



BUTT-ER FINGERS: DHMC has been totally tobacco-free since July 2008, but cigarette butts still show up on the grounds. So this July, in an effort to discourage smoking and littering, John . . . uh, Butt-erly, executive medical director, and other DHMC leaders picked up butts for two hours.

DHMC'S HERB-AN SETTING

The perennial beds outside the DHMC cafeteria were filled with more than just colorful blossoms this summer. Sprawling amidst the flowers were sage, rosemary, basil, oregano, and two varieties of thyme. The idea for spicing up the flowerbeds with herbs came from a few employees who approached Paul Goundrey, the supervisor of grounds and vehicles at DHMC.



Since "herbs are pretty low maintenance," says Goundrey, it didn't take much convincing for him to agree to mix in a few among the flowers. Although employees and visitors weren't supposed to pick the herbs, the greens were put to

good use in the hospital cafeteria's kitchen.

Goundrey expects some of the herbs to "make it through the winter," and, since they didn't add extra work for the grounds crew, his team will probably plant even more next year. J.D.

PROGRAM IS A WORK OF ART

It started simply: three youngsters drawing self-portraits and making masks at AVA Gallery in Lebanon, N.H., under the guidance of a few students from Dartmouth Medical School. "I remember how happy those three children were when they left, and I think that was what gave the program momentum," says Cindy Nu Chai, a DMS '10 and the founder of Dartmouth Arts for Kids. "We were able to slowly gain trust from the community and to show the community that this program was worthwhile. Now there are wait lists for the art sessions."



DMS '12 Molly Taylor, left, fanned the flames of Thelma Rotterman's interest in doing art.

Chai started the program under the auspices of an Albert Schweitzer Fellowship. She's since recruited numerous fellow medical students who are willing to share their interest in art, plus some of their precious spare time, with chronically ill children. This fall, as it enters its third year, the program is flourishing.

"We spend a lot of time reading about patients with different disorders," says Jennifer Shue, a DMS '11 and coleader of the program. "It's a reminder that they may have a diagnosis, but at the same time they're real people."

"Here," points out AVA's Bente Torjusen, "the emphasis is on what they *can* do, not what they *cannot* do." D.C.

Keene has a vision of health, not just health care

Every Halloween, Keene, N.H., hosts one of the largest pumpkin festivals in the world. Dr. John Schlegelmilch, chief medical officer of the Dartmouth-Hitchcock-affiliated Cheshire Medical Center, believes the community spirit that goes into carving 25,000 orange orbs can be harnessed to promote healthy living. About half of a person's health is dependent on personal behaviors, says Arthur Nichols, Cheshire's CEO. That's why an initiative called Vision 2020 focuses heavily on lifestyle changes and disease prevention.

Model: There's wide agreement that prevention needs to be built into the health-care system but disagreement about how to do so. Currently only 5% of health spending goes to prevention, according to a national report, while the rest goes to diagnosis and care. Perhaps this relatively isolated, self-contained, pumpkin-loving corner of New England can provide a model for the rest of the country.

In 2006, Cheshire helped launch Vision 2020, an effort to make the greater Keene area the healthiest place in the U.S. by 2020. This year, Cheshire partnered with the local public schools and C&S Wholesale Grocers to create a program called 5-2-1-0, in which parents and children pledge to eat five fruits and vegetables a day, limit TV and computer screen time to two hours, do one hour or more of physical activity, and drink

zero sugary drinks. "Our main role here is to mobilize," says Nichols.

Hub: "We feel responsible for the entire community," Schlegelmilch adds. A medical hub for the area, Cheshire serves Brattleboro, Vt., and numerous small towns in New Hampshire and Vermont, as well as Keene.

Vision 2020 was built on a strong foundation. New Hampshire and Vermont consistently rank among the healthiest states. New Hampshire's exceptionally low rates of child poverty, violent crime, and premature death, along with high immunization rates, mean Keene is better off than many places in the U.S.

