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Last editorial 2024:

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Editorial team 2025:

Gustavo Galárraga, Noah Westfall, Savannah Huebner, Keemarr McKinney-Van Buren

Editor Introduction

“Apacheta”—stone over

stone—are ancient stone mounds commonly found across South America, often located at crossroads or at the beginning of trails. There, travelers would place a stone and leave an offering as a gesture seeking good omens for their journey, while also encountering the offerings left by those who had passed before them.

For the 2025–2026 period, our team finds itself in a moment of transition, walking a path shaped by past editorials that continue to inspire our work and by the authors who, through their contributions, have allowed PHR Review to sustain its editions for more than six years.


Beginning this journey also means ending the path of authors who wish to share their work, and for this volume we are pleased to present two outstanding contributions. The first is by PhD Cheyenne Reyes, Carrie Lawrence and Tessa Nalven who addresses a highly relevant public health issue: opioid misuse in the United States, a phenomenon that has increased significantly, with mortality rates tripling over the past decade and a half. Her study explores healthcare providers’ perceptions of how the opioid epidemic has affected their day-to-day clinical practice and interactions with patients, offering valuable insight into the challenges currently faced by the healthcare system.

The second contribution, by Tyler Dregney and Beth Lewis, presents a systematic review on the effects of yoga on hypertension. This work highlights the role of movement, specifically yoga as an intervention that warrants further in-depth study and invites the scientific community to explore alternative movement-based approaches and integrative strategies to address different conditions and manifestations of disease in the body.

Our team

Has worked with dedication and commitment in service of others, with each member advancing their own vision of public health along their academic and professional paths, were

Public health practitioners rely on research publications to design effective programs and implement policies to improve the health of their communities. I am excited for the opportunity to continue sharing impactful findings with our readership. I am passionate about engaging with research, including being a thoughtful consumer of research, a responsive producer of research and now with the other members of the Public Health Review editorial board, I am eager to contribute to the dissemination of research. – NOAH



*"I seek for my work to inspire others to communicate health problems and inequities, and for actions not to remain merely ideas; for working in service of others' health to always be a priority, and for extending a hand to those who need it most to be the force that drives my work in public health" – **Gustavo**.*

*"Public Health to me is the intentional consideration and advancement of health for all individuals in the entirety of a population. Key concentrations of Public Health I am passionate about include access to care and the promotion of health equity. Addressing health at a population level, rather than an individual level, allows for the deconstruction of long-standing systemic barriers within the current system. I am motivated by the creation of health policy that is inclusive, improving health for all members of society". – **Savannah***

*"In my eyes, public health is one of the most flexible and impactful fields one can be part of. It can range from something like encouraging healthy behaviors and environments through nutritional campaigns, to utilizing data and evidence to guide policies. All of the work done is with the shared goal of improving the health of communities, and the well-being of people. To me, public health entails actions that reflect care, interconnectivity, and a commitment to addressing the root causes of health issues rather than just the outcomes they produce". – **Keemarr***

We now set a small stone on our path so the work may continue, and a strong community served by *PHR* may keep growing—a transition that marks both an ending and a beginning. It is a path that, as public health professionals, we build every day in service of others. Everyone involved wishes to continue along the path that *PHR* has opened for us, and we hope to help lay the trail for other authors and future members to join and become part of this shared journey.

Thank you to everyone who submitted to the *Public Health Review*. As always, thanks to our Advisory Board, University of Minnesota Libraries Publishing, and our faculty advisor Stuart Grande. A special thank you to our dedicated and thoughtful reviewers. Thank you to our authors -Tyler Dregney, & Beth Lewis and Cheyenne Reyes, Carrie Lawrence and Tessa Nalven- for sharing your work with our readers.

Follow us

*PHR continues to accept submissions on a rolling basis. Submit your work [here](#). Finally, stay up-to-date on *PHR* by following us on [Twitter](#) and [Instagram](#).*

Acknowledgment

Remigio Galárraga cover photo taken in Parque Nacional El Cajas - Azuay, Ecuador.

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