

# Public Health Pulse

Utah Public Health Association Newsletter

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Spring 2001

## 2001 Public Health Conference for Utah

The Yarrow Hotel & Conference Center - Park City  
May 9 - 11, 2001



We are pleased to invite you to the 2001 Public Health Conference for Utah. Members of three associations for public health professionals have recruited dozens of outstanding presenters to make this conference educational and memorable.

To address our theme of **Community Improvement Through Public Health**, we are happy to offer a wide spectrum of topics reflecting the cultural and professional diversity of the public health community. We are thrilled to feature four nationally-prominent keynote speakers, who also reflect the diversity inherent in public health.

Our breakout sessions address the five aspects of community health shown at the left. Please refer to the various track listings in this brochure to see topics that will appeal to nurses, health educators, environmental health specialists, nutritionists, WIC specialists, and administrators.

Conference participants will enjoy the once-in-a-lifetime experience of promoting health aspects of the Olympics with the **Gold Medal Mile** and **Nutrition Tracker**, and will have the opportunity to observe entries and choose winners in the state-wide **Public Health in Pictures** contest.

Please join us in Park City!  
Beverly Hyatt Roach, UPHA

Terri Sory, HEAU

Keith Larsen, UEHA

### GOLD MEDAL NUTRITION ACTIVITY:

Keep track of your healthy eating for three weeks and receive a full-color official 2002 Olympic Winter Games Nutrition Pin! Bring your completed Nutrition Tracker to the Public Health Conference Gold Medal Mile on May 11, and receive your FREE pin that day. Or if you start a Nutrition Tracker that day, you can receive a pin later for \$4.00.



A HEALTHIER YOU 2002™  
UTAH'S HEALTH LEGACY

## A HEALTHIER YOU 2002™ PERSONAL HEALTH PROFILE



**Name:** Colleen Fechser  
**Division:** Davis County Health Department  
**Office:** WIC  
**Occupation:** WIC Director  
**Age:** 65

### **Typical exercise program for an average week:**

Daily aerobics consisting of 85 sit-ups, 20 leg scissors front and both sides, 26 pushups (men's style), 100 jumping jacks, 20 stretches leg raised on chair, head to knee, plus I walk 3 miles at a 15 minute mile pace 5 days a week and run 3 miles 6 days a week. Sundays I walk five miles.

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

My favorite activities are jogging, reading, bridge, and cooking. I'm inspired by kind, ethically, righteous people who honor their god and country, uphold the laws of the land and actively work to do good and serve others.

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

When I won the Hill Air Force Base Perimeter Base Run in the women's division in 1986. I have run a total of 41,600 miles since 1966.

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

A stress fracture to my right foot that put me in a cast. I had to ride a stationary bike until it healed.

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

This dates me, but Jack LaLanne was my original fitness guru. But the person I admire most for fitness, beauty, and setting goals is my daughter Peggy Sutton. She has an autistic son, and using her skills as an attorney, fought the San Jose, CA school district to provide classes for those children, despite all the stresses of family she maintains a fitness program, volunteers in the schools, the community, and her church. She sets goals and meets them with dedication and energy.

I'm inspired by people who overcome adversity to excel, i.e. President Hinkley, Christopher Reeves, and all those who gallantly persevere despite their handicaps and limitations.

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

In 1957 my obstetrician told me to exercise for the rest of my life. At that time I decided I would set a time to run and exercise, no matter what. I have done that. I do not let the phone, doorbell, rain, snow, sleet, extreme heat, or anything else prevent me from running. It's like an appointment I cannot cancel! If I'm at a conference in New York, you'll find me in the exercise room as soon as the meetings are over. I've run almost every high school track in Utah and from here to San Jose, California. I've hit the tracks wherever we stop for the evening.

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

I guess most of the motivation to others comes from my excellent health. I weigh the same I did in High School and I can still wear my wedding dress. I have not missed a day of work because of illness in 15 years and do not have heart disease, diabetes, high blood pressure, osteoporosis, etc. I have never had surgery or been in the hospital except for births. I am often stopped by people who recognize me in the community, i.e. bank, store, etc. who say "I know you, you're the running lady!"

