



PUBLIC HEALTH CONNECTIONS

December- 2015 Volume 15, Issue 12

Bureau of Community Health Systems

Susan Mosier, Secretary

Sam Brownback, Governor

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AmeriCorps VISTA and Public Health

by Katie Mahuron, Public Health Initiatives VISTA, Center for Community Support and Research, Wichita State University



The AmeriCorps Volunteers In Service To America (VISTA) program began in 1965 as a national service program dedicated to overcoming poverty. Often referred to as the domestic Peace Corps, VISTA developed its program model on four key principles: anti-poverty focus, community empowerment, capacity building and sustainability. As the program celebrates its 50th anniversary, it continues to evolve in response to the changing face of poverty. One of the unique aspects of the VISTA branch of AmeriCorps is that VISTA members are focused on capacity building. While other AmeriCorps volunteers may spend their time in direct service addressing the needs of those in poverty, VISTA members' time is dedicated to building the capacity of organizations and systems that target the complex roots of poverty.

VISTA members commit full-time for a year to serve nonprofit organizations or local government agencies in capacity building efforts. VISTAs can build capacity by recruiting and managing volunteers, expanding community partnerships, securing long-term resources, coordinating training for participants and much more. Any nonprofit organization or public agency involved in alleviating poverty may partner with AmeriCorps VISTA to develop a project and host VISTAs. In order to qualify as a sponsor, the project site must have the capacity and commitment to recruit, train, supervise and support VISTAs.

Wichita State University Center for Community Support and Research (CCSR) has developed a WSU VISTA Fellows Project focused on connecting AmeriCorps VISTA members with nonprofits, government, and public health agencies statewide. Additionally, CCSR has employed VISTA member Katie Mahuron on its Public Health Initiatives team. Katie has been working on Public Health Accreditation through the Kansas Accreditation Readiness Project (KARP) and learning about different approaches for better serving the Medicaid population.

“As a VISTA at CCSR, I have been able to gain invaluable experience and professional skills. My time at CCSR has expanded my understanding of the complex relationship between poverty and health, and my understanding of the role health systems have in addressing the relationship.”

More information is available through [AmeriCorps Vista](#). Please contact Angela Gaughan at 316-978-5496 or angela.gaughan@wichita.edu to learn more about openings, sponsor eligibility and the application process.

Regional Public Health Meetings

by Teri Caudle, Public Health Specialist, Local Public Health Program Bureau of Community Health Systems, KDHE



Don't miss the opportunity to attend one of the upcoming fourth quarter regional public health meetings aimed to connect local health departments (LHD) with programs and best practices that will benefit the work you do within your communities. These meetings are designed for the LHD administrator; however, any staff person interested in a particular topic is welcome to attend. Register on KS-TRAIN <http://ks.train.org>, Course ID# 1059355

The agenda includes the following: Leadership at Regional Training; Sonja Armbruster, Director of Public Health Initiatives and Seth Bate, Director of Leadership Development, Center for Community Support and Research and Kansas Alliance for Wellness-Mobilizing Communities to Support Healthy, Local Food; Missty Lechner, Advocacy Project Director, American Heart/Stroke Association.

The dates and locations are:

- NC Region, Beloit - December 2
- NE Region, Topeka - December 8
- SC Region, Hutchinson - December 10

If you have ideas for regional meeting topics please contact Teri Caudle at tcaudle@kdheks.gov

In the Spotlight

Local Public Health Awards Presented at KAC Annual Meeting

by Michelle Ponce, Executive Director, KALHD



The Kansas Association of Local Health Departments (KALHD) presented the local public health awards at the 40th annual Kansas Association of Counties (KAC) conference in Wichita, November 4. The three awards, Public Health Champion, Local Health Department of the year, and Local Public Health County of the year, highlight the vital role public health plays in protecting the health of Kansans.

The Public Health Champion award recognizes an individual who has made a significant contribution to the public health system at the local level as a thoughtful leader and advocate. This year, the award was presented to Karla Harter, Nurse Supervisor with the Northeast Kansas Multicounty Health Department in Brown County.

Karla has played an integral role with the health department for nearly 30 years, overseeing all the programs the department administers. In the late 1990s, she worked tirelessly to gather data and gain the community support necessary to successfully seek grant funds to construct the physical building for the health department. She has served on multiple community groups and boards, including the local area agency on aging board, Head Start advisory board, healthy foods coalition, the Brown County Prevention Alliance, and the Northeast Kansas Environmental Services Organization. Karla was instrumental in helping the health department begin a hospice program in the mid 1990s, and later in the formation of the local environmental protection program that now serves five counties. In 2006, she received the Vaccines for Children Immunization award, and in 2014 was awarded the John Snow Disease Investigation award. She is widely known in Brown County as the face of public health.

