



## Utah Public Health Association May E-Newsletter

### 2018 WYOMING ANNUAL EDUCATION CONFERENCE CALL FOR ABSTRACTS

Creating the Healthiest Wyoming: Health Equity Now  
September 26-28, 2018  
Evanston Roundhouse Complex; Evanston, Wyoming  
Presented by: Wyoming Public Health Association (WPHA)

#### General Conference Information:

The purpose of the 2018 Wyoming Annual Education Conference is to provide an opportunity for education, networking and skill development for professionals in Wyoming. The Conference is designed to build a more competent public health workforce and to strengthen our public health systems.

#### The goals of the conference are to:

1. Provide a forum for public health professionals to develop new skills, demonstrate best practices, exchange lessons learned, share current research, and discover valuable resources.
2. Offer a multi-disciplinary conference program that encompasses the broad aspects of public health.
3. Stimulate innovation in public health practice.
4. Provide an annual meeting opportunity for the memberships of the affiliate associations.
5. Encourage networking of all professions representing public health.

This conference is a gathering of individuals associated with public health from around the state. Conference attendees will consist of a wide mix of participants from the public, private and non-profit sectors, as well as the medical, academic and community settings.

#### **Abstract Submissions Due: July 1, 2018**

Visit <http://www.wyomingpha.org/> for more details.

### PARTNERING FOR CHANGE CONFERENCE: ENDING THE OPIOID EPIDEMIC

Registration is now open for the Partnering for Change Conference: Ending the Opioid Epidemic. Dates are August 16 & 17 at Weber State University, Shepherd Union. Prevention, Treatment, Law Enforcement, Public. We're all part of the solution!

Keynote Speakers: Dr. Bertha Madras, Dr. Jennifer Plumb, Dr. Stephanie Bradley, Sam Quinones, Alema Harrington, and Kat Allen

For registration and information, please visit <http://.whspfchange.net/>

## MARY V. BROWN, PHD, MCHES WINS NATIONAL AWARD FOR NCHEC



Dr. Brown was selected as the award winner in the individual category for her significant commitment as an advocate for the profession of Health Education and Promotion, and for being a valuable resource to students entering the field, a champion of communities, and a strong supporter of the CHES and MCHES certifications. As Chair of the Department of Public and Community Health at Utah Valley University, Dr. Brown continues to promote NCHEC credentialing through professional development, CHES exam preparation classes and study sessions, and curriculum development that meets the Areas of Responsibility, Competencies, and Sub-competencies that provide the foundation for the CHES and MCHES certification exams. Dr. Brown received glowing endorsement by the President of the Utah Chapter of the Society for Public Health Education (USOPHE) as well as the Utah County Health Department, and has served as a community volunteer with the Utah Public Health Association, the Huntsman Cancer Institute and within her own county.

Please congratulate Mary on this amazing award!

## WHAT'S NEW FROM AMERICAN JOURNAL OF PUBLIC HEALTH?

Dear Friend of Public Health,

This month, AJPH showcases articles on causality and consequences in public health, infectious childhood diseases, rising trends in prescription opioid sales, and the school start later movement.

Visit [ajph.org](http://ajph.org) to see all of this month's articles and podcasts. A few are available to everyone, even if you aren't an APHA member:

- The C-Word: Scientific Euphemisms Do Not Improve Causal Inference From Observational Data
- US Mayors' and Health Commissioners' Opinions About Health Disparities in Their Cities
- Long-Term Effects of the Communities That Care Trial on Substance Use, Antisocial Behavior, and Violence Through Age 21 Years
- US Immigration: A Shrinking Vision of Belonging and Deserving

Full access to AJPH and its wide range of articles on public health is limited to APHA members and AJPH subscribers. The award-winning journal also produces monthly podcasts in English, Spanish and Chinese.

Be on the lookout for more timely research from AJPH and consider subscribing or becoming an APHA member for full access.

Sincerely,



Alfredo Morabia, MD, PhD  
Editor-in-chief, AJPH  
@AMJPublicHealth

### UPHA BOARD SPOTLIGHT: JULIE GAST, PHD, MCHES

1. *Where do you currently work/go to school?* Utah State University: Duties/Title: Professor of Health Education and Promotion and Director of the Health Educational and Promotion MPH
2. *Why did you choose to pursue public health as your profession?* While an undergraduate and master's student in Sociology, I always gravitated toward health topics and classes, never knowing that health education was an area of study (sad I know). Later I saw the courses listed for the doctoral program in health education and realized this is what I had been looking for in a career. I love public health because it is solution focused vs. theoretical and encompasses so many other areas of study, such as psychology, sociology, economics, policy, marketing, technology, etc.
3. *What is your favorite vacation spot?* My favorite trip was to Costa Rica but I also love being anywhere with my family
4. *What time do you typically go to bed and get up in the morning?* I get up at 5am on weekdays so I can go to the gym before work and try to go to bed by 10
5. *If money weren't an issue right now, what would you be doing?* I think I would still be doing what I am doing now, but I would love to hire a full time MPH coordinator to help with our new HEP MPH program if I could afford it!
6. *What has been the most rewarding project you've worked on as a public health professional?* Maybe because it is on my mind so much, but helping develop the health



education and promotion MPH at USU has been very rewarding, scary, and demanding!

7. *If you could eat only one food for the rest of your life, what would it be?* Tofu
8. *What is the best thing you've done in your life?* Marring my husband and having two wonderful kids
9. *What do you do to relax?* Mountain bike, road bike, trail run, read, go out with friends and family, see movies with my daughter
10. *If you could give only one reason why someone should join UPHA, what would it be?* UPHA offers students and professionals a place to be connected to others in public health. It is great to attend the annual meeting and be in a room with people who feel as strongly about health as you do.

## STUDENT SPOTLIGHT - QING-QING HU, UPHA STUDENT ASSEMBLY PRESIDENT



Qing-quin is a PhD student in Public Health at the University of Utah. Ten years ago, I finished my undergraduate degree in Preventive Medicine in a medical school in China, and had a dream to pursue my master's in U.S. I got accepted by University of Utah as a master's student in Health Promotion and Education, with full scholarship. I enjoyed studying and working with my professor Dr. Kumpfer, who developed a world-wide "Strengthening Families Program" more than 35 years ago.

I also went to Austria, Hungary and Slovenia for studying abroad. Those experience gave me a great opportunity for improving myself as an open-minded and optimistic person.

After graduation in 2010 with a master's degree, I found a job working at Chinese Centers for Disease Control and Prevention in Beijing, China. This is the best organization serving for public health in China. I have been working for a U.S.-China collaborative project related to "the long-term health effects of folic acid supplementation for Chinese women" for 2 years. After that, I went back to my hometown, serving for local health department. During the next 5 years, I actively participated in organizing health events for local population about 2 million people, designed a health TV program and worked several health projects such as "Adults' tobacco use survey" and "Health literacy".

To better improve myself, I decided to study abroad in U.S. again to pursue my PhD degree. Although I have husband and daughter back in my hometown, I was supported by them very much, and this is a great experience again during my life time! I am enjoying studying, learning, and working for different people to promote public health around the world.