

## IN THIS ISSUE

- Educational series for cancer patients, family members and friends
- Public Health Day at the Legislature
- How are YOU using the new public health logo?
- BreatheND
- ND Cancer Coalition
- Call for Resolutions
- Anti Smoking Advocate named to Health Post
- Community Health Reform Discussion
- Accelerated Post-baccalaureate degree option

# ND PUBLIC HEALTH ASSOCIATION

VOLUME 59, ISSUE 1

JANUARY 2009

The mission of the North Dakota Public Health Association is to improve, promote and protect health for residents of North Dakota through leadership in policy, partnerships and best practices.



## Message from the President

### Karen Volk, Wells County District Health

Greetings from central North Dakota!

As we go about our day to day public health activities, I wish to acknowledge the various people that make a difference in our organization. Thanks to the Governing Council members who share of their time and talents. Their wisdom and commitment are necessary to guide our organization, shape policy, and direct the course of action. I want to thank the Section Chairs and Committee Chairs for leading our diversified groups of professionals. Our executive director, Lois Mackey, is the glue that holds this organization together. Thanks for your years of experience and service to NDPHA.

Our organization gives a voice to public health matters and provides opportunities to partner, create new vision, and be an instrument affecting the health status for citizens across North Dakota. I urge NDPHA members to encourage co-workers and other public health colleagues to join our organization.

I wish to welcome Mike Melius, Upper Missouri District Health Unit Administrator, as our new Vice President; and to thank Mary Gattis from UND, who was unable to fulfill her term of office.

I wish to invite everyone to the Dakota Conference on Rural and Public Health. This meeting is a way recognize the work that has been done and look to the future of public health in North Dakota. There is much that has been done, yet much to do. With this legislative year, contact your legislators, track the bills, and reach out with ideas and info; be a public health advocate! Each one of us can make a difference! Go forth and do good.

### JOIN THE NDPHA LEGISLATIVE COMMITTEE TODAY!

NDPHA is an association of professionals representing the diverse areas of public health. NDPHA allows its members to give a voice to the issues affecting the future of public health. The legislative committee of NDPHA works to bring legislative issues to the association from all of the different areas of public health. In order to adequately represent the diversity of public health, we need members from all aspects of public health to be a part of our committee. If you are interested in representing your public health specialty, please contact: Brady Weaver, Legislative Committee Chair, at [bweaver@custerhealth.com](mailto:bweaver@custerhealth.com) or 701-667-3370.

# A Passport for Navigating the Cancer Experience: as a SURVIVOR!



By Wanda Agnew, Bismarck Burleigh Public Health

This series of educational lectures, surrounded by food and fellowship, is intended for cancer patients, family members and friends who make day-to-day choices impacting quality of life before, during and after the cancer experience. **Open to everyone – FREE. Receive a passport at the first lecture series you attend, have it validated 3 times for a chance to win a vacation!**

### January 15th - A Survivor's Care Map

Barbara J. Wilson, MS, RN, AOCN, ACNS-BC  
Jill Goetz, Cancer Survivor, Bismarck Cancer Center

### February 19th – A Guide to Food and Fitness

Wanda Agnew, PhD, LRD, BBPH Nutrition Services  
Melanie Carvel, Medcenter One

### March 19th - Encompassing Sexual Relationships

Brad Stork, FNP-C, MidDakota Clinic  
Mary Ann Foss, ND Department of Health – Women's Way

### April 16th - A Route to Tobacco Free Environments

Pat McGeary, RN, CTTS, BBPH Tobacco Prevention Program  
Eric Johnson, MD, UND Family Practice

### May 21st- Spiritual Journey and Relaxation

Zanne Ness, Spiritual Care, Bismarck Cancer Center  
Glennis Spier, RN, LSW, Reiki8 Master/Therapist

#### For More Information:

Wanda Agnew – 701-355-1555

OR

Jill Goetz – 701-222-6100

#### Location of all Presentations:

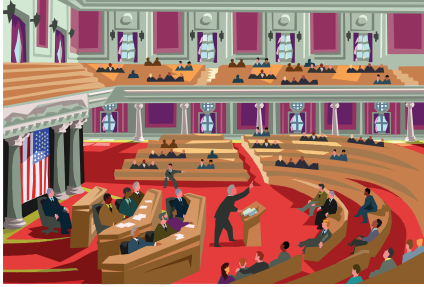
Bismarck Public Library, 515 North 5th Street

**Time of all Presentations:** 5:30 - 6:30 pm



This is the outcome of a ND Cancer Coalition grant that was awarded to BBPH, CDPH and the Bismarck Cancer Center :

A series of educational lectures for cancer patients, family members and friends.



