

FALL 2003



NOTES FROM THE PRESIDENT

In the State of Maryland, 15,000 people are estimated to work in the public health field.

There are over 2,000 people in MD who are members of the American Public Health Association, our parent association.

Why, then, do we only have 250 members in the Maryland Public Health Association? MdPHA is only as strong as the number of our members. The more members, the more activities, the more networking, and the stronger our voice to advocate for and educate about public health priority issues in our state.

All APHA members who live in MD are receiving this newsletter. I encourage all of you to review its contents, visit the MdPHA website at <http://www.mdpha.org>, and then join your state public health association!

Becoming a member is simple and inexpensive: complete the membership application included in this issue and remit with payment of \$30/year, \$10/year for retirees and students. You will be a member through December 31, 2004!

Being a member of MdPHA is easy – you can participate in as much or as little as you want. You will receive several newsletters a year which cover recent events and upcoming programs as well as other opportunities that will help you in your professional life. You can sign up to be on the MdPHA listserv and receive regular updates on happenings, action alerts, and funding opportunities. You will be kept up to date on important public health issues

in the state and much more by becoming a member of MdPHA.

And a lot is happening! I am very excited about the recent creation of the Health Education Section. The Student Section, also newly created, has already had several great events, including hosting a discussion with leadership from the Public Health Services Corps! The Chair of the Latino Caucus participated in the First Hispanic/Latino Tobacco Control Summit recently held in Baltimore City. I, and other representatives of MdPHA, will be participating in the development of a state plan for prevention and control of diabetes. We will be hosting, along with Worcester County Health Department, an exciting Diabetes Update seminar in January. Read the newsletter to learn about other great recent and future activities. You don't want to miss what we have planned for you!

Public health is an applied field, and being part of the state's association provides the opportunity to see how the issues you work on daily, play out around you.

We are tracking many issues this year, including:

- Will we get statewide universal health insurance?
- Will the Clean Indoor Air bill pass?
- How are various organizations in our state dealing with the obesity epidemic?
- Will legislation pass that impacts the contents of vending machines in our schools?

MdPHA members are exploring the answers to these questions and more. We look forward to you joining our ranks and helping us achieve our goals!

Gillian Silver, MdPHA President

BOARD POSITIONS OPEN

The MdPHA Nominating Committee is seeking MdPHA members to serve on the Board in the following capacities: President-Elect, Secretary, At-Large Board Members (which would serve as Membership Chair, Public Health Nursing Section Chair, and Health Education Section Chair, as well as regular At-Large members) and ARGC.

Applicants must be up-to-date with their MdPHA membership, be interested, and available, to serve a two year term on the board, and able to attend regular board meetings held once a month for Executive Board members and every other month for the Full Board. Board members also are involved in leading various committees and performing other duties necessary in a voluntary association such as MdPHA.

If interested or you would like to nominate someone for consideration, please send the name of the person you are nominating, their title, and relevant bio information that will be included on the official voting ballot to be used at the 2004 Annual Meeting (June 4, 2004). Nominations are due January 30, 2004. Send the information to Katherine Farrell, Chair of the Nominating Committee at (410)222-7252 or by email at hdfarrell@mail.aacounty.org

2003 APHA ANNUAL MEETING: SAN FRANCISCO, CA

This year's APHA Meeting was held November 14 – 19th in San Francisco. Gillian Silver, Ingrid Connerny, Ayanna Fewes, and Michaeline Fedder, MdPHA Board members, attended.

2004 APHA MEETING:

November 6 – 10, 2004

"Public Health and the Environment"
Washington, DC.

2004 MdPHA MEETING:

MdPHA will be hosting its annual meeting on Friday, June 4, 2004.
SAVE THE DATE!

RECENT PROGRAMS

An MdPHA goal is to offer more programming to members. So far this year, the Program Committee has offered the following programs:

January – YRBS

On January 15th, MdPHA hosted its first event of the year at the ACS Gambrills office. It was standing room only to hear **Barbara Sullivan's** "What's the Matter with Kids Today: A Presentation on the Youth Risk Behavior Surveillance Survey".

