UPHA SUPPORTS THE REVISED CORE STANDARDS FOR HEALTH EDUCATION

The Utah State Board of Education has approved a 90-day public review period for the draft Utah Core Standards for Health Education. These standards have not been updated in over a decade and include grades K-2 for the first time! The standards include the following areas: Mental and Emotional Health; Safety and Disease Prevention; Substance Abuse Prevention; Nutrition; and Human Development. Consultants and writers included health professionals from hospital settings, universities, non-profits, and the Utah Department of Health.

We encourage you to read the standards and participate in the 90-day public review. As public health professionals you have the knowledge and expertise to offer suggested changes (these standards are still in draft form) and most importantly encourage the State Board of Education to pass updated health standards. You can find the health standards and submit public comment online at https://www.surveymonkey.com/r/2VCPNZW, the draft document can be found at: https://schools.utah.gov/File/0941ee75-1baf-4e83-8b69-36ff8af9c94f.

You can also provide in-person public comment at any of the remaining meetings. We need the supportive voices of public health professionals at these meetings!

December 18, 2018 4 p.m.-6 p.m.
Cache County School District
Legacy Campus Board Room
2063 North 1200 East
North Logan, Utah 84341

December 19, 2018 4 p.m.-6 p.m.
Jordan School District
Jordan Auxiliary Services, Building I
7905 South Redwood Road
West Jordan, Utah 84088

January 16, 2019 4 p.m.-6 p.m.
Summit Center
165 South 700 East
Springville, Utah 84663

HEALTHY PEOPLE 2030 PUBLIC COMMENT PERIOD NOW OPEN

The U.S. Department of Health and Human Services (HHS) is soliciting written comments regarding the Healthy People 2030 objectives. The public comment period will be open from December 3, 2018 through January 17, 2019. Previous public comments on the proposed Healthy People 2030 framework helped shape the vision, mission, foundational principles, plan of action, and overarching goals for Healthy People 2030. In this public comment period, we would like your input on the proposed Core, Developmental, and Research objectives. Please read the objective selection criteria prior to reviewing and commenting on the proposed objectives. You may also email comments on the proposed objectives to HP2030@hhs.gov.
SAVE THE DATE FOR THE UWWC CONFERENCE

SAVE THE DATE

UTAH WORKSITE WELLNESS COUNCIL

ANNUAL CONFERENCE

May 7–8, 2019
Salt Lake City Marriott
University Park

LEADING
THE EVOLUTION OF
WORKSITE WELLNESS

Worksite wellness is evolving on every front, from leveraging leadership and intrinsic motivation to incorporating more integrated health interventions. Join us to discuss the evolving trends in wellness to maximize your worksite’s influence on your employees’ health.

Register by January 31, 2019 and receive early bird pricing of a 20% discount ($40 savings) with code “Earlybird2019”. Go to www.utahworksitewellness.org/events to register now!

Questions? Email utahworksitewellnesscouncil@gmail.com
The Rural Communities Opioid Response Program provides planning grants designed to strengthen the capacity of multi-sector consortia to address substance use disorder, including opioid use disorder (OUD) in rural counties identified to be at the highest risk. The overall goal of the program is to reduce the morbidity and mortality associated with opioid overdoses in high-risk rural communities.

Funding may be used to build the organizational and infrastructure capacity of consortia to address one or more of the focus areas:

- **Prevention**: reducing the occurrence of OUD among new and at-risk users, as well as fatal opioid-related overdoses, through activities such as community and provider education and harm reduction measures including the strategic placement and use of overdose reversing devices, such as naloxone, and syringe services programs

- **Treatment**: implementing or expanding access to evidence-based practices for OUD treatment, such as medication-assisted treatment (MAT), including developing strategies to eliminate or reduce treatment costs to uninsured and underinsured patients

- **Recovery**: expanding peer recovery and treatment options that help people start and stay in recovery

**Due – January 15, 2019**

[Link to detailed information](#)

**UPHA’S HEALTHIER RURAL WEST 2019 SUMMIT IN SLC, UT MARCH 19th-21st**

This two-day gathering of stakeholders from across the rural West promises participants and inspiring vision of rural cooperation and leadership in the information and health economies

Organized by A Healthier We (a not-for-profit organization) along with founding sponsor Intermountain Healthcare, the Summit will draw 400 rural health care providers, public leaders in local and state government, education, technology, and business leaders and community advocacy organizations. In a highly participative format, the event will debate, discuss and formulate success strategies for creating well-being in the West through inspiring talks, interactive sessions, panel discussions and networking.

Confirmed speakers include New Mexico Cabinet Secretary for Health Lynn Gallagher, JD; Intermountain Healthcare President and CEO Marc Harrison, MD; David Kennedy, PhD, professor and founder of the Stanford University Bill Lane Center for the American West; and Commissioner of Public Lands Hilary Franz of the Department of Natural Resources.

