Mike Nichols, WUSTL Medicine

Dr. Ebony Boyce Carter '00 Named Director of OB-GYN Clinical Research Division at WUSTL

Congratulations to Dr. Ebony Boyce Carter '00 who was recently named the Director of the Division of Clinical Research in the Department of Obstetrics & Gynecology at Washington University School of Medicine in St. Louis.

Carter is a physician-scientist known for her research involving community-based interventions to promote health equity for pregnant women and their babies.

Dr. Philip Lee, Renowned Health Care Reformer, Dies at 96 Years Old



© UCSF Campus News

It is with great sadness that we share news of the passing of Dr. Philip Lee on Tuesday, October 27, 2020. He was 96 years old.

Dr. Phil Lee, MD '48, came to Human Biology in 1997 following his service as the Assistant Secretary of Health for the U.S. Department of Health and Human Services.

An expert in tackling national health care issues, Lee was appointed as the Assistant Secretary for Health under two national administrations – first under President Lyndon Johnson from 1965 – 1969 and again under President Bill Clinton from 1993 – 1997. He also served as the Chancellor of the University of California, San Francisco, and was the founder and director of the Institute for Health Policy Studies there.

As Dr. Paul Fisher said, “Human Biology might seem like a footnote in the remarkable life of Dr. Philip Lee,” but in his time with Human Biology, he brought his remarkable professional experience and thorough knowledge to courses

on international health policy and to a seminar, co-led with Professor Don Barr, on American health policy. Dr. Shirley Feldman, who served on multiple committees with Lee over the years shared that it was truly a privilege and honor to see him work. “Phil was always ready to talk to students and share his knowledge of health policy and passion for social justice,” she said.

Lee retired from HumBio in 2008 in order to devote more of his time to working on one of the most challenging problems our country continues to face – escalating health care costs and the growing ranks of the uninsured. Always a big supporter of HumBio, Lee reflected on his time and said: “I don’t know of any other undergraduate program that provides a better foundation for careers in public health and health policy.” (HumBio Winter Newsletter 2008)

Lee was a brilliant and steadfast professor and advisor. He was a moving force for health policy in Human Biology and inspired not only his students but his colleagues as well. “Human Biology benefitted immensely from having Philip Lee as a member of our faculty,” Barr shared. “Having the opportunity to work with him in HumBio was one of the high points of my professional experience and I benefitted personally from having him as my own mentor.”

Lee was a warm, empathic, gentle, and kind soul who truly cared for each and every one of his students and their success. Melora Simon, HumBio Class of 2000, echoed these sentiments in her experience as a student in Barr and Lee’s US Health Policy Seminar; “He was a masterful storyteller, bringing the intricacies to life with wit and memorable detail.” Feldman noted that he was also quick to use his contacts in the government and elsewhere to help students learn, carry out research, and promote their careers. Anything for his students.

Beyond HumBio, Lee was a pioneer of health policy research and a renowned advocate for health equity at the regional, state, and national levels.

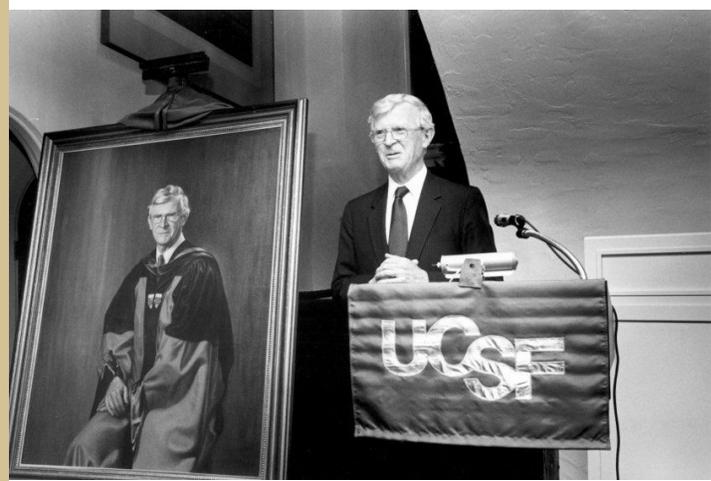
“To all of us who came under Phil’s spell, his death represents the end of an era,” said Haile Debas, MD, who served as

UCSF chancellor from 1997 to 1998. “He was a giant of a leader, a man with passionate commitment to the welfare of the poor and vulnerable, and one who has made important contributions to the national discourse and direction of health policy. I will always remember Phil as the gentle giant who always had time and a smile for everyone and a burning passion to make this world a better place.” (UCSF Announcement, 10/30/20)

“Phil will forever be a human biologist and friend of Human Biology,” Fisher said. It is clear that Dr. Lee’s impact will be felt for years to come and he will be greatly missed.



