



PUBLIC HEALTH CONNECTIONS

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Bureau of Local and Rural Health



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SUCCESSFUL RETIREMENT PLANNING BEGINS WITH YOUR HEALTH

An Op-Ed Column by Jason Eberhart-Phillips, MD

Kansas State Health Officer, Kansas Department of Health and Environment (KDHE)



Everyone knows it's a good idea to put away a little money each month to save for retirement, even in tough economic times like this. Financial experts agree that setting aside a few dollars from your paychecks now, while you're still working, will pay big dividends when you are retired. But all the money in the world won't make your retirement years golden if you haven't got good health. Acting now to save your health may be an even better investment for a happy retirement than saving large sums of money.

Sadly, Americans who are in their 40s and 50s today are less healthy, as a group, than previous generations were when they were at comparable ages. Middle-aged Americans today report poorer health, more pain and more difficulty with everyday tasks than older Americans did at the same age, according to the National

Bureau of Economic Research.

Today's aging Baby Boomers have more trouble with walking, climbing steps or doing other physical tasks than earlier generations did. They are also less likely to report having excellent health than their parents' generation did at the same age. None of this bodes well for today's middle-aged workers who may be contemplating a long and healthy retirement when their days of paid employment are over.

Without good health, all the cash these hardworking Boomers are socking away for the retirement of their dreams may well be for naught – unless they start reducing their risks for serious chronic disease now as diligently as they are tending their financial portfolios.

So what does good pre-retirement planning for health consist of? Clearly there is no place in a winning health portfolio for tobacco. A sensible diet rich in fruits and vegetables, together with only moderate use of alcohol – if you consume any at all – are also good bets for long-term success. But the surest route to a long and healthy retirement for most people appears to be a physically active lifestyle in middle age.

New evidence published earlier this year shows that women who are active in midlife are much more likely to enjoy exceptional overall health when they arrive in the later chapters of life. The new research,

based on 13,535 participants in the Nurses' Health Study, found that middle-aged women who jog, play tennis, do aerobics or simply take a walk at a moderate pace most days of the week are two to three times more likely to reach their 70th birthday as "successful survivors," compared to their less active counterparts.

"Successful survivors" are those women who made it to 70 years of age without developing serious chronic diseases, limitations on normal daily activities or age-related cognitive impairments. Overall, only 11 percent of the participants in this study who had reached age 70 were in this group.

All Kansas women – and men too – deserve as healthy a retirement as possible. When retirement comes, we all want to spend more time enjoying our grandchildren, friends, hobbies and other interests, while spending less time shuttling from doctor to doctor.

If you're a working person, and you are saving a share of your income for retirement, good for you! But if you haven't also been investing your time in walking, biking, swimming, gardening or doing any of the physically active things you like to do – now is the time to start. Even if you can't set aside 30 or 60 minutes a day in a single block for exercise, you may be able to take numerous short breaks throughout your busy day to get moving. Make it a habit to be physically active for at least a few minutes every day, and chances are you'll get those minutes back many times over as a healthy retiree.

Physical activity is a fun and affordable way to build your health portfolio. Nothing else you can do will go so far to ensure that you enjoy a full and satisfying retirement.

TRAINING PROGRAM FOCUSING ON THE PREVENTION OF OVERWEIGHT AND OBESITY



*submitted by Jane Shirley, Program Manager, Coordinated School Health
Kansas Department of Health and Environment*

The University of Kansas is offering a training program focusing on the prevention of overweight and obesity targeting individuals, programs, and organizations working with children. As part of this training program, individuals will:

- Attend a 1-day workshop session May 20 in Wichita at the School of Medicine, 1010 North Kansas.
- Receive information targeting childcare, school, and other programs working with preschool and elementary aged-children for improving nutrition, physical activity, and other health behaviors.
- Participants will also receive information about developing logic models as part of the grant writing process and will have an opportunity to work in small groups developing a logic model.