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

Running has helped eliminate stress in my life. My advice: Take time to keep fit. It saves you time, money and brings happiness to your entire life. It's the best thing you can do for your family, your boss, and yourself!

# April is Public Health Month



Most people know public health best for protecting their food, air, water and providing preventive health services such as immunizations and prenatal care. Public health is much broader and includes tracking infectious diseases and controlling outbreaks. Public health also makes sure there is a certified ambulance service in your area to respond to medical emergencies and provides access to health insurance and health care for qualified individuals. In addition, public health licenses and inspects day cares and nursing homes, stores and collects birth and death certificates, helps families who have children with disabilities, tracks and analyzes health data and educates to help us all lead healthier lives.

UPHA has been pleased to participate with Utah Alliance for Public Health Awareness in planning for Public Health Month in April, where we make the community aware of the role of public health. Public health practitioners are typically content to operate behind the scenes conducting prevention activities that help every Utahn live safer, healthier lives.

This year's Public Health Month theme is "Utah's Public Health is for Everybody, Everyday and Everywhere." Find more information on Public Health Month, see Governor Leavitt's Public Health Month Proclamation, and get information on the Public Health in Pictures contest, at <http://www.health.state.ut.us/pio/phmonth/2001/>

## President's Message

This is probably the best time of the whole UPHA year, with a dizzying array of projects underway as my term as President winds to an end. If you have interest in being involved with any of these (now or in the coming year) please let me know!

Highlights of the 2000-2001 year so far:

- o Fluoride initiatives were successful in Salt Lake and Davis Counties
- o A Past-Presidents group was convened by Lloyd Berentzen, featuring distinguished leaders from the public health community who have been major forces for public health in Utah for more than twenty years
- o Our impressive Legislative Committee was active and visible during this year's legislative session, initiating an innovative "Public Health Day at the Legislature" to educate lawmakers about public health issues
- o UPHA continues as a partner in A Healthier You 2002, participating with Gold Medal Miles and several additional sub-committees. [Be sure to walk with us in a GMM at Park City during our conference on May 11!]
- o UPHA members will have the chance to participate in one of the first of the Olympics nutrition activities, to win Nutrition Pins by completing a three-week Nutrition Tracker. Those who complete it in advance will be able to receive a FREE pin at the GMM. Or if you start a Nutrition Tracker that day, you can receive a pin later for \$4.00
- o Our Community Outreach, Education and Media Relations Committee worked with the Utah Alliance for Public Health Awareness on activities for Public Health Month, currently underway
- o Strategic Planning efforts, led by our President-Elect Brad Neiger, culminated in a survey to members about future directions for the association. If you haven't seen the survey, please call Brad at 801-378-3313
- o The final activity of my term will be the Public Health Conference on May 9-11. The committee has been working hard and we are excited to bring dozens of outstanding presenters to make this year's conference educational and memorable. We are featuring four distinguished national experts as keynote speakers who reflect the cultural and professional diversity of public health. Access a full program brochure and see more details at [www.conference.upta.org](http://www.conference.upta.org)
- o The Annual Meeting of our association will be held on May 11, 8:00 to 9:15 A.M. during our Public Health Conference in Park City at the Yarrow Hotel. Committees will make their annual reports, the membership will vote on resolutions submitted and on proposed by-laws changes, and the results of the elections for next year's officers will be announced.

Many thanks to all of you for a great year, from Board Members and Executive Committee, to Committee Chairs, to you Association members who have given time and effort, and who have cared deeply about advancing the cause of public health in Utah.

Beverly Hyatt Roach, MSPH, RD  
UPHA President 2000-2001

UPHA's strategic planning committee is conducting a survey to assess member preferences for the Association's direction, priorities, and work. Results from the survey will significantly influence UPHA's focus next year. Would you please take 5 minutes to complete the survey on-line at the following web site:

<http://www.health.state.ut.us/upha/html/2001Q.html>

All surveys will be anonymous. Thank you for your participation.