Learn more by subscribing to the summit mailing list at [https://healthierruralwestsummit.org/subscribe/](https://healthierruralwestsummit.org/subscribe/).

**Questions?** Contact [Phil Polakoff](mailto:).
UPHA BOARD SPOTLIGHT: BRADEN AINSWORTH, MPH, CPM

1. **Where do you currently work/go to school?** I work as a program manager at the Utah Department of Health in the Tobacco Prevention and Control Program.

2. **Why did you choose to pursue public health as your profession?** I always knew I wanted to work in something to do with improving health and healing. With public health, I love the potential for big impacts and sweeping change, but I also love the small steps that eventually lead to that sweeping change.

3. **What is your favorite vacation spot?** So far, I think the British Isles. Which of those countries though? It’s tough, there’s still so much of Ireland and Scotland I need to explore, but I own a kilt so probably the Scottish Highlands.

4. **What time do you typically go to bed and get up in the morning?** I feel like I should preface this with, I am a dad and personal time is sometimes hard to come by, so I take advantage of the night and I am usually up till around 11:30 pm-12:00 pm. I typically get up around 7:30 am.

5. **If money weren’t an issue right now, what would you be doing?** You know those things you want to dive in and try, but it would take too much time and a high probability for failure? Well, I’d probably be a guitarist and singer in a rock type band. 😊 Oh and travel.

6. **What has been the most rewarding project you’ve worked on as a public health professional?** For me it’s the policy changes or legislative victories which have been the most rewarding for me. When HB415, one of the first E-cigarette regulations was passed, it was a lot of work to implement it, but a very rewarding achievement. Similarly the passage of HB324 this past session which lets LHDs permit tobacco retailers has a lot of challenges that come with it, but overcoming those obstacles and the rule-making and implementation has been very rewarding. I also really enjoyed the small parts I played in the UDOH accreditation process.

7. **If you could eat only one food for the rest of your life, what would it be?** I have an affinity for cheese, but I don’t think cheese alone can sustain life, maybe. I also love raspberries and would eat them non-stop if I could.

8. **What is the best thing you’ve done in your life?** Honestly I have to say getting married is probably the best thing I’ve done in my life. I have a few friends who are still part of the dating game and I’m so glad that is over. 😊 One other thing, when I was in grad school I had the opportunity to work in St. Lucia on some health promotion projects in their schools and it was an amazing experience! That experience really informed my outlook on public health and has been a real benefit to my career.

9. **What do you to do relax?** It usually involves playing the guitar. Aside from naps, it’s a pretty good way for me to relax.

10. **If you could give only one reason why someone should join UPHA, what would it be?** People should join UPHA to MAKE A DIFFERENCE in Utah! Also, I love participating the student networking days and I think there are a lot of good connections and benefits to participating in those.
1. Where do you currently go to school? University of Utah, MSPH program with a focus on data science/biostatistics

2. Why did you choose to pursue public health as your professional degree? After undergrad at Stanford University, I spent many years in the private sector as a cybersecurity technologist. However, I wanted to spend time making an impact on people rather than computers. Because Public Health blends science and data with positive “people” outcomes, it was a perfect “next act” in my career.

3. What has been the most rewarding project you’ve worked on as a public health professional, if you have any? I’m currently working as a research analyst on an NIH-funded program at the U: Environmental influences on Children’s Health Outcomes (ECHO). It comprises 800 families in Utah and works alongside dozens of other national cohorts to examine how various exposures (everything from mom’s microbiome to air pollution to bullying) affects health outcomes in kids. The project has allowed me to see health science in action and contribute to new knowledge that has the opportunity for profound impact on the public’s health.

4. What is the best thing you’ve done in your life? Maybe not “best” but unique: As a longtime trumpet player, I’ve had the privilege to play for two different US Presidents (although none that I’ve actually voted for!)

5. What is your plan for the future? I’m still discerning the right path, but at least three options are at the top of my mind: Part of me wants to continue investigational science, which suggests staying on with a PhD program; another part of me wants to put into practice my analysis skills and spend time with CDC in their bioinformatics fellowship; my other keen interest is to work with an NGO to help with disaster- and refugee-related public health internationally. I’ll let you know if any of these work out.

6. If you could give only one reason why someone should join UPHA SA, what would it be? We all know in theory that public health is a broad, multidisciplinary profession with threads extending into almost every conceivable area. But joining UPHA allows students to connect with practitioners in the field who bring tangible experience to the richness of public health. Not only can you network professionally, but you can start to narrow the variety of potential avenues to fit with your key interests.

HAPPY HOLIDAYS FROM UPHA