UPHA ANNUAL MEETING: SAVE THE DATE

The UPHA Annual Meeting will be held April 24-April 26, 2019 at the Ogden Eccles Conference Center. Call for abstracts and exhibitor registration will begin soon. Please check the UPHA website for updated information.

UPHA MINI GRANT AWARD RECIPIENTS 2018

The Utah Public Health Association Financial Management Unit is excited to announce the 2nd annual mini grant award recipients.

UPHA presented the public with an opportunity to apply for a public health mini grant. In August 2018, UPHA achieved a mini grant milestone by receiving double the grant applications and awarding funds to three grant requests. The UPHA awarded $1,000 each to the 2018-2019 mini-grant recipients whose innovative programs/projects demonstrated feasibility, impact and evidence-based practice. Awardees were selected by members of the UPHA Board. Recipients of the mini grants will have 6 months to complete their project and will present their project at the 2019 Utah Public Health Conference.

The mini-grant recipients are:

**Utah County Health Department**  
**Environmental Intervention for Asthma Home Visit Program**  
The Utah County Health Department receives weekly referral for any patient with severe or uncontrolled asthma. The Asthma Home Visit Program conducts three in-home visits as well as follow-up phone class at 6 and 12 months. Grant money will be used to purchase cleaning supplies that will be provided to families to help control environmental triggers in their home, thereby reducing the number of asthma attacks, oral steroid use, and hospitalization.

**Utah Center for Civic Improvement**  
**Utah Farmers Market**  
The Utah Center for Civic Improvement takes on issues or systemic problems that strain the fabric of our society and undermine the strength of our communities. They work in three key areas community, democracy and social responsibility. These areas define their programming, services, and work. Funding from this grant to develop and launch a mobile application connecting Utahns with locally produced food. By utilizing the existing network of farmers markets in the state, we will create a mobile application that increases access to fresh, locally produced foods. The application will provide a platform to support local food systems and better nutrition for Utahns. Learn more by following the Utah Farmers Market Network on Facebook.
Wasatch Community Gardens
School Garden Program
Wasatch Community Gardens’ School Garden Program, in partnership with the Salt Lake City School District, aims to empower teachers, administrators, students, and parents at Title I schools in the district with the tools, skills, and experience they need to successfully utilize and benefit from their school gardens. In 2017, they worked with eight schools, making it possible for 3,466 students to benefit from their school gardens. Through a parent recipe-sharing program called Harvest Club, that aims to increase consumption among the participating parents/families, as well as increase the parents’ involvement with their children’s school and community. Grant money will be used to print recipe books for the approximately 50 families participating in our 2018 “Harvest Club” Parent Recipe Sharing Program.

BALLOT INITIATIVE INFORMATION
For ballot Initiative Information, including full text and impartial analysis:
https://elections.utah.gov/2018-election-information
Of special interest to UPHA members, Prop 2 (medical marijuana), Prop 3 (Medicaid expansion)

APHA ANNUAL MEETING AND EXPO NEWS
JOIN US IN SAN DIEGO!
Registration and housing are open for APHA 2018, taking place Nov 10-14. 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.

AHEC ANNUAL PRIMARY CARE SUMMIT
The UHPP 2018 conference will be held on December 12th from 8:30-4:30 at the Utah Cultural Celebration Center. Registration:
https://events.r20.constantcontact.com/register/eventReg?oeidk=a07efgtb1a0b20f143e&os eq=&c=&ch=
Facebook event: https://www.facebook.com/events/336818126887826/
SPEAK FOR HEALTH

APHA and UPHA encourages anyone who wants to make sure they are voting for a public health champion to take this quiz from the American Public Health Association. It helps voters evaluate their candidate’s position on important public health issues like supporting families and women, the Affordable Care Act and opioids. Or, bring this checklist to a town hall or meeting with a candidate and ask them these questions face-to-face. Use APHA’s state fact sheets to learn more about the public health challenges Utah is facing.

UPHA SEEKING INTERNS

UPHA is looking for interns to work with board members on a variety of projects.

Click here for an Application
Join Us For Our Quarterly UPHA Nutrition Talk!

Harmons Dietitian Workshop

Learn about how food affects the development of cancer

Monday, October 29th
10:00am - 11:00am
South Redwood Public Health Center
7971 South 1825 West
West Jordan, UT 84088
2nd Floor Conference Room
Reminder for the 2018 Utah One Health Symposium!

