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# ND PUBLIC HEALTH ASSOCIATION

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The mission of the North Dakota Public Health Association is to positively influence the health of North Dakotans through a statewide association of health-related professionals.



## Message from the President

**Karen Volk, Wells County District Health**

Spring Greetings!

It is my pleasure to address you as the new NDPHA President. It is an honor to represent you. I am so looking forward to what is in store for the North Dakota Public Health workforce in the next 3 years as we strengthen NDPHA with the American Public Health Association Capacity Building Grant! I see a wonderful opportunity for our Association to move forward with Public Health issues, to have more staff and tools to promote and participate in public health efforts across our state, and to expand our role locally and at the state level.

It is important for us to work together to make this happen! WE WANT YOU TO BE A MEMBER OF THE NORTH DAKOTA PUBLIC HEALTH ASSOCIATION! We are stronger with each individual's input, experiences, and knowledge. We value each and everyone of the great public health departments across our state. TAKE ACTION, EMAIL, CALL OR MAIL A MEMBERSHIP APPLICATION TO LOIS MACKEY AND JOIN US! Together we have a stronger voice for the public health workforce of North Dakota.

Team up with NDPHA.

## Please Welcome Our New Members

Stephanie Welsh, Cavalier County Health District  
Nancy Thoen, Central Valley Health District  
Megan Moss and Robyn Sorum, Fargo Cass Public Health  
Renaey Byre and Stacy Flaten, First District Health Unit  
Mike McNamara, Arvin Kvasager, and James Hargreaves, Grand Forks Public Health  
James Nelson, Illinois Public Health Association  
Molly Sander, Katherine Black, Kristi Miller, Stacy Lovelace, Sandra Fetzer, and Rachel Birk, North Dakota Department of Health  
Judy Mortinson, Rolette County Public Health  
Jamie Redmer, Sanofi Pasteur Vaccines  
Katie Anderson, Traill District Health Unit  
Mary Gattis and Lucy Heintz, University of North Dakota  
Joe Meyer, Upper Missouri District Health Unit  
Joye Stolz, Devra Mogren, Colleen Voeller, and Verla Albrecht, Wells County District Health Unit

# Conference Task Force Is Ready for Your Ideas

By Theresa Knox



2009 Dakota  
Conference on  
Rural and Public  
Health

Bismarck

April 1-3, 2009.

It's not too early to start planning for the Dakota Conference on Rural and Public Health, in Bismarck, April 1-3, 2009.

Since 2005, NDPHA has been able to "hand-pick" seven speakers for the annual Dakota Conference on Rural and Public Health, (5 concurrent session speakers, 1 2-hour intensive session speaker (or speakers) and 1 keynote speaker). These presentations and presenters do not go through the same competitive process that submissions elicited from the "call for presentations" go through. The NDPHA Conference Task Force is in charge of selecting the topics and speakers based on your recommendations and ideas.

The annual call for presentations goes out to solicit abstracts for the competitive process sometime in August. The NDPHA Conference Task Force needs to have selected the topics and speakers of our choice before then, so that there won't be duplicate topics and will provide a well rounded experience for participants.

Maybe 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 one of your representatives today! Contact information is below.

## Task Force Representatives

The Conference Task Force is comprised of:

Theresa Knox, Chair  
Grand Forks Public Health  
[tknox@grandforksgov.com](mailto:tknox@grandforksgov.com)

Kelly Nagel  
ND Department of Health  
[kjnagel@nd.gov](mailto:kjnagel@nd.gov)

Brenda Stallman  
Trail District Health Unit  
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Paula Flanders  
Bismarck Burleigh Public Health  
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Sherry Adams  
Southwestern District Health Unit  
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Vonnie Ereth  
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Let's make this year's conference the best yet. Send us your innovative ideas today.

Submitted by Theresa Knox, MPH, RN,  
701-787-8140



# IMMUNIZATION ALERT

By Jamie Redmer

Advisory Committee on Immunization Practices Endorses Tdap Vaccine for All Health-care Workers (HCWs)<sup>1</sup>

The number of reported pertussis (*whooping cough*) cases has been rising, reaching a 45-year high of almost 26,000 in 2004.<sup>2</sup>

Young infants are at the greatest risk of dangerous disease complications.<sup>1</sup>

Adults whose immunity may have worn off are unknowingly key transmitters of pertussis to

vulnerable infants.<sup>2</sup>

Priority should be given for Tdap vaccination of HCWs who have contact with infants younger than 12 months of age.<sup>1</sup>

Protect yourself and those around you against pertussis. Ask about Tdap vaccination today.