The Local Public Health Department of the year award recognizes a member department that has made a significant contribution to the public health system at the local level and was presented to the Johnson County Department of Health and Environment, which has been the official county public health agency for the county since 1943. In 2012, the health department merged with the environmental department to become the Department of Health and Environment. In 2014, the department became the first local health department in Kansas to achieve public health accreditation.

2015 was a busy year for the department which included notification in March of an active case of tuberculosis (TB) at a local high school with a student body numbering more than 1,600 students. This triggered the largest communicable disease investigation in the department's history. They implemented their incident command structure and effectively tested over 400 individuals. The department also implemented its risk communication plan in conjunction with the school district, the county Public Information Officer (PIO), and the Kansas Department of Health and Environment's PIO. The department worked closely with the Kansas TB controller to implement new strategies for assessing individuals who may have been exposed, thereby increasing efficiency and decreasing staff travel costs. Following the disease investigation, the department was recognized for exceptional communication efforts, well-managed testing events and delivery of lab results, and development of a model practice for their innovative assessment strategies.

In addition, the department has worked collaboratively with four local nonprofit hospitals to gather data to complete a community health assessment and begin work on a community health improvement plan. Multiple members of the department have taken leadership roles in statewide and national public health organizations, including the director, Lougene Marsh, who served as the 2015 KALHD Board President.

The Public Health County of the year is a joint award from the Kansas Association of Counties and KALHD, to recognize the contributions of a county to the public health system. Nominations are required to show evidence of a strong partnership between the local health department and local board of health and efforts of county department staff working closely with policy makers to engage community members in health improvement activities or innovative programs and policies designed to be responsive to the identified needs of the community. This year, the award was presented to Reno County.

Over the past year, Reno County has moved forward with a number of collaborative initiatives, including a built environment program, Complete Streets; development of a safety net group that has brought together the heads of each medical entity; development and implementation of a community health assessment and improvement plan; a City of Hutchinson policy mandating sidewalks in all new housing developments; a crime prevention initiative and a collaborative effort known as Social Emotional Excellence for kids aimed at ensuring kindergarten readiness for children.

Reno County's Board of Health has actively supported a number of health policies and programs, including a flu policy for health department staff, extended hours of service for the health department, a public transportation voucher program designed to ensure access to health services for medically underserved populations, continuation of a wellness program for county employees and enforcement of health sanitation codes.

Other community efforts led by the health department include response to a rampant pertussis outbreak, partnership with the county corrections to facilitate HIV and hepatitis testing and education, policies to reduce smoking on the campus of the Hutchinson Community College, development of a local food policy council and implementation of several chronic disease self-management programs.

KDHE Selects Cain as Local Public Health Program Director

by the Bureau of Community Health Systems



Cristi Cain was recently selected as the Director of the Local Public Health Program as well as the Accreditation Coordinator for the Kansas Department of Health and Environment (KDHE). Cristi has been with KDHE for over two years, previously serving as a public health specialist. She is nearing completion of a Master of Public Health at the University of Kansas School of Medicine and has over 20 years of public health experience. She looks forward to working with local health departments and other public health partners to address the current challenges facing the public health system including issues such as the aging workforce and the need to demonstrate the value of public health to people who don't understand its importance. Some of her areas of interest include addressing health disparities and the integration of behavioral health and public health. You can contact Cristi at her new number 785-296-6549 or ccain@kdheks.gov.

KDHE Selects Baldrige as New Special Population Health Director

by the Bureau of Community Health Systems



The Kansas Department of Health and Environment (KDHE) selected Kendra Baldrige in October as the new Section Chief for Special Population Health which includes being the Kansas Statewide Farmworker Health Program (KSFHP) Program Director and the State Refugee Health Coordinator. She began working at KDHE in December 2007 and has been the Eastern Region Case Manager and Lead Case Manager for KSFHP. Kendra has a BA in Sociology and a Masters of Social Work, both from the University of Kansas. She has completed the Kansas Core Public Health Program and the Kansas Public Health Leadership Institute. Kendra is fluent in Spanish and English. You can reach Kendra at her new number 785-296-8113 or kbaldridge@kdheks.gov.