Understanding the juncture of animal, human, and environmental health is of critical importance! Please join us for our annual One Health Symposium on November 2, 2018 at the Conservation Garden Park in West Jordan. Topics include: The human-animal bond, service animals, rabies, tick-borne diseases, bio-monitoring and more! For a detailed agenda and registration information, please visit https://onehealthsymposium.usu.edu/.

APHA ALL OF US RESEARCH PROGRAM

The All of Us Research Program

The All of Us Research Program invites people ages 18 and older, regardless of health status, to join a momentous effort to advance individualized prevention, treatment and care for people of all backgrounds. Part of the National Institutes of Health, All of Us is expected to be the largest and most diverse longitudinal health research program ever developed.

Participants are asked to share different types of health and lifestyle information, including through online surveys and electronic health records, which will continue to be collected over the course of the program. For more info on what will be collected and how it will be used, safeguarded and shared with you, visit the All of Us FAQs.

To join the All of Us Research Program, visit www.JoinAllofUs.org.

APHA is excited to be one of the groups working with All of Us on engaging potential participants and we encourage you to consider participating.

USOPHE MEETING REGISTRATION OPEN

Registration is open for the 2018 USOPHE Conference on Friday, November 9, 2018!

Early bird pricing ends October 21st, so make sure to register early! Click here to register.

The Society of Public Health Educators Annual Meeting will be held in Salt Lake City, March 26-29, 2019!
UPHA BOARD SPOTLIGHT: MEGAN TUCKER, BS

1. Where do you currently work/go to school? I went to the University of Utah, and I currently work as the Wellness Coordinator for the Employee Wellness Program at Salt Lake County.

2. Why did you choose to pursue public health as your profession? I have a passion for health and wellness and I love making a difference in people’s lives.

3. What is your favorite vacation spot? Grand Cayman Island!

4. What time do you typically go to bed and get up in the morning? I used to be such a night owl, but that’s changed as I’ve gotten older! Haha during the week, I try to go to bed around 9 and get up at 5 so I can get my workout in before work. I like to sleep in on the weekends, so I usually get up around 8, which used to seem “early” to me. I’ve gotten old! Lol

5. If money weren’t an issue right now, what would you be doing? Traveling the world!

6. What has been the most rewarding project you’ve worked on as a public health professional? I can’t think of just one, but I love seeing people participate in healthy behaviors, and love hearing about their success stories.

7. If you could eat only one food for the rest of your life, what would it be? Thai food…it’s my fave!

8. What is the best thing you’ve done in your life? Hard question…I am constantly reevaluating my life goals and making changes where I feel is necessary. So, I guess I would say just being the best version of myself…whatever that may look like.

9. What do you to do relax? I like to watch movies, take baths, go on drives, and just lounge around and do nothing.

10. If you could give only one reason why someone should join UPHA, what would it be? To connect with people who have a common interest and learn from them.
1. Where do you currently go to school?  Utah State University.

2. Why did you choose to pursue public health as your professional degree?  I chose public health because it is such a broad field with opportunities to explore various components of health, from physical to mental to environmental. The process of educating others and evaluating programs to promote health and wellbeing is a rewarding career.

3. What has been the most rewarding project you’ve worked on as a public health professional, if you have any?  The most rewarding project I’ve taken on has been putting together a six-week Intuitive Eating Workshop for the USU Employee Wellness Program. From designing curriculum to coordinating speakers, making this project come to fruition was an invaluable experience.

4. What is the best thing you’ve done in your life?  I would say the best thing I’ve done in my life has been choosing to take the leap into new territory by coming to Utah from Minnesota to pursue my MPH. In fact, most of the best things I’ve done have involved moving and traveling to new places and signing up for running races, all of which have pushed me out of my comfort zone and lead to much personal growth.

5. What is your plan for the future?  Upon graduating in May, I hope to continue involvement in preventative health as a worksite wellness coordinator or consultant, eventually moving into a director of wellness role to help create healthier employees and communities. I would also like to get involved in humanitarian work and own my own business one day.

6. If you could give only one reason why someone should join UPHA SA, what would it be?  UPHA SA is a great way to connect with other students and professionals in public health throughout the state of Utah, as well as learn about new opportunities in the field.