References:

1. Centers for Disease Control and Prevention (CDC). National

Immunization Program. ACIP votes to recommend use of combined tetanus, diphtheria and pertussis (Tdap) vaccine for adults (Advisory Committee on Immunization Practices): March 2, 2006. Available at: [http://www.cdc.gov/nip/vaccine/tdap\\_adult\\_recs.pdf](http://www.cdc.gov/nip/vaccine/tdap_adult_recs.pdf). Accessed July 10, 2006.

2. CDC. Pertussis. In: Atkinson W, Hamborsky J, McIntyre L, Wolfe C, eds. *Epidemiology and Prevention of Vaccine-Preventable Diseases. The Pink Book*. 9th ed. Washington, DC: Public Health Foundation; 2006:79-96.

## Mark your calendar!

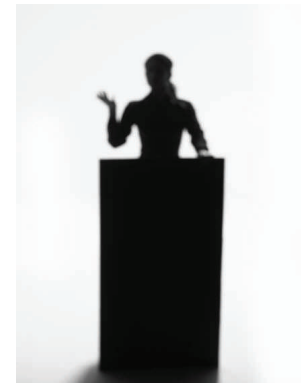
**Injury Prevention and Control Conference  
"Preventing and Responding to Injuries"**

October 28-30, 2008  
Best Western Seven Seas  
Mandan, North Dakota

<http://www.ndhealth.gov/injury/trainings.htm>

Power point presentations from the Dakota Conference on Rural and Public Health are now available online at: [http://ruralhealth.und.edu/projects/sorh/dakotaconf\\_pres.php](http://ruralhealth.und.edu/projects/sorh/dakotaconf_pres.php)

The 2008 conference, "Addressing Health Care Changes," offered participants a chance to hear from some of the most knowledgeable people in the areas of rural and public health. They addressed areas such as health care administration, health promotion and disease prevention, environmental health and occupational health, and diverse populations and health disparities.



# NDPHA Annual Award Winners



## Public Health Worker of the Year Theresa Knox

**Grand Forks Public Health Department**

Theresa Knox has served in many capacities over the years in the Grand Forks area, all focusing on public health. Her most recent job is the Tobacco Cessation and Prevention Coordinator at Grand Forks Public Health. She is a leader in health promotion and disease prevention, and very dedicated to her community.

As a dedicated member of North Dakota Public Health Association since 1995 and currently a member of governing council, Theresa serves on the Dakota Conference planning committee, a position she has held for several years. She seeks input from the NDPHA membership for topic ideas and secures presentations and keynote speakers that add value to the conference and annual meeting. She takes her role as liaison between the planning committee and the governing council seriously, and is respected by her peers for her honest communication. She researches issues thoroughly and seeks to strengthen the relationship between the ND Public Health Association and American Public Health Association.



Ione Meyer, left,  
Member of NDPHA  
for 40 years!

See Ione's story on  
page 5

Pam Trueblood, right,  
Member of NDPHA  
for 30 years!



## Outstanding Service Award

**Senator Judy Lee, Fargo  
Representative Clara Sue Price, Minot**

Senator Judy Lee is passionate about public health issues such as access to health care, immunizations and school nursing. The needs of North Dakota's children are a priority for her when supporting legislation. Senator Lee has been involved with human service and public health issues since 1995.

Representative Clara Sue price, as Chair of the Human Services committee in the House of Representatives, has demonstrated understanding and commitment to public health for many years, and has been supportive of the many challenges facing public health in North Dakota. She is committed to the citizens of the state and has tirelessly promoted and advocated for optimal health and issues that directly impact health.

## IONE'S STORY

Disease prevention, health protection and wellness promotion – all phrases to describe what Public Health is today. However, public health has always been about educating the public to control and eliminate communicable diseases, prevent sickness and relieve suffering. Richland County Health Department (RCHD) was established in 1937 as part of the local Red Cross Unit and has, since its origin, embraced these very goals.

In 1967, a licensed practical nurse (LPN) was added to the staff of three. That LPN, Ione Meyer, continues to work at RCHD today. Ione also holds the honor of being the first LPN hired to work for the health department in the state of North Dakota. Ione has witnessed many changes that have occurred in public health over the past 41 years. Ione was awarded the Public Health Outstanding Service award in 2002. This is a most distinguished award for a dedicated, committed and passionate public health servant. In March of 2008, Ione received an award for 40 years of membership in NDPHA. She encourages everyone to become a member of this prestigious organization.

