



PUBLIC HEALTH CONNECTIONS

June – 2011 Volume 11, Issue 6

Bureau of Community Health Systems

Robert Moser, Secretary

Sam Brownback, Governor

WHAT'S INSIDE

KDHE Consolidates Two Health Bureaus

As part of the Kansas Department of Health and Environment's (KDHE) overall efforts to improve efficiency and maximize available resources, the Bureaus of Local and Rural Health and Public Health Preparedness have been merged to create the Bureau of Community Health Systems (BCHS). The mission of BCHS will encompass all priority activities and programs that currently exist in the separate bureaus. Mindee Reece will serve as BCHS Director.

KDHE Consolidates Two Health Bureaus.....	1
Public Health Concern for New Tobacco Product in Kansas.....	2
In the Spotlight - Coordinated School Health Program.....	2
A Course of State and Local Practitioners.....	3
"I'm Your Community Guide" Contest.....	3
Emergency Management and Crisis Leadership Certificate Program.....	3
Foundations Establish Fund to Prepare State for Implementation of Health Reform Law.....	4
TeamSTEPPS™ Trainings Offered in October.....	5
Ten Great Public Health Achievements – United States 2001-2010.....	5
Child and School Nurse Consultant Accepts Position as PIM Director.....	6
2011 Governor's Public Health Conference Poster Award Winner.....	6
Breastfeeding Grant Update.....	6
Miles of Smiles: Innovative Dental Program at Olathe Elementary Schools.....	7
Our Aging Population and Online Health Information.....	8
Worms Can Recycle Your Garbage.....	9
Healthy Futures-Medication Administration.....	10
News and Updates.....	10
Accreditation of Health Departments On Its Way.....	10
Asthma in the U.S.	11
HHS Announces Winners of the myHealthyPeople App Challenge.....	11
Obesity.....	11
Survey Findings on Local Health Departments Budget Cuts and Job Losses.....	11
Learn How to Vanish Cavities in Under a Minute.....	11
MOBI-KS is a "Whale" of a Program for Getting all Kansas Kids Vaccinated.....	11
Job Openings.....	11
KALHD Executive Director.....	11
Finney County Health Department.....	12
Franklin County Health Department.....	12
Lawrence-Douglas County Health Department.....	12
Reno County.....	12
Riley County.....	12
Sedgwick County Health Department.....	12
Shawnee County Health Agency.....	13
Public Health Connections Information.....	13

Public Health Concern for New Tobacco Product in Kansas

*by Ginger Park, Media & Policy Coordinator
Kansas Tobacco Use Prevention Program, KDHE*



Kansas is currently a test market for a new tobacco product, called tobacco sticks. The tobacco sticks, sold under the popular brands Marlboro and Skoal, are sold in matchbook size packages and look like chocolate-covered toothpicks. According to one tester, the products not only look like candy, they also taste like candy. The tobacco sticks have been seen at convenience stores across the state. Kansas is one of only three states where tobacco sticks are currently being test marketed.

"As the state's health agency, KDHE is particularly concerned about the potential appeal of these new tobacco sticks to youth," KDHE Secretary Dr. Robert Moser said. "The packages are so small that they could easily be concealed in a shirt or pants pocket and youth could use tobacco sticks in front of

parents or teachers while appearing to have a simple toothpick in their mouth. We are also concerned about the risk of young children accidentally ingesting these products."

The possibility that adults will carry the small packages in their pockets or leave them in other unsecured places means that young children may have easy access to tobacco sticks. As with any tobacco product, there is a risk that a young child may ingest a lethal amount of nicotine. The estimated minimal lethal pediatric dose is 1 mg of nicotine per 2.2 pounds of body weight. Ingestion of as little as 1 mg of nicotine by a small child can produce symptoms such as nausea and vomiting. While the nicotine content of Marlboro and Skoal tobacco sticks has not been tested, a study in *Pediatrics* found that a similar product, Camel Sticks, had 3.1 mg of nicotine per stick.

Tobacco sticks are one of a group of new dissolvable candy-like tobacco products being tested in a few states. Tobacco products being tested in other states include tobacco orbs (Tic-Tac size dissolvable tobacco) and tobacco strips that look similar to breath strips.

For more information, contact Ginger Park at 785-296-1118 or gpark@kdheks.gov.

In the Spotlight - Coordinated School Health Program

*by Jane Shirley, Program Manager
Kansas Coordinated School Health, KDHE*



Evidence shows that healthier students are more successful academically. Research also indicates that physical activity contributes to increased learning.

Kansas Coordinated School Health (KCSH) works to assist Kansas schools in implementing evidence-based approaches to support students, staff members and families to adopt lifetime healthy habits. This program is jointly managed by the Bureau of Health Promotion at the Kansas Department of Health and Environment (KDHE) and Child Nutrition and Wellness at the Kansas State Department of Education (KSDE).