Attendees gathered to learn what the YRBS is and how it could be used in Maryland, one of only 3 states that currently do not use the instrument. After a dinner of baked ziti, lasagna, and salad, Barbara, a Baltimore County Public School System Health Education Supervisor, generated a lot of discussion around the differences between the YRBS and other surveys used in schools.

As to bringing the YRBS to MD, attendees were encouraged to become familiar with new laws passed that affect schools system such as Bridge to Excellence, become involved with local school health councils (each county has one), support schools using health data, join school advisory groups that focus on instruction, and find out what is happening in your local school system with health data.



February – Health Care for All

Due to a snowstorm in February, the presentation on Health Care for All had to be rescheduled for March.

Glenn Schneider, Deputy Director for the Maryland Health Care for All Initiative, provided valuable information about the program, addressing the audience in the Life Resource Center at Harbor Hospital.

Glenn discussed the main components of the plan, which aims to provide health care coverage for all Maryland residents. Smoking cessation therapies would be covered under the plan. A tobacco tax may partly cover the costs of the plan.

March – Legislative Reception

On March 4th, MdPHA members and guests met at Harry Browne's Restaurant in Annapolis for the annual MdPHA Legislative Reception. The Montgomery County Hispanic Coalition co-sponsored the event.

While guests ate poached salmon (a restaurant specialty), they heard from members of the General Assembly who shared proposed health related bills under discussion this session.

Public health workers from Montgomery County were recognized. Leaders from the Montgomery County Hispanic Coalition spoke about the work of their group, current needs, and potential areas of collaboration with the MdPHA.

Guests and legislators were provided a packet with background materials on Latino health issues and MdPHA.

SUMMER

June – August – No programs

September – Metro & MD Reception:

Nearly 40 people found their way to the cozy outdoor stone patio at the 94th Aero Squadron Restaurant on a beautiful fall evening for the MdPHA social with the Metro Public Health Association. Sitting at café tables surrounding a large fireplace complete with fire, Metro and Maryland Public Health Association members gathered to make new contacts and discuss how the 2 associations could collaborate.

After enjoying delicious appetizers, the group was welcomed by **Barbara Guest, MWPHA President**, and **Gillian Silver, our President**. The associations share similar goals of reducing obesity, increasing physical activity, and reducing health disparities – or increasing parity - in their communities.

The associations are similar in size (Metro has about 150 members and MdPHA has 250) and grapple with the same dilemmas such as membership and the role of the association in being both a professional organization and one that has an obligation to provide information and perform advocacy

roles. While Metro may be more active in advocacy and protests (one example is the recent protests of the War in Iraq covered by *The Nation's Health*), Maryland holds a legislative reception every year to communicate public health goals to our legislators.

The Presidents led the group in a discussion of joint ventures identifying the need to work together on our similar issues. Over delicious desserts, fresh fruit and hot coffee, the group broke up into smaller groups to discuss these issues in more depth.



By the end of the very enjoyable evening, everyone was in agreement that this should not be the last of such meetings but the beginning of a long association. Both agreed to share information on programming, projects and educational opportunities on a regular basis. New members for both associations were recruited.

Attendees came from Maryland as well as George Washington University, NIH/NCI, APHA, National Public Health Laboratories, local health departments, Johns Hopkins, and many more organizations.

The idea for the event came out of the June President-Elect Meeting held at APHA during which Ruth Maiorana sat next to Lois Gray, MWPHA President-Elect and got to talking about our associations. (See back page)

October – Physical Activity

It was a dark and stormy night when MdPHA members met at the Howard County Recreation and Parks Office in Columbia to hear **Mary Concannon's** "Physical Activity: A Move in the Right Direction" presentation. Mary is an Osteoporosis Coordinator at DHMH and is a Howard County resident.