School health and immunizations have always been major public health programs. In 1967, measles was the number 1 childhood disease. A major effort to immunize all school children was underway. Mass immunization clinics were held at several locations throughout Richland County. At that time, the cost of an immunization was only a quarter. These first clinics were held without disposable supplies – meaning glass syringes and stainless steel needles that were re-sharpened. Supplies were used – washed – sterilized – reused. Throughout her

career Ione has worked diligently to improve immunization rates. Richland County has enjoyed an immunization rate of 98% for many years.

The staff of RCHD learned early on that it is vital to reach as many citizens as possible within the county. RCHD contributes regular articles of important health related information and opportunities to local newspapers. The most significant changes and advances have occurred in the immunization program, leaving RCHD to provide much of the necessary information to our citizens. For example, small pox was eradicated in the United States and the routine use of small pox vaccine was discontinued in 1974. In 2000, the oral polio vaccine was discontinued and an inactivated vaccine given by injection was introduced.

A well-child clinic was added to the services in 1971. This new clinic included: height and weight measurement, vision and hearing screening, Denver Developmental Screening assessment and an immunization review with the parent. Health maintenance and Foot Care clinics were added in 1975. Clinics were held once per month in Wahpeton, Lidgerwood, Hankinson and Wyndmere. These clinics were very well attended as major clinics were not offering free blood pressure checks in those days. In a 2 hour block of time, it was not unusual to see 25-30 individuals for a BP check. It took no time at all to realize that our community really liked these clinics and regularly utilized these services. Family Planning was added in 1973. Many advances have been made in the health of women and children due to reproductive health education and services.

The decade of the 80's

brought about most of the changes. WIC was started in 1982 as a supplemental food program for Women, Infants and Children. RCHD held its first health fairs in 1987 at a local grocery store (Econo Foods) and on the campus of NDSCS. A cholesterol machine purchased in 1987 that could give a reading in less than three minutes was well received and easy to use at health fairs. North Dakota Department of Health issued a state mandate to provide scoliosis screenings to 5<sup>th</sup> and 8<sup>th</sup> graders and the school health nurses began to offer puberty classes. Flu shot clinics were offered for the first time in 1988; 500-2000 flu shots have been given each year. RCHD began sending quarterly news letters to schools and clinics in 1989, apprising these agencies of our current programs and services.

Full scope reproductive health services through Family Planning began in 1994 and the flood of 1997 resulted in RCHD providing the td vaccinations to many in our community. We gained a wealth of knowledge in emergency preparedness, which is a major public health focus today.

RCHD has always celebrated Public Health Week within our community and has participated in local parades with some of our staff. Some things stay the same, it remains important to us to be visible in our community. From our humble beginnings as a public health agency with a staff of 3; to a health department now consisting of 21 employees, we are providing services that reach everyone in our community. We are continuously adding programs as opportunities arise and funding is made available. Public Health is always changing, always challenging and full of adventure.

# Light Bulb Swap

Betty Otteson



*We wanted all Grand Forks Citizens to be aware of the connection between the way we lead our lives, our impact on the planet, and the planet's impact on our health. There is a direct connection between climate change and our health.*

The theme of National Public Health Week 2008 is "**Climate Change: Our Health in the Balance.**" An event was held during National Public Health Week, April 7-13, 2008, to help our citizens make small changes that in turn promote a healthy lifestyle and a healthy planet.

*The UND College of Nursing students, the local Wal-Mart, and Grand Forks Public Health Department came together to promote a greener Grand Forks. A light bulb swap took place on Wednesday, April 9, 2008, from 12 to 4:00pm in Wal-Mart's parking lot. Citizens were urged to bring a regular light bulb and swap it for an energy saving light bulb.*

*For more detailed information on what you and your community can do to lessen the health impacts of climate change, visit [www.nphw.org](http://www.nphw.org)*

## Congratulations Mary Tell-Pool and Cheryl Underhill

Mary Tello-Pool and Cheryl Underhill have passed the qualifying CERTIFIED in HOMELAND SECURITY LEVEL IV exam and attained the designation of CHS IV by the American Board for Certification in Homeland Security. There are five levels of distinction in the CHS program with level V being the highest. CHS IV provides an in-depth analysis of domestic and international terrorism including Weapons of Mass Destruction incidents involving Chemical, Biological, Radiological, Nuclear, and High-Yield Explosives (CBRNE). They are the only two people in North Dakota who are currently certified at level IV.