KCSH works with schools to guide their progress in shaping healthy school environments for students and staff through meaningful changes to the local school wellness policies and practices. KCSH was initially funded in 2003 through a cooperative agreement from the Centers for Disease Control and Prevention (CDC) with activities focusing on increasing physical activity, improving nutrition and decreasing tobacco use and rates of obesity among youth. In 2008, the Kansas legislature invested state general funds into this successful program to sustain the progress that had been made and further expand its impact in Kansas schools.

KCSH has recently overseen the implementation of a new statewide project, K-FIT (Kansas Fitness Information Tracking). Funded by the Kansas Health Foundation, the K-FIT project will provide Fitnessgram[®], a Web-based tool designed to guide students in achieving higher fitness levels, to 900 schools in Kansas. Teachers will receive hands-on training and use this highly accredited tool to educate and guide students in achieving personal fitness goals. Kansas student fitness test results will be evaluated to document the positive impact of improved fitness on academic outcomes.

Questions concerning the Coordinated School Health Program can be directed to Jane Shirley at 785-291-3418 or jshirley@kdheks.gov.

A Course of State and Local Practitioners

by Brandon Skidmore, Programs Grant Manager
Bureau of Health Promotion, KDHE



"Kansas Evidence-Based Public Health: A Course for State and Local Practitioners" is a four day training scheduled for July 18-21, in Topeka. This course applies use of evidence-based interventions at the state and local levels which are critical to achieving successful public health outcomes, a skilled and adaptable workforce and more efficient and effective use of resources.

Registration is open through Kansas TRAIN at <http://ks.train.org> course # 1028051. You must complete the hard copy application form and return by close of business June 16 to healthpromotion@kdheks.gov in order to be considered for participation in this training.

The application questions are intended to gain more information about you as a potential course applicant. In the event there are more applications submitted than the facility will accommodate, course faculty will use your responses to guide selection of the 2011 participants. A grant from the St. Louis Research Prevention Center has assisted the BHP in waiving registration fees for all participants of this first course. You can expect to receive a confirmation of receipt of your application within 24 hours of submission. All applicants will be notified by email on June 20, 2011, as to whether their application has been selected.

This training is offered by the Bureau of Health Promotion in collaboration with the St. Louis Prevention Research Center and adapted from their highly regarded Evidence-Based Public Health Course. Presented in nine modules, the Kansas course features state specific data, insight from successful Kansas initiatives and guidance from instructors who practice public health in Kansas. Course themes include, selecting evidence-based interventions, action plans for results, quantitative evaluation, using qualitative data, prioritizing program and policy options and economics of prevention. As state and local health departments prepare for public health accreditation, the topics, techniques and tools provided through this course will enhance current understanding of principles of health assessment, improvement planning and evaluation. Don't miss this unique training opportunity.

Please direct questions to Brandon Skidmore at bskidmore@kdheks.gov, or Paula Clayton at pclayton@kdheks.gov. Click the KDHE logo to download the training event announcement.

"I'm Your Community Guide" Contest

by Erin Bougie, TRAIN Program Assistant
Public Health Foundation



Public Health Foundation (PHF) wants to hear from you through the "[I'm Your Community Guide](#)" Contest, which is designed to identify model practices of state, tribal, local and territorial health departments, community health coalitions and other organizations that are implementing the evidence-based strategies presented in the "Community Guide" to address public health challenges.

The top three entrants will be awarded a scholarship (up to \$1,000) to be used towards attendance at a national public health conference in 2011. The top 15 entrants will win an "I'm Your Community Guide" prize pack. All entrants will receive 15 percent off their next purchase of public health training materials from PHF's Online Store. Click the PHF logo to navigate to the PHF Online Store website.

Submit your story for contest consideration via e-mail to Olivia Vandebussche at olivia@phf.org through June 10. Submissions may be made as an easily completed [contest entry form](#) or text document of no more than two pages. For more information, please see the contest submission guidelines by clicking the logo on the right. We look forward to hearing your success story.



Emergency Management and Crisis Leadership Certificate Program

by Michael Thomas, Associate Director

Heartland Center for Public Health Preparedness, St. Louis University School of Public Health

This fall the Saint Louis University (SLU) School of Public Health-Department of Health Management and Policy will offer an 18-credit hour certificate program that will expand educational opportunities for students and professionals.

Certificate Program in Emergency Management and Crisis Leadership is one of the only programs of its kind in the country.

SAINT LOUIS UNIVERSITY
School of Public Health

This program is designed to improve knowledge, skills and competence from a public health perspective in emergency management and crisis leadership for those who wish to serve in the public or private sectors. The fields of interest include public health, health care, emergency management, social services, faith based organizations, emergency relief non-governmental organizations, law enforcement, military, fire/EMS, business continuity planning and higher education.