© Human Biology Newsletter, Fall 2007



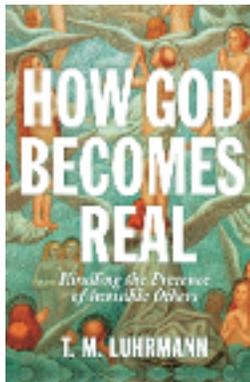
© Philip R. Lee Institute for Health Policy Studies



© Linda A. Cicero / Stanford News Service

New Book by Professor Tanya Luhrmann

Drawing from ethnographic studies of evangelical Christians, pagans, Zoroastrians, Black Catholics, Santeria initiates, and newly orthodox Jews, Tanya Luhrmann's new book, *How God Becomes Real: Kindling the Presence of Invisible Others* (2020), examines the intersection of religion and science, and how religious practices and narratives have the ability to create deep, positive changes for the people who are engaged in them.



© Princeton University Press

“Prayer is a lot like cognitive behavioral therapy,” Luhrmann said. “It’s a way you attend to your own inner experience, let go of distracting thoughts and focus on more positive thoughts. By expressing gratitude, you shift attention from the way that things are going wrong to the ways they are going right.”

Her research found that the ability to create a world where supernatural others feel present and real takes considerable effort and regular practice. This is because humans instinctively know and can differentiate the real, mundane world and the supernatural world. In order to bridge both worlds, Luhrmann argues that people believe because they worship. By engaging fully in religious and spiritual rituals and practices, gods and spirits become real to their worshippers. She calls this the process of “real-making.”

Tanya Luhrmann is the Watkins University Professor in Anthropology, with a courtesy appointment in Psychology. She teaches in the upper division course, HumBio 146–Culture and Madness: Anthropological and Psychiatric Approaches to Mental Illness, where she explores how different societies construct the notions of “madness” throughout history and across cultures.

Read Luhrmann's full interview on her new book with Sandra Feder of Stanford News here.



© Nikki Ross-Zehnder

Pierce Davis '22, Named Scholar of the Year Finalist by the Hispanic Scholarship Fund (HSF)

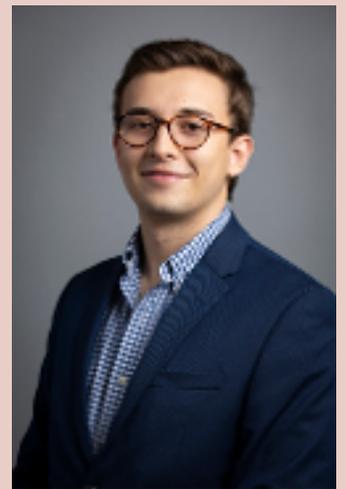
Pierce Davis '22 was named a Scholar of the Year Finalist by HSF on October 6, 2021.

Originally from El Paso, Texas, Davis is a Human Biology major with a concentration in Healthcare Administration.

Davis has had an interest in medicine and healthcare from a young age. His interest only heightened watching his mother struggle with epilepsy and later undergoing a brain surgery that would transform her life.

Inspired by her strength in that experience and her continued ability to care for everyone around her despite her hardships, Davis said “medicine to me before, is no longer medicine to me now. There's so many different aspects to tackle healthcare. I won't really consider myself successful until I've been able to make a difference in the healthcare field and that I know I'm doing good work and providing healthcare to people who need it.”

Congratulations Pierce! We look forward to seeing what the future holds for you!



© Hispanic Scholarship Fund



Digest This, a Bingham-Funded Podcast on Healthcare

While volunteering at Stanford’s Cardinal Free Clinic, Grace Rabinowitz ‘21 witnessed firsthand the sheer complexities and facets of health policy and healthcare in the United States. “I met patients who not only had health concerns, but also were food and housing insecure,” she explained. “Social context, structures, and policy decisions added layers of complexity to what was no longer a simple question of meeting a patient’s health needs with a prescription.”