Cheshire's relationship with the community has been strong for many years, too. For example, hospital officials work with area schools to help children from low- and moderate-income households obtain health insurance; run a medication assistance program for needy individuals; help low-income chil-

"What we're trying to do here is change culture," says Schlegelmilch.

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A Keene statement about community.

POWERFUL STATE-MENT: A record-breaking 2,984 bike-riders and 1,635 walkers from 35 states participated in the 2009 Prouty Bike Ride and Walk—bringing in donations from every single state and raising over \$2 million for Dartmouth's Norris Cotton Cancer Center.



dren and adults access dental care; and offer numerous services for senior citizens. Many additional free programs are also readily available, from childbirth classes to support groups for cancer patients. In 2008, Cheshire spent \$1.4 million on community health programs.

Cheshire is putting a lot of emphasis on tobacco cessation and school-based smoking-prevention efforts. Here, too, there are deep roots. Keene was the first city in New Hampshire to mandate smoke-free restaurants, well before a statewide law went into effect. And recommendations from Cheshire were influential in Keene State College's decision to ban the sale of tobacco in campus stores, according to Schlegelmilch.

Measure: While it's clear there is no lack of action, it's not evident what impact the efforts are having so far. Fifteen indicators have been identified to measure Vision 2020's progress. They have to do with whether people have access to information and services, and whether they are able to achieve and maintain healthy lifestyles. The indicators were selected in year two, says Nichols, "so we are just reaching the point where we can . . . measure change over time." But Schlegelmilch and Nichols are optimistic that the infrastructure they're putting in place will have a long-term effect.

"What we're trying to do here is change culture," says Schlegelmilch. "Vision 2020 is not a program," adds Nichols. "It's a way of life."

REBECCA E. GLOVER

Medical student takes a detour, on two wheels

A year ago, Benjamin Grass was "excited" but "a bit nervous" about entering DMS. But soon he'd settled into studying anatomy and biochemistry.

Tumor: Until January 27, that is, when he was diagnosed at DHMC with testicular cancer. He had surgery the next day to remove the tumor, followed a month later by another operation to see if the cancer had spread; happily, it hadn't. Grass's treatment and recuperation went well, though he had to set aside his medical studies.

Now, however, after several fortuitous encounters, he's ready to hit the books again. The first fortuity came the day of his diagnosis. The resident who cared for him in the ER was Dr. E. Paul DeKoning, a DMS '04 who was

diagnosed with lymphoma during his first year at DMS; Grass has good things to say about all his caregivers, but DeKoning's support was especially reassuring on that difficult day.

The second fortuity came when Grass crossed paths with Dr. Susanne Tanski, a pediatrician and researcher at Dartmouth's Norris Cotton Cancer Center; upon learning about Grass's situation, she hired him to work, until he was able to return to school, on two anti-smoking projects she oversees.

Bike: The third fortuity relates to his longtime love of biking. Grass was a four-year member of the cycling team in college, at Williams, so when he realized that he had just enough time to get back in shape for the 2009

He had just enough time to get back in shape for the 2009 Prouty.



DMS student (and cancer patient) Ben Grass, right, completed 100 miles in this year's Prouty, with some college friends.

Prouty Century Bike Ride on July 11, he signed up; the Prouty raises over \$2 million a year for Norris Cotton—a cause that Grass is more than happy to support.

He completed the Prouty's 100-mile course feeling strong. And excited to get back to med school in a few months.

THEN & NOW

A reminder of the pace of change, and of timeless truths, from the 1980 DMS admissions viewbook:

"In response to the nation's need for primary-care physicians, increasing numbers of recent graduates of DMS and other medical schools have been entering residency programs in the fields of medicine, family practice, and pediatrics. Since 1973, 188 of the Medical School's 288 M.D. recipients (65%) have entered primary-care programs: 125 in medicine, 34 in family practice, 29 in pediatrics."



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Number of DMS M.D. recipients in 2009

17

Number who entered primary-care residencies

27%

Percentage who entered primary-care residencies