



Hello colleagues. I hope you are enjoying your summer while drinking lots of water, applying sunscreen and mosquito repellent. ☺

This is an exciting time to be a part of NDPHA. We are currently applying for a Kellogg Grant through APHA. What an opportunity to strengthen our organization and provide more to our members and ultimately our communities. The purpose of the grant is to help build our capacity to improve the public's health through policy, programs, professional development, public education and more. If you have possibilities for our capacity building plans, please let someone on the governing council know.

Kelly Nagel joined us at our last governing council meeting and provided information regarding SACCHO. She also posed the question, "What do we see as the role of the Health Department in NDPHA?" If you have thoughts regarding this, let the governing council know.

I encourage you, as a member, to look over the different committees we have available. It would be great to see more members sign up and get involved, even in a small way. We have 166 members and only 16 are signed up on a committee. Now is a great time to get in on our capacity building venture.

Danell Eklund, President

NDPHA AND THE DAKOTA CONFERENCE PLANNERS NEED YOUR HELP

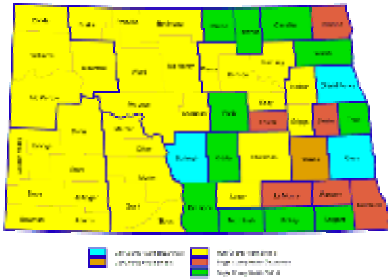
Submitted by Theresa Knox, MPH, RN, NDPHA liaison to the Dakota Conference Planning Committee

In 2004, the members of NDPHA, in order to improve the quality of the public health track at the Dakota Conference on Rural and Public Health, decided to form the Dakota Conference Task Force. This task force is responsible for finding speakers for a total of seven sessions. The sessions include a 2-hour intensive and five concurrent or breakout sessions. The keynote speaker is usually selected and solicited, with input from the task force, by the Dakota Conference liaison, Theresa Knox.

In 2004, the first year of the task force, there were seven members, the next year there were four. Last year there were two active members and this year there is one.

We need your help to make the conference what you want it to be. We need at least two or three more people that are willing to meet, via IVN (Interactive Video Conference) or conference call, approximately two times, and follow up by getting speakers lined up for the conference. NDPHA has a commitment to the Dakota Conference to generate the speakers in a timely way. It is a big job and the representation of the diverse interests from across the state is limited when few people are involved.

Please sign up now. You can contact Lois Mackey by email lmackey@nd.gov or telephone at 701-852-1376; or Theresa Knox by email at tknox@grandforksgov.com or telephone at 701-787-8140.



State Association of County & City Health Officials (SACCHO)

Kelly Nagel, ND State Health Department

The North Dakota Local Public Health Administrator's are exploring the creation of a State Association of County & City Health Officials (SACCHO) which is a state affiliation of the National Association of County & City Health Officials. NACCHO (www.naccho.org) is the national voice for local public health such as SACCHO is the state voice for local public health. SACCHO exists in about 35 states.

The overall purpose of a SACCHO is to provide advocacy and leadership on behalf of local public

health. Other activities include education and training, networking and collaboration, professional development and technical assistance. SACCHO's have varying formations, funding structures and membership structures. A survey of State Associations of County and City Health Officials indicates that membership consists of mostly local public health departments or officials. Some states have included tribal health agencies and have created an "associate membership." Sources of funding include dues, meeting profits and foundations. The varying formations include; an affiliate of a state association of counties, a formal non-profit organization, affiliate of a local public health association, or part of state health department.

There has been initial dialogue with the NDPHA Governing Council regarding the linkage and the role of NDPHA with a SACCHO in North Dakota. The Governing Council would like to extend the opportunity for members to comment. How do you envision the relationship between NDPHA and SACCHO? What role would NDPHA play? What role would SACCHO play? Please reply with your comments to Lois Mackey at lmackey@nd.gov by July 31, 2007.

BBPH Provides Internships for Dietetic Students

By: Wanda Agnew

Public health is unique, but may not always be a major focus in the degree plans for health professionals. BBPH feels it is important to provide educational opportunities for students in all areas of the health arena and in the past has facilitated learning opportunities for student nurses. Many public health issues are related to poor nutritional choice and food insecurity.

