



# Public Health Pulse

## President's Message

Today is a beautiful day outside my window-I am imagining that it is about 65 degrees, with a slight breeze because the trees are gently swaying, and there is not a cloud in the sky. So why am I inside? A good question to which I have no good answers!

It is hard for me to believe that 5 months have flown by since we met together in Park City for our annual meeting. Did I blink and miss something? What an amazing time it has been for our public health peers. Mass immunization clinics for meningitis, cancer advisories, hurricanes and evacuees from New Orleans, duck advisories, worries about influenza vaccine availability- and they say public health isn't visible?!

Please trust that the leadership of UPHA has also been busy since we met. At our annual retreat we outlined three long-term goals for the Association. They are:

- Improve communications with UPHA members through 5 processes- website, newsletter, listserv, annual meeting and professional development.
- Solidify partnership with the key partners- specifically, Utah Environmental Health Association, Health Education Mountain Public Health Consortium.
- Focus our advocacy efforts for public health- including continued commitment to the development of a Statewide Public Health Plan, a scholarship/endowment and partnerships with the organizations mentioned above.

I hope you enjoy this issue of our newsletter. My thanks to those who contributed articles and especially to Genevieve Greeley and Aaron Garrett for being the not-so-volunteer editors of the Public Health Pulse.

It takes a team, a family, a village.....

Teresa



## Get Your Kicks in 2006

Association of Utah, Utah Association of Local Boards of Health, Health Insight and the Rocky

## UPHA Graduate Student Endowed Scholarship Fund

UPHA is excited to announce the establishment of an Endowed Scholarship fund to be awarded to a member of UPHA, who is also a fully matriculated graduate student in the Public Health Program at the University of Utah. This scholarship is a joint effort of

UPHA and the Public Health Program at the University of Utah. The intent of the partners is to grow the endowment to \$25,000, allowing for two \$500 scholarships to be awarded annually. Recipient(s) of the Scholarship will be determined on an annual

basis by a Selection Committee. The first Scholarship recipient will be announced at the 2006 UPHA Conference to be held at the Davis County Convention Center in Layton. For more information or to apply for this scholarship please visit [www.upha.org](http://www.upha.org).



**UPHA is excited to work on these projects this next year.**

Officers & Board	3
APHA	4
UPHA Elections	4

### Calendar of Events

- November 3: HEAU Fall Meeting
- November: UPHA Advocacy Update
- December 11-14: 133rd APHA Annual Meeting
- January 16: Utah Legislative Session Begins
- March: HEAU Spring Meeting
- April 3-9: National Public Health Week
- May 17 & 18: UPHA Annual Meeting

## 2006 Conference News

**The 2006 Conference is currently under construction! Registration information will be coming along soon.**

The 2006 Annual UPHA Conference is scheduled for May 17 & 18, 2006 (Wednesday and Thursday). The conference will be held at the new Davis County Convention Center, a first for UPHA. A different format is being considered that would offer workshops that would focus on the following:

- Personal/Professional skill building
- Interactive discussion of critical current issues
- Research & scientific efforts in public health

Watch for additional conference information, including a conference theme, in future newsletter editions and at [www.upha.org](http://www.upha.org)

The conference committee, chaired by Kevin Condra of the Utah Department of Health and Todd Barson of the Bear River Health Department, is busy reviewing evaluations from last year and developing an agenda that promises to be informative. In addition the following committees have been formed to help plan the event:

- Registration
- Program Committee
- Awards & Door Prizes
- Exhibits & Sponsors
- Marketing
- Facilities
- Meals & Breaks
- Continuing Ed. Hours



If you are interested in helping with these committees or in any other way in planning for this event please contact Kevin Condra @ 801-538-6199, [kcondra@utah.gov](mailto:kcondra@utah.gov) or Todd Barson @ 435-792-6511, [tbarson@utah.gov](mailto:tbarson@utah.gov).



**Because Health Matters**

## Legislative Update

Believe it or not, another legislative session will be upon us before you know it. January 16, 2006 is a short 72 days away (and counting!). Several issues with strong public health importance have already been identified by our UPHA Legislative Committee. First, watch for the return of the bill from last year banning smoking in bars and clubs. Several Community based programs have been gathering data and conducting polls to build up support for this issue. UPHA supported this effort last year.

Second, the issue of healthy snacks and beverages in school vending machines, as well as a tax on sodas, is bound to come up again, as it has for several years now. A few other states have been able to successfully work on this issue and models for legislation are becoming available. Third, Attorney General

Mark Shurtleff is pushing for modification of the Alcohol Beverage Control Act to move 'girlie drinks' (wine coolers, hard lemonades, etc) from sale in retail outlets to the state run liquor stores.

Two more issues that we will be watching very closely include potential changes to the Utah health code regarding mass quarantine and isolation and more work on the Drug Offenders Reform Act (DORA).

Does any of this sound interesting to you? Would you like to get more involved? The Legislative Committee meets weekly during the session to review bills, determine UPHA

position (support, neutral or oppose) and then set a course of action. A weekly update is also posted on the website.

Contact Myron Bateman at 435-843-2305, or by email [hltooele.mbateman@state.ut.us](mailto:hltooele.mbateman@state.ut.us) to participate in the committee. All UPHA members are welcome!