Individuals who are interested in attending this workshop must already have an obesity prevention or similar program in place or are planning on implementing such a program. Applicants will be prescreened and will be immediately notified of their acceptance to the workshop via email.

If you have any questions about this opportunity, please do not hesitate to contact Cheryl A. Gibson, Ph.D. at (913) 588-6063 or cgibson@kumc.edu. You may also contact Susan P. Harvey, Ph.D., C.H.E.S. (913) 588-0107 or sharvey@kumc.edu

SAVE THE DATE: NACCHO WEBCAST

submitted by the National Association of County and City Health Officials



The National Association of County and City Health Officials (NACCHO) announced the 14th Webinar in a series on accreditation preparation and quality improvement (QI). This 90-minute Webinar will feature Jack Moran from the Public Health Foundation, who will be speaking on the basic elements of each phase of the Plan-Do-

Check-Act (PDCA) process and emphasizing how it can be applied in various public health settings. The presentation will also expand on team building as an approach to problem solving in the context of QI. The webinar is on Tue., May 25, from 12:00 to 1:30 p.m.

Speakers will be:

- Grace Gorenflo, MPH, RN, Director, Accreditation Preparation & QI, NACCHO
- John (Jack) W. Moran Jr., PhD, CQM, CMC, CQIA, Senior Quality Advisor, Public Health Foundation Senior Fellow, University of Minnesota, School of Public Health.

Registration is limited and is available on a first come basis. If you are unable to participate but would like to view the webcast, it will be recorded and posted online. Register for this free Webcast by clicking the NACCHO logo above.

KANSAS SCHOOL NURSES CONFERENCE: ADDRESSING GLOBAL ISSUES

*submitted by Brenda Nickel, Child Health Consultant
Bureau of Family Health, KDHE*

The Kansas school nurse conference is one of the fourth largest in the United States with approximately 400 professional registered school nurses and public health nurses attending annually. The 21st Annual Statewide Summer Conference will be held at the Wichita Hyatt Regency Jul. 19 – 23 offering:

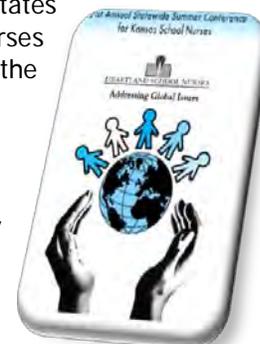
- New School Nurse Session Jul. 19 – 20
- Pre- and Post-conference Sessions
- General Conference Jul. 20 – 22

The 2010 conference theme, "Heartland School Nurses Addressing Global Issues," will feature presenters addressing health concerns and offering suggestions and resources to help public health professionals serving children in Kansas schools. Key-note presenters include:

- Martha B. Baird, Clinical Assistant Professor, The University of Kansas Medical Center School of Nursing: *Considerations when working with migrant and refugee families in the school setting*
- Terie Dreussi Smith, aha, Process!: *Bridges Out of Poverty: Strategies for Professionals and Communities*
- Ruth "Toni" Pickard, Associate Professor, Public Health Sciences and Executive Director, Healthy Options for Kansas Communities, Wichita State University: *More than Empathy Needed: Providing culturally appropriate health care in a rapidly changing world*
- Paula F. Clayton, Director, Bureau of Health Promotion, Kansas Department of Health and Environment: *Healthy People 2010*
- Sue Bowden, Director, KDHE Immunization Program: *Immunization Update*
- Janice Selekman, Faculty, University of Delaware School of Nursing and Editor, *School Nursing: A Comprehensive Text: Envisioning the Future of the Family!*

In addition to an outstanding cadre of keynote presentations, there will be a variety of breakout sessions and pre- and post-conference sessions for attendees and a special treat scheduled Tue. evening, Jul. 20!

To access exhibitor information and the conference brochure, click the conference logo above.