## PUBLIC HEALTH DAY AT THE LEGISLATURE

FEBRUARY 10, 2009

**We would like to invite you to participate in the Public Health Day at the Legislature on February 10, 2009. This will be a great opportunity to engage in important discussions about creating a healthy North Dakota during this year’s legislative session. This year’s theme is “Expand Your Mind, Change Our World.” We hope to focus on the importance of funding for prevention and building public health infrastructure. The event will be held at the Capitol from 8:00 a.m. to 3:00 p.m. North Dakota legislators will be invited to join our members for breakfast in the Great Hall.**

**An optional advocacy activity is being sponsored by the North Dakota Nurses Association on February 9 from 2:00 – 5:00 pm. For more details on this event please visit the NDNA website at <http://www.ndna.org/Events.aspx>.**

**Please fill out and return the following form. Any questions can be directed to Debbie Swanson at (701) 787-8113.**

Name: \_\_\_\_\_

Public Health Department/Organization: \_\_\_\_\_

Topic to be displayed: \_\_\_\_\_

Electricity Needed: Yes    No

Contact Phone: \_\_\_\_\_

Contact Email: \_\_\_\_\_

**Grand Forks Public Health Department  
Attn: Debbie Swanson  
151 S. 4<sup>th</sup> St. Suite N301  
Grand Forks, ND 58201  
Fax: 701-787-8145**

*This event is made possible by NDPHA in conjunction with UND Community Health Nursing Students Kayla Gallagher, Alisa Greenwaldt, Katie Kvislen, David Opoien and Kristina Gresh.*

## OFFICE OF THE VICE PRESIDENT—WE NEED YOU!!

NDPHA is looking for someone to accept the nomination for Vice President of the Association for term beginning in 2009. The Vice President performs the duties of the president in the absence of the President and President Elect and serves on the Governing council. The Council meets in March or April during the annual conference and again in June, September, and December of each year.

This is a progressive office serving as Vice President in year 1, moving to President Elect year 2, and then as President.

Help shape the future of NDPHA—get involved—we need you!!! Please contact a member of the nominating committee:

Maureen Roden, Chair	mroden@nd.gov
Rebecca Luck	rluck@nd.gov
Nikki Medalen	nikki.medalen@minotstateu.edu

### ***HOW ARE YOU USING THE NEW PUBLIC HEALTH LOGO?***



We would love to publish all the different ways local public health units are using the new public health logo. Please submit articles, pictures, etc. and we will publish them in the next NDPHA newsletter.

## SAVE THE DATE

The North Dakota Public Health Association Annual Meeting will be held April 1, 2009 from 8:30—11:30 am at the Seven Seas in Mandan, in conjunction with the Dakota Conference on Rural and Public Health. Remember, you do not need to register for the conference in order to attend the NDPHA annual meeting. Please contact the NDPHA office if you plan to attend the meeting only.

If you plan to attend the conference, you can register at the following site:

<http://ruralhealth.und.edu/dakotaconference>

## CALL FOR RESOLUTIONS

The Resolutions Committee invites you, as a member of NDPHA, to submit Resolutions for consideration at the 2009 Annual Meeting no later than March 9th.

Shaping good public health policy in North Dakota is an important function of NDPHA, and resolutions are a significant part of that process.

These are really multi-purpose documents. First and foremost, resolutions give our local and state policymakers guidance to pass good public health policy. However, they are also educational tools. By submitting a resolution,

you help educate your fellow public health advocates in areas with which we may not be as familiar, and help give us the language and context to discuss these issues with policymakers and the public.

I challenge each section to examine their current issues and anticipated legislation and propose at least one issue for a resolution. If you have an idea and need help with writing or formatting please contact me.

Proposed resolutions should be emailed by **March 9th** to:

[lbrierley@nd.gov](mailto:lbrierley@nd.gov)

I would also like to invite you to consider serving on the Resolutions committee. We meet only as needed, generally only a couple of times in the month before the Annual Meeting. Duties include reviewing submitted resolutions for form and content, providing feedback, and making a recommendation of Adopt, Do Not Adopt, or No Recommendation. Let me know if you would be willing to serve in this capacity.

Thanks for all you do to improve the health of North Dakotans.

Lori Brierley, Chair

### The Purpose, The Means, The Plan

Dubi Schwanz



Cancer affects us all in some way shape or form whether it be the diagnosis of a family member, friend or even ourselves.

This is the very reason why comprehensive cancer prevention and control is so important and why cancer-related activities are implemented at the local, state and national level. Comprehensive cancer control is a collaborative process through which a community pools resources to reduce the burden of cancer that results in: risk reduction, early detection, better treatment and enhanced survivorship.

The North Dakota Cancer Coalition (NDCC) is the means in which we implement cancer prevention and control activities in North Dakota. The NDCC is made up of partners from across the state including, but not limited to, academia, healthcare, businesses, cancer survivors, etc. Because the fight against cancer is so large, NDCC has identified prevention and early detection/screening as priority areas.

