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ND PUBLIC HEALTH ASSOCIATION

VOLUME 58, ISSUE 1

JANUARY 2008

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



Danell Eklund, President

A warm welcome to Sherry Adams, EHP, who joins the governing council as a chair of the Environmental Health/Emergency Response Section. She is the Emergency Preparedness and Response Coordinator for the Southwestern District Health Unit. She has already committed

her skills to accomplish one of our goals for the capacity building grant along with Maureen Roden. Their involvement is timely and beneficial.

One of our objectives for the Capacity Building Grant relates to the *Get Ready* campaign. The *Get Ready* campaign is intended to be used as an educational tool for the preparation of a pandemic flu. I encourage you to check out their website at www.getreadyforflu.org/newsite.htm. The site has information and educational materials to use for adults and kids.

We will have many op-

portunities for you to get involved with NDPHA's goals for our Capacity Building Grant. The objectives and timeline will be available on our website in the near future.

I welcome you to attend the 2008 Annual Dakota Conference on Rural and Public Health. It is held in Fargo this year on March 26 – 28. Go to <http://ruralhealth.und.edu/dakotaconference> for a conference brochure. If you are not able to attend the conference, you may still attend the NDPHA annual meeting on March 26th from 8:30–11:30 am.

NDPHA Annual Meeting March 26

The NDPHA Annual Meeting is scheduled for March 26th from 8:30 to Noon at the Ramada Plaza in Fargo in conjunction with the Conference on Rural and Public Health.

Please note that members are not required to be registered for the Conference in order to attend the NDPHA meeting.

For those who wish to attend only the annual

meeting, please email the NDPHA office at ndpha@srt.com so that arrangements can be made for the projected number of attendees.

Highlights of the 2007 APHA Annual Meeting

By Debbie Swanson, RN, Grand Forks Public Health Department



The new APHA president Linda DeGutis will be a keynote speaker at the Dakota conference in Fargo in March.

Politics, Policy and Public Health, the theme for the 2007 American Public Health Association Annual Meeting in Washington, DC in November, was evident throughout the conference in scientific sessions, business meetings, poster sessions, exhibits and social events. As the NDPHA Affiliate Representative to the Governing Council (ARGC), I had the opportunity to shape public health policy by voting on a number of policy statements that were adopted by the Governing Council. A particularly energizing speaker was APHA president, Debbie Klein Walker who spoke passionately about the need to address health disparity in our nation through improved public health policy. The new APHA president Linda DeGutis will be a keynote speaker at the Dakota conference in Fargo in March.

APHA sponsored a leadership day for affiliates, where resources were shared among state affiliates who are embarking on their capacity building initiatives. North Dakota was fortunate to be among the funded affiliates with a grant of \$60,000. During the Committee on Affiliates Day, I even recruited a

new member to NDPHA, the executive director of the Illinois Public Health Association, James Nelson. You never know where you may find new members!

I attended a session sponsored by the oral health section on the need for new models of dental care to meet the overwhelming needs of the disparate population who cannot access dental care. The panel presentation included the president of AARP, a retired dentist and a representative from the American Dental Association.

On a lighter note, conference attendees were entertained by the "Capitol Steps" a comedy troupe from Washington, DC, who used current political events to make us laugh and even make us cry.

Perhaps one of the most moving experiences for me was a photography display entitled "Unembedded" a national touring exhibit that tells the story of the war's impact on the lives of the Iraqi people. The impact to public health has been staggering and was depicted not only in images but with public health data about every-

thing from access to health care, immunization rates, violence, the impact of refugees fleeing to nearby countries and much more.

Before leaving Washington, DC, I attended a media event and reception at Red Cross Headquarters for the unveiling of ReadyRN, an online course for health professionals. The course was developed by a colleague of mine in the RWJ Executive Nurse Fellows Program, Tener Goodwin Veenema, an expert in disaster nursing and emergency preparedness. I met Red Cross employees who asked me how the people of Northwood were doing after the tornado. Wow, did the world feel connected and welcoming to have folks in Washington, DC ask about my county's disaster and our public health response!

It was a truly great experience to be among 12,000 committed public health professionals and witness their awe inspiring work. It makes me proud of the work we do in ND too. Thank you for allowing me to represent North Dakota at the 2007 APHA Annual Meeting.

