



# PUBLIC HEALTH CONNECTIONS

## August – 2010 Volume 10, Issue 8

### Bureau of Local and Rural Health



Roderick L. Bremby, Secretary

Mark Parkinson, Governor

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#### OBESITY: IT'S EVERYONE'S PROBLEM

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

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

It's hard not to get fat in Kansas today. It's an uphill battle to eat right and stay active, to strike a healthy balance between the calories we consume and the calories we burn in physical activity. It's a daily struggle to avoid the temptation to devour more food than we should, and a real challenge to develop an exercise plan and stick with it.

For most of us, the fight against fatness is a battle against an irresistible force – a battle that's just too difficult to imagine winning, even when losing is costing us our lives. For the majority of Kansans today, excess weight is a sad but unavoidable fate, a grim destiny that we just have to accept.

But why does it have to be this way? Why is Kansas now the 16th most obese state in the fattest nation on earth, as shown in a [report](#) released last month by the Trust for America's Health?

Why have we seen the level of adult obesity in our state jump from less than 15



percent in the mid-1990s to about 29 percent today? Why are we witnessing an epidemic of diabetes, an incurable and costly disease that ought to be rare, but is now thought to afflict about one in ten adult Kansans?

Why are we seeing between \$94 billion and \$147 billion of our national wealth siphoned away every year to treat diseases caused by obesity, costs that now account for more than ten percent of Medicaid spending in Kansas?

Most tragically, why have we seen childhood obesity triple in a single generation, putting about a third of our children at risk for developing an array of adult diseases many years before their time? Why have we condemned the children born since 2000 to become the first generation of Americans to live shorter lives than their parents?

Short answer: We haven't created the public policies that make healthy eating and active living the easy thing for most people to do. We haven't made the default options be the healthy options in the choices people make each day, options that will keep us from gaining unnecessary weight.

Instead of creating "food deserts" in many of our urban neighborhoods and rural regions where fast food outlets and convenience stores dominate the food landscape, we should be creating incentives to lure full-service supermarkets and other purveyors of fruits, vegetables and other nutritious foods into these communities.

Instead of permitting the aggressive marketing of sodas, snacks and other foods with minimal nutritional value to our children – on television, in fast food promotions and even in schools – we should be setting limits on such advertising and should be actively counter-marketing against the overconsumption of unhealthy foods.

Instead of ignoring the enormous economic costs that an unfettered food industry inflicts on our nation's spending for health care – costs that are taxing every Kansan by spiraling amounts each year – we should be considering ways to subsidize the purchase of healthy foods while raising the prices of foods that harm our collective health.

Instead of designing cities and suburbs that force people into their cars for their daily trips to work, shopping or entertainment, we should be shaping the built environment of our communities to promote more walking and biking as an intrinsic part of our everyday lives.

The new [report](#) makes it clear that obesity now is so prevalent that it threatens to undermine our nation's future prosperity. Not taking collective action urgently to address the obesity problem at its root causes is no longer an option.

Obesity is everyone's problem, and together we need to get serious about finding solutions that will work for Kansas.



## KANSAS PUBLIC HEALTH ASSOCIATION (KPHA) FALL CONFERENCE, TIME TO REGISTER

*by the KPHA Conference Committee*

Registration for the KPHA 67<sup>th</sup> Annual Fall Conference is online and easier than ever. The annual event looks to be a great networking and educational experience. KPHA thanks the terrific conference chair, Heather Henke, Barber County Health Director, the new conference coordinator, Interhab of Topeka, and the entire conference committee for all their hard work. If you would like to step up to the plate to assist Heather and the rest of the conference committee, please email Heather at [heatherhenkern@hotmail.com](mailto:heatherhenkern@hotmail.com) or call (620) 886-3294.

Be sure to make your hotel reservations early, as the cut-off date for the special room rates is a month before the conference, which means after Aug. 28, the prices will increase. Contact the Capitol Plaza Hotel, (785) 431-7200 and let them know you are with the KPHA Fall Conference.