# A Healthier You Awards

The A Healthier You Legacy Awards Program is a unique program that was started as part of the 2002 Olympic Winter Games. It is a collaborative effort of the Utah Department of Health, Utah Division of Substance Abuse and Mental Health, and community partners. It recognizes the efforts of schools, communities, worksites, and college campuses to increase the participation of their constituents in five health enhancing areas: physical activity, nutrition, safety, substance abuse prevention, and preventive health screenings.

The first A Healthier You Awards to Communities was presented at the IHC Healthy Communities Conference in September by Dr. David Sundwall, Executive Director, Utah Department of Health.

The first Cities to submit applications that meet the bronze, silver or gold criteria were Provo City and Hyde Park. Provo City received a bronze level award for implementing criteria for 3 policies and 3 infrastructure changes, and achieving 2 out comes. Some of the they did:

- Step-Up Provo was launched in February 2005. The City provided pedometers to the first 150 residents who signed up, and linked their walkers to the Utah Walks website.
- Big Springs Park was completed, adding pavilions, picnic sites and a network of trails.
- They are continuing to improve Provo River Parkway trail by widening the path and planning

landscaping with attractive and water conserving, indigenous flora.

Hyde Park is receiving a gold level award for implementing criteria for 12 policy and 12 infrastructure changes, and achieving 4 outcomes. Examples of what Hyde Park has accomplished include:

- The City designated a walking trail, with mileage markers, at Lion's Park.
- Information on walking, walkability and accessibility is put into a monthly newsletter that goes to all residents.
- In February 2005, the City passed an ordinance that prohibits the use of tobacco on all parks and recreational areas that are owned by Hyde Park.



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*Well Behaved Women  
Rarely Make History*

## UPHA Officers & Board Members

### UPHA Officers:

President - Teresa Garrett  
 President-Elect - Ilene Risk  
 Vice President -Kevin Condra  
 Secretary - Sandi Ercanbrack  
 Treasurer - Paul Wightman  
 Immediate Past President- Terri Sory

### UPHA Affiliate Rep.

-Dan Kinnersley

### Board Members:

George White, Jr.  
 Connie Kitchens  
 Corbin Anderson

### Board Members:

Gary House  
 Kathy Paras  
 Sharon Talboys  
 Audrey Stevenson  
 Bucky Whitehouse &  
 Todd Barson

## Getting to Know You...HEAU

The mission of the Health Education Association of Utah (HEAU) is to improve the health of Utahns by promoting the advancement of the health education profession and the employment of health educators in the public and private sector. HEAU was established in 1983 to provide professional development to those involved in health education and to assist students in preparing to be-

come health educators. For the past several years, HEAU has held both a fall and spring meeting. The Fall Conference, "Making Utah's Health Barriers a Thing of the Past" is scheduled for November 3, from 8:30-12:00. The Conference Agenda will focus on health advocacy-which goes beyond



**Health Education Association of**

just working with the legislature- it also involves working with key decision makers in our communities. The Conference will also feature a panel/speakers who have been successful in changing health policy and improving the health environment.

Visit their website [www.heau.org](http://www.heau.org) for more information.

# Are you an APHA Member?

Visit us at  
[www.upha.org](http://www.upha.org)

The American Public Health Association (APHA) has been influencing policies and setting priorities in public health for over 125 years. Throughout its history it has been in the forefront of numerous efforts to prevent disease and promote health. APHA is the oldest and largest organization of public health professionals in the world, representing more than 50,000 members from over 50 occupations of public health.

The APHA's mission is to improve the public's health, promote the scientific and professional foundation of public health practice and policy, advocate the conditions for a healthy society, emphasize prevention and enhance the

ability of members to promote and protect environmental and community health.

During its 130+ year history, APHA and its members have contributed to many of the most extraordinary social and health achievements of modern times—achievements that have increased average life expectancy from 45 to more than 75 years. Advances in many areas of public health and a proactive effort have dramatically lessened the incidences of disease and injury. APHA has helped identify and respond to the nation's critical health issues.

Each day, APHA members working in local and state health agencies, nonprofit organizations, educational settings, re-

search and medical facilities tackle public health challenges every bit as tenaciously as those faced by their 19th century predecessors. Consider joining this prestigious group of individuals. To learn more, visit [www.apha.org](http://www.apha.org)



# Become a UPHA Officer

The success of UPHA is very dependant on the willingness of its membership to serve the various offices and positions. Each year as part of the Conference, new officers are elected. Elected offices include:

- **Vice President**, a 4 year commitment. Moving from Vice President to President Elect to President and finally Past President
- **Affiliate Representative to APHA**, a 3 year term
- **Board Member**, 3 positions each year, 3 year terms
- **Secretary**, 2 year term
- **Treasurer**, 2 year term.



## THEREFORE IF YOU:

- Want to learn more about the "in & outs" of your professional organization
- Want to meet and "rub shoulders" with other public health professionals
- Want a uniquely rewarding opportunity for service and professional development

## OR

- You have been considering a New Year's Resolution to be more involved in the Utah Public Health Association
- You have a twinge of guilt for not being more involved

## THEN

- Let us know of your interest in serving in UPHA

If you have any interest in serving in any of these offices or have any questions please visit, <http://www.upha.org/html/leaders.html> or contact Ralph Clegg, Committee Chair @ 851-7016, [uchlth.ralph@state.ut.us](mailto:uchlth.ralph@state.ut.us) or Beverly Hyatt @ 468-2868, [bhyatt@slco.org](mailto:bhyatt@slco.org).



**Do you want to be part of the UPHA Leadership? Here's how.**