KANSAS CITY REGIONAL CRIMINAL AND EPIDEMIOLOGY INVESTIGATIONS WORKSHOP

*submitted by Michael McNulty, Preparedness Operations Director
Bureau of Public Health Prevention, KDHE*



The Federal Bureau of Investigation (FBI) and the Centers for Disease Control and Prevention (CDC) are offering a Joint Criminal and Epidemiological Workshop at the regional level. The goal of this free workshop is to improve the ability of law enforcement, first responders and public health agencies to respond to a potential bioterrorism event. The workshop will be held on Jul. 20-21 at the Westin Crown Center in Kansas City, MO.

The FBI field offices, law enforcement, and public health investigators may be the first to initiate the notification process to investigate incidents that could have a potential bioterrorism nexus, or involve the intentional exposure to chemical or radiological hazards. Therefore, in 2008, FBI and the Centers for Disease Control and Prevention (CDC) offered the Joint Criminal and Epidemiological Workshop at the regional level.



The joint criminal and epidemiological investigations concept was initiated between the FBI and the CDC in 2003. Since then, the FBI and CDC have hosted six national workshops, providing 600 federal law enforcement and public health investigators with this specialized training. International interest in this U.S. training model began in 2007. The FBI and CDC have worked with international partners to host workshops in the United Kingdom in 2007 and in Germany and India in 2008.

Objectives for this workshop include:

- Identify the roles, capabilities, and expertise of law enforcement, first responders and public health in an incident involving a biological agent
- Identify existing information and intelligence-sharing protocols among law enforcement, first responders and public health agencies
- Introduce and conduct training of joint investigations methodology

- Identify benefits, obstacles, and challenges of joint investigations

If you are interested in attending the Kansas City Regional Criminal and Epidemiology Investigations Workshop click the FBI logo above to register. For hotel reservations contact the Westin Crown Center at (816) 474-4400 and ask for the government rate, or go on line at www.westin.com/kansascity.

KANSAS PUBLIC HEALTH LEADERSHIP INSTITUTE ACCEPTING APPLICANTS FOR CYCLE VIII

*submitted by Suzanne Hawley, Assistant Professor
University of Kansas Medical Center - Wichita*



The Kansas Public Health Leadership Institute seeks applicants for the Cycle VIII (2010-2011) training class, which will begin in Jul.

This year-long competency-based training program allows participants to develop the leadership skills and knowledge that are essential for agencies preparing for accreditation. The program is open to leaders from state and local health departments, health research, private health practice, or any allied field. CEU/CNE/CME credit is available for participation. KU-MPH credit is also available for program graduates.

For more information, please visit the KPHLI website at www.waldcenter.org/kphli or contact KPHLI coordinator Kelly Kabler at kkabler@kumc.edu. The application deadline for Cycle VIII is May 21. All applicants will be notified of acceptance status via e-mail by Jun. 14.

CREATING OPPORTUNITIES TO SHARE EXPERTISE

*submitted by Sonja Armbruster,
Kansas Public Health Association (KPHA) Past President*

One reason I'm committed to membership and participation in KPHA is the opportunity to learn from others. I've used ideas from posters and presentations from the annual conference; and, thanks to KPHA, I've had a chance to get to know people that I can call or email for ideas and advice.



Recently, I've spent a lot of time looking at the 10 Essential Services for public health. The tenth states that we will, "Contribute to and Apply the Evidence Base of Public Health." Several members of KPHA have expressed an interest in creating a formal way to share these best practices and the research happening right here in Kansas. I am convening a committee to develop the structure and plan for a new public health journal for Kansas. There are a few models to choose from and much to be decided.

Would you be interested in joining the committee? I'm hoping to gather six to twelve people from local and state government public health, non-profit leaders, and academic public health researchers and teachers. If you'd like to help shape a new Kansas Public Health Journal, please contact me at sarmbrus@sedgwick.gov.

WASTE COUNTER

*submitted by Bill Bider, Director
Bureau of Waste Management, KDHE*



With Earth Day just past, the Bureau of Waste Management (BMW) has incorporated a new educational tool on our bureau webpage which counts how much municipal solid waste Kansans throw away. This "waste counter" adds 191 pounds per second which is the average disposal rate for all Kansans combined. By improving our recycling, we can slow down this counter to save landfill space and conserve energy and material resources.