Call for Resolutions

An important part of the work of NDPHA is adopting positions on various public health issues. Advocacy is an essential part of public health as it helps to shape health policy and impacts the people we serve. The resolutions committee would like to hear from the membership about public health policy or practice impacting your work in the form of resolutions.

Please submit your resolutions to Debbie Swanson, resolutions committee chair, at dswanson@grandforksgov.com, by February 22, 2007.

Copies of current resolutions can be found at www.health.state.nd.us/ndpha.

If you have an idea for a resolution, please feel free to contact a member of the committee. We would be happy to help you shape your idea into a resolution for presentation at the annual meeting on March 26, 2008 in Fargo.

Committee members are:

Debbie Swanson, chair
dswanson@grandforksgov.com

Tracy Evanson
tracyevanson@mail.und.nodak.edu
Karen Oby
karenoby@yahoo.com
Deb Arnold
pyanfur@bis.midco.net

So put on your public health advocacy hats and let us hear from you!

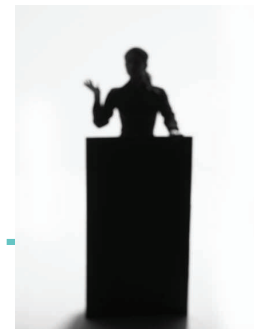
Resolutions
are due by
February 22

Register Now for the Dakota Conference on Rural and Public Health

Addressing Health Care Challenges
March 26-28, 2008
Ramada Plaza, Fargo, North Dakota

To register online for the 2007 Dakota Conference on Rural and Public Health go to the link on our website:

www.health.state.nd.us/ndpha





Get Ready



The Get Ready campaign, sponsored by the American Public Health Association (APHA), provides information, resources and tools so that all individuals, families and communities in the United States are more prepared for a potential influenza pandemic, outbreak of an emerging infectious disease or other hazard or disaster.



<http://www.getreadyforflu.org/newsite.htm>

NDPHA needs to fill the position of Vice President and Secretary/Treasurer

Become an Officer of NDPHA

Meet with your peers to help promote a healthier ND. We are active in educating the public and legislators of the importance of Public Health for all of us. Now is a great time to become a part of the Governing Council as we strengthen our infrastructure through the Kellogg Capacity Building Grant.

The Governing Council of NDPHA meets 3 times per year in addition to once before and once after the annual meeting.

We need to fill the positions for Vice President, a one year term, and Secretary/Treasurer, a two year term.

Please contact Nikki Medalen if you are interested in serving as an officer of NDPHA. Her email address is: Nikki.Medalen@minotstateu.edu

Bismarck City Wellness Challenge

Bismarck Burleigh Public Health is a partner in the Bismarck City Wellness Challenge. The challenge will run 12 weeks and is a personal challenge. Par-

ticipants are encouraged to register with Web-based WalkND to record daily steps. Every participant receives a free pedometer. Participants will be offered tobacco cessation, general health, fitness, nutrition,

food shopping, and stress reducing advice/guidance. The challenge is free to all city employees.

WalkND



Food For Thought

Local Foods Movement and Public Health

By: Wanda Agnew, PhD, LRD

Working in public health in ND allows us to appreciate how food and health are connected. Many of the disease conditions public health works with; Type 2 Diabetes, cancers, dementias, and even some childhood conditions; may be connected to poor food choices.

How can this be in our agriculture-based State that produces much of the healthy food for the world? We grow some of the world's highest quality and greatest amounts of beef, honey, poultry, wheat, sunflowers, flax, canola, safflower, edible peas and beans, barley, potatoes, and many vegetables. So, why the disconnect between healthy foods and healthy

people in ND?

As public health professionals are we including local food promotion in educational efforts? Are ND public health administrators and dietitians promoting home/community gardens and farmer's markets? "Food Miles" is a recent coined term that turns up whenever the topic of local food is discussed. Basically, "food miles" is the distance food travels from production to consumption. People looking to buy locally want a low "food miles" number attached to their food.

BBPH (Bismarck Burleigh Public Health) is part of a local planning process to bring awareness regarding local food to the citizens through a film festival series. As a dietitian I hope to

have people who are becoming more urban to start thinking about all the supermarket items that could be produced and processed within 100 miles. Exports and imports should be our last resort. Historically, every culture that devalued local food self-sufficiency has fallen into ruin. The ability of a community to feed itself is the ultimate security, homeland protection, and public health effort. We could survive without TVs, computers, iPods, and even cars, but when breakfast doesn't happen because the ship didn't come in last week, survival takes on a new meaning.