While eating hot soup and fresh sandwiches, **Mark Raab, Rec and Parks Superintendent**, who provided information about the organization and its many programs, greeted

attendees. Of particular interest is that in Howard County, developers pay for preservation and reforestation which is then done by the Recreation and Parks Department. Over 16,000 adults were enrolled in programs and over 12,000 residents participated in instructional sports and sports camps. The county maintains 140 miles of bike trails. The department was the first of its kind in MD and is one of only a few in the nation to be accredited. Protecting and preserving open space and wildlife, connecting greenways, and promoting walkable communities, are long-term priorities.

Mary began her presentation by sharing statistics from the 2001 Behavior Risk Factor Survey which showed that 26% of the adults in our country (MD is the same) are inactive and report they have no leisure time dedicated to physical activity. Over 55% are getting less physical activity than is recommended for health benefits.

All of this inactivity leads to inactivity-related diseases such as obesity, coronary artery disease, hypertension, stroke, arthritis, diabetes, osteoporosis, and some forms of cancer and depression.

Over 6 million kids in the U.S. are overweight. 60% of kids aged 9-13 report no activity during non-school hours and 23% have no free time dedicated to physical activity. We should not just be concerned with the amount of TV time with kids but screen time due to increased availability and use of technology.

Older adults are not spared: with each passing decade, older adults lose specific percentages of aerobic capacity, strength and bone mass that is shocking.

What is the cost of inactivity? Experts equate it to be nearly that of smoking and to cost 15% of the \$1.3 billion healthcare budget. \$76 million a year could be saved with the minimum level of activity nationwide!

What is the recommended level of physical activity: 30 minutes of moderate activity on 5 or more days a week. Accumulated activity counts!

Mary's recommendations:

1. Imagine your worst and best health status at age 80 and figure out how to attain your best healthcare dreams.
2. Make a list of roadblocks to physical activity in your life and brainstorm specific ways to turn them into facilitators of your activity level.
3. Remember activities you enjoyed as a child and figure out how to add them to your life today.
4. Rethink: instead of trying to be MORE active, try being LESS sedentary.
5. Think of a workout like a local newscast: warm-up (lead stories), workout (body of news), and cool down (the "feel-good" stories).
6. Get a foot counter and wear it for 3 days to get a baseline. Make it your goal to increase your total steps by 10% a week. 10,000 steps a day = physical benefit and 12,000/day = weight loss.
7. Add regular strength training, especially women.
8. Advocate for increasing quality physical education in schools, active recesses, active after school programs, worksite policies and incentives, and encouraging active and walkable communities.

Recommended sources:

- www.pedometer.com
- www.strongerbones.org
- www.Smartstepforward.org
- www.tea3.org
- www.bikewalk.org

Suburban Nation, Andres Duany, Jeff Speck, Elizabeth Plater-Zyberk, North Point Press, June 2002.

Stairwell Prompt Program: Educational Materials Distribution Center, (410) 799-1940



2003 Annual Meeting

Parity – the state or condition of being the same in power, value, rank ..., equality.

On Friday May 30th, 50 health professionals and MdPHA members met at The Meeting House in Columbia for the Association's Annual Meeting. The theme, "*Parity in Public Health*", was emphasized in the keynote address by **Kathleen O'Brien**, Deputy Regional Manager, Office of Civil Rights with the U.S. Department of Health and Human Services. Ms. O'Brien addressed cultural competency and language access. **Dr. Penny Borenstein**, Howard County Health Officer, welcomed the attendees to the county. It was a beautiful day and after lunch, many attendees took advantage of the half-hour allotted for walking.

Gillian Silver, MdPHA President, conducted the business meeting, during which she described the many accomplishments of the Association in the last year. Gillian also had the pleasure of presenting the President's Award to **Thomas M. Thomas**, Harford County Health Officer (now retired) for his passion and commitment to public health during his more than 40 year state career. Mr. Thomas was presented with the first "Public Health Leader" baseball hat. A new MdPHA pin was unveiled.

