

IN THIS ISSUE

- 2011 Dakota Conference on Rural and Public Health
- 2010 Public Health Award Recipients
- Go Red for Women
- New Public Health Group
- ND Immunization Conference
- ND Quitnet
- Injury Prevention Conference
- Best Bones Forever
- Dietetic Association Award
- Welcome New NDPHA Members

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Thank you Chelsey!

ND PUBLIC HEALTH ASSOCIATION

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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

Sue Brandvold, First District Health Unit, Bottineau

After observing National Public Health Week, we had the opportunity to come together at the 2010 Dakota Conference on Rural and Public Health April 13th – 15th in Grand Forks, which focused on “Health Care in Transition: Creative Strategies”. It provided us with time to network with our colleagues from across the state and learn more about what direction public health is heading in the future. One statement that comes to mind from the conference was, “Public health is assuring the conditions where people can grow up healthy” which certainly does follow the mission of NDPHA: to improve, promote, and protect the health of the residents of North Dakota.

During this conference we had the opportunity to hold the NDPHA Annual meeting. It was well attended and many of those in attendance have indicated a commitment to get involved through various committees in the organization. This participation will help strengthen the organization. Your membership will add strength to the voice of NDPHA. And your involvement will promote public health awareness throughout the state of North Dakota. Thank you for getting involved.

Thank you to Wanda Agnew, Bismarck Burleigh Public Health, for accepting the position of Secretary Treasurer for NDPHA. We know that you will be a real asset to the group. Thank you also to Chelsey Matter, Fargo Cass Public Health, president-elect, and Lori Brierley, First District Health Unit, Vice President, for taking their positions for another year. It will keep the organization moving forward.

I hope this finds you planning for a great summer and a great year in public health.

NDPHA CONFERENCE TASK FORCE IS READY FOR YOUR IDEAS FOR 2011 CONFERENCE

Theresa Knox, MPH, RN, CTTS, 701-787-8140

The Dakota Conference on Rural and Public Health, 2010, in Smoke-Free Grand Forks, was the biggest by far. Over 400 participants attended and many said it was the best ever.

It's not too early to start planning for the Dakota Conference on Rural and Public Health, in Mandan, March 23 - 25, 2011.

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 NDPHA Conference Task Force meets in August to select the topics and speakers of our choice before the competitive process begins, 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!

Task Force Representatives

Theresa Knox, Chair	Grand Forks Public Health	tknox@grandforksgov.com
Shawnda Schroeder	Traill District Health Unit	shawnda.schroeder@co.trail.nd.us
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Let's make this year's conference the best yet. Send us your innovative ideas today.

SAVE THE DATE

**2011 CONFERENCE ON RURAL AND PUBLIC HEALTH
SEVEN SEAS, MANDAN
MARCH 23—25**

CONGRATULATIONS TO THE 2010 PUBLIC HEALTH AWARD RECIPIENTS

PUBLIC HEALTH WORKER OF THE YEAR

**TERRI KEEHR
COMMUNITY HEALTH NURSE
GRAND FORKS PUBLIC HEALTH DEPARTMENT**

Terri Keehr has been a shining example of caring and excellence in the field of public health nursing for many years, most notably during 2009. Her endeavors to improve the lives of recently resettled refugees has led to many new residents protected from vaccine preventable diseases, tested and treated for TB, and settled into a life of peace. Their transition from war-ravaged countries to the safety and security of Grand Forks was easier through Terri's compassionate care and concern. She gives her time to set up apartments for refugee families and to provide immunizations and health care information.

Throughout her career, Terri has been a champion for social justice, striving to help those who are homeless, without health care, or in need of a referral. Her circle of influence in the community is wide. She works to promote public health and eliminate health disparities.

In 2009, Terri became involved in the Grand Forks Coalition to End Long Term Homelessness. Her dedication to this coalition led to the first Homeless Connect event designed to assist persons to find community resources.