Public Health Workforce Interests and Needs Survey - Signs Point to Imminent Public Health Workforce Exit

from ASTHO



New studies of the [public health workforce](#) reveal signs of unprecedented change ahead. Notably, 38 percent of state public health workers plan to leave the public health workforce by 2020, either to retire or to pursue positions in other sectors. "We have been concerned for some time that an aging state agency workforce would be retiring. This survey shows that many younger workers also plan to leave their public health positions," said Association of State and Territorial Health Officials (ASTHO) Executive Director Paul Jarris, MD, MBA. "Maintaining a vibrant, well-educated, and agile public health workforce is vital to supporting our efforts to serve the health of the nation, and we face a larger challenge than we expected in retaining a talented, effective public health workforce."

The Journal of Public Health Management and Practice (JPHMP) compiled the new studies in a special supplemental edition that analyzes data from the [Public Health Workforce Interests and Needs Survey](#) (PH WINS). PH WINS is the largest-ever study of the public health workforce and was conducted by the [de Beaumont Foundation](#) and ASTHO. The JPHMP supplement is made up of peer-reviewed research and expert commentaries examining workforce characteristics, public health skills and capacities, and policy trends. PH WINS infographics based on the supplement are available on the ASTHO website.

ASTHO and de Beaumont surveyed public health workers on workforce development priorities, the workplace environment, and key national initiatives. The three major aims of the survey were:

- To inform future investments in workforce development
- To establish a baseline of key workforce development metrics
- To explore workforce attitudes, morale, and climate

Key findings included:

- Considerable workforce turnover. According to the survey, 38 percent of workers plan to leave their current position before 2020. Of those planning to leave, 25 percent plan to retire and 13 percent plan to leave for a position outside of public health. Of note, those most likely to leave for reasons other than retirement include individuals aged 25-40, racial and ethnic minorities, and those with fewer than 10 years of experience in public health.
- Progress on pay gaps by gender and race. Pay disparity in public health is better than the private sector and other areas of government, but more work remains to be done. Women and people of color make less than their white male counterparts despite the fact that the public health workforce is predominantly female and relatively diverse. On average, both women and people of color in state public health agencies earn 90 to 95 cents on the dollar compared to their male and white counterparts, after matching for seniority, experience, and educational attainment. There is no pay gap between Asian staff and their white counterparts.
- Need for continued efforts to improve diversity. Only seven percent of public health workers are Hispanic/Latino, compared to 17 percent of the general population. However, both the Black and Asian public health workforce are represented in proportion to the population as a whole, at 13 percent and five percent, respectively. Nevertheless, 70 percent of the workforce identifies as white, indicating room for improvement in supporting people of color in public health.

Baby Buffer - Translating Science into Positive Parenting

by the Kansas Chapter, American Academy of Pediatrics



Baby Buffer, a program from the Kansas Chapter, American Academy of Pediatrics, reaches parents with children ages zero to two years with information on how to become a stable, responsive, supportive parent. Weekly age-specific emails are sent to parents with easy to understand parenting information including the brain science behind this advice.

Stress can adversely affect the body and brain for life. All children experience stressors, and many children experience severe stress. Toxic stress is when stress is excessive or prolonged for a long period of time. The Baby Buffer program provides tools and techniques to help buffer against a young child's physiologic stress response system in these stressful situations. Weekly emails help parents learn to help their child cope with stressors by providing a protective effect that helps the stress response system return to normal.

This is a valuable resource for new/young parents and grandparents. The Baby Buffer website, www.babybuffer.org has an email sign-up form to receive age-appropriate emails and additional parenting resources, with a focus on brain science. Need a promotional poster? [Download a Baby Buffer exam room promotional sign](#) to use in your clinic or for more information on Baby Buffer, contact Mel Hudelson at mel.hudelson@kansasaap.org.



Kauffman Stadium Conservation and Waste Reduction

from the *Kansas Green Guide*



The Kansas City Royals were crowned World Series Champions and fans all over Kansas celebrated! Royals fans are some of the proudest out there, sporting their Royal blue and following their team's 30 year journey to reclaim the crown. There is a lot to be proud of when it comes to the Royals, and one of the lesser known successes is the team's dedication to conservation and waste reduction. At Kauffman Stadium, the Royals collaborate with many local partners on efforts that range from solar energy to water conservation and food waste composting. [Kansas City's Greenability](#) has researched and listed all the great things the Royals have done. Click the image to learn more.