The curriculum emphasizes analysis and design of systemic models for unified emergency command operations and community continuity and resilience. This includes situational and transformational leadership, systems theory and dynamics, as well as other relevant competency based subject areas. In addition to required coursework, students complete "action-learning" practice-based assignments, an internship within the sector of interest and oral comprehensive exam.

The program delivery is through a hybrid of on-campus and technology mediated formats. To learn more click on the SLU logo above.

Foundations Establish Fund to Prepare State for Implementation of Health Reform Law

by the Sunflower Foundation

Five health philanthropies that fund health programs and initiatives in the state of Kansas announced the formation of a \$450,000 fund to help Kansas organizations carry out activities that support implementation of the federal health reform law. The Health Care Foundation of Greater Kansas City, the Kansas Health Foundation, the REACH Healthcare Foundation, the Sunflower Foundation and the United Methodist Health Ministry Fund established the fund to assist state agencies and nonprofit organizations with planning, research, consumer engagement and other activities related to implementation of the Affordable Care Act.



The Affordable Care Act Opportunity Fund (ACA Fund) was modeled on funding pools philanthropies have created in other states to help their states maximize federal grant and technical assistance opportunities connected with health reform.

"Our goal in setting up this fund is to ensure that Kansas and its citizens are well positioned to take advantage of federal programs, technical assistance and grants that are becoming available as part of federal implementation of health reform," said Brenda Sharpe, President and CEO of the REACH Healthcare Foundation. "It is our intent that Kansans receive the full benefit of opportunities related to the law."



Beginning in June, organizations can apply through the Topeka Community Foundation for grants of \$5,000 to \$30,000. To be eligible, applicants must be operating in Kansas for the benefit of Kansans. Eligible organizations include:

- State agencies and collaborations of agencies serving Kansas.
- Regional collaborations of organizations with an appropriate fiscal agent (governmental or 501(c)(3) organization).
- 501(c)(3) organizations.
- Local governmental entities (cities, counties, school districts, public health departments and public hospitals).

Organizations may apply for financial assistance to support legal, actuarial and policy research and activities, preparing federal grant applications, matching funds for grants, and efforts to engage consumers and other stakeholders in health reform implementation. Other funding opportunities may include participation in regional and national conferences related to health reform and public education on provisions of the law. Grants cannot be used to support indirect expenses of state agencies, nonprofit organizations or collaborative efforts.



The Patient Protection and Affordable Care Act (PPACA) is a federal statute that was signed into law on March 23, 2010. Along with the Health Care and Education Reconciliation Act of 2010 (signed into law on March 30, 2010), the law is intended to put in place comprehensive health insurance reforms that will roll out over four years and beyond, with most changes taking place by 2014. The law requires state action in many areas, including developing new state laws, regulations and structures to carry out health reform requirements. The law also offers opportunities for health system changes at local and regional levels.

ACA Fund applications will be accepted on a continuous basis through December. Information on the ACA Fund and application forms will be available June 1 on the Topeka Community Foundation (TCF) website. Click the TCF logo to learn more.



TeamSTEPPS™ Trainings Offered in October

Do these quotations from the research by Eugene C. Nelson, Paul B. Batalden and others on high-performing microsystems sound like your current place of employment?

"Together, the team works. When you take any part away, things fall apart. It's really the team that makes this a great place to work."

"We decided as a team that out-patients needed flu vaccinations, so we all volunteered on a Saturday, opened the practice and had several hundred patients come through. We ended up doing quite a bit more than flu shots including lab work, diabetic foot checks and basic check-ups."

Congratulations if these statements are representative of your place of employment. Your organization may already be a high performing microsystem. If not, then consider these two continuing education programs offered by the University of Kansas School of Nursing.

In the late 1990s, the Institute of Medicine (IOM) published the alarming findings that there are approximately 100,000 avoidable hospital deaths each year. In subsequent publications, the IOM endorsed five new competencies for all health care professionals: provide patient-centered care, work in interdisciplinary teams, employ evidence-based practice, apply quality improvement and utilize informatics.

To address interdisciplinary team competency, the IOM commissioned the Agency for Healthcare Research and Quality (AHRQ) and the Department of Defense (DOD) to develop an evidence-based team training program called TeamSTEPPS™. This training program, released in 2006, is spreading rapidly across the U.S. and is being used by Creighton University Medical Center in Omaha, Neb. To learn more about the TeamSTEPPS™ program click the logo.



TeamSTEPPS™ Fundamentals on Oct. 20 is a one-day program in Kansas City, KS, for any health care professional who wants to learn team skills. *TeamSTEPPS™ Master Trainer* on Oct. 20-21 in Kansas City, KS, is for individuals who would like to become trainers in their own institution. Full program information and registration is available by clicking the KU School of Nursing logo above. To promote successful implementation of this evidence-based approach, we strongly encourage sending several people from a microsystem/work group. To support this approach, discounted group rates are available. See http://bit.ly/group_rates or contact Mary Gambino at 913-588-1695 or mgambino@kumc.edu for additional information.