OUTSTANDING SERVICE AWARD

**PAT MCGEARY, RN, BSN, CTTS
COORDINATOR
TOBACCO PREVENTION & CESSATION PROGRAM
BISMARCK BURLEIGH PUBLIC HEALTH**

Pat McGeary has worked tirelessly to educate people of this region about the health hazards of tobacco use.

Since 1992, she has immersed herself in finding ways to help people, communities, and organizations become tobacco free. She led the volunteer advocacy group in the passage of five city ordinances that addressed marketing to youth and creating clean indoor air.

Pat also directed the advocacy and education efforts that resulted in the passage of smoke free city and county ordinances. She also played a large role in promoting the passage of Measure 3.

Pat is a great mentor to new tobacco coordinators and a good resource when coordinators have questions regarding tobacco prevention and how to use available resources.

Additionally, she has offered technical assistance, mentorship, and professional development to local colleges and universities to develop campus-wide policies.

OUTSTANDING SERVICE AWARD

**VICKI VOLDAL ROSEANAU
TOBACCO PREVENTION COORDINATOR
CITY-COUNTY HEALTH DISTRICT
VALLEY CITY**

Vicki Voldal Roseanau has diligently worked in the area of tobacco cessation and prevention as the tobacco prevention coordinator for Barnes County for nearly 15 years through the City-County Health District.

During that time, she has helped many adults "kick the habit" and has been instrumental, through both education and legislation, in encouraging young people to cease or never start using tobacco products. She is an incredible role model and always willing to mentor new and veteran tobacco prevention coordinators.

Vicki played a strong leadership role in the statewide push for Measure 3, which allowed North Dakota the funding to provide a comprehensive, CDC recommended tobacco prevention program. She has been instrumental in encouraging local bars and supper clubs to go smoke free in the past few years and spearheaded a successful effort to designate all Barnes County properties "no smoking" zones.

Vicki continues to be an advocate for all citizens in need of public health services in North Dakota.

**GO RED FOR
WOMEN**

**PASSPORT TO
HEART HEALTH**

Welcome NDSU
Public Health
Association!

WILLISTON'S GO RED FOR WOMEN PASSPORT TO HEART HEALTH



Sue Grundstad, LRD with the Upper Missouri District Health Unit describes heart healthy options during the grocery store tour in Williston, ND

Williston's Go Red Coalition recently completed their six week Passport to Heart Health program. Over 75 women participated in the Passport program, enjoying weekly walks, grocery store tours and a blood draw. Participants received a punch in their passports for attending each weekly activity. Walks were scheduled twice a week at various walking venues in Williston to provide a different walk each week.

The grocery store tours, led by area dietitians, were held at three different grocery stores and focused on heart healthy foods. Participants were encouraged to know their numbers, through blood draws offered by local medical providers. Prizes were drawn from the participants that completed five of the seven activities. The grand prize was a trip for two to the Medora Musical.

The passport program encouraged the participants to focus on healthy eating and increasing their physical activity to reduce their risk for heart disease. The Go Red Coalition is sponsored through the Upper Missouri District Health Unit in Williston, coordinated by Sue Grundstad, public health dietitian.



New Public Health Group

NDSU has a new student organization for those interested in public health. The NDSU Public Health Association was granted temporary status in April from the NDSU Congress of Student Organizations. The group will be able to apply for full status in August. The organization was the idea of faculty member, Christian Albano, and carried out by student Natasha Petry. The NDSU Public Health Association will be housed in the College of Pharmacy, Nursing, and Allied Sciences, but opens its membership to anyone on campus who has an interest in public health. The organization is small and still in its planning phase, but all involved are excited about the opportunities available. The group hopes to collaborate with other campus groups as well as public health focused groups around the state. If you have any ideas or would like to speak to the group or get involved please contact Natasha at Natasha.Petry@ndsu.edu. In addition to being President of the NDSU Public Health Association, Natasha also serves as the American Public Health Association Student Liaison to NDSU. She is a 2nd year professional student in the Pharmacy Doctorate program at NDSU and also is taking courses towards her MPH.