In the afternoon, conference attendees had the opportunity to screen videos, the winners of the student poster competition were announced, and a panel on "Health Disparities in Rural Maryland" was given. Panel presenters **Mr. Jack Frego**, Director of the Eastern Area Health Education Center, **Mr. Kery Hummel**, Director of the Western Maryland AHEC, and **Ms. Antionette Coward**, Health Planning and Development Administrator with the Office of Primary Care and Rural Health at DHMH provided an energetic session for the audience.

Immediately after, a social was held to kick off the new Health Education Section created this spring.



**SAVE THE DATE:
2004 MdPHA
ANNUAL MEETING
WILL BE HELD
6/4/04!**



**Do You
Have Ideas
for Next
Year's
Annual
Meeting?**

If you do, the
Program
Committee wants

to hear from you! Planning for the important membership event is already underway and your assistance is needed to make this event the most valuable event you will attend in 2004! Do you have ideas for keynote speakers, panelists, topics for breakout sessions, or potential meeting locations? Are you good at designing program materials, selecting food, or securing CEUs? If so, we need you!

For more information, contact
Ruth Maiorana, Program Chair,
at (410) 638-8498,
rmaiorana@cheerful.com

**MdPHA Annual Meeting
2003 Award Winners**

M. Frances Etchberger Award:

Cheryl J. Bruce, R.N., B.S.N.
Rosalie E. Johnson, R.N., M.S.

*Community Health Nursing Student
Award:* Josephine Haynes, R.N., M.S.

President's Award:

Thomas M. Thomas

*Dr. Donald Fedder Graduate Student
Poster Competition Winners:*

Miryam Granthon, Sophia Kazakova
Ameena Batada, and Anita Chandra

**NEW: Health Education
Section!**

In February, the MdPHA Board unanimously voted to accept the application to re-establish a Health Education Section under the association. The Section had its first meeting on March 7th at the Harford County Health Department.

For years, health educators from local health departments and representatives from MCO's met twice a year to work on special projects, network, and share success stories. Last year, the group began discussing the option of coming under MdPHA.

Barb Rodgers, Director of Health Education at the Carroll County Health Department and Chair of the original group, Marlana Neumann from Priority Partners, and Ruth Maiorana, Director of Health Education at the Harford County Health Department, wrote and submitted the application on behalf of the Health Education Network.

The group will meet at least twice a year and will sponsor other events. Meetings will be held throughout Maryland. 2004 meetings will be held March 5, 2004 and November 5, 2004. The most recent meeting was held Friday, November 14th in Carroll County at which committees were established and programs were discussed. To become involved, select the Health Education Section on your membership application or renewal form for current MdPHA members.

The leadership of the Section consists of Ruth Maiorana, Chair, Barb Rodgers, Immediate Past Chair, Patti Pilpel-Schwartz, Secretary, and Kim Spangler, Treasurer. The group is seeking a Chair-Elect for a six month (renewable) term.

For more information, please contact Ruth Maiorana, Chair, at (410) 638-8498 or rmaiorana@cheerful.com.



NEW: Student Section!

The Student Section of the Maryland Public Health Association (SMdPHA), was formed in March 2003 after several University of Maryland Pharmacy Students participated in a community outreach project at a Vietnamese New Year Festival and Health Fair in Montgomery County.

With the help of pharmacists in the community and at the School of Pharmacy, students translated and distributed patient education materials and administered a questionnaire about health and medication uses among the elderly.

While preparing for and doing the outreach project, the students became more aware of health disparities and developed genuine interest in public health. They approached faculty for guidance and founded SMdPHA, which was recognized by the Maryland School of Pharmacy Student Government Association in May 2003 and by the Maryland Public Health Association in July 2003.

The mission of SMdPHA is "to help improve public health awareness relative to healthcare disparities in Maryland and to serve as a resource to students in higher education and student organizations concerned with public health issues." SMdPHA also helps promote inter-professional interactions and collaborative research and projects on health disparities among students of various inter-disciplines.