Abstracts for scientific posters will be accepted through Aug. 2 for the poster session to be held on Wed., Sept. 29. If you haven't a poster and would like to, contact the Poster Chair, Melissa Armstrong, at [marmstro@kumc.edu](mailto:marmstro@kumc.edu). Submitted scientific posters will be judged on public health significance, clarity, content, quality and newness of approach or concept. The three winners, one from the Researcher Category, one from Practitioner Category and one from Student Category, will be awarded with \$500 toward travel expenses and conference registration to attend the American Public Health Association annual meeting. Poster winners must write a report on attending the annual meeting.

For more information about the annual KPHA conference, please visit the KPHA website at <http://kpha.us/>.



67th Annual  
KPHA Fall  
Conference  
September 29<sup>th</sup>  
and 30<sup>th</sup>, 2010

## KPHA AWARDS SUBMISSIONS NEEDED

*by the KPHA Conference Committee*

In your day-to-day work, you may have observed a fellow Kansan who is really making a difference for public health. This could be someone who works within the governmental public health system at the local or state level, or perhaps someone who works within the not-for-profit setting. Please consider nominating that special person for a KPHA award. Each of the awards is fully described on the KPHA Website (click the logo on the left) but the awards are briefly described below.



**Samuel J. Crumbine Medal**, KPHA's highest award, is given for meritorious service and state, regional or national recognition related to the improvement of the health of Kansans and/or the environment of the state. Recipients of other KPHA awards may receive this award.

**Special Service Awards** are for individuals who have rendered outstanding service to Kansas in the interest of public health and/or environmental improvement. Two special service awards may be given annually, one of which may be to a non-member of KPHA.

**Dorothy Woodin Award** is bestowed upon a public health nurse for outstanding public health nursing services.

**Jane Addams Award** is for a social worker who exemplifies the qualities of Jane Addams, including a pioneering spirit, a trailblazer, and one striving to improve the health of the poor and the sanitary conditions of communities.

**Virginia Lockhart Health Education Award** is given for outstanding service in public promotion of health and/or environmental issues.

**Corporate Public Health Service Award** may be presented annually to a company or organization which, through public policy activities, makes a significant contribution to the mission of public health and/or environmental improvement in Kansas.

**President's Award** is awarded at the discretion of the association's president to acknowledge special accomplishments of an individual or organization towards improving the public's health in Kansas.

A link to the nomination form is included in the first paragraph on the KPHA Website. Chair of the awards committee this year, Ruth Wetta-Hall would be happy to assist you. Contact her at [rwettaha@kumc.edu](mailto:rwettaha@kumc.edu) or call (316) 293-2627. The KPHA Board will make selections during the Aug. meeting, so submit your nomination as soon as possible.

## KANSAS PUBLIC HEALTH GRAND ROUNDS – FALL 2010

*by Mary Beth Warren, Statewide Director*

*Area Health Education Center, University of Kansas Medical Center*

The Kansas Association for Local Health Departments, Kansas Department of Health and Environment and KU Medical Center's Department of Preventive Medicine and Area Health Education Centers are once again collaborating to make available the Kansas Public Health Grand Rounds series. The Fall 2010 series will occur live on multiple Wednesdays from noon – 1:00 p.m. between Aug. 25 and Dec. 8, via the Elluminate webconferencing system.



Based upon feedback from participants in previous series, as well as current issues in public health, topics identified for the fall 2010 series include: putting quality improvement tools into action; air quality and the Kansas permitting system; immigration and work in southwest Kansas; health issues in Johnson County; public health's response to the Gulf oil spill; enhancing relationships between academic medical centers and public health; and lessons learned from Project Eagle.

A total of 13 sessions will be included. The fee for the entire fall series will be \$100 per organization and will include continuing education credit for physicians and nurses employed by your organization and attending at your location.