Ten Great Public Health Achievements – United States 2001-2010



During the 20th century, life expectancy at birth among U.S. residents increased by 62 percent, from 47.3 years in 1900 to 76.8 in 2000, and unprecedented improvements in population health status were observed at every stage of life. In 1999, Morbidity and Mortality Weekly Report (MMWR) published a series of reports highlighting ten public health achievements that contributed to those improvements.

This report assesses advances in public health during the first ten years of the 21st century. Public health scientists at the Centers for Disease Control and Prevention (CDC) were asked to nominate noteworthy public health achievements that occurred in the United States during 2001-2010. From those nominations, ten achievements, not ranked in any order, have been summarized in this report.

The top ten are:

1. Vaccine preventable diseases
2. Prevention and control of infectious disease
3. Tobacco control
4. Maternal and infant health
5. Motor vehicle safety
6. Cardiovascular disease prevention

7. Occupational safety
 8. Cancer prevention
 9. Childhood lead poisoning prevention
 10. Public health preparedness and response
- Click the CDC logo to review the complete report.

Child and School Nurse Consultant Accepts Position as PIM Director

by Mindee Reece, Director

Bureau of Community Health Systems, KDHE

Brenda Nickel, who has served as the Child and School Nurse Consultant for the Bureau of Family Health, began a new position May 30 as the Director of the Center for Performance Management, Division of Health, Kansas Department of Health and Environment (KDHE).

This position is funded through the [National Public Health Improvement Initiative](#) (NPHII) at the Centers for Disease Control and Prevention's (CDC) Office for State, Tribal, Local and Territorial Support (OSTLTS). In 2010, the OSTLTS released \$42.5 million, supported through the Prevention and Public Health Fund of the Patient Protection and Affordable Care Act to fund 76 state, tribal, local and territorial health departments for the purpose of strengthening public health infrastructure for improved health outcomes. Through this program, KDHE received a \$200,000 grant to establish the Center and employ a Director. The mission of both is to lead the collaborative effort to develop and implement a comprehensive performance management program for the state's public health system.



Across Kansas, local health departments, community hospitals and other partners are beginning to discuss conducting community health needs assessments. This is a critical first step as Kansans work together to improve the public health system and health of Kansans. As this work progresses, it is the intent of the NPHII to "catalyze improvement throughout the public health system . . . [with] strong performance management practices and standards . . . identified and widely adopted."

Ms. Nickel will be working with partners and stakeholders at the national, state and local levels to facilitate performance management work. She can be reached at 785-296-1418 or at bnickel@kdheks.gov.

2011 Governor's Public Health Conference Poster Award Winner

by Linda Frazee, Workforce Development Coordinator

Bureau of Community Health Systems

Kansas Department of Health and Environment



Paula Rowden, RN, MPH, Kansas Public Health Leadership Institute (KPHLI) Cycle VI graduate, was the Poster Presentation Award winner at the 2011 Governor's Public Health Conference held April 19 and 20 in Wichita. Paula's poster covered the highlights of her KPHLI capstone project. While vaccination rates among children in the United States are reported to be increasing, immunization coverage among children of minority groups is on the decline. The goal of this leadership project was to evaluate how local immunization practices, clinic processes for

documenting vaccinations received, as well as perceived barriers to care are impacting the compliance rate of German Mexican Mennonite farmworker children residing in Stevens County.

Breastfeeding Grant Update

*By Elaine Schwartz, Executive Director
Kansas Public Health Association (KPHA)*

Breastfeeding grants have been awarded to 19 public health departments in Kansas, through the United Methodist Health Ministry Fund (UMHMF) of Hutchinson. Grant recipients received an average of \$10,000 to implement their initiatives. The purpose of the grants is to support improvements in breastfeeding duration and increase breastfeeding initiation rates in their communities.



The grant recipients included the Barber, Cheyenne, Cloud, Coffey, Cowley, Dickinson, Harper, Johnson, Labette, Lawrence-Douglas, Lyon, Mitchell, Morris, Neosho, Pawnee, Reno, Sedgwick, Smith and Wyandotte County Health Departments.

The first quarter reports were submitted and we are excited by the work being done across the state to improve breastfeeding rates. Community partners include hospitals, WIC, La Leche League, pharmacy providers, printing companies, pre-natal clinics and pediatric clinics. One of the focal points for this grant is showing that collaboration is growing in Kansas.



