

PUBLIC HEALTH PULSE

Utah Public Health Association

July 2000

GET YOUR UPHA NEWS VIA EMAIL

Members of UPHA are invited to join our E-mail List Server. This new service is an attempt by UPHA to provide communication tools to everyone involved or interested in public health, and to foster a "community" of public health professionals in our state.

To "join" this electronic mail service, send a blank e-mail message to: join-upha@list.state.ut.us You will then receive information about this service.

After you join our ListServ, you will begin receiving "approved" messages on local, state, national and international matters related to Public Health. You can also send messages to all subscribers by sending one message to the server. This server also has an AutoResponder feature which we use to automatically replying to specially addressed email, such as FAQs or Leaders lists.

In addition, over the Internet interface to this e-mail List, you can:

- access old messages (so you won't have to save them on your own email system),
- adjust your settings (to get a "digest" of messages, rather than receiving one each time one is sent out),
- create and send messages directly, and access other features of this resource.

For more information about this new service, see the UPHA web site (www.upha.org) and click on NEWS. You can also go directly to the ListServ information page by going to:

<http://www.upha.org/upha/html/uphalistserv.html>

Treasurer's Report is On-Line

The Treasurer's report for 1999 is now on the UPHA web site, with all the committee reports and summary information. It can be found at: <http://www.upha.org/upha/committees/finance/1999>

President's Message -- Beverly Hyatt Roach

After our outstanding Public Health Conference on May 9-11, we have clearer directions and focus as we begin this new year in the Association. Thanks to strategic planners like LaVerne Snow in the past, and Brad Neiger currently, we have documents in preparation which will help us know if we're on track or not.

All of the breakouts were excellent, and I had a hard time deciding which to attend and which to miss. One of my favorites was a panel of public health stakeholders who discussed "Who Is Setting the Public Health Agenda for Utah?" Many of the comments made had direct bearing on our activities as an Association.

Dr. Joseph Miner, director of the Utah County Health Department, reported that Provo has had success involving community-based neighborhood groups in planning and implementation of some elements of public policy. Possible drawbacks were pointed out by others, such as the potential for ill informed or special interest groups to sway the public health agenda toward less critical projects. Overall, Dr. Miner saw the neighborhood groups as a productive direction.

Dr. Scott Williams, deputy director of UDOH, referred to several timely public health priorities, where the need and opportunity to intervene are both present:

- public health infrastructure: the needs to both maintain and update
- fluoridation
- patient safety in hospitals
- impact of the Olympics on the public health structure
- nutrition and fitness, which have the potential to replace smoking and seatbelts as concerns for the future

Corbin Anderson, UPHA Past-President, made some excellent points about the need for the Association to be present and vocal in the policy development and implementation of public health initiatives within Utah.

Dr. Robert Huefner, of the Matheson Center for Health Care Studies, moderated the panel and reminded us that political power can be seen as *reputation untested*. As an Association we can build our reputation as an effective influence on the public health of Utah with a visible record of successes. Dr. Williams pointed out such successes as the Clean Indoor Air act, the Child Health Insurance Program, and development of immunization registries, all as examples of political successes public health has enjoyed in Utah.

I am excited about prospects of building on these successes this year. Continuing some of our promising initiatives such as fluoride efforts throughout the state, planning for the Olympics within the healthcare community, and joining with Public Health Week promotion activities are only the beginning.

I invite each one of you to be involved this year on one or more committees and see the work of the Association first hand. Please call me or email about ways to be involved!