Should local food promotion become part of every public health unit's strategic plan?

"As public health professionals are we including local food promotion in educational efforts?"

STRATEGIC CONTRIBUTION FUND

By Lori Brierley, Tobacco Prevention Section

Most of you are familiar with the Tobacco Master Settlement Agreement, but have you heard of the Strategic Contribution Fund? It's a special fund that the MSA tobacco manufacturers are required to pay into from 2008 to 2017. These new payments were to be allocated among the MSA states based on "each Settling State's contribution to the litigation or resolution of the state tobacco litigation," and a special state attorneys general Allocation Committee made the final decisions on how much each state would receive soon after the 1998 MSA execution date. Since North Dakota Attorney General Heidi Heitkamp was instrumental in securing the Master Settlement, North Dakota's per capita share of the Fund is higher than most other states.

To date, only a tiny percentage of the \$200 million in MSA payments received by the State of North Dakota have been used to fight the tobacco epidemic. The Strategic Contribution Fund (SCF) represents a second chance for North Dakota to reduce the death and disease caused by tobacco use in our state. By using the SCF to fund a science-based, comprehensive statewide program to prevent, control and treat tobacco use, we can effectively reduce tobacco addiction, save lives and save money by reducing tobacco-caused healthcare costs. The NDPHA Tobacco Section strongly believes that these dollars should be used to fund tobacco control at the CDC-recommended level, and plans to introduce a Resolution in 2008 regarding the SCF. If you'd like to learn more, visit the Campaign for Tobacco-Free Kids website at: www.tobaccofreekids.org/research

Get Smart North Dakota! Fruits & Veggies More Matters Tip Contest

By: Karen Ehrens, 5+5 Communities Coordinator

The North Dakota 5 + 5 Communities Program and the North Dakota Department of Health are sponsoring the *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest*. The contest will award North Dakota families with small prizes and recognition for sharing their original and creative ideas for serving fruits and vegetables. Winners of the *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest* will be announced in March 2008, National Nutrition Month.

According to Deanna Askew, healthy weight coordinator for the North Dakota Department of Health, “No matter how many fruits and vegetables you and your family are eating now, everyone can benefit from eating just one more. We know there are a lot of creative ideas being used by families across the state, and we want to help build a *Healthy North Dakota* by sharing those ideas with each other.”

Linda Inman of Grand Forks has made several changes to help increase her family’s fruit and vegetable intake over the years. Linda serves a veggie tray and fruit tray whenever her children and grandchildren are over for a meal. “I think of it as a gift I give them,” Inman said. For submitting her idea to the national *Fruits & Veggies – More Matters Challenge* last year, Linda was acknowledged as North Dakota’s winner.

To enter the Tip Contest, visit www.health.state.nd.us/5plus5/ and click on *Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest*. Using the form provided, complete your contact information and your idea for “Getting Smart About Fruits and Veggies.”

Share how you include MORE fruits and vegetables as you shop, in your family dinner, or as you eat “on the go.”

All forms of fruits and vegetables count! Use fresh, frozen, canned, dried, or 100 percent juice in your meal or snack idea.

Any eating occasion is valid: breakfast, lunch, dinner or snack time.

Tell us how you get your family involved in the process of healthy meal preparation with fruits and vegetables.

The contest runs through Feb. 15, 2008. Entries also may be faxed to 701.328.1412 or mailed to the North Dakota Department of Health; 600 E. Boulevard Ave., Dept. 301; Bismarck, ND 58505-0200. Be sure to include your name, address, phone number and e-mail address.

The 5 + 5 Communities Program is celebrating 10 years in 2008, and encourages and supports North Dakota communities in their quest to help their citizens lead healthier lives and build a Healthy North Dakota. Goals of the 5 + 5 Program are to encourage North Dakotans to eat fruits and vegetables five times a day and to encourage North Dakotans to be physically active for 30 minutes at least five days a week.

For more information, contact Deanna Askew, North Dakota Department of Health, at 701.328.4568 or Karen Ehrens, 5 + 5 Communities coordinator, at 701.223.2616.