Some of the goals reached in the counties this quarter include:

- Lactation specialist at a local hospital has completed all training requirements and has applied to take the 2011 International Board Certified Lactation Consultants (IBCLC) exam in July.
- A Healthy Start Home Visitor and Nurse Supervisor have registered to take certified breastfeeding educator course in June.
- Breastfeeding workshop scheduled for physicians, hospital staff, clinic nurses and public health staff, including WIC providers.
- Discussed with one local vendor about carrying supplies. Vendor is now carrying a small inventory of nursing bras.
- A Kansas State University extension office agent is partnering to provide nutrition education; mat boards and felt boards with breastfeeding information are being provided to display in a lobby.
- Information on the benefit of breastfeeding was provided for regional medical center's obstetric floor for in-service or display.
- Breastfeeding resources (including support groups, breast pump rentals and breastfeeding advocate's contact information) were compiled in a uniform resource guide for distribution.
- Dietician has been contracted to organize classes and a support group to promote breastfeeding.
- Project Director developed a class curriculum and obtained supplies and tools to present information.
- Article and advertising materials publicized the first breastfeeding class in four weekly county newspapers, one and two weeks prior to the first class.

KPHA is proud of all our members who are participating to help improve breastfeeding rates in Kansas.

Miles of Smiles: Innovative Dental Program at Olathe Elementary Schools

*by Marcia Manter, Community Development Specialist
Oral Health Kansas*



Miles of Smiles (MOS) is a portable dental clinic set up onsite in Olathe, Kansas Title I elementary schools. The clinic provides a full range of dental hygiene services at each school, including x-rays, for students who meet qualifications for the free and reduced lunch program and whose parents sign a treatment consent form.

A unique component of MOS is the partnership between John Fales, DDS, MS, a pediatric dentist in Olathe and Hayley Ferris, RDH/ECP, BSDH, program manager of the MOS clinic and an assistant clinical professor in the Dental Hygiene Program at the University of Missouri - Kansas City (UMKC). Miles of Smiles was developed by a committee of Olathe School District administration and nurses and UMKC School of Dentistry administration, staff and faculty. It is truly an example of how improving the oral health of children in a community "takes a village."

Melanie Simmer-Beck, RDH, MS, Associate Professor, serves as the project director. As a parent of children attending Olathe schools, Melanie realized that some children were coming to school with toothaches because their families had no money for dental care. In 2007, after conversations with Cindy Galemore, Director of Health Services for Olathe District Schools, school nurses, principals and the superintendent, a proposal for Miles of Smiles was submitted to REACH Healthcare Foundation. The foundation awarded UMKC's School of Dentistry funds to establish a mobile dental office with teledentistry technology to provide onsite oral health



services using a dental hygienist (with an Extended Care Permit) in school-based settings.

The program was launched in 2008 in one elementary school serving 40 children and has grown to serve more than 400 children each year. MOS expanded to four schools in its second year and is now in six elementary schools in the district. After the student has received the hygiene services during school hours, Ferris sends home to families a report on services received, a copy of the child's X-rays and a step-by-step instruction sheet on how to make an appointment with a participating community dentist. Dr. Fales is one of those dentists.

In addition to accepting appointments for these referrals, Fales also sets aside one Friday a month to treat children from a different schools who are least likely to receive care. The appointments are during normal school hours. Ferris and the school district coordinate transportation and supervision of the children during the appointment. This prevents broken appointments. The children are triaged by need and access to care concerns by Ferris and the school nurses. The preventative care has already been completed onsite in the MOS clinic. Ferris then electronically sends Fales a complete set of information on each student a few days before the scheduled treatment date. With accurate and complete information ahead of time, Fales is able to treat more complex cases and more patients per visit than if the child had to complete all the assessment and dental hygiene services in his dental office. Fales also provides a dental home for each patient for any future needs or emergencies.

Our Aging Population and Online Health Information

Age and Sex Structure of the Population for the United States: 2010, 2030, and 2050
2008 National Projections
(In millions)

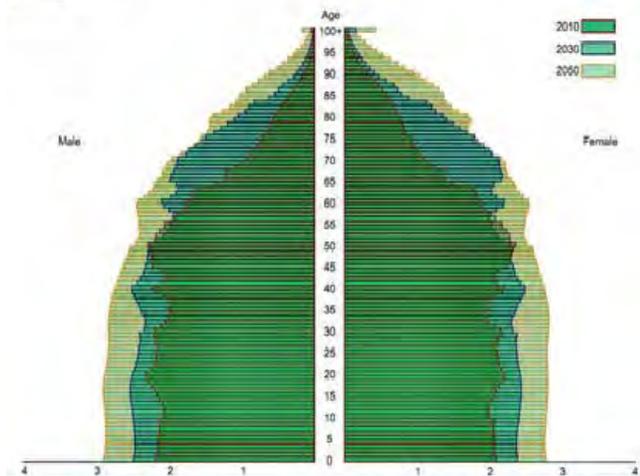


Figure 1: U.S. Census Bureau. 2008 National Projections

Click the Figure 1 image above to view the complete article and charts.

by Rebecca Brown, Elder Issues Section Chair
Kansas Public Health Association (KPHA)

The demographics of aging continue to change dramatically in the United States. Between 2010 and 2050, the U.S. is projected to experience rapid growth in its older population. In 2050, the number of Americans age 65 and older is projected to be 88.5 million, more than double the 40.2 million in 2010 (Figure 1). Baby boomers, those born between 1946 and 1964, are largely responsible for this increase, where one out of every five people in the U.S. will be an older adult. In 2005, the number of Kansans 65 and older was 358,000. In 2010, the number grew to 375,000 and is expected to grow to 593,000 by 2030 (figure 2).