Beverly Hyatt Roach, MSPH, RD
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Transition of Association Officers and Board

TRANSITION OF ASSOCIATION OFFICERS AND BOARD

At the recent Annual Meeting of the Association, some officers and board members retired and new ones were elected. We extend our gratitude for the efforts and time donated by the following whose terms ended:

- Lloyd Berentzen as Immediate Past-President
- Jeni Libin as Vice President
- Tammy Remer as Secretary
- Kevin Thompson as a Board Member
- Margaret Snow as a Board Member
- Laurie Baksh as a Board Member
- Kathy Chambers as Chair of the Nominations Committee

Congratulations to these people who were newly elected to the following positions:

- Brad Neiger as President-Elect
- Ralph Clegg as Vice President
- LaDene Larsen, as APHA Affiliate (elected to a second three-year term)
- Ken Buchi as a Board Member
- Teresa Garrett as a Board Member
- Tricia Keller as a Board Member
- LaVerne Snow as a member of the Nominations Committee

In transition to different roles within the Association:

- Corbin Anderson, now Immediate Past-President
- Beverly Hyatt Roach, now President
- Dan Kinnersley, now Chair of the Nominations Committee

Continuing in their ongoing terms in the Association:

- Kevin Condra as a Board Member
- Brian Bennion as a Board Member
- Myron Bateman as a Board Member
- Dave Cunningham as a Board Member
- Lynn Flinders as a Board Member
- Chris Perfili as a member of the Nominations Committee

Appointed to a one-year term as Secretary of the Association:

- Debbie Reed

And in limbo now, due to questions about the election schedule:

- Paul Wightman, acting as Treasurer, pending results of special election (see insert)

Please get acquainted with these names, and contact current board members or officers to give input and stay involved with the operations of your Association.



A HEALTHIER YOU 2002™ PERSONAL HEALTH PROFILE



Name: Michelle Muirbrook
Division: Center for Health Data
Office: Vital Records and Health Statistics
Occupation: Chief Supervisor, Registration and Certification Units
Age: Turned 40 years old when the historic tornado hit down town Salt Lake City

Typical exercise program for an average week:

Three times a week I run at least 4.5 miles or do some type of aerobic exercise to increase my heart rate. I lift weights and do a bunch of sit ups. I always try to push myself the last few minutes of my work out for the maximum result.

What are your favorite activities which you would like to engage in more often? Who inspires you?

My 15 year old son is a very fast learner and quick study. One golf lesson and watching a pro swing a club and he was beating my golf scores. He is my inspiration to lower my golf score and favorite golf partner. I also love to scuba dive, snow and water ski, go dancing with my husband, camping, horse back riding, travel and go snowmobiling with my family.

What is one of the highest points of your fitness history?

When I started working for the Health Department about 10 years ago and was given encouragement by John Brockert (past director and good friend), time and opportunity to use the fitness center during the day.

What is one of the lowest points in your fitness history? How did you get through it?

When my daughter was born, I struggled to get rid of the extra weight I had put on during pregnancy to help ensure I would have a healthy baby. I was depressed about the extra weight, however, I was determined to get back into my small favorite jeans before pregnancy, so I hung my jeans over a rocking chair in the nursery and every day I would try to pull them up a little further until I could zip them up. Eating an early lite dinner and a lot of sit ups before bed helped a lot!

Who is one of your role models for fitness, beauty, setting goals and why? OR What inspires you?

My beautiful daughter. She turned 17 this month (March) and is modeling all over the world and missing a lot of school. With all the travel, she still finds time to keep in shape (lots of sit ups before she goes to bed) takes care of her long hair and complexion and still maintains straight A's in high school and looks forward to law school.

Share some tricks on how you are able to squeeze fitness into your busy life?

Using the fitness center on my lunch hour and on breaks when I can take them.

Share your ideas on how you have motivated your co-workers, family, or friends to exercise.

I tell co-workers and employees to take advantage of the convenience of having a fitness center right here in the building and encourage them to sign up for exercise time. You really do get hooked on exercise! The way it makes you look and feel about yourself and also helps you to get a good nights rest.

How has exercise helped you? What is some additional information or details you would like to add?

I try to eat as many fruits and vegetables as I can during the day. One of my rules when eating is to "eat anything I want, but not eat as much as I want". Exercise has helped me to look as young as I can and feel good.

Make the decision to change your life style. Identify your reasons to want to change. Focus on your future vision of yourself. Transform your dreams into goals. Make deadlines and write them down.

