

In Memoriam

Ralph S. Paffenbarger Jr., M.D., Dr.P.H.,



Sc.D., died July 9, 2007, at his home in Santa Fe, N.M., at age 84. Paffenbarger, who was on the School of Public Health's faculty from 1968 to 1981, spent several

decades studying the exercise levels, illnesses, and deaths of more than 50,000 people who had graduated from either Harvard University or the University of Pennsylvania between 1916 and 1950. In 1986 he published an influential study based on the data he gathered from the alumni. His work showed that men who burned at least 2,000 calories a week had death rates one-quarter to one-third lower than those who did not exercise regularly. His study also showed that the amount of additional life for people who got adequate exercise, compared with those who were sedentary, was one to two years. Paffenbarger took his findings to heart and began competitive running at age 45, ultimately competing in more than 150 marathon events. In 1996, Paffenbarger was a co-recipient of the first Olympic Prize for Sports Sciences for his work showing the link between physical activity and lowered risk of heart disease.

A native of Columbus, Ohio, Paffenbarger served in World War II before receiving his M.D. from Northwestern University Medical School and his master's and doctorate in public health from the School of Hygiene and Public Health at Johns Hopkins University. He is survived by his wife, **JoAnn Schroeder**, four children, and four grandchildren.

Nancy Hart Markgraf, M.P.H. '77, died August 26, 2006, at North Adams Regional Hospital in North Adams, Mass., at age 72. Born in West Cornwall, Conn., she received an R.N. degree from Columbia University School of Nursing, a bachelor's degree from State University of New York at Albany, and a master's degree in public health from UC Berkeley. She was assistant director of the Visiting Nurse Association of the Berkshires, from which she retired in 1997. Prior to that, she served as director of the Williamstown Visiting Nurse Association and as an administrator for Medical Personnel Pool in Raleigh, N.C. In her earlier years, she was employed as a staff nurse at Columbia-Presbyterian Hospital in New York City, Children's Hospital in Cincinnati, and Alta Bates Medical Center in Berkeley. Her husband, **J. Hodge Markgraf**, survived her by four months and died on January 11, 2007. She is survived by two daughters, a sister, five brothers, and one grandson.

Jeanne Raisler, C.N.M., Dr.P.H., M.P.H. '84, died May 19, 2006, at age 59. Born in New York City, she received her M.S.N. in midwifery from Columbia University, her master's in public health from UC Berkeley, and a Dr.P.H. in maternal and child health from Johns Hopkins University. For the past 10 years she worked in the School of Nursing at the University of Michigan, receiving her promotion to clinical associate professor in her final days. During her 30 years as a nurse-midwife she served as an educator, mentor, caregiver, writer, and editor. An accomplished breastfeeding researcher and advocate, she received the Regional Award for Excellence from and was inducted as a fellow by the American College of Nurse-Midwives. In recent years she devoted herself to promoting the role of nurses in HIV/AIDS care in Africa. She is survived by her husband, **Jonathan Cohn**, and two children.

Sherry Reinhardt, R.N., M.O.M., M.P.H.



'71, died June 28, 2007, at her home in Berkeley at age 62. An expert on parenting issues, she was often cited by local and national media, and over the years,

more than 6,000 women participated in her support groups for new mothers. Born in Hollis Queens, N.Y., and later raised in Garden City, N.Y., she earned her nursing degree from the University of Connecticut. After earning her master's degree in public health from UC Berkeley, she went on to teach community organizing, group and health team dynamics, and women's health and mental health care. Following the birth of her first child, she was amazed at the intensity and isolation of the postpartum experience. When she was unable to find a mothers' group, she organized one herself, which led her to spend the next 30 years organizing first-time mothers into community-based groups. The demand for her support groups grew so large that she enlisted other people to help facilitate them. The groups recently expanded into San Francisco and will be continued by her colleagues. She is survived by her husband, **Marvin Brookner**, two daughters, her mother, three sisters, and two brothers. ☺

Family Planning Expert Championed Women's Reproductive Health



Donald H. Minkler, M.D., M.P.H. '68, professor emeritus of maternal and child health at the University of California, Berkeley, died of Alzheimer's disease at Salem Lutheran Home in Oakland, Calif., on May 4, 2007. He was 85.

Known as a champion of women's reproductive health, Minkler was actively involved in promoting and implementing family planning services, first as a private physician, and then later as a public health researcher and educator.

"His death is a great loss," said **Philip Lee**, former chancellor and professor emeritus of UC San Francisco (UCSF), and former assistant secretary for health and scientific affairs at the U.S. Department of Health, Education and Welfare. "He was an absolutely wonderful human being who was highly respected by his colleagues."

Lee had recruited Minkler to establish the Center for Reproductive Health Research and Policy at UCSF in 1983. Minkler cofounded and codirected the center, along with **Claire Brindis**, until his retirement in 1989.

Minkler fervently believed that providing all women, particularly those who are low-income and have limited resources, with access to high-quality, culturally appropriate reproductive services was akin to a basic human right, his friends and colleagues said.

In the 1980s, Minkler literally became the face of family planning when his image was used in full-page ads by the Planned Parenthood Federation of America, where he was on the board of directors. The ads were created in response to attempts under the Reagan administration to limit access by teenagers to family planning services, and they appeared in national magazines, including *Time*.

"With the access to birth control pills, the concern over population explosion, and changes in sexual behavior that began in the 1960s, doctors became less paternalistic," said **Malcolm Potts**, UC Berkeley professor of maternal and child health and a former colleague of Minkler's in the field of international family planning. "Minkler appreciated the importance of this respect for women's reproductive autonomy, and he trained a whole

cohort of students so they understood how this impacts the health not only of women, but also of their children."

