



PUBLIC HEALTH CONNECTIONS

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Bureau of Local and Rural Health



Robert Moser, Secretary

Sam Brownback, Governor

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Sixth Annual Governor's Public Health Conference

by the conference committee



The Sixth Annual Governor's Public Health Conference, "Reducing Health Disparities: Partnerships for Progress," April 18-20, is now open for registration via KS-TRAIN at <http://ks.train.org>, course #1026408.

This year's conference includes an orientation on April 18, for new staff recently entering the field of public health or the Maternal Child Health (MCH) program. This session will provide a broad overview of the systems framework of public health and the MCH services that serve families from a life course perspective within the "10 Essential Public Health Services."

The general conference session presenters on April 19-20, will address current social, policy and health issues providing resources and information to enhance and build skills needed to reduce health disparities during these challenging times. A few of the two day conference topics include, "Achieving Health Equity: Opportunities and Promising Approaches", "Using Social Media to Connect Public Health and Your Audience", "Breastfeeding Grantee Projects Panel", "Safe Haven for Infants" and "Extension Districting" Efficiency and Effectiveness for Local Program Delivery."

National health reform and state initiatives are powered by a global interest to reduce health disparities and improve individual and population health. Kansans are moving forward with hope and expectations for a healthy future! Governor Brownback's, "Road Map for Kansas," emphasizes this hope and a renewed sense of purpose

through developing and enhancing partnerships that inspire ingenuity, energy and progressive thinking. Both private and public health programs will find guidance for improving health in the Healthy People 2020 objectives, the Maternal and Child Health Five-Year Needs Assessment priorities, and public health accreditation principles, standards and quality improvement initiatives.

Public health is ready to address the State's most pressing health issues and to embrace opportunities to use and apply resources to reduce health disparities, promote quality of life for Kansans and demonstrate the impact of partnerships in moving Kansas into a healthy future.

To learn more about the, Sixth Annual Governor's Public Health Conference, click the logo to download the full conference brochure.

In the Spotlight - Lawrence-Douglas County Health Department



by Dan Partridge, RS, MPH

Director, Lawrence-Douglas County Health Department

In 1885, the City of Lawrence hired its first Health Officer to control "filth-borne" epidemics. In 1942, Douglas County participated with the City of Lawrence in the creation of a joint city-county health department. The health department played a key role in establishing the Health Care Access Clinic for the medically uninsured; the Bert Nash Community Mental Health Facility and the Visiting Nurses Association. We are one of five city-county health departments in Kansas and are governed by a Board of Health, with seven members appointed by city and county commissioners and an eighth, ex-officio, member appointed by the University of Kansas chancellor.

Today Douglas County is the fifth-largest county in Kansas with 116,383 residents, and is home to three universities – Baker University, the University of Kansas and Haskell Indian Nations University. We are staffed by 40 employees representing 36.6 full-time equivalents (FTEs). Four bilingual staff help us serve the county's Spanish-speaking population. We use our website, www.ldchealth.org, as a significant resource for educating the public about health department services and current public health issues.

We focus on delivering population-based services designed to prevent health problems. Through our clinic, we provide family planning services, immunizations, WIC nutrition services and diagnosis and treatment of STDs, including HIV/AIDS counseling and testing. Protecting the public's health through communicable disease investigations and tuberculosis management is also important to our daily work. We enforce child care licensing regulations and local environmental health laws related to on-site sewage management systems, private wells and swimming pools. We inspect businesses that have cereal malt beverage licenses, to ensure that food service standards are being met. We further protect our community by leading local efforts to plan and prepare for a public health emergency.



One of our agency's strengths is the strong working relationships we have with community agencies. Our staff represents the agency on a number of community boards and committees. Examples include Safe Kids Coalition, Douglas County AIDS Project, Success By 6, Breast-feeding Action Team and the Coordinated School Health Council. Our most recent partnership is with the LiveWell Lawrence Initiative, where multiple staff serve on the steering committee and provide expertise for the "LiveWell EatWell" healthy menu options restaurant program.