NORTH DAKOTA IMMUNIZATION CONFERENCE

The North Dakota Immunization Conference is August 24 and 25 at the Best Western Seven Seas Hotel in Mandan, ND. Registration is \$35. Breakfast and lunch will be provided both days. Continuing education credits will be available. Anyone interested in immunizations is welcome to attend. To register for the conference go to:

<http://conferences.und.edu/immunization>

Keynote speakers at the conference include Donna Weaver, RN, MN, Centers for Disease Control and Prevention; Lance Rodewald, MD, MPH, Centers for Disease Control and Prevention; Patricia Stinchfield, RN, MS, CPNP, Children's Hospitals and Clinics of Minnesota; Lorry Rubin, MD, FAAP, Schneider Children's Hospital and Albert Einstein College of Medicine; and Shannon Hansen, MT (ASCP), CIC, Altru Health System.

Topics to be covered include childhood, adolescent, and adult immunizations, vaccine financing, communicating with parents about vaccine safety, immunizing immunocompromised individuals, mandatory influenza vaccination of healthcare workers, school located influenza clinics, immunization best practices, North Dakota Immunization Information System, vaccine preventable diseases, travel vaccines, vaccine storage, handling, and accountability, etc. AFIX and Providers' Choice Awards will be presented at the awards luncheon on the 25th. To nominate an individual or organization for a Providers' Choice Award, please complete the following form and return it to Molly Sander at msander@nd.gov: www.ndhealth.gov/Immunize/Documents/Providers/Forms/ProvidersChoice10.pdf.

NORTH DAKOTA The North Dakota Department of Health has launched North
QUITNET® Dakota QuitNet, a new comprehensive web-based service designed to help tobacco users quit. North Dakota residents can log on to QuitNet at www.nd.quitnet.com and find FREE help with their efforts to quit using tobacco.

When people sign up for the online service they will have:

- Access to online professional cessation counselors.
- Assistance in designing a personal quit plan.
- 24/7/365 support from other quitters all over the world.
- QuitTips e-mail messages that will offer tips about staying quit.
- Free nicotine patches, gum or lozenges to help with the quitting process.

QuitNet can be accessed anyplace and at anytime. The service is convenient and completely confidential. People will have access to online tools, like chat groups and online calculators that let them know how many days they've extended their life and how much money they've saved.

QuitNet is based on the most recent scientific research, including guidelines issued by the U.S. Surgeon General. QuitNet's look and feel has been designed and updated with the help of actual quitters.

The Department of Health also continues to sponsor the North Dakota Tobacco Quitline, a free telephone-based service that helps tobacco users quit. QuitNet users can use the online service in conjunction with the Quitline's services to get the combination of help that's right for them.

Services for North Dakota QuitNet are being provided by Healthways. Healthways has provided QuitNet online tobacco cessation services to other states since 1995 and continues to be the largest tobacco support website, with more than 600,000 participants and more than 3,700 visitors per day.

North Dakota Conference on Injury Prevention & Control

“Preventing and Responding to Injuries”



SAVE THE DATE

October 27 - 28, 2010

Seven Seas Hotel
Mandan, ND

Purpose: To encourage professionals to develop multifaceted approaches to promoting awareness, prevention and intervention of unintentional and intentional injuries in North Dakota.

Topics will include:

- **General Injury Prevention**
- **Traffic Safety**
- **Domestic/Sexual Violence**
- **Suicide/Mental Health**
- **AND MANY MORE!**

For more information and registration call 1.800.472.2286 or visit www.ndhealth.gov/injury/trainings.htm



Hosted by:
North Dakota Department of Health
Division of Injury Prevention & Control

Application for contact hours has been made to Community Health Section, North Dakota Department of Health, an approved provider of continuing nursing education by CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Applications have been submitted for the following: Social Workers, Counselors, POST Credits, and Emergency Medical Services.