Born Feb. 19, 1922, in San Francisco, Minkler grew up in the Bay Area. In 1943, he headed off to Harvard Medical School for his medical degree, even though he was just a few credits shy of the requirements needed for a bachelor's degree at UC Berkeley. That technicality did nothing to deter his ability to earn an M.D. at Harvard in 1947.

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During Minkler's studies at Harvard, which were funded by the G.I. Bill of Rights, he participated in the U.S. Army Specialized Training Program. After he completed an internship and residency at San Francisco's Franklin Hospital and the University of California Hospitals, respectively, he was stationed at a U.S. Air Force Base in Wichita, Kan., from 1951 to 1953.

After Minkler's honorable discharge from the military in 1953, he set up a successful private obstetrics/gynecology practice with **Carl Goetsch** in Berkeley. In 1968, Minkler decided to leave his private practice of 15 years to broaden his impact on women's health promotion. He returned to UC Berkeley on a fellowship and earned his master's degree in maternal and child health from the School of Public Health in 1968.

At UC Berkeley, Minkler developed a special interest in international women's health. After earning his master's degree, he spent a year in Uganda as a visiting professor at Makerere University. From 1971 to 1973, he served as a medical advisor to the USAID Office of Population in New Delhi, India. His

dedication to international women's health issues eventually led to his work as a consultant in 26 countries.

"When he shifted from being a private doctor to his public health role, he helped shape a movement that went far beyond the patients he had in his practice," said Brindis.

He returned to the University of California to teach, holding joint appointments at UC Berkeley and UCSF. From 1973 to 1981, he was an associate

professor in residence of obstetrics and gynecology at UCSF, and then he was promoted to full professor in residence in 1981. At UC Berkeley, he started off as a lecturer at the School of Public Health in 1975. In 1982, he was appointed professor in residence of social and administrative health sciences at UC Berkeley. He retired from the University of California and became a professor emeritus in 1989.

In 2001, Minkler was named Alumnus of the Year by the UC Berkeley School of Public Health. That same year, he was honored at a day-long symposium and celebration of his wide-ranging achievements that was co-hosted by UCSF's Center for Reproductive Health Research and Policy, Institute for Health Policy Studies and Department of Obstetrics and Gynecology, and by the UC Berkeley School of Public Health. He also received honorary professorships in obstetrics and gynecology at Xian University and Norman Bethune Medical University, both in China.

Minkler held numerous appointments throughout his career, including maternal and child health consultant to the World Health Organization's Southeast Asia Regional Office in 1973, member

Publisher's Vision Informed Millions About Wellness

New York publisher **Rodney Friedman**—who conceived of the idea of the *UC Berkeley Wellness Letter* and partnered with the School of Public Health for 25 years to produce it—died on New Year's Day, 2007, at his home in Redding, Conn. He was 59.

Since its first issue appeared in 1984, the *Wellness Letter* has grown to be one of the most successful and well-respected publications of its kind, with approximately 300,000 subscribers and one of the highest renewal rates in the industry. The actual monthly readership is estimated to be in the millions.

Friedman's vision was to publish a university-based newsletter on health promotion and disease prevention, which he saw as the future direction of health care. He also promoted the term "wellness," which was not widely known at that time. He took his idea to Berkeley's School of Public Health in 1982. To implement his idea, Friedman bankrolled the venture and entered into what were then groundbreaking contract negotiations with the UC Regents over the right to use the university's name on a commercial



publication. He gave the university full editorial control, and he assumed all financial responsibilities. In return, he agreed to pay royalties to the School of Public Health on the gross receipts of all materials published. Over the last 22 years those royalties have totaled more than \$11 million, nearly all of which has been earmarked for graduate-student support.

Friedman is survived by **Charlotte Milholland**; his three children, **Alessandra, Jennesa,** and **Rafer**; his mother, **Doris**; and a brother, **Kenneth**.

The Rodney M. Friedman Memorial Scholarship Fund has been established to support students at the School of Public Health, especially those specializing in health communications, health media, or wellness. Memorial gifts should be made payable to the UC Berkeley Foundation (note the fund name on the check) and sent to External Relations and Development, School of Public Health, UC Berkeley, 417 University Hall #7360, Berkeley, CA 94720-7360. Contributions can also be made at egiving.berkeley.edu/urelgift/public_health.html. (Indicate the fund name in the "Specific instructions for this gift" box.)

Family Planning Expert, continued

of the editorial board of the *International Journal of Gynecology and Obstetrics* from 1978 to 1986, president of the San Francisco Gynecological Society from 1980 to 1981, and chair of the Population and Family Planning Section of the American Public Health Association in 1987.

Minkler is survived by his wife of 61 years, **Betsy**; a son, **John**; three daughters, **Bonnie, Katie,** and **Jenny**; five grandchildren; four great-grandchildren; and a brother, **Jason**.

If you wish to make a tax-deductible gift in his memory, please make your check payable to the "UC Regents" and note that your gift should be directed to the "Don Minkler Graduate Student Support Fund," which was established by **Nap Hosang** and faculty friends of Don Minkler. Checks should be sent to the attention of Patricia W. Hosel, External Relations and Development, School of Public Health, UC Berkeley, 417 University Hall #7360, Berkeley, CA 94720-7360. Alternately, you may make a secure credit card gift on-line via <https://egiving.berkeley.edu/urelgift/>

[public_health.html](https://egiving.berkeley.edu/urelgift/public_health.html) and note in the "Special Instructions for this gift" box: "For the Donald Minkler Graduate Student Support Fund."

Gifts from UC Berkeley faculty, emeriti faculty, current students, and staff will be matched up to \$250,000 by the Chancellor's matching gift program: Our Promise. Their Future. Chancellor's Challenge for Student Support.

—Sarah Yang