



## Utah Public Health Association June E-Newsletter

### QUARTERLY NUTRITION PRESENTATION: JULY 11 AT 1:30 PM – 3:00 PM

Please join us on Wednesday, July 11, at 1:30 – 3:30 pm for a wonderful presentation by Nancy Rindlisback. She will be presenting on meal prepping and planning on a budget.

Location: South Redwood Public Health Center (2<sup>nd</sup> Floor Conference Room)  
7971 South 1825 West  
West Jordan, UT 84088

### ANNOUNCING APHA'S SUPPORT FOR NIH'S *ALL OF US* RESEARCH PROGRAM

APHA is pleased to announce a partnership with the National Association of County & City Health Officials to support the National Institutes of Health's *ALL OF US* Research Program. The program's mission is bold, but simple — to speed up health research and medical breakthroughs through precision medicine.

The *ALL OF US* Research Program seeks to enroll 1 million or more diverse people living in the United States who will volunteer their health data over a decade. The program aims to do more than simply enroll participants — it aspires to nurture relationships with partners, people both healthy and sick, from all communities.

We're excited to be one of the many groups working with *ALL OF US* on engaging potential participants. If you participate, you will be contributing to research that may improve the health of future generations. *ALL OF US* will share all of your data with you, giving you the option to use this data to make better decisions about your own health.

You can enroll in the *ALL OF US* Research Program in the following ways:

- Through the *ALL OF US* website: [joinallofus.org](http://joinallofus.org)
- Using the *ALL OF US* mobile app
- Or, if you receive care at one of the *ALL OF US* affiliated health care provider organizations, you can join at the facility.

Learn more by visiting [www.joinallofus.org](http://www.joinallofus.org).



## APHA SPEAK FOR HEALTH CAMPAIGN

Speak for Health, formerly known as PHACT, is an American Public Health Association (APHA) initiative aimed at standing up for public health interests. Through this program the APHA offers resources to engage in local and federal public health advocacy activities to offer public health professionals a voice in policy.

### Overarching Priorities

- 1) Building public health infrastructure and capacity,
- 2) Ensuring the right to health and health care; and
- 3) Creating health equity

### 2018 Advocacy Priorities

- Budget and appropriations for public health agencies and programs
- Climate change/clean air
- Protecting the Affordable Care Act, including the Prevention and Public Health Fund
- Protecting public health regulations

For more information, please visit <https://www.apha.org/policies-and-advocacy/advocacy-for-public-health/speak-for-health>

## APHA ANNUAL MEETING AND EXPO NEWS

### JOIN US IN SAN DIEGO!

[Registration](#) and [housing](#) are open for APHA 2018, taking place Nov 10-14. Save up to \$115 by registering before Aug. 16, and book your stay with an [official APHA 2018 hotel](#) for the best rates and locations.

There's a lot to look forward to:

- View the [Online Program](#) to find abstracts, speakers, sessions and events.
- Earn [continuing education credits](#) (additional fees apply).
- Attend a pre-meeting [Learning Institute](#) featuring in-depth sessions on topics such as scientific writing, leadership skills and how to publish scientific work (additional fees apply).
- Meet with exhibitors to learn about their latest products, services and programs at the [Public Health Expo](#).



## **DON'T MISS OUT ON SESSIONS THAT MOTIVATE AND INSPIRE**

### **Opening General Session**

Achieving equity in health is a pressing national priority and core value of APHA. The [Opening General Session](#) will set the tone for this year's meeting theme, "Creating the Healthiest Nation; Health Equity Now." David Williams will explore the impact of social influencers on health, and U.S. Surgeon General Jerome Adams will discuss the power of partnerships. You will leave this session with the passion to take action.

### **Monday General Session**

The [Monday General Session](#) will discuss two narratives – one of exclusion, or othering, and one of inclusion, or belonging — and how they compete to capture the hearts and minds of our country as the nation's collective health, safety and well-being hang in the balance. Join us as we explore narrative as a critical strategy for improving health status. Melissa Harris-Perry will dissect daily challenges and how narratives shape outcomes and moderate a panel discussion on practical examples for building a narrative of inclusion.

### **Closing General Session**

Women continue to die at unacceptable rates from preventable diseases, and we have to do something about it! The [Closing General Session's](#) panel of women's health experts will give insight into critical issues surrounding the premature deaths of women in America. In addition to leading causes such as cardiovascular disease, the panel will discuss issues like deaths stemming from childbirth, domestic violence, and disparities between ethnic populations.

It doesn't end there. [Find out more](#) about everything taking place at the Annual Meeting.

### **CALL FOR FILMS AND LATE-BREAKERS**

The [APHA Global Public Health Film Festival](#) is accepting submissions through June 30. [Submit your film NOW](#) to become a part of this special event.

The Injury Control and Emergency Health Services Section is now accepting abstracts for late-breaker sessions. The submission deadline is Monday, July 9, 2018 (11:59 p.m. PDT). [Submit your abstract today!](#)

### **YOU CAN MAKE A DIFFERENCE; HELP US HELP THEM**

While registering, please donate to our host city charity, [Home Start](#), and sign up for the on-site volunteer event. Volunteers will help Home Start with projects that help strengthen families and



communities. Volunteer space is limited. Are you already registered but want to participate? [Make that change](#) on your registration record.

### SPECIAL OFFER

Win a FREE registration to APHA 2018 – [Check out organizations that are joining us](#) at the Public Health Expo. If you know of a company that’s not listed and that you would like to see, suggest them and your name will be entered in a random drawing. Send your suggestion (company name, website, address and phone number) to [Lynn Schoen](#).