Public Health Heroes & UPHA Youth Award Recipients Honored by Governor Leavitt

On April 18, 2000 at the State Capital in Salt Lake City, Utah, Governor Leavitt signed a proclamation declaring April as Public Health Month. He also honored Senator Paula Julander, State Epidemiologist Craig Nichols, KUTV Channel 2 and the Davis County Youth Council for their ongoing efforts in the field of public health. Public health is there everyday, everywhere, helping everyone live a safer, happier, healthier life. In honor of all the effort and time devoted to public health issues the recipients were honored for their dedication to public health. He praised the award winners for their ongoing efforts in public health.

Craig Nichols, State Epidemiologist:

Craig Nichols has been employed as the State Epidemiologist for 16 years. He has identified and investigated disease outbreaks including Toxic Shock Syndrome in the late '70's, HIV/AIDS in the '80's, and Hantavirus in the '90's. Nichols is currently working to ensure Utah's safety, as well as the world's safety, as the 2002 Winter Olympic Director of Disease Surveillance and Rapid Identification of Disease Outbreak, in regards to Bio-Terrorism.

Senator Paula Julander:

Paula Julander, a Utah State Senator representing District 1 in Salt Lake City, currently serves as the 1999-2000 State Minority Whip. She graduated from the University of Utah (B.S.), and Brigham Young University (M.S.), in Nursing, and Nursing Administration. Julander has been honored with the Service to Children Award, presented by the American Academy of Pediatrics, and was the Democratic Nominee for Lieutenant Governor in 1992.

KUTV - Channel 2:

Channel 2 has been integral in creating awareness for programs such as "Baby Your Baby", "Check Your Health", "Immunize by 2 - It's up to You", during the past 12 years. Thanks to KUTV, more than 90% of all Utahns know about "Baby Your Baby". The program has helped thousands of women deliver healthy babies. The award was accepted by KUTV news anchor - Mary Nickels.

UPHA & KTVX Channel 4 YOUTH AWARD

The Davis County Youth Council:

There are 65 youth involved with the Davis County Youth Council. They attend school throughout Davis County and have members from the 5th to 12th grades. Their project was to empower youth to educate the community through prevention in the areas of tobacco, alcohol, violence, and injury prevention. They have achieved heightened awareness of numerous public health issues in the Davis County community where they are continually invited to speak to health and school classes, to participate on “adult” committees such as the Davis County Safe Kids Coalition, Davis County Community of Promise, Davis County Crime and Substance Abuse Reduction Council, and many others. The Youth Council has been involved in tobacco and alcohol compliance testing, offering press conferences to media, and presenting awards to stores that do not sell tobacco and alcohol to youth. Youth membership has grown from 3 in 1995, to 65 in 2000, with continued growth anticipated. They have been involved with Ribbon Week Campaign in schools, Festival of Trees, Legislative Activities, Community Fairs, Truth About Tobacco presentations, Operation Store Front, and the Governor’s Youth Council. Their voices have been heard on many community issues that have helped to promote public health in Davis County.

*** The Youth Award Winner receives \$500 from KTVX and a framed certificate of recognition from UPHA.

UPHA Honors Award Recipients

On May 11, 2000 UPHA honored numerous award recipients at the annual UPHA awards luncheon. The following people received awards:

Laverne Snow received the Theodore Bruce Beatty Award

Anthony Tidwell, DDS received the “Friend of Public Health Award” for numerous contributions to the fluoride initiative.

Dr. Joseph and Betsy Newton received a Special Recognition Award for the numerous hours and contributions to the fluoride initiative.

Dora Thompson received “The Heart and Soul of Public Health” Award

The Davis County Youth Council received the UPHA & KTVX Channel 4 Award

The Public Health Heroes were:

State Epidemiologist **Craig Nichols**

Senator **Paula Julander**

KUTV Channel 2

Thomas J. Metcalf, M.D. received the Martha Hughes Cannon Maternal and Child Health Award

Margaret Jensen received the Health Education Association of Utah “Rookie of the Year Award”

Senator **Paula Julander** received the “Public Health Nurse of the Year Award”

LOTS OF FUN OPPORTUNITIES FOR COMMITTEE WORK:

The most important (and most fun!) work of the UPHA takes place in several interesting committees. Every member is encouraged to get involved with one or more of these, to see public health advocacy work up close, and from many different perspectives.