Funding Opportunities

Rural Health Network Development Planning Program Funding Opportunity - Deadline January 8, 2016



The Federal Office of Rural Health Policy (FORHP) is pleased to announce the release of the Rural Health Network Development Planning Program funding opportunity. This is a one-year community-driven program targeted to assist in the planning and development of an integrated health care network. Health care networks can be an effective strategy to address a broad range of challenges unique to rural communities by bringing together rural health care providers and other community organizations. For grantees, this funding provides an opportunity to implement new and innovative approaches to adapting to a changing health care environment that may serve as a model to other rural communities to better align and coordinate local health care services. The increasing focus on showing value in health care delivery creates incentives to develop regional systems of care that preserve local autonomy for rural communities while also ensuring access to the appropriate continuum of care for the local service population. Previously, funded projects supported efforts related to workforce retention and recruitment, behavioral health, telehealth, care coordination and health information technology.

Historically, grantees have mastered the art of leveraging finances by using FORHP grants to catapult their sustained efforts; they have been able to combine federal funds with local and foundation dollars to support the continuation and development of health care services in rural areas. The previous cohort of Network Planning grantees secured over \$2.2M in additional funding to assist in sustaining their programs, demonstrating the importance of collaboration with other organizations in the community.

For the first time, applications that propose strategies to support continued access to viable health care services are encouraged. Recognizing that 57 rural hospitals have closed since 2010, communities that have emergency medical services that either have at least one rural hospital at financial risk of closing and/or converting or within communities that have experienced a recent hospital closure and/or conversion may submit an application. Network planning activities that model evidence-based frameworks or models that work are encouraged as well.

To learn more about applying for the FY16 Rural Health Network Development Planning Program, HRSA-16-017, please visit <http://www.grants.gov/grants/view-opportunity.html?oppld=279931> and click the package tab or contact Amber Berrian at a berrian@hrsa.gov.

FORHP will hold a technical assistance webinar on Wednesday, December 2 from 1- 2:00 p.m. CST to assist applicants in preparing their applications.

The Adobe Connect webinar and call-in information is as follows:

Conference line (for audio): 800-593-0693, passcode: 2922383

URL (for web): <https://hrsa.connectsolutions.com/networkplanningtawebinar/> and enter as a guest.

Prior to joining, please test your web connection: https://hrsa.connectsolutions.com/common/help/en/support/meeting_test.htm

Training and Conference Announcements

Save the Date! Community Health Promotion Summit - January 28 - 29, 2016

by the Bureau of Health Promotion



Mark your calendars for the Chronic Disease Risk Reduction Program annual summit January 28 and 29, 2016, at the Kansas Cosmosphere and Space Center in Hutchinson.

The Bureau of Health Promotion, Kansas Department of Health and Environment is excited to announce Brian King, PhD, MPH as the keynote speaker. As the deputy director for research translation in the Office of Smoking and Health at the Centers for Disease Control and Prevention (CDC), Dr. King was a contributing author of the 50th Anniversary U.S. Surgeon General's Report on Smoking and Health. He has authored or co-authored more than 60 peer-reviewed scientific articles about tobacco prevention and control, and was the lead author of CDC's 2014 evidence-based guide, Best Practices for Comprehensive Tobacco Control Programs. Dr. King has worked for ten years to provide sound scientific evidence to inform tobacco control policy and to effectively communicate this information to key stakeholders, policy-makers, the media and the general public.

A few changes of note about the 2016 event:

- The Chronic Disease Risk Reduction (CDRR) Annual Summit is being retitled the Community Health Promotion Summit.
- The focus will be on building momentum to end the tobacco epidemic in Kansas.
- All organizations submitting applications for SFY 2017 CDRR funding are required to attend – important information about the application will be provided. Applications are due in March 2016.

WSU Offers Online Badges for the Public Health Workforce

by Kimberly Moore, Director, Office for Workforce, Professional and Community Education, WSU



Wichita State University's (WSU) new badge program, which launched August 2015, kicked off with the first of six badges aimed at public health professionals. The Care of Population Health Professions, Badge 1 will continue to be offered in the spring. In addition, WSU will roll out the rest of the Care of Population badges throughout the upcoming semester:

Badge 2 - Available January 19, 2016

Badge 3 - Available February 9, 2016

Badges 4, 5, & 6 - Available March 9, 2016

The Care of Population badges are tied directly to Tier 1 of the Public Health Core Competencies and provide important knowledge for any professional working in the public health industry. At \$100 each, these badges are very affordable and have already been approved for 7.5 contact hours for both nursing and social work re-licensure. Other licensed professionals may self-submit this course to their licensing board for contact hour approval.

In addition to receiving contact hours, professionals who successfully complete Care of Population badges will receive 0.5 of a credit hour that will appear on a transcript indicating that academic work was successfully completed in a short course. This is especially useful for those who are planning to or are already working through the RN to BSN program at WSU as these are considered credit courses and will count toward their degree.