SMdPHA organized an Interschool Networking/Social Event in October 2003 for all students from the University of Maryland, Baltimore, Johns Hopkins University, Morgan State and Towson Universities.

For information on SMdPHA goals and objectives, health disparity resources, research, projects, and upcoming outreach and events, please visit the SMdPHA website at www.pharmacy.umaryland.edu/studentorg/SMdPHA.

Chair: Hoai An Truong

Latino Caucus

As the Latino Caucus Chairperson, **Dr. Sonia Fierro-Luperini**, was invited to participate in the First Annual Hispanic/Latino Tobacco Control Summit by the Smoke Free Maryland Coalition. The event was held on November 13, 2003 from 10 a.m. to 3 p.m. at St. Patrick's Hall in Fells Point. The Summit was held at the church, which serves a community heavily populated with Latinos and agencies offering services to Spanish speaking residents.

The summit was open to the public but was also focused on providing information to Latino advocates and agencies that offer services to Spanish speaking people.

The morning sessions addressed public health, tobacco use, and tobacco advertising in Latino communities. The afternoon provided workshops for attendees.

The evaluations were very positive and invited the sponsors to provide such an event every year.



Nursing Section

The Nursing Section is in need of a new leader. After 7 years of service as Chair of the Nursing Section, Judy Schuur has decided to step down, providing an opportunity for a member of MDPHA in good standing to submit their name to the Board for consideration. If you are interested in the position, or would like to recommend someone, please contact Katherine Farrell, Nominations Chair at hdfarrell@mail.aacounty.org.

The MDPHA Board would like to thank Judy for her many years of service as Chair of the Nursing Section and for her service on the board. Judy has been an asset to the association and she will be missed.

Legislative Update

Since May 2003, MDPHA has signed letters to:

- Senator Harkin and Representative Woolsey in support of their amendments to improve school foods (S1392 and HR2987 respectively).
- Congressman Hastings in support of HR2832, the Healthy Nutrition for American's Children Act, U.S. Department of Agriculture Fruit and Vegetable Pilot Program.
- Reauthorization of the Transportation Equity Act (TEA) which was recently extended for 6 additional months.
- WHO's Global Strategy on Diet, Physical Activity, and Health

MdPHA gave financial support to:

- APHA Affiliate Reception at 2003 Annual Meeting in San Francisco (\$200).
- UHCAN "Orange-Belt" supporter (\$250).

A legislative platform for the 2004 General Assembly Session is currently being developed for Board approval and dissemination to the membership. If you would like to be a part of the process, please contact **Robert Villanueva**, Chair, at VillanuevaR@dhmh.state.md.us.

New MDPHA Pin!

At the May 2003 MDPHA Annual Meeting, a new association pin was unveiled! Those familiar with past designs will remember the logo which also appears in this newsletter. What was missing in the last pin design was the name of our association, which we have rectified in the new pin, seen below. Pins are available for free, to MDPHA members and can be picked up at MDPHA events.



Upcoming Programs

Don't miss the programs planned for you in the next few months, leading up to the 2004 Annual Meeting! Most programs are FREE to MDPHA members, one of the benefits you receive as a member!

December 17th: "Salsa-fied" MDPHA Social at "One", 300 E. Saratoga St., Baltimore. 6 – 7:30 p.m. Social and Salsa Lessons. Club open to public at 7:30 p.m. Cost: FREE. RSVP: (410) 638-8498. See flyer.

January 30: *Diabetes Update*, 10 -2, Lighthouse Sound, Eastern Shore. Registration Fee: \$15, CEUs. www.lighthousesound.com

February: "Hunger and Homelessness in Maryland", Anne Arundel County Health Department

March 9th: *Legislative Reception*, 6-8 p.m., Harry Browne's Restaurant, Annapolis. FEE.