Click the KU Medical Center logo and you will find a document covering details of the course as well as information regarding a technology test with the Elluminate webconferencing system. If your organization participated in previous grand round series, you will not need to complete an additional test.

Enrollment for the fall 2010 series will begin on Mon., Aug. 2. Your organization may enroll by e-mailing our office at [ksphgr@kumc.edu](mailto:ksphgr@kumc.edu) or calling us at (620) 235-4040. If you have questions, please feel free to contact John Neuberger at (913) 588-2745 or Mary Beth Warren at (620) 235-4040.

### CHANGES IN LEADERSHIP AT JEWELL COUNTY HEALTH DEPARTMENT

*by Jewell County Health Department*



Jewell County Health Department is pleased to announce that Angela Murray, RN, is the new administrator. Murray has been in the medical field since she was 16 years old, giving her 26 years of medical experience. Besides being a registered nurse, Angela is a paramedic and enjoys emergency preparedness activities. She is looking forward to serving Jewell County and working in public health.

Linda Woerner, RN, retired Aug. 1 after having served the Jewell County Health Department for 18 years, the last ten as administrator. Linda has been in the medical profession for 48 years and has worked in that field all but parts of 2 and a half years. She is looking forward to spending more time with her family and pursuing her hobbies of photography, historical research for her hometown, music, and reading.

### KIDS COUNT PROJECT

*by the BLRH*



The 2010 Kids Count Data Book was released at the end of July. Kansas was ranked 13th in the nation overall, and improved on four of the ten measures affecting child well-being since 2000. The Kids Count Data Book is a state-by-state study on the well-being of children in the United States.

"Kansas is holding ground during these difficult times," said Shannon Cotsoradis, president and CEO of Kansas Action for Children, which released the results. "But, the true test will be whether we can keep it up while the economy attempts to rebound. If we want to recession-proof our state for the long haul, we can't drop the ball on Kansas kids now. They need health care, a good education and financial stability in order to grow up strong and ready to lead our state in the future." Click the Kids Count logo to view the 2010 Kids Count Data Book.

### ORIENTATION OF COUNTY COMMISSIONERS/LOCAL BOARD OF HEALTH

*by Linda Frazee, Workforce Development Coordinator  
Bureau of Local and Rural Health, KDHE*



Using your local health department Website to educate the community is an excellent way to increase the likelihood that your newly elected county commissioner/board of health member will have an idea of what public health is and their role as a member of the local board of health. It shouldn't be a secret that is saved until after election. Offering public health information and data about your community and how it compares to other communities can increase the value the community places on public health. It can also serve to motivate citizens to participate in community improvement efforts. The Community Health Status Indicators is just one set of data that can be imported into your Website for that purpose. Click the logo on the left to view.

The National Association of Local Boards of Health (NALBOH) is a great resource for finding material that you can use for educating county commissioner and local boards of health. NALBOH offers many publications for board of health members and others in the public health community. For NALBOH members, many publications are available free of charge as a pdf download in the Members Only section.

Click the NALBOH logo to view a sample of the publication resource catalog that you will be able to use as resources:



1. Assessment, Policy Development, and Assurance: The Role of the Local Board of Health - details the role of the local board of health, the core functions, and the Ten Essential Services of Public Health.

2. Being an Effective Local Board of Health Member – provides information to new and experienced local board of health members about their role in the local public health system.
3. State Statutory Authority for Local Boards of Health – examines the state statutes addressing local boards of health across the 50 states. The document analyzes key questions including board composition, appointing authority, terms of office, powers and duties, and board governance.
4. Guide for Local Boards of Health Considering the Feasibility of a Consolidation of Independent Local Public Health Jurisdictions – This publication was developed to assist local boards of health that may be considering the feasibility and potential of a combination, consolidation, or regionalization of health departments or jurisdictions. It offers a compendium of experiences and involvement of both small and metropolitan health district consolidations.
5. The Local Board of Health Environmental Health Primer – provides information for local board of health members interested in environmental health issues facing their communities. This primer was designed to be placed in a three-ring binder.
6. Emergency Preparedness Including Bioterrorism: An All Hazards Approach for Local Boards of Health – specifically addresses the role of local board of health members in community preparedness and will enable board members to make more informed decisions regarding their public health agency's emergency preparedness efforts.