Each health department is unique. We believe our Healthy Families Douglas County, Project LIVELY and Together Prepared programs contribute to our uniqueness. "Healthy Families Douglas County" is a jointly staffed and funded program in partnership with the Kansas Children's Service League to provide intensive case management services for at-risk pregnant and parenting families with young children. Our case management services for seniors, Project LIVELY, assist this population with management of chronic health conditions that allows seniors to safely remain in their homes. To address the needs of vulnerable populations, a coalition of local agencies called Together Prepared was formed in 2007 and has been very successful with its preparedness education outreach to community-based organizations.

Preparing for public health accreditation is a significant emphasis and we have spent the past year working with five other local health departments and the Kansas Department of Health and Environment to systematically review the draft accreditation standards. We have begun a community health assessment process and are moving towards the development of a community health plan and new strategic plan. We believe that creating better data systems to support community health assessment activities and quality improvement efforts is a critical element to meeting accreditation standards.



In The Spotlight - Children and Youth with Special Health Care Needs

*by Heather Moore, MPH, Systems in Sync Project Coordinator
Children and Youth with Special Health Care Needs, KDHE*



The Children and Youth with Special Health Care Needs (CYSHCN) program promotes the functional skills of young persons in Kansas who have, or are at risk for, a disability or chronic disease by providing or supporting a system of specialty healthcare. The program is responsible for the planning, development and promotion of the parameters and quality of specialty health care for children and youth with disabilities in Kansas.

The CYSHCN program houses the Kansas Newborn Screening Program. This program is responsible for screening all infants in Kansas shortly after birth. The Newborn Screening Program screens for 29 conditions, recommended by the American College of Medical Genetics. With early identification and treatment of these conditions, Kansas is working to prevent severe illness, mental retardation, or in some cases, death.

The CYSHCN program is one of many funded in part by the Maternal Child Health Bureau (MCHB) at Department of Health and Human Services (DHHS). The focus of MCHB at the national level includes six core outcomes: (1) family-professional partnerships at all levels, (2) access to comprehensive, coordinated care through the medical home, (3) early and continuous screening and intervention, (4) access to adequate insurance and financing for needed services, (5) organization of community services for easy use by families, and (6) transition to adult health care, work and independence.

Recently, MCHB adopted a life course approach to services for the maternal and child health population. The life course theory focuses on health equity and social determinants of health to better understand how biology and environment interact. This theory also provides a better understanding of how health develops over a lifetime. Kansas plans to integrate these core values into all CYSHCN activities, as they are central to health in all aspects of our lives – where we live, work and play.

Health Day at the Capital

by Sonja Armbruster, Kansas Public Health Association (KPHA)

Public health is not a spectator sport, so join KPHA for Health Day at the Capitol on Tues., March 15, from 8 a.m. - 3 p.m. at the field house in the Docking State Office Building, Basement Room C, Topeka.

“Suit Up” to protect public health by meeting with your legislators, Capitol tours and attend the House Health and Human Services Committee or the Senate Public Health and Welfare Committee meetings. For more information, contact Sonja Armbruster at 316-660-7335 or sarmbrus@sedgwick.gov. Click the image on the left to register.



Webcasts for Alabama Department of Public Health Training Network

*by Ilya Plotkin, TRAIN Coordinator
Public Health Foundation*



The Alabama Department of Public Health (ADPH) Training Network began posting their webcasts on the TRAIN Learning Management System in order to have these education offerings listed on your TRAIN transcript. To access these webcasts, log into KS-TRAIN at <https://ks.train.org> and search by the course identification number. The following live webcasts are currently available:

- Diabetes and Cardiovascular Update: The Prevention of Metabolic Syndrome in the Mental Health Arena – March 16 at 2-4 p.m., course #1026226.
- Leadership and Advocacy: Trends and Challenges in Maternal and Child Health – March 23 from noon to 1:30 p.m. course #1026229.



Animal Emergency Preparedness

by Valerie (Val) Renault, Information/Dissemination Coordinator
Research and Training Center on Independent Living (RTC/IL), University of Kansas



As Hurricane Katrina and other events have shown, disasters do not distinguish between animals and humans. The good news: It is possible to prepare for your animals as well as for yourself. The online course, "Animal Emergency Preparedness" provides information on how to keep service animals and pets safe in both natural and manmade disasters. The course is offered on KS-TRAIN at <http://ks.train.org> by the Research and Training Center on Independent Living at the University of Kansas. If you are a first-time user to KS-TRAIN, you will need to create a login name and password.