Introducing *Best Bones Forever!*

A fresh and fun bone health campaign for girls

Osteoporosis is a pediatric disease with geriatric consequences. In terms of bone health, the stage is set early on: girls build close to 90% of their bone mass by age 18. Once they reach adulthood, it becomes increasingly difficult for them to make it up. Unfortunately, most adolescent girls do not get the calcium, vitamin D, and physical activity they need to grow strong, healthy bones.

That's why the U.S. Department of Health and Human Services' Office on Women's Health (OWH) launched *Best Bones Forever!*, a national bone health campaign for girls ages 9-14. *Best Bones Forever!* focuses on friendship and fun—and encourages girls to “grow strong together, stay strong forever.”

The new campaign empowers girls and their BFFs (best friend forever) to build strong bones by choosing snacks and foods with calcium and vitamin D, and getting an hour of physical activity a day.

Campaign materials such as journals, posters, magnets, tattoos, book covers and a Web site (www.bestbonesforever.gov) get girls excited about growing healthy bones! Parents can get important bone health information from a brochure in both English and Spanish, and a Web site: www.bestbonesforever.gov/parents.



Evy Monzelowski Receives Award from North Dakota Dietetic Association

Since 1989, North Dakota Dietetic Association recognizes a North Dakota individual or organization that supports, promotes and advocates for nutrition services and/or licensed nutrition professional, LRDs. The 2010 awardee is Evy Monzelowski, Bismarck Burleigh Public Health (BBPH) nurse employed with Bismarck Public School Special Education Programs.

School District and in 2009 the District employed an LRD for the first time.

Evy ensures nutrition education is part of the Bismarck Public School family newsletter every other month and that every school open-house in the beginning of each school year includes a focus on the importance of a well-nourish child to make learning successful.

Evy works tirelessly to create and support the Bismarck Public School Health Council and when the Council stopped meeting, she continually looked for an opportunity to bring nutrition education back to the fore-front. Evy strives to ensure a licensed registered dietitian is included when medical nutrition therapy concerns arise with children in the District, be they with the special needs programs or general classrooms. She is the person Bismarck Public School counselors go to with food nutrition questions and she contacts the public health dietitian when the issue is clinical or new to her expertise.

Evy connects all school nurses to the public health dietitian. She was instrumental in creating the USDA Wellness Policy 2010 assessment tool and strived to have the assessment completed in each of the District's 20 buildings versus making a District-wide statement.

Evy understands and supports the fact that what happens in the cafeteria must match what is happening in the classroom. Her nursing focus is not on tertiary case management to respond to disease and illness, but on prevention of chronic disease & support for quality of life – be it elimination problems, position during eating, food allergies, or Type 1 diabetes. She promotes and lives the *Moving More Eating Smarter* philosophy.

Evy worked collaboratively with BBPH to address the need for a dietitian to be employed by the Bismarck

WELCOME NEW NDPHA MEMBERS

Sarah Hansen, City County Health District
 Mary Hillerud, Custer Health
 Melanie Konieczka, Custer Health
 Angie Saylor, Custer Health
 Chip Ammerman, Fargo Cass Board of Health
 Ken Pawluk, Fargo Cass Board of Health
 Dinah Goldenberg, Fargo Cass Board of Health
 Nancy Leith, Fargo Cass Public Health
 Karen Peterson, Fargo Cass Public Health
 Diane Ruhland, Fargo Cass Public Health
 Jean Marohl, Fargo Cass Public Health
 Kailee Dvorak, Grand Forks Public Health

Spring Huffman
 Andrew Williams, MPH, ND Fetal Alcohol Syndrome
 Natasha Petry, NDSU
 Christian Albano, NDSU Pharmacy
 Jordan Wolf, NDSU Pharmacy Student
 Jeanne Chaput, Pembina County Health
 Joyce Thompson, Southwestern District Health Unit
 Kshama Adhikari-Luitel, Southwestern District Health
 Peg Hendrickson, Towner County Public Health District
 Shawnda Schroeder, Traill District Health Unit
 Kara Todd-Iwen, Upper Missouri District Health Unit