During spring semester, BBPH hosted three senior dietetic interns in an effort to emphasize community nutrition and promote social marketing. During their five to eight week full time schedules, they were introduced to Healthy People 2010 Objectives and Healthy North Dakota goals. They learned how local public health units are funded to help citizens meet those goals and the connection and responsibility public health has to federal, state, county, and city government.

Students were evaluated on a competency-based program that included developing and organizing community programs. Major projects included worksite wellness "Dining with the Dietitian" for city firemen, Media Smart where decision making skills were promoted to youth, and school partnerships promoting wellness screenings only when supported by a strong referral system.

Students were from UND and NDSU and gave BBPH an "excellent" rating as a learning site. These three health professionals now better understand the impact public health makes on the citizens in North Dakota.

Erica Renner, Beulah, UND



Jamie Steckler, Glen Ullin, NDSU



Bethany Blum, Richardton, UND





Dakota Conference Update

Submitted by Theresa Knox, MPH, RN, NDPHA liaison to the Dakota Conference Planning Committee

The Dakota Conference on Rural and Public Health will be held at the (smoke-free) Ramada Plaza Suites in Fargo, ND, on March 26-28, 2008. The theme for the conference is: **“Addressing Health Care Challenges”**.

Call for Speakers

With the theme selected, we are now on a timeline to select speakers. We need your ideas now!

- NDPHA has been assured that Dr. Linda Degutis, President-Elect of APHA will come to the conference as a keynote speaker. Confirmation will occur later in the year.
- September 28 is the deadline for all other speakers.

In addition to the keynote speaker, the NDPHA task force selects one 2-hour intensive session presenter, and speakers for five concurrent or breakout sessions. The NDPHA Dakota Conference Task Force and Theresa Knox are happy to take your ideas.

Perhaps you have been to a conference recently and have heard an excellent speaker or perhaps

you simply know someone from your area. Please take the time to make this important contribution to the success of the conference experience. Contact your task force representative or Theresa today! Contact information is below.

Task Force Representative

The Dakota Conference task force is currently: Kelly Nagel (kjnagel@state.nd.us). Please consider volunteering to help, now!

Remember:

In addition to these seven speakers that the NDPHA “hand-picks”, there is a Call for Presentations that goes out August 1. Send in your abstracts and/or encourage your colleagues to submit responses. The more that the committee receives and reviews the better the conference!

Let’s make this year’s conference the best yet. Send us your “innovative ideas” today and volunteer to help your Dakota Conference Task Force.



West Nile virus educational materials are available to order **free-of-charge** from the North Dakota Department of Health. Tribe-specific brochures are available also! Visit www.ndhealth.gov/wnv.



STRENGTH TRAINING FOCUS OF SENIOR HEALTH & FITNESS DAY

Submitted by: Ruth Ganes, RN PHN
First District Health Unit, Kenmare
Article from the Kenmare News, June 2007

Enthusiasm ran high as a group of 22 women from Kenmare and Bowbells participated in the annual National Senior Health & Fitness Day on May 30th.

First District Health Unit (FDHU) nurse Ruth Ganes, Kenmare, led the event with assistance from WIC nutritionist Martha Harms and FDHU nurses Melissa Burud, Burke County, and Tami Aberle, Renville County.

With a focus on stress and relaxation, the day's schedule included games, a discussion on the health benefits of coffee and chocolate complete with samples, and a look at the role humor and laughter play in health.

The event also featured the StrongWomen Program, facilitated by Peggy Anderson, NDSU Extension Agent for Burke and Divide counties. The StrongWomen Program is a strength-training program developed for midlife and older women and implemented within communities.

Extensive studies indicate older women will benefit from strength training by increased muscle mass and strength, improved bone density and reduced risk for osteoporosis and related fractures, reduced risk for diabetes, heart disease, arthritis, depression, and obesity, and improved self confidence, sleep and vitality.

Anderson introduced the StrongWomen Program and led the group in several exercises from the program.

Ganes hopes to begin the StrongWomen Program on a regular basis in Kenmare. "A lot of the women were interested in starting that since we can't do the pool exercises anymore," she said.

A schedule for the StrongWomen Program will be announced later this year.