Learn more about the badge program and how to register through KS-TRAIN at <http://ks.train.org>, WSU: HP 570BA, Care of Population Health Professions Badge 1, Course ID# 1059105 or go to www.wichita.edu/badges.

Preparedness Program Launches Chempack Course



The Kansas Department of Health and Environment (KDHE) Preparedness Program recently launched an online course in KS-TRAIN at <http://ks.train.org>, KDHE: The Strategic National Stockpile (SNS): Kansas Chempack, Course ID# 1060191 for the preparedness workforce. By the end of the two-hour course learners will be able to successfully:

- Define the CHEMPACK Program
- List the six types of chemical warfare agents
- Identify the signs and symptoms of mild, moderate and severe nerve agent poisoning
- Identify the five products in the CHEMPACK container
- Explain what each product in the container is used for
- Identify five of the responsibilities of a CHEMPACK cache location

Job Task Analysis in Public Health: What are the Essential Tasks of Public Health Professionals



The one-hour [webinar](#) posted to YouTube, Job Task Analysis in Public Health: What are the Essential Tasks of Public Health Professionals, by the National Board of Public Health Examiners (NBPHE) presented in October the results of a seminal Job Task Analysis for public health professionals. Presenters will share a profile of respondents, how they measured critical tasks which are performed by those working in public health and thoughts about implications for both academic public health and the CPH credential.

You. Lead. Now. Leadership Development - Monthly Live Session Opportunities



Designed for those at every level, from all sectors who are ready for a transformational leadership development experience. You. Lead. Now. is open to anyone interested in improving their effectiveness to make progress on difficult issues in their community, however you define community.

This impactful three-day program developed and lead by the [Kansas Leadership Center](#), will introduce a leadership framework practiced by thousands of alumni across Kansas as well as cover important Public Health Competencies. Participants will receive a certificate upon completion of this program. You. Lead. Now. is a three-day leadership development experience during which you will learn new skills and gain new knowledge and insight based on the Kansas Leadership Center principles: Leadership is an activity, not a position; Anyone can lead, anytime, anywhere; It starts with you and must engage others; Your purpose must be clear and It's risky.

The Kansas Leadership Center (KLC) equips people with the ability to make lasting change for the common good. KLC is different in the field of leadership development with its focus on leadership as an activity, not a role or position. Open to anyone seeking to move the needle of tough challenges within their community, however it's defined. KLC envisions more Kansans sharing responsibility for acting together in pursuit of the common good.

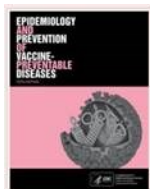
You. Lead. Now. will provide:

- Knowledge to create change within an organization.
- Skills to intervene more effectively to help a team or small group make progress.
- Insight into your unique, personal opportunity to make a difference, to lead now.

You. Lead. Now. is offered once each month in 2016, February through November, at the Kansas Leadership Center & Kansas Health Foundation Conference Center in downtown Wichita. To learn more and register for this educational event go to KS-TRAIN at <http://ks.train.org>, Course ID# 1060027.

Epidemiology and Prevention of Vaccine-Preventable Diseases The Pink Book, 13th Edition, Available in E-Book Format

from the Public Health Foundation



[Epidemiology and Prevention of Vaccine-Preventable Diseases, The Pink Book, 13th Edition E-Book](#)

has just been released. It offers up-to-date information on vaccine-preventable diseases and recommendations for your training and professional development needs. Developed by the Centers for Disease Control and Prevention (CDC) and distributed through the Public Health Foundation (PHF), The Pink Book, E-Book provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses and others involved in administering immunizations. Order today and have immediate access from your smartphone, tablet, or other mobile device.

The Pink Book, E-Book is available for purchase through:

[Amazon](#) - Kindle

[Barnes and Noble](#) - Nook

[Google Play](#) - iPad, tablets, and personal computers

Visit [PHF's Online Store](#) to access the print version of [The Pink Book, 13th Edition](#). The Pink Book is also available through the CDC website as downloadable chapter and appendices files. Click the image to navigate to the CDC website.