This experience brought Rabinowitz into the realm of health and health policy. From there, she interned with the Department of Health and Human Services where her interests were only heightened as she began writing speeches and advisories that continued to highlight the interconnectedness of health outcomes and policy choices.

From these experiences, Rabinowitz realized that she wanted to find a way to share her discovery with her classmates and the larger community in an easy and accessible way. Sponsored by the Bingham Foundation Fund for Student Innovation, Rabinowitz created Digest This, a podcast series that explores this intersection of health and health policy. Each episode, Rabinowitz invites a faculty member to join her to discuss a various aspect of health care.

This quarter, Rabinowitz has a number of new and exciting timely topics that she plans on covering including a discussion on the role of advocacy in practicing reproductive healthcare, the aftermath of the height of the opioid crisis and anticipating the needs of chronic pain patients. With the continuing pandemic, Rabinowitz hopes to also create an episode around ethical vaccine development and distribution.

“At a time when tensions between science and policy seem greater than ever, it is of paramount importance for the public to have accessible information about various facets of health policy and healthcare,” Rabinowitz explains. Digest This has become a resource for other students to learn more about the field of health policy and to better understand the real-life implications of health policies from experts. “I hope that listeners are inspired to continue exploring how health and policy systems converge.”

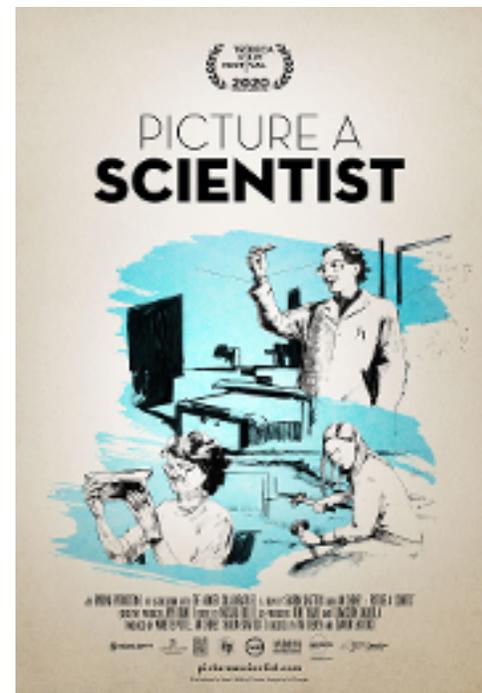
You can listen to her podcast for free on Spotify here.