The NDCC is supporting local communities to imple-

ment cancer prevention and control activities through the NDCC Community Grant Program. The Community Grant Program began in the Fall of 2007. The Community Grant Program in its second year of funding 10 cancer prevention and control projects across the state.

The NDCC follows a strategic plan which provides the North Dakota Cancer Coalition and other statewide partners with an integrated plan of action that highlights strategies targeting cancer prevention, early detection, treatment and disease management. The purpose of North Dakota's Cancer Control Plan is to: provide a blueprint for action, highlight important cancer issues, set goals and objectives, propose evidence-based strategies, collaborate effectively. The North Dakota Cancer Plan can be found on the NDCC website at [www.ndcancercoalition.org](http://www.ndcancercoalition.org)

Together we can reduce the incidence and impact of cancer for all North Dakotans.

## NDPHA supporters urged to sign on to *BreatheND* campaign

Vicki Voldal Rosenau



Public health champions across North Dakota can take meaningful action to fight the Number One Cause of Preventable Death (tobacco addiction) with the simple click of a mouse. All you have to do is visit BreatheND's website at: [www.breatheND.com](http://www.breatheND.com)

According to BreatheND Coalition Chair Vicki Voldal Rosenau, the BreatheND effort is all about a focused message and effort that will educate more people about the serious dangers of secondhand smoke exposure.

"Many groups have educated separately for years, and now we want to take that effort to the next level. With BreatheND, we'll all have one voice and one message. Together we can make sure people know what's at stake, and have the tools to understand the dangers of secondhand smoke."

"Secondhand smoke is the third leading cause of preventable death in our country; in fact, for every eight smokers the tobacco industry kills, it takes one nonsmoker with them," says Dr. Byrum Cartwright, a Fargo dentist and one of the first members of BreatheND. "Those are the facts that compel us to invite anyone who cares about the health of our citizens and our children to join the BreatheND coalition. We need to make sure everyone understands why it is important that all North Dakotans breathe clean air."

The U.S. Surgeon General was emphatic on the danger of secondhand smoke, Rosenau says: There is NO safe level of exposure to this toxin. In both children and adults, secondhand smoke causes death (including SIDS) and diseases, including lung cancer, heart disease, and various respiratory diseases.

## Anti-Smoking Advocate Is Named to Health Post

Robert Pear

January 14, 2009—WASHINGTON — President-elect Barack Obama said Tuesday that he had chosen the head of a leading anti-tobacco organization to be the No. 2 official at the Department of Health and Human Services. The prospective nominee, William V. Corr, is executive director of the Campaign for Tobacco-Free Kids, a nonprofit group that seeks to reduce tobacco use among children and adults. As a member of the Obama transition team, Mr. Corr has led efforts to review and evaluate the work of the Department of Health and Human Services. Mr. Obama has selected Tom Daschle, a former Senate Democratic leader, to be secretary of health and human services. If confirmed by the Senate, Mr. Corr would be the deputy secretary. From 1998 to 2000, Mr. Corr worked as chief counsel and policy director for Mr. Daschle, when Mr. Daschle was minority leader.

The new Congress is expected to move aggressively against the tobacco industry, by increasing federal regulation of cigarettes, raising taxes on tobacco products and approving an international tobacco control treaty. As a senator, Mr. Obama, an intermittent smoker, was a co-sponsor of a bill that would have given the Food and Drug Administration broad authority to regulate "the manufacture, marketing, and distribution" of tobacco products, including cigarettes.

On its Web site, the Campaign for Tobacco-Free Kids says its goals are "to prevent kids from smoking, help smokers quit and protect everyone from secondhand smoke." In reports filed with Congress, the campaign has listed Mr. Corr as a lobbyist and said it lobbied not only Congress, but also federal agencies like the Food and Drug Administration, the Centers for Disease Control and Prevention and the Federal Trade Commission.

Continued on page 8

"Reforming our health care system will be a top priority of my administration and key to putting our economy back on track," Mr. Obama said Tuesday.

## Healthy North Dakota Participates in Transition Team Community Health Reform Discussion

Karen K. Ehrens, LRD  
Consultant to Healthy North Dakota

Members of the Healthy North Dakota Coordinating Committee recently provided input to the Obama-Biden Transition Team on prevention and health reform. Coordinating Committee members participated in a "Community Health Reform Discussion" format as suggested by the Transition Team at a meeting in Bismarck on Monday, December 22, 2008. Fifteen people were in attendance including one by telephone and one via video connection in Fargo.

Participants responded to questions about how public policy can help Americans access preventive care and promote healthier lifestyles and employers' roles in a reformed health system.