CDC's Public Health 101 Series Now Available as e-Learning Modules



The Centers for Disease Control and Prevention's (CDC) Public Health 101 Series provides an introduction to sciences essential to public health practice that posted to KS-TRAIN at <http://ks.train.org>. Earlier this year, CDC provided customizable slide presentations on these diverse topics: epidemiology, public health informatics, surveillance, health economics and public health laboratory science. Interactive e-learning products are now available for each of these essential public health topic areas. The Public Health 101 Series is a set of courses that provides an introduction to public health and covers the sciences essential to public health practice. The fundamental scientific components span topics in epidemiology, public health informatics and surveillance, health economics, public health laboratory science, and related fields. This series is designed for public health professionals who have not had formal training in a particular core area or who would like a refresher; persons new to public health, public health educators and instructors and persons interested in pursuing public health careers

The Public Health 101 Series modules are:

- [Introduction to Public Health - Public Health 101 Series 1059661](#)
- [Introduction to Epidemiology - Public Health 101 Series 1059662](#)
- [Introduction to Public Health Surveillance - Public Health 101 Series 1059516](#)
- [Introduction to Public Health Laboratories - Public Health 101 Series 1059672](#)
- [Introduction to Prevention Effectiveness - Public Health 101 Series 1059675](#)
- [Introduction to Public Health Informatics - Public Health 101 Series 1059676](#)

New Learning Opportunities Available on KS-TRAIN



[Introduction to Quality Improvement in Public Health](#), Course ID# 1059243 is a 30 minute introductory online course to provide public health professionals the basic concepts of quality improvement. Quality Improvement (QI) helps public health professionals effectively and efficiently identify and address problems and improve solutions. It is recommended that learners taking this course have foundational training on what is public health such as the [Fundamentals of Kansas Public Health Module 1: Overview of the Kansas System](#), Course ID# 1056214. Upon completion of the Introduction to Quality Improvement in Public Health, you will be able to: Define quality improvement; identify the role quality improvement plays in public health; and explain the Plan-Do-Check-Act (PDCA) cycle.

News and Resources

Population Health and Preparedness Statewide Call



The Kansas Department of Health and Environment (KDHE) hosts a Population Health and Preparedness Statewide Call on the fourth Tuesday of every month at 10 a.m. The next call will be December 22. To view minutes from the monthly calls, click the KDHE logo.

Medscape 2015 Nurse Salary Report



[Medscape](#) shared results in November from their [Nurse Salary Report 2015](#). Medscape from WebMD, a national medical workforce news and education resource, invited members to participate in a 10- to 15-minute online survey asking about salaries and benefits, August 12 through October 2, 2015. Respondents were required to be working in the United States as a nurse, and 8,256 nurses met the screening criteria and completed the survey. They included licensed practical/vocational nurses (LPNs/LVNs), registered nurses (RNs), and advanced practice nurses (APNs). APNs include nurse practitioners, clinical nurse specialists, nurse midwives and nurse anesthetists. LPNs are referred to as licensed vocational nurses (LVNs) in some states, but the positions are similar. They combined LPNs/LVNs in this survey. In the Medscape survey, the average annual gross salary, before taxes, for RNs is \$79,000. This is \$16,000-\$91,000 a year less than the compensation for APNs, which, depending on specialty, is between \$95,000, clinical nurse specialist wages and \$170,000, nurse anesthetists. However, nurse anesthetists comprise only 0.1% of all nurses in the United States. LPNs/LVNs make the least—only \$46,000.

Kansas Kids Count Data Published



Kansas Action for Children published the 2015 Kansas Kids Count. Take a look at the [report](#) for Kansas using various health, education and economic indicators and also check out data information for your county.

Breast Cancer is Especially Dangerous for Black And Hispanic Women



Huffington Post Healthy Living recently published research noting that black and Hispanic women in the U.S. are more likely to be diagnosed with late-stage breast cancer and less likely to survive the disease than white women, according to a new study published in the journal [Cancer Epidemiology, Biomarkers and Prevention](#). The study, which included more than 100,000 women from 18 U.S. cancer registries, found that African-American and Hispanic women were 30 to 60 percent more likely to be diagnosed with late-stage breast cancer than white patients. Even worse, African-American women were 70 percent more likely to be diagnosed with stage IV breast cancer, the deadliest type. Among Asian and Pacific Islander women, late diagnoses were a bit more complicated. Pacific Islander and Filipino women were 20 to 60 percent more likely to receive a late-stage cancer diagnosis, while Chinese and Japanese women had a 30 to 40 percent lower risk of late-diagnosis than white patients.

Handwashing: Clean Hands Save Lives



The Centers for Disease Control and Prevention states that [keeping hands clean](#) through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap

and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands. The Kansas Department of Health and Environment has posted to their website at www.kdheks.gov handwashing materials that can be shared with community partners and posted in your agency.

For Pregnant Women, Absolutely No Drinking, Docs Say



There is no amount of alcohol that is safe to drink during any trimester of pregnancy, advises a new report from the [American Academy of Pediatrics](#). And all forms of alcohol — including beer, wine and liquor — pose a similar risk to the developing fetus, according to the report from the nation's largest group of pediatricians. Although studies suggest that most women cut out alcohol completely when they are expecting, a small percentage of mothers-to-be admit that they continue to consume alcohol, and an even smaller amount say they binge drink, the researchers in the report said. Women who binge drink when they are not pregnant may be more likely to consume alcohol during pregnancy, the researchers noted in their report published in the October 19 journal *Pediatrics*.