A Pew survey done in 2011, "The Social Life of Health Information," found that 83 percent of all Internet users look for medical information online, with approximately 50 percent of those users searching on be-

half of someone else. Figure 3 shows the types of health information.

With the growth of our older population and the high usage of the Internet to find health information, it is imperative that we have accurate, authoritative online resources to make informed health care decisions. Below is a selection of resources that focus on the unique needs of seniors and caregivers.

[NIH SeniorHealth](#) was developed by staff from the National Library of Medicine and the National Institute on Aging to provide seniors and caregivers with reliable, aging-related health information. The site debuted in 2002 with three health topics and now includes 50, plus health videos and a trainer's toolkit that provides curriculum materials to help older adults learn to search online for health information. The site has many senior-friendly features allowing users to easily increase the text size, change the page color for higher contrast, or activate a function that reads text aloud.

Number of Persons 65 and Over in KS

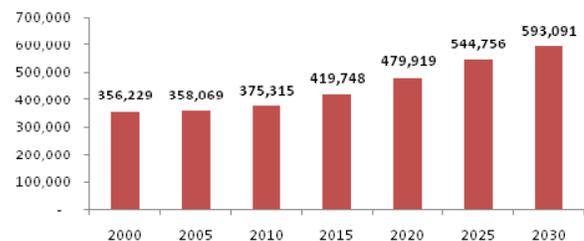


Figure 2. Interim State Projections of Population for Selected Age Groups: July 1, 2004 to 2030
U.S. Census Bureau, Population Division, Interim State Population Projections, 2005

The [National Institute on Aging](#) provides information on healthy aging, care-giving, dietary supplements and diseases in English and Spanish. The institute conducts scientific research to understand the nature of aging and extending one's healthy active years. In addition to health information, the site has a searchable database of over 300 national organizations that provide help to older adults.

The % of internet users who have looked online for information about...	
66	specific disease or medical problem
56	certain medical treatment or procedure
44	doctors or other health professionals
36	hospitals or other medical facilities
33	health insurance, including private insurance, Medicare or Medicaid
29	food safety or recalls
24	drug safety or recalls
22	environmental health hazards
19	pregnancy and childbirth
17	memory loss, dementia, or Alzheimer's
16	medical test results
14	how to manage chronic pain
12	long-term care for an elderly or disabled person
7	end-of-life decisions
26	another health topic not included in the survey
80	at least one of the above topics

Figure 3. Pew Reports: The Social Life of Health Information, 2010

The [U.S. Administration on Aging](#) provides links to connect older persons, caregivers and professionals to national and local programs – including the [Eldercare Locator](#) to find help with transportation, meals, home care and caregiver support services.

The [U.S. Food and Drug Administration](#) has a section just for seniors. Topics include health issues such as arthritis, cancer, diabetes, drug information, medication errors, health fraud and nutrition.

[Nursing Home Compare](#) is a tool containing detailed information about past performance of every Medicare and Medicaid-certified nursing home in the country. Sites receive ratings on health inspections, nursing home staffing, residents quality measures (health, physical functioning, mental status, general well being) and fire safety inspections.

Worms Can Recycle Your Garbage

by the Kansas Green Team



In 2006, the Environmental Protection Agency (EPA) estimated that 55-65 percent of the waste generated in the United States is residential. Most of what we throw away is organic materials that could be composted, or recycled. Paper and paperboard products account for 34 percent and food scraps and yard trimmings make up 25 percent (by weight).

Worms can turn food scraps into a soil amendment called vermicompost – worm castings – which increases plant growth and reduces attacks by plant diseases and pests.

Vermicomposting is easy, involves little work and can be done indoors or outdoors. All you need is a container, bedding, worms and worm food. Using worms to decompose food waste:

- Reduces household garbage disposal costs
- Produces less odor and attracts fewer pests than putting food wastes into a garbage container
- Saves the water and electricity that kitchen sink garbage disposal units consume
- Produces a free, high-quality soil amendment (compost)
- Requires little space, labor, or maintenance



Worm Bin – Buy a manufactured worm bin or make your own from wood or a plastic storage container. The bin should be a dark color to keep out light, have a tight fitting lid and be 8-14 inches deep. Drill air holes around the upper sides of the bin: either one three-inch hole on each end (using a hole-saw) plugged with soffit vents or three ½-inch holes on each wide side spaced five inches apart (leave open or glue hardware cloth over holes). Drill six ¼-inch holes in the bottom of the bin for drainage.