Please share this with friends who might be interested in this impressive environmental impact caused by routine daily living. The rate can increase drastically due to natural disasters or other unusual waste generating events. We have plans to add other "good" counters in the future to demonstrate recycling and composting totals and perhaps other interesting measurements.

Let me know what you think or if you have any questions. Click the trash can to find more information of recycling.

GREEN TEAM SPIRIT

*submitted by Phyllis Funk, Graphic Designer
Bureau of Waste Management, KDHE*

In Kansas, What Does Earth Day and America Recycles Day Have In Common? The Kansas Green Teams and Green Schools Network Contest, "The Long Haul" a rechargeable battery and cell phone recycling contest, sponsored by KDHE, Bureau of Waste Management, Call2Recycle® and WasteWise.

Demonstrate your Green Team spirit by entering "The Long Haul" contest to collect rechargeable batteries and cell phones. Show your commitment to the environment by recycling the most pounds per capita of rechargeable batteries and cell phones within the allowed time frame. This is a friendly challenge between Kansas Green Teams (state offices, cities, counties and businesses across the state) that are **registered** in the **Kansas Green Teams Network** and Schools **registered** in the **Kansas Green Schools Network**.

The Kansas Green Teams against each other and the Kansas Green Schools against each other with team leaders of up to four for each team. The first 100 Kansas Green Teams receive a "The Long Haul" tee shirt. The contest begins on Earth Day, Apr. 22, to America Recycles Day, Nov. 11.

Awards will be given in two categories, one for Green Teams and one for Green Schools (first, second and third places will be awarded). Winners will receive Green Team recycling containers, achievement awards or other prizes provided by KDHE and Call2Recycle®. For more information and rules regarding, "The Long Haul Contest" click on the Kansas Green Team logo or the Kansas Green School logo.

Kansas Green Teams and Green Schools are a network of teams that are registered on the Kansas Green Teams and Kansas Green Schools websites sponsored by the Kansas Department of Health and Environment, Bureau of Waste Management, Outreach and Education. The Green Team program was created as a way for you to make a difference by incorporating environmentally responsible practices into your daily routine at work and at school. By joining the Green Team effort and incorporating environmental considerations into your daily operations, you can waste less, save money, help the environment, and set an example for all Kansans to follow. Click the logos to learn more about the tools and information you will need to start a program at work or school.



HELP PROTECT KANSAS KIDS.... PARTICIPATE IN A MOBI-KS PRESENTATION

*submitted by Leslie Sherman, Chapter Coordinator
Kansas Chapter, American Academy of Pediatrics*

Maximizing Office Based Immunizations (MOBI) is a program developed by the Kansas Chapter, American Academy of Pediatrics to raise the overall immunization rate among Kansas' 2-year old children to 90 percent or greater by suggesting ways to improve existing office policies and practice.

MOBI-KS program wrapped up the 2008-2009 session with 22 completed MOBI's. Participation included 207 doctors and 127 nurses affecting 138,414 patients. Results from the first year are showing wonderful increases in immunization rates! The success of the program is due to the dedicated Program Director, Greta McFarland, MD, Nurse Specialist, Debbie Eltiste, and MOBI-KS trainers, Robert Cox, MD, Rebecca Reddy, MD, Stuart Shanker, MD, and Claudia Wendell, MD.

The MOBI-KS program is free of charge and includes an on-site training done by a physician immunization expert providing the latest information on immunization recommendations, new vaccines, immunization schedule changes, missed opportunities, WebIZ Immunization Registry and the VFC (Vaccines for Children) program.



Why participate in a MOBI-KS?