Highlights of themes and comments from participants in the Community Health Reform Discussion:

- The North Dakota Public Employees Retirement System (NDPERS) is a self-insured pool, providing health insurance to employees in state and local government agencies. NDPERS is in the third year of implementing an employee wellness program (covering 97 percent of the employee base) that provides participating employers a one percent health insurance premium discount for promoting wellness initiatives. The program also offers limited funding assistance and resources for implementing work place wellness programs.
- Low reimbursement needs to be addressed at all levels: Medicare, Medicaid and private insurance. For example, advanced heart

procedures and technology are covered, while preventive services, such as a physician issuing a prescription for walking, are not covered. We need to reframe our disease/injury response system into a health system.

- There is a need to do a better job of linking health to educational success. Comprehensive healthy living needs to be part of the core curriculum in schools. No Child Left Behind needs to include comprehensive health in its core.
- Look to the successful models of Head Start and Early Head Start, where health promotion is part of the whole child and family education.
- The approach needs to address first the root causes of disease and how to prevent them as well as response to disease and injury.
- Our healthcare system spectrum includes public health and clinical care - clinics, hospitals, long term care. We need to ensure that resources for population-based primary prevention strategies are provided. The clinical part of the spectrum is only one piece of the picture.

A full meeting summary of the discussion which was submitted to the Transition Team via [www.change.gov](http://www.change.gov) can be accessed from the Healthy North Dakota website, [www.healthynd.org](http://www.healthynd.org)

## UND Nursing now offers an accelerated post-baccalaureate degree option

Becky Cournia, UND Nursing,

The University of North Dakota's College of Nursing is now offering an accelerated post-baccalaureate nursing program. The program is open to students who have completed a baccalaureate degree in a field other than nursing and will prepare them to become a registered nurse.

The accelerated degree option is an intensive 16-month program. The first cohort of 16 students, 13 female and 3 male, will begin studies in January 2009 and graduate in May 2010.

Experience in healthcare is not required to be admitted into this program or to be successful in it. While some students admitted have a background in biology and kinesiology, others have first degrees in psychology, communications, business management, and interdisciplinary studies. Students will receive all the education they need as they progress through the curriculum.

Dr. Helen Melland, associate dean of undergraduate studies at the College of Nursing, states that "we are excited about this program. Nurses who graduate from accelerated programs such as the one we have developed do an excellent job in the workplace. They have extensive educational and life experience beyond their basic nursing preparation resulting in a well prepared, highly skilled professional nurse."

Graduates of this program will be qualified to write the licensing exam to become registered nurses. The opportunities for baccalaureate-prepared nurses to advance in nursing are great due to the current and predicted nursing shortage. As a result of the increasing number of baby boomers now developing health care needs, the federal government predicts exceptional employment opportunities for nurses into the foreseeable future.

Similar to our traditional baccalaureate program, the accelerated program will prepare nurses who are qualified to provide care to the rural, underserved population in the state. Students will be recruited from those underserved populations with the intent that upon completion of their degrees the graduates will return to their home settings.

The U.S. Department of Labor has determined a need for more than one million new and replacement registered nurses by 2014. This nursing shortage has prompted many schools of nursing to offer creative alternatives for the baccalaureate nursing student, including accelerated degree options for students already possessing a college degree.

Continued from page 6...

The anti-tobacco group reported lobbying expenses that totaled \$2.4 million from 2003 to 2008, according to the Center for Responsive Politics, a watchdog group that tracks the influence of money on politics and government policy.

As a presidential candidate, Mr. Obama often criticized the influence of lobbyists in Washington. But some of his strongest allies here have worked as lobbyists for consumer groups, labor unions, environmental groups and civil rights organizations.

In the Clinton administration, Mr. Corr was chief of staff at the Department of Health and Human Services, where he worked for Secretary Donna E. Shalala. Before joining Mr. Daschle's staff, Mr. Corr worked for two liberal Democrats known as tenacious investigators and consumer advocates: Senator Howard M. Metzenbaum of Ohio, who was chairman of the antitrust subcommittee of the Judiciary Committee, and Representative Henry A. Waxman of California, who was chairman of the health subcommittee of the Energy and Commerce Committee. Mr. Waxman was the chief sponsor of a bill passed overwhelmingly by the House last year that would have empowered the F.D.A. to regulate tobacco products. The Senate did not act on the measure. As chairman of the Energy and Commerce Committee in the new Congress, Mr. Waxman will play a major role in efforts to provide coverage to the 46 million people who have no health insurance.

Before coming to Washington, Mr. Corr worked at several community-run primary health care centers in Appalachia. He has a bachelor's degree in economics from the University of Virginia and a law degree from Vanderbilt University.

"Reforming our health care system will be a top priority of my administration and key to putting our economy back on track," Mr. Obama said Tuesday. "Under the leadership of Tom Daschle and Bill Corr, I am confident that my Department of Health and Human Services will bring people together to reach consensus on how to move forward with health care reform."