CDC: Excessive Drinking Draining America's Economy



The astronomical costs associated with heavy alcohol use are taking a major toll on the U.S. economy, according to a new report from the Centers of Disease Control and Prevention. [The study, published in the American Journal of Preventive Medicine](#), found that excessive drinking cost the U.S. \$249 billion in 2010, a significant increase from the \$223.5 billion reported in 2006. Over \$100 billion of these costs were paid by the government.

More Women Than Men Are Obese In America, And Gap Is Widening



The Centers for Disease Control and Prevention (CDC) has [crunched new numbers](#) on America's obesity epidemic. As a nation, we seem to be stuck. The overall prevalence of obesity in the three-year period ending 2014 was just over 36 percent. This means that about one in three adults in the U.S. is obese. But, if you're a silver-linings kind of person, there's this: After decades of increases, obesity rates do seem to be flattening out. The CDC says the changes in the prevalence of adult obesity were so slight between 2011 and 2014 that they were not statistically significant.

Contamination of Health Care Personnel During Removal of Personal Protective Equipment



[JAMA Internal Medicine](#) recently published an article on the importance of contamination of the skin and clothing of health care personnel during removal of personal protective equipment (PPE) which contributes to dissemination of pathogens and places personnel at risk for infection. Contamination occurs frequently during removal of contaminated gloves or gowns. Educational interventions that include practice with immediate visual feedback on skin and clothing contamination can significantly reduce the risk of contamination during removal of PPE.

Half of Food Industry Employees Work When They're Sick



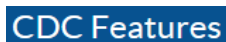
Your restaurant meal may be healthy, but is your waiter? Was the farmer? How about the meat processor, for that matter? More than half of all food workers come to work even when they're sick, according to a new survey from the [Center for Research and Public Policy](#) as reported by the Huffington Post. The survey included a spectrum of food workers — from farmers to commercial bakers to restaurant wait staff — and the results are less than appetizing. Nearly 51 percent said they always or frequently come to work sick despite the risk they pose to fellow workers and to the food they handle. Click the image of *The Mind of the Food Worker* to download the full report.

How Partnerships Can Support Healthy Communities



With the increased focus on broader determinants of health, [health foundations](#) are asked to think and act more expansively and creatively about how to support health. In many ways, public health is getting back to its roots in doing so: the idea that the basic building blocks of our neighborhoods and communities greatly influence our health. If we want healthy people, we must ensure that these fundamental community elements, such as housing, transportation, public recreation opportunities, job opportunities, and food, are engineered to encourage and support health. Not only are these critical investments in and of themselves, they impact health.

Are You at High Risk for Serious Illness from Flu?



Some people are at high risk for serious flu complications, including young children, older people, pregnant women and people with certain health conditions. Flu vaccination and the correct use of flu antiviral medicines are very important for those people. While the flu can make anyone sick, [certain people are at higher risk](#) of serious flu-related complications, like pneumonia and bronchitis, which can lead to hospitalization or even death.

A Conversation on Transforming and Sustaining Public Health



The [Public Health Newswire](#) recently conducted a question and answer session with Acting Assistant Secretary for Health, Karen DeSalvo, MD, MPH, MSc on transforming and sustaining public health. She shared how health is not merely the goal, but an enabler of nationwide quality-of-life improvements.

College Students Lax About Washing Their Hands

FOX NEWS Health

College students may not be washing their hands properly, according to researchers who found that more than half of the students tested had large amounts of different types of bacteria on their hands. The bacteria were linked to increased risks for infections, doctors' visits, and absences from class or work. Infectious diseases can be spread in many ways, but proper hand washing with soap and clean, running water is one of the most important steps that can be taken to avoid getting sick and spreading germs to others, according to the Centers for Disease Control and Prevention.

Freedom From Fries: Can Fast Food be Good for You

THE NEW YORKER

For more than 50 years, eating at fast-food restaurants has been an almost clinically impersonal experience: the food is rapidly prepared, remarkably cheap, utterly uniform, and served immediately. The cheeseburger you get at a McDonald's in Orlando is exactly the same as the one you get at a McDonald's in San Francisco, Montreal, or Little Rock. Each month, more than 200 million people eat at least one meal at one of the 160 thousand fast-food restaurants in the United States. McDonald's alone serves 26 million people every day at its 14 thousand American outlets—more than the population of Australia. Millions more visit Burger King, Wendy's, Subway, Pizza Hut, Dunkin' Donuts, In-N-Out Burger, as well as the other chains that occupy virtually every highway, strip mall, and town center in the nation. **Freedom From Fries** describes current trends by quick-service restaurants in changes to food ingredients, how food is prepared while still meeting speed and convenience that matter to American diners.