Human Biology Spotlight: Picture a Scientist Panel Discussion

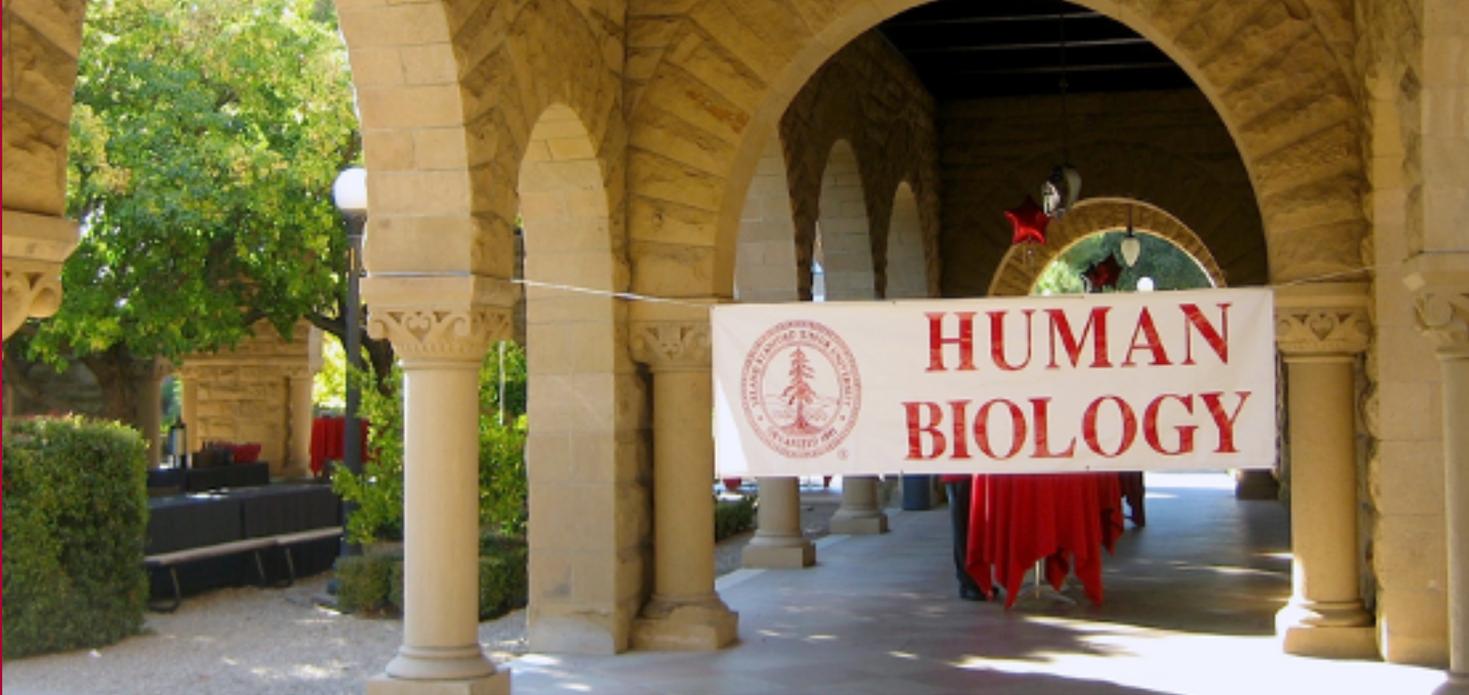
On Friday, November 6th, 2020, the Human Biology Spotlight program—led by Julia Rathmann-Bloch and Sofia Schlozman—organized a panel discussion inspired by the feature-length documentary film *Picture a Scientist*. The film, released in June of 2020, highlights the experiences of women in STEM academia, with a focus on the discrimination often faced by women in these roles, and explores how to create a more equitable and inclusive culture moving forward. Attendees were invited to view the film prior to the event and then engage with a panel of five distinguished Stanford faculty members in the sciences. The panel consisted of Dr. Julie Baker, Dr. Christopher Gardner, Dr. Lianne Kurina, Dr. Piya Sorcar, and Dr. Jane Willenbring; Dr. Willenbring was also one of the scientists featured in the film.

The dynamic panel discussion underscored the often pervasive reality of discrimination based on gender and intersecting identities in science academia, with members of the panel relating candid and personal experiences. They emphasized the importance of community and institutional support focused on equity for women in STEM; they shared moments of allyship, mentorship, and connection. The panelists articulated next steps that could be taken by Stanford and other institutions. These included publicizing equity metrics, like salaries and hiring comparators. Approximately 44 people were in attendance at this moving and informative event. Post-event survey responses cited the impact of female scientific mentors, the value of effective allyship, and the need for better education on discrimination as key takeaways. Respondents also noted the importance of Stanford implementing bystander intervention training and reporting lab space by gender.

- Event summary written by Julia Rathmann-Bloch and Sofia Schlozman



© Picture A Scientist Team



DO YOU HAVE NEWS OR STORIES YOU'D LIKE TO SHARE? DO YOU WANT TO LEAD A CAREER WORKSHOP? DO YOU WANT TO SHARE YOUR HUMBIO EXPERIENCE? HUMBIO WANTS TO HEAR FROM YOU!

JOIN OUR [LINKEDIN](#) GROUP OR SHARE YOUR STORIES ON OUR [WEBSITE](#)!



Get the latest updates and see what's happening in HumBio with our new and improved Instagram, Twitter, and Facebook pages! Tag [@stanfordhumbio](#) or [#stanfordhumbio](#) to be featured!

HUMBIO STAFF

Director: Lianne Kurina

Associate Director: Katherine Preston

Program Manager: Linda Barghi

Communication & Outreach Officer: Jessy Frydenberg

Core Coordinator: Annette Salmeen

Student Services Officer & Capstone Coordinator: Samantha Cooper

Student Services Specialist: Jesse Calderon

Course Support: Livia Choy

Academic Technology Specialist: Carlos Seligo