For the latest meeting information, announcements, and deadline [visit our website](#) and follow [@APHAAnnualMtg](#).

### UPHA NOW ACCEPTING APPLICATIONS FOR 2018 MINI GRANTS

UPHA is pleased to announce the availability of three Mini Grants for public health projects that have the potential to improve the health of Utahns. Each grant award will be for \$1,000.

Applications are due by July 16, 2018. Please use the link below for the [Google Form](#) to submit the UPHA Mini Grant Application.

Preference will be given to proposals that demonstrate the following criteria:

- Feasibility --The degree by which a project can be implemented effectively with current resources and capacity.
- Impact --The potential that the proposed project has to create positive change.
- Evidence-based -- The proposed project is based on an evidence-based or promising practice, or is contributing to building evidence.

If you have any questions, please contact Fiscal Management Unit Chair, Dustin Jones at [dustinjones@utah.gov](mailto:dustinjones@utah.gov)

UPHA Mini Grant Application Link: <https://goo.gl/forms/A90w5N6OwfqXWYUq2>

**UTAH OPIOID HEALTH AND WELLNESS SUMMIT**



HEALTH EXTENSION  
Advocacy, Research, Teaching

**OPIOID HEALTH AND WELLNESS SUMMIT**

**AUGUST 1-2, 2018**



**REGISTRATION NOW OPEN!**

**AUGUST 1-2, 2018**

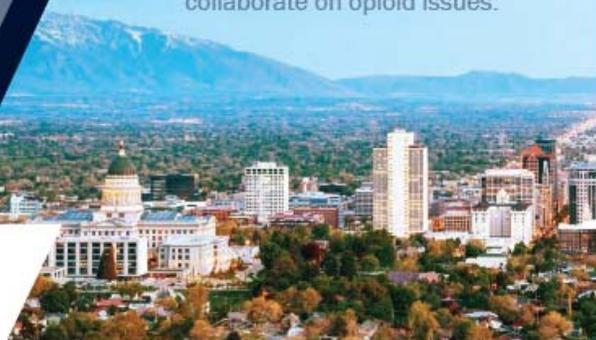
at the Salt Lake Marriott  
Downtown at City Creek

Hosted by

**Utah State University.**

COLLEGE OF AGRICULTURE AND APPLIED SCIENCES  
EMMA ECCLES JONES COLLEGE OF EDUCATION AND HUMAN SERVICES  
COLLEGE OF HUMANITIES AND SOCIAL SCIENCES  
EXTENSION

THE OPIOID HEALTH AND WELLNESS summit is designed for stakeholders in Utah to learn, network, and collaborate on opioid issues.



Save \$50 when you register by July 13  
[extension.usu.edu/healthwellnesssummit](http://extension.usu.edu/healthwellnesssummit)

**General Registration:** \$149 until July 13, \$199 July 14-31  
**Government/Non-profit Rate:** \$99 until July 13, \$149 July 14-31

**KEYNOTE SPEAKERS INCLUDE**

- Representative Raymond P. Ward, *Utah House of Representatives*
- Dr. Jamie Clinton-Lont, *Salt Lake City Veterans Affairs*
- Patrick Rezek, *One Voice Recovery Inc.*
- Brian Besser, *US DEA Salt Lake City*

**SUMMIT HIGHLIGHTS**

- Evidence-based best practices for substance use disorder, treatment, and harm reduction.
- Programs and efforts in the state of Utah and around the country.
- Local networks that provide opportunities for collaboration.

**WHO SHOULD ATTEND?**

The summit is designed for anyone working in the areas of substance use disorder or treatment; for example: social workers, first responders, public officials, medical professionals, mental health professionals, educators and researchers, advocates, families, and people in recovery.

**WHAT'S INCLUDED?**

This summit will include keynote speakers, breakout sessions, workshops, and will focus on opportunities to network and identify areas for collaboration. Registration includes two lunches and reception food.

**CEU CREDITS ARE AVAILABLE**

Questions? Contact Carrie Durward at [carrie.durward@usu.edu](mailto:carrie.durward@usu.edu) or 435-797-5843

## STUDENT SPOTLIGHT – ZOEY GRAY, BACHELOR OF SCIENCE IN PUBLIC HEALTH, WESTMINSTER COLLEGE



Zoey Gray received her Bachelor's degree in public health from Westminster College in May. Her interests in public health include epidemiology; biostatistics; equity, diversity, and inclusion in community programs; and sustainable urban agriculture.

Her undergraduate research was about perceived barriers to accessing community gardens in Salt Lake County for underrepresented groups. She worked with Wasatch Community Gardens on two related research projects which she presented at the UPHA conference and the Westminster Undergraduate Research Fair. She also interned with Wasatch Community Gardens working on outreach for events in West Valley and Magna.

After graduation, Zoey traveled to South East Asia for two months doing some service work as well as personal exploring. She is currently working with the First Star Summer Academy at the University of Utah, a program

developing academics, life skills, and self-advocacy for high school-age foster youth.

Finding it challenging to choose a concentration in public health, Zoey will be waiting a year or two before pursuing a master's degree in public health or a related field.

Zoey Gray grew up in Carson City, Nevada where she spent her youth pursuing the outdoors in the Sierras and around Lake Tahoe. Zoey has also been heavily involved in the Outdoor Program at Westminster and has a passion for outdoor recreation, education, and leadership. In her free time, she enjoys backpacking, packrafting, skiing, climbing, longboarding in the park, and playing ukulele in the mountains. She plans to climb the Nose of El Capitan in Yosemite this fall.