April: "Children's Mental Health Services in Maryland", TBD

May: TBD

June: Friday, June 4, 2004, MDPHA Annual Meeting. Theme: "Public Health and the Environment: Reducing Obesity and Increasing Physical Activity", Baltimore region.



MDPHA Board Members

Gillian Silver, President
Ruth Maiorana, President-Elect
Ingrid Connerney, At-Large Member
Katherine Farrell, Immediate Past-President
Michaeline Fedder, ARGC
Ayanna Fewes, At-Large Member
Sonia Fierro-Luperini, At-Large Member
Roger Harrell, At-Large Member
Shivonne Laird, Secretary
Sherry Livick McCammon, At-Large Member
Francoise Pradel, Treasurer
Judy Schuur, At-Large Member
Hoai An Truong, At-Large Member
Robert Villanueva, At-Large Member

APHA Affiliates' President-Elect Meeting

As the MdPHA President-Elect (2004-2006), Ruth Maiorana participated in a 2-day training in June for President-Elects of APHA Affiliates. The training at APHA headquarters in Washington, DC, was the largest such gathering of new leaders in the history of the meetings.

Over 40 Affiliates were represented by Presidents or Elects with experience ranging from only 3 months in their state associations to those with decades of work. The size of state associations present ranged from Alaska with 150-200 members to Illinois with over 7,000 members and an annual budget of \$1M and an Executive Director! Maryland's association with 250 members, was one of the smaller organizations.

Each association shared their current program offerings, membership recruitment strategies, and a multitude of other best practices, some of which may be adopted for use in the coming years in our association.

Dr. Georges Benjamin, former DHMH Secretary and new APHA Executive Director, welcomed the Affiliate representatives and reiterated the 3 APHA priorities:

1. covering the uninsured
2. eliminating racial and ethnic disparities, and
3. rebuilding public health infrastructure.

Other outside speakers conducted skill building workshops on strategic planning, membership and marketing, building partnerships, grant writing and fund raising.

Following on the heels of this year's MdPHA Annual Meeting (in which we had just over 50 attendees), the ideas collected from the President-Elect training were very rejuvenating. One comparison is that other state organizations register 400 to over 1000 participants (both member and non-members) at their annual meetings!

We plan to incorporate many of these new ideas into our organization in order to continue to strengthen our association and to make it the best public health association it can be.

Maryland Public Health Association
624 North Broadway, Room 325
Baltimore, Maryland 21205

ADDRESS CORRECTION REQUESTED

Email: mdpha@jhsph.edu

Website: <http://www.mdpha.org>

MdPHA Membership Application

If you become a member now, or renew your current MdPHA membership now, you will be a member through December 31, 2004.

NAME:

TITLE:

PLACE OF EMPLOYMENT:

ADDRESS:

PHONE:

FAX:

EMAIL:

MEMBERSHIP:

- Regular \$30
- Contributing \$31 or more
- Retired or Student \$10

CURRENT MdPHA MEMBER?

- Yes No

I WOULD LIKE TO BE A PART OF THE FOLLOWING SECTION/CAUCUS:

- | | |
|--|---|
| <input type="checkbox"/> Latino Caucus | <input type="checkbox"/> Student Section |
| <input type="checkbox"/> Public Health Nursing Section | <input type="checkbox"/> Health Education Section |

I WOULD LIKE TO HELP MDPHA BY:

- Updating the MdPHA Website
- Helping with the Quarterly Newsletter (Communications Committee)
- Being an advocate for health issues (Legislative Committee)
- Looking for funds to support the Association (Fundraising Committee)
- Recruiting new members/telling others about the Association (Membership and Public Relations)
- Planning MdPHA Membership programs and the Annual Meeting (Program Committee)
- Nominating new board members and award recipients (Nominating and Awards Committee)
- Other, please specify: _____

***Submit Application and Payment to:
Maryland Public Health Association
624 North Broadway, Room 325
Baltimore, Maryland 21205***