### CPH UPDATE: LEARNING ABOUT ANIMAL HEALTH AND ENVIRONMENTAL HEALTH

*by Kelly Kabler, BS*

*University of Kansas School of Medicine-Wichita*



CPH students listen as One Health Kansas panelists share how the health of animals can affect the public's health.

Session 4 of the Kansas Core Public Health (CPH) program focused on two areas of public health that are not typically associated with public health: animal health and environmental health on July 15-16 in Wichita. A panel of One Health Kansas speakers explained how animal health can affect human health. One Health Kansas was started at Kansas State University (KSU) in 2008. The primary mission of One Health Kansas is "connecting animals, people, and their environment through education." They organize a number of community outreach and education programs for all ages. Panelists consisted of Dr. Mike Cates, KSU, Dr. Rebecca Johnson, University of Missouri, Dr. Kate KuKanich, KSU, Dr. Christen Skaer, Skaer Veterinarian Clinic, Dr. Ingrid Garrison, KDHE, and Dr. Doug Powell, KSU.

The CPH participants went on an environmental health tour of Wichita. The group of 24 participants visited sites such as the Brooks Landfill and the Solid Waste Transfer Station, as well as the WATER Center, Household Hazardous Waste Facility, and Chisholm Creek Utility Authority. Jack Brown, KUSM-W, facilitated the tour using his vast knowledge from over 30 years of experience in the environmental health field. The group heard from Tom Langer, Director of the Bureau of Environmental Health (BEH) at KDHE. As he explained, the new bureau helps local health departments' deal with environmental health issues that affect their county, which can include helping with mold clean up, disposing of lead paint in homes, testing for radiation, and licensing agencies that work regularly with lead and radon.

Session 5 will be available via ITV at the Wichita and Topeka sites on Sept. 9 and 10. Presentation topics include quality improvement, health disparities, and health communication.



Steve, Chisholm Creek Utility Authority, explains the treatment process for waste water and how treated water can be used for irrigation at golf courses.

### PARTNERING FOR SUCCESS

*by Brenda J. Nickel, RN, BSN, Child and School Nurse Consultant  
Bureau of Family Health, KDHE*



The nation's schools are striving to help all children learn and succeed; however, students' learning is increasingly hindered by a variety of health-related problems including poor nutrition, overweight and obesity, asthma, diabetes, and psychological issues.

A growing body of research shows that health and education are interconnected: good health improves behavior and the likelihood of academic success, and better-educated individuals are more likely to have better

health status. But most schools do not have the resources necessary to address students' health challenges. Public health departments can help.

*Partnering for Success: How Health Departments Work and How to Work with Health Departments* was developed by the National Association of Chronic Disease Directors (NACDD) to promote or improve partnerships between state and local education agencies and public health departments. It describes how state and local public health systems are structured, their roles, what types of programs they administer, the support and resources they can offer to school health programs, and how to take advantage of those resources. Click the logo above to view this resource.

### DEVELOPMENT OF COMPETENCIES TO PRACTICE TOOLKIT

*by Linda Frazee Public Health Workforce Development Specialist  
BLRH, KDHE*



Linda Frazee, Public Health Workforce Development Specialist at the Kansas Department of Health and Environment, and Sonja Armbruster, Community Assessment Coordinator at the Sedgwick County Health Department, have been asked to join a Competencies to Practice subgroup of the Council on Linkages between Academia and Public Health Practice. They will assist in the development of a Competencies to Practice Toolkit. The purpose of the toolkit will be to help public health practitioners better understand the Council on Linkages' Core Competencies for Public Health Professionals (Core Competencies) and learn how to use them to advance workforce development efforts. The toolkit will include a needs assessment template, sample job descriptions, and examples of how competencies can be observed, measured and improved. Click the Public Health Foundation logo to learn more about the Core Competencies for Public Health.