The hour-long course (#1025307), is appropriate for a wide audience, from professionals to pet owners, including:

- Emergency responders
- People with disabilities who use service animals or have pets
- Professionals who provide services to people with disabilities, such as staff from centers for independent living and personal care attendants
- Staff and volunteers of animal shelters
- People who have pets or know others who have pets

"Animal Emergency Preparedness" explains the importance of disaster preparedness for service animals and pets and identifies the steps needed for disaster preparedness for service animals, dogs, cats and other small pets. It also describes what to expect after a disaster to avoid new dangers to service animals or pets and explain options for responsible volunteering when animal rescue or sheltering is needed after a disaster.

Continuing education units (CEUs) are not offered, but people who take the course will have access to the objectives and an official certificate noting the course time of 60 minutes. They can then self-submit to their professional entity for CEUs.

Increasing Access to Healthcare for Persons with Disabilities

by Jamie Simpson, Disability/Domestic Violence Coordinator
Kansas Disability and Health Program, KDHE

Did you know that in 2009, ten percent of adult Kansans with disabilities reported restrictions to healthcare access? Of those restricted, 14 percent said it was due to lack of physical access, six percent said it was due to a lack of communication, ten percent said it was due to another person and 27 percent said they had been treated unfairly due to their disability.

What can you as a healthcare provider do to help people with disabilities get quality care? Complete the course, "Access to Healthcare for Persons with Disabilities," KS-TRAIN course #1025624. You will learn tips for delivering culturally sensitive, high quality care to adults and children with physical and sensory disabilities. The course helps participants find solutions to problems in serving patients with disabilities and gain a better understanding of health, wellness and care issues concerning people with physical and sensory disabilities. You will also be taught to recognize the four barriers to quality healthcare, as addressed in the Americans with Disabilities Act and to identify a minimum of five skills to increase effective communication and problem solving to enhance quality care for people with disabilities.

For more information about the course, contact Jamie Simpson at 785-296-7990.



Revised Guidelines for Reporting Child Abuse and Neglect Available

by Brenda Nickel, Child and School Nurse Consultant
Bureau of Family Health, KDHE



Edition eight of "A Guide to Reporting Child Abuse and Neglect in Kansas," was released in July 2010. As the new year begins, it's time to renew commitments to strengthen and support families in growing healthy children.

Child abuse prevention efforts are one way to combat other social problems concerning all citizens. Prevention helps create a more compassionate society, one which places a high value on the welfare of children.

It is important that mandated reporters and citizens in the community know what their roles are in preventing child abuse.

Families must receive the support and help needed to strengthen families:

- **Advocate:** Focus on community activities and public policies that prioritize prevention right from the start.
- **Volunteer:** Serve on a committee or board. We all play a role in raising children whether we are neighbors, educators, caregivers or family members.
- **Educate:** Contact local school districts and faith communities about sponsoring classes for parents. Be a mentor to a new parent; share your skills with your neighbors.
- **Support:** Get to know and support the children and families in your community. Know the resources available in your community and how to connect families to them.
- **Report:** Recognize the signs and symptoms of child abuse. If you suspect child abuse or neglect, call the Protection and Report Center at 800-922-5330.

The first step in helping abused children is learning to recognize the symptoms of child abuse. This booklet is intended to help concerned citizens, as well as individuals who are required by law to know how and when to report child abuse and neglect. Information in this booklet includes:

- Tips for mandated reporters
- Definition of types of abuse
- Behavioral and physical indicators
- Common myths and facts of abuse
- Kansas reporting laws
- When to make a report
- What information is needed to make a report
- Where to make a report
- Consequences of failure to report
- How child protection systems play an important role in promoting safe families
- How to prevent child abuse and neglect

It is important that mandated reporters and the general public are aware of signs that may indicate child abuse. This booklet can be used to educate communities about child abuse and help prevent it from happening. When abuse does occur, the proper measures can be taken to protect the child.



You can access the guidelines online from the Kansas State Department of Social and Rehabilitation Services by clicking on the sunflower image above. To read the complete report from the Kansas Children Service League (KSCL), click on the image of the little girl at the left.