Mary holds licensure in both Nursing and Private Investigation. She is currently employed with Bismarck Burleigh Public Health in the Emergency Preparedness and Response division. Mary is an Emergency Response volunteer for the American Red Cross and the North Dakota Medical Reserve Corps.

Cheryl is the ND State CHS Response Coordinator. She is a Board Certified Occupational Health and Safety Nurse and is employed with Bismarck Burleigh Public Health as the Southwest Central Region Emergency Preparedness and Response Coordinator. Cheryl is also a ND PHEVR/Medical Reserve Corps volunteer.

Small changes promote a healthy lifestyle and a healthy planet.

Certified in Homeland Security Level IV

# Display Materials Available to Members



As part of our APHA Capacity Building Grant, Sherry Adams and Maureen Roden, Southwestern District Health Unit, developed a display which emphasizes the need to be ready for pandemic flu.

The Get Ready for Flu display and banner are available for NDPHA members for use in promotions, exhibits, exercises, etc. Please contact the NDPHA office if you are interested in using these items.



The display booth at the Dakota Conference on Rural and Public Health 2008.



Danell Eklund and Sherry Adams man the booth at the conference.

## WELLS COUNTY OBSERVES PUBLIC HEALTH WEEK

Congratulations everyone on the recent observance of the 2008 Public Health Week (April 7 -13). This is a wonderful opportunity to "toot" our horn and bring attention to the impact our health departments have on our local communities. In our local public health department in Wells County, we held a Board of Health meeting, Volunteer Recognition Luncheon, a Bicycle Safety Clinic, several School Presentations, a Radio Talk Show interview, a Men's Health Screening event, and a Community Coalition Meeting for Tobacco Prevention. These activities were in addition to our services performed.

The theme for the year was *Climate Change: Our Health in the Balance*. Our national organization, The American Public Health Association offered a tool kit to promote the theme including a planning kit, fact sheets, media tips, sample releases, and how to engage sponsors. They have a web site, [www.nphw.org](http://www.nphw.org) and a blog that is updated weekly. Check out what our national organization can do for us, also.

## UND Nursing to Celebrate National Nurses Week, May 6-12

Becky Cournial

The work of America's 2.9 million registered nurses to save lives and to maintain the health of millions of individuals is the focus of this year's National Nurses Week, "**Nurses: Making a Difference Every Day.**" National Nurses Week begins on May 6, marked as RN Recognition Day, and ends on May 12, the birthday of Florence Nightingale, founder of nursing as a modern profession.

On May 5, the UND College of Nursing will be hosting a panel presentation to discuss "*A Day in North Dakota without Nurses*". The event will be held from 1:30- 3:00 p.m. at the Ina Mae Rude Entrepreneur Center in Grand Forks, ND. This event is sponsored by the Robert Wood Johnson Foundation, Dakota Medical Foundation, and members of the North Dakota Nursing Career Lattice Consortium Initiative. It is free and open to the public .

"Today's registered nurses are devoted care givers as well as responsible professionals," shares Dr. Chandice Covington, Dean of Nursing. "During National Nurses Week, we honor the men and women who chose this challenging and rewarding career. Nurses are a cornerstone of our health care system and need to be skilled, appreciated and empowered to enjoy long-term careers."

Invited panel members include Dr. Chandice Covington, Dean of the UND College of Nursing; Dr. Patricia Moulton, Professor at the UND School of Medicine & Health Sciences; Carla Sletten, Director of Nursing at Northwood Deaconess Health Center; Shelly Peterson, President of the North Dakota Long Term Care Association; Connie Kalanek, Executive Director of the North Dakota Board of Nursing; Terry Watne, Associate Chief Nurse Executive of Altru Health Systems; Julie Traynor, Director of the Dakota Nursing Program; Ruth Gladen, ASN Program Coordinator at North Dakota State College of Science; and Suzie McShane, Nursing Program Coordinator at Bismarck State College.

### 8<sup>th</sup> Biennial Breastfeeding Conference Breastfeeding: Strategies for Success

Speaker: Kay Hoover, M Ed, IBCLC, RLC, Co-Author of The Breastfeeding Atlas

Registration Fee: \$80 ( \$90 after May 20)

For more information contact: Robyn Atkinson, LRD

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