- Grant funding up to \$1,000 with additional funding after completing a 12 month follow up requirement.
- Free continuing education for the nursing staff
- Training done in your office, at your convenience by Pediatrician and Family Practice doctors experienced in immunization practice

- Individual practice based consultation
- Practical information to health care providers to achieve complete and timely immunizations for infants and young children

Apply today by clicking on the MOBI-KS logo above and apply online or download the application. For more information contact Leslie Sherman at (913) 940-8943 or leslie.sherman@kasnasaap.org.



NEEDS ASSESSMENT: A VISION OF HEALTHY CHILDREN IN HEALTHY FAMILIES

*submitted by Brenda Nickel, Child Health Consultant
Bureau of Family Health, KDHE*

Kansas must complete a state needs assessment every five years as a requirement for receiving a \$4.7 million Maternal and Child Health Block Grant through the Maternal and Child Health Bureau (MCHB) of the Health Resources and Services Administration (HRSA). The Bureau of Family Health (BFH) within KDHE administers the federal grant.

Since Nov., there have been two one-day meetings with about 60 participants comprised of health care professionals, families, and other leaders working together on ways to improve the health of our women and children. Each of the meetings, facilitated by Connie Satzler, Envisage Consulting, and Linda Kenney, BFH Director, consisted of a plenary session followed by breakout sessions in which three separate groups called "panels of experts" reviewed data and made recommendations pertaining to their areas of expertise: pregnant women and infants, children and adolescents, and children with special health care needs.

At the completion of the stakeholder meetings, priorities were established in the areas of pregnant women and infant, children and adolescents, and children and youth with special health care needs, as well as strategies to consider for meeting those needs. Following this important work analyzing the data and determining needs, the State MCH staff convened a meeting on March 26 to finalize the priorities, refine specific strategies and develop logic models for each of the priority areas. Working with the Sharon Homan, Kansas Health Institute and the staff of Envisage, the MCH staff will expand the logic model into work plans that will serve as the templates for addressing the priority areas over the next five years.



The 2015 Needs Assessment will be included with the annual grant report to the MCHB in Aug., to review click the MCH 2015 logo above. Once the needs assessment is completed, the final document will be available by clicking the image to the left.

The Kansas MCH program, in partnership with private/public stakeholders and families, will continue to facilitate move towards a vision of "Healthy Children in Healthy Families." To review all the work of the MCH 2020 Needs Assessment, as well as the data used to determine the priorities for the next five years, click the image of girl with sunflower.



To view the annual Title V Maternal and Child Health Block Grant for Kansas, click the Health Resource and Services Administration (HRSA).



News and Updates



"Public Health Management of Disasters: The Pocket Guide" by Linda Young Landesman is a quick field resource to public health interventions in the days immediately preceding and following emergencies. This overview discusses the roles and responsibilities of public health authorities, disaster plans and information systems, and federal resources. Click the image on the left to view the guide.

DATA.GOV

Data.gov provides access to datasets generated by the Federal Government and includes descriptions of the datasets (metadata), information about how to access the datasets, and tools that leverage government datasets. To access this information click the Data.gov logo.



Eighty-five percent of Americans characterize their lifestyle as somewhat or very healthy, according to a survey released by the American Public Health Association (APHA). The trend of Americans making healthier lifestyle changes, such as eating better and exercising more, shows that the U.S. population is taking the necessary steps to becoming a healthier nation. To view this survey click the APHA logo.



To help public health professionals respond to limited health literacy, the Centers for Disease Control and Prevention (CDC) has launched a free online training program, "Health Literacy for Public Health Professionals." The program will educate public health professionals about limited health literacy and their role in addressing it in a public health context. Public health professionals can use health literacy principles and approaches to improve epidemiologic investigations, surveillance, communicating with the public and disseminating findings and recommendations. KS-TRAIN Course #1019764 at <http://ks.train.org>.



The Agency for Research and Quality (AHRQ) is offering an opportunity for public comment on draft methodology to establish priorities for research in the area of clinical preventive services. The public comment period is open until May 14.



