

Inside...

- 2 - Maryland Healthy Eating and Active Lifestyle Coalition update
- New MdPHA Mission & Vision
- New Health Education Section!
- 3 - 2002 Awards
- Current Board Members
- How to Get Involved!

Notes From The President

Dear Colleagues,

On May 31, 2002, the Maryland Public Health Association (MdPHA) held its annual meeting entitled "Keeping Public Health Strong." During that meeting, members voted in the new Board, who met for the first time on August 8 (and monthly since then), and decided on priorities for our organization.

First, we are going to increase our membership. We vacillate somewhere between 150 and 200 members, but, as we learned from Dr. Lynn Goldman at the annual meeting, we probably have almost 100 times that many people in Maryland working on public health in different capacities. In order to increase membership, we are considering a new membership category: Organizational Membership. We believe that this category may be attractive to many relevant organizations throughout the state.

Further, our plans include liaising with a number of such organizations in order to establish (or reestablish) topic-specific sections. Already, two new sub-groups have been

approved: a Health Education section, and the Maryland Black Caucus of Health Workers. There are many other public health issues that are being or need to be addressed in the state, and MdPHA would like to assist with dissemination of information and/or coordination of efforts on these issues.

Second, we will continue to monitor the issues of physical activity and nutrition from a public health, population-based perspective. In our state as in others, rates of obesity are much higher than in the past, leading to an increase in chronic health conditions. Simultaneously, there are people in this state and across the nation who go hungry, due to, according to the Food Research and Action Center (FRAC) lack of financial resources, or access to appropriate sources of food (visit <http://www/frac/org> for more information).

We will concentrate on decreasing the calorie intake for many Marylanders, and changing the makeup of those calories to include more fruits and vegetables. However, we also will not forget those individuals who are not able to take in the minimum number of calories. We will continue to look for ways to address these issues on the population-level. Some example strategies include increasing access to safe places to exercise and play, developing designated bicycle paths on our roadways, making fresh fruits and vegetables more accessible in all areas, changing the contents of and/or children's access to soda and

snack vending machines in the schools, and working to educate the public (as well as restaurants) on healthy meal options and appropriate portion sizes.

We have been paying attention to these issues (and others as feasible) in our work during the 2003 state legislative session, and our efforts and programs throughout the year to come. We look to you, our members, for ideas, comments, and support.



Gillian Beth Silver, MPH



Words from APHA's President

Faye Wong, RD, MPH, former President of the American Public Health Association, opened the MdPHA 2002 Annual Meeting: Keeping Public Health Strong at Quiet Waters Park, Annapolis in May. She addressed the APHA perspectives and activities with regard to the Nation's public health infrastructures and detailed ways member of the MdPHA can assist APHA in these efforts.

Update:
Maryland Health Eating
and Active Lifestyle
Coalition

A new statewide nutrition and physical activity coalition held its kickoff meeting on July 10, 2002 in Howard County. Seventy-two members representing a variety of Maryland agencies and organization attended. MdPHA attendees included Ruth Maiorana, Michaeline Fedder, and Sherry McCammon. The coalition is being spearheaded by Carol Miller from the Department of Health and Mental Hygiene's Division of Cardiovascular Health and Nutrition, Sherry McCammon from the American Cancer Society, Mid-Atlantic Division, and Betsy Gallun and Judy Dzimiera, both from the Maryland State Department of Education. The purpose of the coalition is to form a statewide nutrition and physical activity coalition because of the need for agencies and organizations to work together and collaborate on issues relating to health eating and active lifestyles, which did not exist on the state level. Presentations were given on the National and Maryland State 5-A-Day programs and on the American Cancer Society's commitment to nutrition and physical activity.

In Maryland, obesity prevalence has increased from 12% to 20% between 1990 and 2000. More than half of all adults are either overweight or obese. For youth, obesity rates have also peaked. National data shows that in 1999, 10% of US High School students were overweight and 16% were at risk of becoming overweight.

For more information about the coalition, please contact Sherry McCammon at 410-933-5146.

MdPHA
New Vision Statement:
 Healthy Marylanders
 Living in Healthy
 Communities

New Mission Statement:
 To improve public health
 in Maryland through
 education and advocacy.

**Institute for Spirituality and
 Medicine:**
Spirituality and Crisis
May 12-14, 2003

The Johns Hopkins University School of Medicine Department of Pastoral Care, The Johns Hopkins Hospital, and The Institute for Johns Hopkins Nursing are sponsoring a meeting on spirituality and medicine.

It will be held at the Sheraton Baltimore North Hotel in Towson.