To order hard copies of child abuse prevention resources, including parent tip cards, Abusive Head Trauma (Shaken Baby Syndrome) resources and "A Guide to Reporting Child Abuse and Neglect in Kansas," use the order form found by clicking the KSCL logo on the right.

Do It Yourself (DIY) Household Cleansers

*by Megan MacPherson, Kansas Green Team
Bureau of Waste Management, KDHE*

Homes are loaded with strong, harsh cleansing agents like bleach, ammonia and acids. These chemicals can produce indoor air pollution by off-gassing toxic fumes that can irritate eyes and lungs, especially in children and pets. Commercial cleansers also cost a lot! Even the biggest messes and toughest stains can be attacked effectively with baking soda, borax, lemon juice and other simple ingredients.



Porcelain and Tile – Keep your bathrooms and kitchen tile spotless and hygienic with these natural cleansers:

- **Baking Soda and Water** – Dust surfaces with baking soda, then scrub with a moist sponge or cloth. If you have tougher grime, sprinkle on some kosher salt and work up some elbow grease.
- **Lemon Juice or Vinegar** – Do you have stains, mildew or grease streaks? Spray or douse stains, streaks or mildew with lemon juice or vinegar. Let the mixture sit a few minutes, then scrub with a stiff brush.
- **Disinfectant** – Instead of bleach, make your own disinfectant by mixing two cups of water, three tablespoons of liquid soap and 20 to 30 drops of tea tree oil. It's easy!

Kitchens Counters – The room where food is prepared, stored and often enjoyed requires constant vigilance. Give these recipes a try for a bacteria-free kitchen:

- Baking Soda and Water – Reclaim counters by sprinkling them with baking soda, then scrubbing with a damp cloth or sponge. If you have stains, knead the baking soda and water into a paste and let it set for awhile before you remove. This method also works great for stainless steel sinks, cutting boards, containers, refrigerators, oven tops and more.
- Kosher Salt and Water – If you need a tougher abrasive, sprinkle on kosher salt and scrub with a wet cloth or sponge.
- Natural Disinfectant – To knock out germs without strong products, mix two cups of water, three tablespoons of liquid soap and 20 to 30 drops of tea tree oil. Spray or rub the mixture on countertops and other kitchen surfaces.

Windows and Mirrors – Instead of those harsh-smelling sprays, try this highly effective, simple solution for windows and mirrors:

- White Vinegar, Water and Newspaper – Mix two tablespoons of white vinegar with a gallon of water, and dispense into a used spray bottle. Squirt the mixture onto the glass, then scrub with newspapers (not paper towels, which cause streaking). If you're out of vinegar or don't like its smell, you can substitute undiluted lemon juice or club soda.



Carpet and Rugs – Keeping carpets clean is less daunting than you might think, even with tracked-in dirt and salt.

- Beat Those Rugs – Take any removable rugs outside and beat the dust and hair out with a broom.
- Club Soda – You've probably heard the old adage that club soda works well on carpet stains. But you have to attack the mess right away. Lift off any solids, then liberally pour on club soda. Blot the area with an old rag. The soda's carbonation brings the spill to the surface, and the salts in the soda thwart staining.
- Cornmeal – For big spills, dump cornmeal on the mess, wait five to 15 minutes and then vacuum.
- Spot Cleaner – Make your own by mixing one-fourth cup liquid soap or detergent in a blender, with one-third cup water. Mix until foamy. Spray the mixture on, then rinse with vinegar.
- Deodorize – Sprinkle baking soda or cornstarch on the carpet or rug, using about one cup per medium-sized room and vacuum after 30 minutes.

News and Updates

Submitted by the Local Health Section, BLRH

Improving Public Health: Exploring Agency, Systems and Community Health Improvement



National Public Health Performance Standards Program (NPHPSP) Training May 10-11 and Mobilizing for Action through Planning and Partnerships (MAPP) Training May 12-13 St. Louis, MO. The training includes opportunities to learn about public health accreditation, performance and quality improvement, and health assessment and improvement planning. To register for this training, click the NPHPSP logo.

Maximizing Office Based Immunizations



Maximizing Office Based Immunization in Kansas (MOBI-KS) is a "whale" of a program for getting all Kansas Kids vaccinated on time. For more information contact Leslie Sherman at 913-940-8943 or leslie.sherman@kansasaap.org. To view the MOBI-KS website, click their logo above.