Placing the Bin – The ideal temperature for composting worms is between 59 and 77 degrees Fahrenheit. Keep your worm bin indoors or outdoors in the shade. During colder months, the worm bin can be insulated with blankets, straw, blue board or other material to keep it warm. Your worms will survive at temperatures between 32 and 95 degrees if they have at least four inches of bedding.

Bedding – This can be a mixture of shredded non-glossy newspaper, office paper or cardboard, brown leaves, finished compost, sawdust, straw, coconut pith fiber or rotted and rinsed horse manure. Put bedding materials in a bucket of water and let it soak for ten minutes. Wring it out so it is a little wetter than a moist sponge. Fluff it up as you place it into the bin. Fill the bin about half full of moist bedding and mix in a handful of soil.

Worms – Not just any type of worm will work for vermicomposting, so do not put worms you find outdoors into your worm bin. Worms most suitable for vermicomposting are called "red wigglers." Start with one pound (about 1,000) of red wigglers. Worms can be obtained from bait shops, nurseries, or by mail from commercial worm growers; the [commercial growers](#) are the most reliable source.

Worm food – Feed the worms vegetable scraps, coffee grounds and filters, tea bags, non-citrus fruit scraps and peels, moistened bread and shredded napkins. Do not feed the worms meat, fish, dairy products, citrus fruits, greasy foods, bones, twigs and branches or pet feces. Odorous food like onions should be avoided because it can make the worm bin smell bad. Always cover food with two inches of bedding! Wait until food scraps are eaten before adding more.

To learn how to harvest and use vermicompost, visit the North Carolina State University Cooperative Extension website by clicking the logo above.

Healthy Futures-Medication Administration

*Brenda Nickel, Director for Performance Management
Center for Performance Management, KDHE*

“Healthy Futures-Medication Administration in Early Education and Child Care Settings” is a new online course available on [KS-TRAIN](#). Click the image to the right to read the complete article.

This training is offered for childcare providers and professional nurses who want to conduct face-to-face training in their communities or practice settings with caregivers of children (e.g., parents, foster parents or grandparents).

The basic five-module medication training is for childcare providers and is course #1025817. The training for health professionals includes the five core modules and a sixth module titled, “Teaching the Curriculum,” and is course #1026929. The modules are intended to be taken sequentially with a comprehensive pre-test to check knowledge of participants, a review at the completion of each module, a comprehensive post-test and a course evaluation. The Healthy Futures Web-based online training has been approved for in-service credit and continuing nursing education hours as follows:

- Childcare Providers: four clock hours for completion of Modules 1-5.
- Nurses: Continuing Nursing Education (CNE) has been approved for through the Kansas State Nurses Association for completion of Modules 1-6.

Learning objectives for the course are:

- Describe types of medications, reasons to give medications and responsibilities of the parent, childcare provider and health care professional.
- Identify state and federal laws and regulations related to medication administration that need to be considered.
- Describe the need and purpose for written medication policies and resources that can be used to develop policies for medication requests, storage, administration and medication incidents or errors.
- Practice reviewing medication requests and physician orders to identify information needed to assure safe medication administration practices.
- Practice medication administration documentation and recording of medication incidents
- Identify medication administration educational resources to assist child care providers in assisting parents and staff in safe administration practices.
- For Module 6: Implement training using Instructor Manual and strategies outlined discussed for teaching the curriculum.



News and Updates

Submitted by the Local Health Section, BCH

Accreditation of Health Departments On Its Way

A national program to accredit the nation's health departments, which is expected to transform the delivery of community health services, is on target to launch this fall. The Public Health Accreditation Board (PHAB), the nonprofit organization that is spearheading the voluntary accreditation program, recently completed a nationwide pilot test, putting it another step closer to its goal of accrediting all of the nation's health departments. To learn more, click the



PHAB logo.

Asthma in the U.S.



A new Centers for Disease Control and Prevention (CDC) Vital Signs Report shows more people are living with asthma. Asthma is a lifelong disease that causes wheezing, breathlessness, chest tightness and coughing. It can limit a person's quality of life. While we don't know why asthma rates are rising, we do know that most people with asthma can control their symptoms and prevent asthma attacks by avoiding asthma triggers and correctly using prescribed medicines, such as inhaled corticosteroids. To read the full report, click the image above.

HHS Announces Winners of the myHealthyPeople App Challenge



When Healthy People 2020 launched in December 2010, Health and Human Services (HHS) challenged teams of innovators interested in healthcare to develop an engaging and empowering customized Healthy People 2020 application. Applications submitted would be concepts created to help Healthy People stakeholders—professionals, advocates, funders, decision makers and even the average citizen—achieve Healthy People

2020 in their communities.