### CDC'S ENVIRONMENTAL HEALTH SERVICES ONLINE RESOURCES

*by the Centers for Disease Control and Prevention (CDC)*



This is a resource for sanitarians, environmental health specialists, environmental health officers, students and other public health professionals. This information is available to anyone interested in the field of environmental health and in reducing illness and death due to environmental disease and injury.

[Free Environmental Public Health Online Courses \(EPHOC\)](#) - New courses are now available for continuing education credit. Additional courses will be added on a rolling basis throughout the summer. Check back to see what's new. The full package of 15 courses equals more than 45 hours of training.

### INTRODUCTION TO HIV/AIDS

*by Dominique Saunders, Public Health Educator  
Bureau of Disease Control and Prevention, KDHE*



The Kansas HIV/AIDS Program presents, HIV: Course 1, Introduction to HIV/AIDS, (KS-TRAIN course #1023485). This course is intended for HIV prevention and/or other health care providers, in addition to other individuals interested in acquiring fundamental knowledge in the field of HIV prevention. Topics of this course include; HIV/AIDS, STD, hepatitis, and tuberculosis transmission and prevention essentials.

This course takes approximately two hours to complete. Continuing nursing education (CNE) credit hours are pending approval and will be made available, at no cost to participants upon completion of this course.

### PUBLIC HEALTH ADMINISTRATOR SERIES ONLINE COURSES POSTED TO KS-TRAIN

*by Saint Louis University*

*School of Public Health, Heartland Centers for Public Health*

[Heartland Centers Public Health Administrator Series - Module 1, Contracts \(1023143\)](#)

This course is part of a series of programs intended for public health administrators and nurse administrators who are relatively new in their positions (three years or less), who seek to enhance the knowledge, skills and abilities they need to succeed. The course discusses the major elements of a contract, the major guidelines for writing effective contracts, and at least two examples of actual contracts used by a local public health department. Other public health administrator modules to be posted include Overall As-



pects of Managing an Agency, Critical Thinking for Public Health Practice, and Community Planning to Improve Quality of Life.

[Heartland Centers Public Health Administrator Series - Module 2, Grant Writing \(1023071\)](#)

This course is part of a series of programs intended for public health administrators and nurse administrators who are relatively new in their positions (three years or less), and who seek to enhance the knowledge, skills and abilities they need to succeed. The course discusses locating grant awarding organizations in Iowa and describes steps involved in preparing a grant application, as well as the resources needed in preparing a grant application, reporting obligations once a grant is awarded, implications of grant awards to agency budgets, and identifying the additional resources for grant writers. More modules are to be posted in August.

## News and Updates

by BLRH

### NACCHO Releases New Report on Local Health Department Workforce



The National Association of County and City Health Officers (NACCHO) recently published a report on the local health department (LHD) workforce, based largely on information from the 2008 National Profile of Local Health Departments study. The report includes information on changes in the number of employees in specific occupations, workforce and top executive demographics, statistics on retirement eligibility and vacant nursing positions, workforce development activities at LHDs, career paths for LHD top executives, and a wealth of other information about the LHD workforce. To view the report, click the NACCHO logo above.

### Hot Off the Press - Public Health Foundation (PHF) Quality Improvement (QI) Quick Guide



The QI Quick Guide provides an introduction to quality improvement (QI) and a gateway to resources that public health professionals can use to pursue QI initiatives within their organizations. The QI Quick Guide consists of a web-based user guide and tutorial, which provides a gateway to hundreds of resources linked from PHF's Online Resource Centers — the Public Health Improvement Resource Center and the National Public Health Performance Standards Program Online Resource Center. Click the PHF logo to learn more.