## *The Other Side*

### **Boiled Cabbage and Stale Cigars**

**A scent of the world through the nose of a former smoker**

**Richard F. Gaufin, Ph.D.**

It's been 4 months since I stopped smoking, although I really think that I stop each time I decide not to have a cigarette every morning of every day. I can still tell you where the last butt was laid to rest. It was the last smoke of the pack, I was tired of the severe bronchitis tagging on to the end of a cold, and the taste was awful. I've smoked steadily for over forty years, but I had had it.

Surprisingly, the hardest part in keeping to the decision is not what I expected. I still go outside for a breather when I need a break in my thoughts - I find myself less often reaching for a pack that's no longer in my pocket. I occasionally get a drift of smoke from those smoking nearby, and can enjoy without being tempted - it's close to the smell from my great grand-dad's Bull Durhams that attracted me as a kid. Once I got really angry and had one, but it didn't work. The nicotine deprivation panic attack caught me about two weeks after quitting - flushed, short breath, dissociated for about 30 minutes.

What has really challenged me is the awful smell of the world. I thought that the return of my sense of smell and taste would be a welcome experience. I can't remember how long I've been saying "I can't smell anything." when somebody calls my attention to a pleasant odor. I was looking forward to smelling the world again. I certainly expected food to taste better.

Surprise! The world stinks. Between garlic and burned popcorn saturating the building where I work, hamburger joints that smell like badly tuned diesel engines, bathroom deodorizers that smell like rusty tin cans, and women's perfume that smells just too much, I want a smoke just to fumigate the air. I am overwhelmed at how awful, strong, and pervasive the odors we have surrounded ourselves with are.

I'd heard that weight gain was a problem when quitting. Not so, my appetite is so bad because of the unpleasant smells, that I have to force food

down. Onions, garlic, grease, cabbage, all those strong food odors just turn me off. It's really difficult deciding where to eat and what to try, when I am not sure if I can get something down. Worst of all is the smell of food that co-workers bring to their desks, permeating the office, so that by the time I go to lunch I am half ill. And then there is cheap coffee. I can still enjoy a cup of good coffee. But I have resorted to cream & sugar to cover the taste of bitter, metallic, moldy cheap stuff. I have started doing water, tea, and orange-juice.

I don't know if this return of taste and smell is shared by all smokers when they try to quit, but it is really the hardest challenge for me. With the world smelling so bad, a good smoke to deodorize it is awfully tempting. As it is, I'm in a state of continual flashback to my days as a kid delivering newspapers to apartments in Cincinnati Ohio, the inside corridors smelled of cooked cabbage and stale cigars. I wonder what happened to that law on indoor clean air.

I'm not sure there is any advice or moral to offer. It may just be that quitting smoking is just an exchange of one stink for another. I am sure that my irritation with smells, my uncertainty with food, and my snappishness at not smoking is driving those close to me up a tree. For you in the same boat, enjoy. *RFG, March 2001.*

*Dick Gaufin is a freelance writer of the other side of health issues. He is closing on retirement as a scientist administrator in the Utah State Health Department.*

## **Caring for Utah School Children with Diabetes**

Satellite Teleconference

Friday, May 18, 2001

9:00 a.m. -1:00 p.m.

Topics: pathophysiology, monitoring blood and urine, hypo and hyperglycemia, insulin delivery systems (with a hands-on activity), food issues, parental responsibilities, community resources, and using the Utah diabetes care plan.

Speakers will include: Kandi Hillam, RN, CDE, Lucie Jarrett, RN, MS, CDE, Dawn Higley, RN, MSN, CDE, and Carol Rasmussen, RN, CDE. A local diabetes educator will be on hand at each site to facilitate activities and discussion among the participants.

Coordinated by the Diabetes in Utah Schools Committee, comprised of: School Nursing Program, UDOH, Diabetes Control Program, DOH, American Diabetes Association, and volunteer diabetes educators.

### Tentative Telehealth sites include:

Allen Memorial Hospital, Moab

Central Utah Public Health Department, Richfield

Division of Child and Family Services, Cedar City

Division of Child and Family Services, Blanding

Southeast Utah Health Department, Price

Tri-County Health Department, Vernal

University of Utah, Medical School

Utah Department of Health, 44 Medical Drive

***For more information or a registration form contact: Pauletta Butler, 801-538-6247.***

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