Kansas Chapter American Academy of Pediatrics



Learn how to vanish cavities with varnish in under a minute from the Kansas Chapter American Academy of Pediatrics (KS-AAP). For more information, contact Leslie Sherman at 913-940-8943 or email at leslie.sherman@kansasaap.org. To view the KS-AAP website, click their logo above.

Healthy People Funding Resources



Do you have an innovative plan to use Healthy People 2020 to improve your community health? Awards are available for states, territories and tribes to integrate Healthy People 2020 into their health improvement planning activities with an emphasis on multi-sector collaboration. Funding may only be used to support activities above and beyond general operations. Proposals are due by April 1. Click the Healthy People logo for more information.

Catalogue of Surveillance Systems



The National Collaborative on Childhood Obesity Research (NCCOR) provides a resource to help researchers and practitioners more easily investigate childhood obesity in America. The catalogue describes and provides access to surveillance systems (national, state, local) that collect data related to childhood obesity. Click the NCCOR logo above to view these resources.

Health Indicators Warehouse (HIW)



The HIW serves as the data hub for the Health and Human Services (HHS) Community Health Data Initiative by providing a single source for national, state and community health indicators. It contains standardized health outcome and health determinant indicators along with associated evidence-based interventions, which can be easily displayed and will benefit a broad variety of users. Click the HIW logo above to view the website.

CDC Releases Estimates of Rates of Leisure-Time Physical Inactivity for all U.S. Counties



Estimates released by the Centers for Disease Control and Prevention (CDC) show that Americans who live in parts of Appalachia and the south are the least likely to be physically active in their leisure time, and residents who are most likely to be active in their free time are from the west coast, Colorado, Minnesota and parts of the northeast. Click the CDC logo to review more information.

New Strategic Plan to Advance Vaccine and Immunization Science for the Next Decade



The U.S. Department of Health and Human Services (HHS) has unveiled a new National Vaccine Plan to enhance coordination of all aspects of federal vaccine and immunization activities. Its goal is to ensure that all Americans can access the preventive benefits of vaccines.

The plan is a wide-ranging guide to innovating the nation's vaccine system. It addresses such issues as research and development, supply, financing, distribution, safety, global cooperation and informed decision-making among consumers and health care providers. To review this plan, click the HHS logo above.

Latest Report on the Nation's Health Released



"Health, United States, 2010," the 34th annual report prepared by CDC's National Center for Health Statistics is now available and includes a compilation of health data from state and federal health agencies as well as an in-depth feature section on death and dying. To view the full report which is available in print and online, click the FastStats logo above.

New NIH Cookbook Encourages Families to Eat Healthfully



The National Institutes of Health (NIH) reports that the National Heart, Lung, and Blood Institute has created a free online cookbook with recipes that reflect the principles of the 2010 Dietary Guidelines for Americans, and which provides guidance for preparing meals that are low in saturated fat, trans fat, cholesterol, sodium and added sugars. To view this online cookbook, click the NIH logo above.

RWJF Releases Report: Communities Sharing Public Health Resources



The Robert Wood Johnson Foundation (RWJF) commissioned an environmental scan to gain a better understanding of the issues involved in creating formal, collaborative relationships between local health departments in different communities. The research project is led by Patrick Libbey, former National Association of County & City Health Officials (NACCHO) director, who has completed one round of interviews and site visits with public health leadership around the nation and is planning a second round. To read more of this report, click the RWJF logo above.

Job Openings

Sedgwick County Health Department

The Sedgwick County Health Department is taking applications for the following position:

- WIC Registered Dietician - [20002680012611](#)

Click on the job number to view details. For more information, click the Sedgwick County Seal or contact Jeff Goetzinger, Human Resource Assistant, Sedgwick County Health Department, at 316-660-7333.



Lawrence-Douglas County Health Department

The Lawrence-Douglas County Health Department is taking applications for the following position:

- [ARNP](#) in the Family Planning/Sexually Transmitted Disease Clinic

Click the Lawrence-Douglas County Health Department logo to view position details.



Local Health Section Bureau of Local and Rural Health

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