Holiday Stress

NCTSN
The National Child
Traumatic Stress Network

As the holiday season approaches, many of us look forward to spending time with family and friends and to sharing in the joys of the season. However, for people who have had a traumatic event, the holiday season may bring up negative feelings. Thinking about loved ones who have died is painful—particularly for those who have lost someone recently. Even for people who have not been exposed to trauma, the holidays can be a stressful time. Besides the stressors of buying gifts, travel expenses and hassles, and family interactions, winter's short days and lack of sunlight can trigger bouts of depression and seasonal affective disorder (SAD). A 2008 poll on holiday stress conducted by the American Psychological Association (APA) found that eight out of 10 Americans anticipate stress during the holiday season. The APA's 2012 Stress in America survey found that 69 percent of Americans attribute their stress to money-related concerns and 61 percent attributed stress to the economy. To help people cope with grief, stress, and depression during the holiday season, the National Child Traumatic Stress Network (NCTSN) offers a variety of **resources** for educators, families, and mental health professionals.

Teens with Tons of Facebook Friends More Likely to be Stressed

HUFFPOST HEALTHY LIVING

Facebook can help friends stay connected and may even boost an individual's self-esteem. But researchers at the University of Montreal recently found that the social network may play a role in negatively affecting teens when it comes to their stress levels. As it turns out, having more friends isn't always better. In a **study published** in the journal *Psychoneuroendocrinology*, researchers found that once teens exceeded 300 friends, their levels of the stress hormone cortisol tended to be higher than teens that had fewer than 300 friends.

U.S. Public Health Funding on the Decline

REUTERS

U.S. **public health funding** — which covers things like disease prevention, cancer screenings, contraceptives and vaccines — has been steadily falling in recent years and is expected to keep going down, a recent study projects. Real, inflation-adjusted public health expenditures surged from \$39 per capita in 1960 to \$281 per capita in 2008, then fell 9.3 percent to \$255 per capita in 2014, according to the analysis published in the American Journal of Public Health. Public health's share of total U.S. health expenditures rose from 1.36 percent in 1960 to 3.18 percent in 2002, then fell to 2.65 percent in 2014, the analysis found.

Be Prepared to Stay Safe and Healthy in Winter



Winter storms and cold temperatures can be hazardous, but if you **plan ahead**, you can stay safe and healthy. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults. Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Job Postings

Applications are being accepted for the positions listed below.

Barton

- [Public Health Nurse / Immunizations](#)
- [Public Health Nurse \(Material and Infant /Emergency Preparedness\)](#)

Douglas County

- [Public Health Nurse](#)

Franklin County Health Department

- [Registered Nurse \(PT\) \(20 Hrs. week\)](#)

Garden City

- [Nursing Instructor](#)

Geary County

- [Nurse Practitioner \(APRN\)](#)

Kansas State University

- [MPH Director](#)

Konza Prairie Community Health and Dental Center

- [Clinical Psychologist or LCSW](#)

Reno County Health Department

- [Public Health Nurse Stand by \(PRN\)](#)

Riley County Health Department

- [Health Department Administrator](#)

Shawnee County Health Agency

- [RN MCH Outreach \(Health Agency\)](#)

Sedgwick County

- [Health - Public Health Nurse II](#)
- [Health - FIMR Coordinator](#)

Wyandotte County

- [Nurse Practitioner](#)



Career opportunities at the Kansas Department of Health and Environment can be found [here](#).

Kansas Department of Health and Environment Program Newsletters

Epi Updates Newsletter	Kansas Statewide Farmworker Health Program
Green Guide	Newborn Screening Newsletter
Health Homes Herald	Nutrition and WIC Update
KanCare Advisor	Oral Health Newsletter
Kansas Environmental News	What's Happening Wednesday (Immunization)
Kansas Health Statistics Report	ZIPS Newsletter - Bureau of Family Health/Children and Families

Public Health Connections Information

To receive the monthly E-Newsletter, e-mail bchs@kdheks.gov.
Previous issues of Public Health Connections may be found at
http://www.kdheks.gov/olrh/public_health_connections.htm

Send your public health news to
Debbie Nickels at dnickels@kdheks.gov.