The teen birth rate in the United States fell two percent between 2007 and 2008, after rising the previous two years, according to a report released by the Centers for Disease Control and Prevention's National Center for Health Statistics. "Births: Preliminary Data for 2008," based on an analysis of 99.9 percent of birth records for 2008, found there were 41.5 births per 1,000 teenagers aged 15-19 years, down from 42.5 in 2007 and 41.9 in 2006. To view the full report click on the baby image to the left.



An article from the January/February 2010 Issue of the, "Journal of Public Health Management and Practice" deals with quality improvement as an essential part of streamlining public health processes. This special issue is dedicated to the current and future states

of quality improvement in public health, examining the current research from the field as well as our expectations for the future. Click the logo above to view the complete article.

JOB OPENINGS

Sedgwick County Health Department

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

- PT Healthy Babies/Chart Abstractor - 20005885022210
- Registered Dietician - WIC 20005880020810

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



Sherman County Health Department

The Sherman County Health Department has an opening for a full-time Public Health Nurse (RN). Responsibilities include direct nursing services for clients at the health department and satellite clinics. Position requires travel and offers excellent benefits. Applications are available at the Sherman County Health Department, 1622 Broadway, Goodland, email: shcounty@st-tel.net or call (785) 890-4888. Application deadline is May 15 or until position is filled.



Lawrence-Douglas County Health Department



The Lawrence-Douglas County Health Department is currently seeking a Preparedness Coordinator to join its well-trained, motivated work force.

The Preparedness Coordinator will provide management of the agency's public health emergency preparedness and response activities. This position works extensively with community partners to identify local needs and coordinate agency efforts.

A bachelor's degree is required. Experience in public health preparedness as well as organizing and facilitating the work of community groups is highly desirable.

The health department is looking for a professional with initiative and strong communication skills. We provide excellent benefits including health insurance, vacation and enrollment in the state's defined benefits retirement plan.

If you have a desire to work with our team of motivated and passionate public health professionals, apply today. At the Lawrence-Douglas County Health Department, you will be given the opportunity to make a difference and help improve the health of our community.

Submit resume to Charlotte Marthaler, Director of Policy & Planning, at: <mailto:jobs@ldchealth.org>.

MAY 2010 – PUBLIC HEALTH RESOURCE TOOL KIT

Data

Public Health Injury Surveillance and Prevention Program:

<http://www.cdc.gov/injury/stateprograms/index.html>

Kansas BRFSS: <http://www.kdheks.gov/brfss/index.html>

Trauma Injury Demographics: http://www.kstrauma.org/injury_demographics.htm

Programs/Information

<http://www.kansasgdl.org/> - Kansas graduated driver's licenses information

<http://www.kansasboosterseat.org/> - Kansas Booster Seat home page

<http://www.kdheks.gov/idp/index.html> - Injury and Disability Prevention Programs

http://www.kdheks.gov/idp/choose_respect.htm - Choose Respect, an initiative developed by the Centers for Disease Control and Prevention (CDC), is a national effort to help youth form healthy relationships to prevent dating abuse before it starts.

<http://www.kstrauma.org/index.htm> - Kansas Trauma homepage, the Kansas Trauma Program is a partnership between public and private organizations to address the treatment and survival of critical injuries throughout the state.

<http://www.cdc.gov/InjuryViolenceSafety/> - Centers for Disease Control and Prevention; Injury, Violence & Safety information

<http://www.agingkansas.org/Choices/LifeLong/lifelongcommunity.htm> - A Lifelong Community prepares and develops its community to better serve elders through collaboration among local leaders, businesses, organizations and government agencies.

Professional Education

KS-TRAIN:

[Healthy Homes 7 Basic Principles \(1017952\)](#)

[Disaster Behavioral Health: Addressing the Mental Health Needs of Trauma Survivors 1018538](#)

[Including Students with Disabilities in Prevention Programming \(1019531\)](#)

[Safe at Home Enrolling Assistant Training \(1007378\)](#)

[Ready, Willing and Able Online Training \(1020844\)](#)

[Environmental Health Online: Workplace \(1010241\)](#)

Safety



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