The best part of committee work is the chance to rub shoulders with lots of energetic public health enthusiasts already busily engaged, who enjoy working together for a good cause.

There's always room for more willing hands! Please call or email to Beverly Roach to let her know which of the following you'd enjoy working with this year:

AWARDS COMMITTEE:

Solicits nominations, votes on recipients, and coordinates presentation of awards in several categories.

EDITORIAL & NEWSLETTER COMMITTEE

Rounds up news, writes articles, reports on important issues to keep the Association informed.

COMMUNITY OUTREACH, EDUCATION & MEDIA RELATIONS

Works with other public health agencies throughout Utah to publicize events such as Public Health Month. They are planning some great quarterly public health promotions this year.

LEGISLATIVE COMMITTEE

Reviews and monitors proposed health-related laws, and makes recommendations to the board and membership. Advises members when and how to take action to affect the legislative process on behalf of public health issues.

PROGRAM COMMITTEE

Plans and implements the annual Public Health Conference in May of each year.

MEMBERSHIP COMMITTEE

Solicits and recruits members for the Association, and helps maintain the membership data base.

POLICIES, PROCEDURES AND BYLAWS COMMITTEE

Reviews the association's official written guidelines and recommends changes when needed.

PROFESSIONAL DEVELOPMENT COMMITTEE

Works with allied agencies to provide educational workshops and luncheons for Association members, on topics relevant to public health.

RESOLUTIONS COMMITTEE

Formulates and reviews resolutions for consideration by the Association at the annual meeting.

STRATEGIC PLANNING COMMITTEE

Makes recommendations on long- and short-term goals and the direction the Association should take to protect and promote public health.

HEALTHIER YOU 2002 COMMITTEE

Coordinates health-related community activities in conjunction with hosting the 2002 Winter Olympics.

DATA MANAGEMENT COMMITTEE

Maintains website, helps maintain membership database, assists with any other data applications needed by the Association.

AUDITING COMMITTEE

Responsible for general accounting and for an annual audit of the Association's finances.

FINANCE COMMITTEE

Reviews financial matters and helps the Association make annual budget plans.

HISTORICAL COMMITTEE

Fills role of Association Historian, keeping records about the progress of public health and activities of the Association itself through the years.

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WHO WON WHAT AT THIS YEAR'S CONFERENCE?

Desert Star Playhouse Tickets - John Contreras
Utah College of Massage Therapy Tickets – Sue Nicodemus and Bruce Bogess
Alta Vista Ski Passes - Spencer Pratt
\$25 to Hard Rock Cafe - Darrin Sluga
Overnite at Rainbow in Wendover - Erick Crenshaw
2 Symphony Tickets - Fran Duncan
2 Ballet West Tickets - Larry Niler
\$15 Olive Garden - Trish Keller
50% off Anniversary Inn Stay - Bruce Bogess
Healthy Utah T-shirt - Marylin Adams
Books on Tape - Melissa Stevens
\$40 Spoons and Spice - Buni Phillips
Hale Theatre Tickets - Janet ??
Jerry Sloan Picture - Melissa Stevens
Cancer Wellness Mug - Kathy Hardy
2 tickets to Hogle Zoo - Lorena Hill
2 tickets to Utah Symphony - Sheryl Crow-Brunner
Overnite to Stateline - Andrea Price
Radisson Inn overnite stay - Andrea Lythgoe
Ski passes to the Canyons - Janet Brondrum
\$25 to Park Cafe - Larry Niler
Rhino Grill - Dorothy Uitvlugt
7 Peaks Water - Kathryn Rowley
Gastronomy - Teresa Garrett
Red Lobster - Kristie Larson
Tracy Aviary - Laurel Anderson
Healthy Utah Tshirt - Fran Duncan
Red Rock Tshirt - Nicole Stone
Exhibit prize of a portable cd player - Camilla Zieber
Grand Prize Airline tickets – Dan Kinnersley!!!!!!!!!!!!!!!!!!!!