First place went to the Healthy Communities Institute, who  **HEALTHY COMMUNITIES INSTITUTE** created a dashboard that checks the status of all the Healthy People 2020 goals using a comprehensive set of key disease prevention and health promotion objectives, enabling communities to track their status. Click the healthy Communities Institute logo to view the dashboard.

Obesity

The Partners in Information Access for the Public Health Workforce (PHPartners) has provided several resources related to obesity prevention, research, policy, screening and management. Click the PHPartners logo to see the resources.



Survey Findings on Local Health Departments Budget Cuts and Job Losses



The National Association of County and City Health Officers (NACCHO) has the results of periodic surveys of local health departments (LHDs) that measure the impact of the economic recession on LHDs' budgets, workforce and programs. Click the NACCHO logo to learn more.

Learn How to Vanish Cavities in Under a Minute



Cavity Free Kids (CFK) provides education and training during the lunch hour, free toolkits that include 50 fluoride applications and children's toothbrushes, a flip chart and Medicaid reimbursement information. CFK has completed six presentations this year. If you would like to learn more about how CFK can help your office and to fill out an application, click the CFK logo.

MOBI-KS is a "Whale" of a Program for Getting all Kansas Kids Vaccinated



MOBI-KS is reaching out to practices who haven't been offering vaccines in the past. If you need assistance with funding your immunization program Maximizing Office based Immunizations (MOBI-KS) can help. Visit our website to find out more by clicking the MOBI-KS logo.

If you are interested in learning about giving immunizations and about the monetary grant that is available, please contact Leslie at 913-940-8943 or leslie.sherman@kansasaap.org.

Job Openings

KALHD Executive Director



The Kansas Association of Local Health Departments (KALHD) is seeking applications for the position of Executive Director. KALHD is a private, non-profit organization that works to promote public health at the local level (city and county) in Kansas by strengthening local health departments' quality and capac-

ity. To address these areas of strength, KALHD works closely with local, state and national public health partners and funders to enhance networking, grant opportunities and broker for projects; offers avenues for legislative support and provides consultation and technical assistance to local health departments. The KALHD Executive Director is responsible for the successful leadership and management of KALHD according to the strategic direction set by the Board of Directors. This full-time position works under the direction of the KALHD President and the KALHD Board of Directors. KALHD is an Affiliate Member of the Kansas Association of Counties and is located in the KAC Office in Topeka. KALHD is a State Association of County & City Health Officials, a subdivision of the National Association of County and City Health Officials. For more information on this position, click the KALHD logo above.

Finney County Health Department

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

- [Registered Nurse](#)



Franklin County Health Department

The Franklin County Health Department is taking application for the following position:

- [ARNP - Public Health](#)

Lawrence-Douglas County Health Department

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

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



Reno County

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

- [Public Health Preparedness Coordinator](#)
- [Associate Director: Administrative & Community Health Services](#)



Riley County

Health Department Administrator - as the local health officer, the Administrator leads the health department in carrying out its mission to promote and protect the health of Riley County-Manhattan residents. The duties of the local health officer are authorized by state law (K.S.A. 65-202) as well as local resolution and ordinances. The Administrator plans and establishes health department programs and services, reviews all agency activities, works cooperatively with staff from various local and state agencies, ensures compliance with public health statutes and regulations and performs complex professional and administrative work.



Interested candidates should possess the following:

- Master's degree in public health, public administration, or a related field from an accredited college or university.
- Five years progressively more responsible experience in administration of public health programs and policy.
- Two years experience in government fiscal operations.
- Valid driver's license and eligible to operate an agency-owned vehicle.
- Residency within Manhattan/Riley County is preferred.

Applications are accepted through the Riley County website, www.rileycountyks.gov until July 31. Letter of interest, current resume/curriculum vitae, narrative of public health philosophy and three references should be submitted with county application to cvolanti@rileycountyks.gov or Riley County Clerk's Office, Cindy Volanti, Human Recourse Manager, 110 Courthouse Plaza, Manhattan, KS 66502.

Sedgwick County Health Department

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

- [COMCARE - Director of Nursing](#)
- [WIC Registered Dietician](#)
- [WIC Registered Dietician](#)



Shawnee County Health Agency

The Shawnee County Health Agency is taking applications for the following positions:

- [Community Health Center Division Manager](#)
- [Dietician](#)
- [Health Promotion Specialist](#)
- [Licensed Practical Nurse](#)
- [Medical Director](#)



Public Health Connections Information

To receive the monthly E-Newsletter

Email Pat Behnke at pbehnke@kdheks.gov

Previous issues of Public Health Connections maybe found at

www.kdheks.gov/olrh/LHD_ConnectEditor.htm

Send your public health news to

Pat Behnke at pbehnke@kdheks.gov or

Debbie Nickels at dnickels@kdheks.gov