### Parents Urged to Enforce Proper Use of Child Safety Seats



HealthDay News, Sat., Jul. 10 - Incorrect use of child safety seats is a major reason why car accidents remain the leading cause of disability and death among children in the United States, an expert warns.

Research has shown that seven out of ten car seats are not installed correctly, Dr. Karen Judy, an associate professor in the pediatrics department at Loyola University Chicago Stritch School of Medicine, noted in a Loyola news release. She added that the proper use of safety seats is essential for young children.

"If your child weighs less than 80 pounds and is shorter than 57 inches, a seat belt will lay across the child's neck and belly. In the event of an accident this puts pressure on sensitive areas with the potential for serious injuries, including spinal cord and abdominal injuries or even death. No matter how short the trip, if your child is in the car, he or she should be in a child safety seat," Judy said. To read how to help keep children safe while traveling in a car click the image in this announcement.

### Health Information Technology and Standards



Partners in Information Access for the Public Health Workforce, a collaboration of U.S. government agencies, public health organizations and health sciences libraries, has provided links to health statistics and data sets as well as resources to support data collection. To learn more click the Partners logo.

### Division for Heart Disease and Stroke Prevention: Data Trends & Maps



The CDC Division for Heart Disease and Stroke Prevention's Data Trends & Maps online tool allows you to search for and view health indicators related to Heart Disease and Stroke Prevention. You can search on the basis of a specific location or a health indicator. Click

the National Cardiovascular Disease Surveillance logo for more information.

### CDC Survey Finds 9 in 10 U.S. Adults Consume Too Much Sodium



A report published in CDC's Morbidity and Mortality Weekly Report (MMWR) finds that less than ten percent of U.S. adults limit their daily sodium intake to recommended levels and that the majority of sodium in the American diet comes from processed grains such as pizza and cookies, and from meats, including poultry and luncheon meats. To

review this report, click the CDC logo.

### NACCHO Hosts Briefing on Capitol Hill: Catastrophe for Public Health in the Making



NACCHO hosted a Capitol Hill briefing highlighting the devastating effect of job losses on one of the nation's most important health sectors: local health departments. The briefing recognized the importance of restoring the 23,000 local public health jobs that have been lost from Jan. 2008 to Dec. 2009, saying that these men and women represent one of our nation's most valuable resources for prevention. To learn more click the image on the left.

### Report on a National Prevention and Health Promotion Strategy



The new National Prevention, Health Promotion and Public Health Council, which was created by the Affordable Care Act and is composed of senior government officials across federal departments and agencies, has a report about the development of a

National Prevention and Health Promotion strategy. The Strategy's impact will be significant because it will take a community health approach to prevention and well-being, identifying and prioritizing actions across government and between the public and private sectors. Both the forthcoming Strategy and the ongoing work of the new Council present a historic opportunity to bring prevention and wellness to the forefront of the nation's efforts to improve the health status of all Americans. To read this report, click the Health Reform logo above.

### Body Mass Index (BMI) Calculator



BMI is a measurement of body fat based on height and weight that applies to both men and women between the ages of 18 and 65 years. This can be used to indicate if you are overweight, obese, underweight or normal. A healthy BMI score is between 20 and 25. A score below 20 indicates that you may be underweight; a value above 25 indicates that you may be overweight. Click the image on the left to view the BMI Calculator.

## JOB OPENINGS

### Sedgwick County Health Department

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

- Immunization Service Coordinator [20002633071410](#)
- PT WIC Breastfeeding Peer Counselor [20006476063010](#)
- WIC Registered Dietician [20003751070710](#)
- WIC Registered Dietician or Registered Nurse [20006455063010](#)



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

### Johnson County Health Department

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

- WIC Registered Dietitian

Click on the Johnson County logo to view position details.



## Lawrence-Douglas County Health Department

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

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

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



### LOCAL HEALTH SECTION OFFICE OF LOCAL & RURAL HEALTH

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