This meeting for clergy, physicians, psychologists, nurses and social workers and other health professionals, being held for the 45th time, will present an opportunity for professionals to examine crisis from a spiritual, anthropological, political and physical viewpoint.

Fees are \$325 for Physicians and Psychologists, or \$225 for Clergy, Nurses, Social Workers and Other Health Professionals. For more information, contact the Program Coordinator at the Office of Continuing Medical Education, Turner 20/720 Rutland Avenue, Baltimore, Maryland 21205-2195, tel: 410/955-2959, fax: 410/955-0807, cmenet@jhmi.edu, Website: <http://www.med.jhu.edu/cme>

Interested in Health Education?
Join the new section!
Contact Ruth Maiorana at
rmaiorana@tobaccoandcancerfree.org



How to Recognize a Health Educator

"A healthy person is one who has not been adequately researched"

Author Unknown

While health educators come in many shapes, sizes, ages, and colors, they can be easily identified by the following trademark skills:

- Work flexible hours in a variety of environments
- Start where people are in their lives – stages of change
- Break concepts into useable pieces for different audiences
- Build on people's strengths
- Involve the community
- Encourage community participation and ownership
- Think globally/act locally
- Look at the whole person and their environment
- Wear a variety of hats
- Not in it for the money
- Typically not nurses
- Skills include, public speaking, grant writing, conflict resolution, administration, event coordination, health promotions, advertising, negotiation, mediation, finance, home economics, and arts and crafts

They can be found in hospitals, managed care organizations, pharmaceutical companies, communication and marketing firms, non-profit organizations, businesses, health departments and other governmental agencies, and environmental health.

- By the Health Education Staff, Harford County Health Department. Resource: Health Education Research, Meredith Minkler, 1995.



MdPHA Annual President's Award

Congratulations to Julie Ann P. Casani, MD, MPH (left). She was presented the President' award by then MdPHA President, Katherine Farrell (right), during the Annual Meeting in recognition and appreciation of her outstanding leadership and contributions to public health during the 2001 Anthrax outbreak. She currently serves as the Medical Coordinator for Emergency Preparedness and Response at the Maryland Department of Health and Mental Hygiene.

Public Health Nursing Section Congratulations to Outstanding Nurses!

The 2002 Public Health Nursing Awards for outstanding achievement were presented at the annual MdPHA Annual meeting.

Ruth B. Freeman Award

Bernadette Gillis Green, RN, MS, Assistant Commissioner, Nursing, Adult & Community Service, Baltimore City Health Department
Linda Delosier Humbert, RN, MPH, Director of Nursing, Washington County Health Department

Special Recognition for Parish Nursing

Margaret Stahler, Director of Nursing at the Record Street Home for the Aged in Frederick , Maryland
by Blanche Shenosky

The MdPHA Association 2002 Annual Meeting

The MdPHA 2002 Annual Meeting was a great success. The daylong meeting was again held in peaceful Quiet Waters Park, Annapolis. Public health enthusiasts met, sharing a common spirit. They learned the latest information from experts on topics such as the Maryland Health Improvement Plan, Access to Prescription Medications, Bioterrorism Funding, the Nursing Shortage, and the latest on continuing education in the state. They networked, meeting government, private, and corporate public health employees from around the state. CHES and nursing continuing education units were awarded. During the business meeting, new mission and vision statements were agreed upon. Then President Katherine Farrell welcomed new President Gillian Silver, and new board members were elected.

Current Board Members

Gillian Beth Silver, MPH, President
Ruth Maiorana, CHES, President - Elect
Katherine Farrell, MD, MPH, Immediate Past President
Suzy Harrington, RN, MS, CHES, Secretary
Francoise Pradel, PhD, Treasurer
Michaeline Fedder, MA, APHA Affiliate Representative

Board Members at Large

Ingrid Connerney, DrPH, RN
Ayanna Fewes, MBA
Sonia Fierro-Luperini, MD
- Chair Latino Caucus
Sherry Livick McCammon
Judy Schuur, RN, BA
- Chair, Public Health Nursing Sectn.
Glenn Schneider
Robert Villanueva, MPA
- Chair, Legislative Committee



Thank You Dr. Donald Fedder

Dr. Donald Fedder was honored with a lifetime membership and the annual student poster competition was awarded in his name: "The Annual Dr. Donald O. Fedder Student Poster Competition" at the MdPHA Annual Meeting. Dr. Fedder has been a long-time member of MdPHA, having served on the Board in several capacities, twice as President. As he completed his term as Past President in May, the 2002 voted to recognize his commitment. Many thanks to Dr. Fedder for his past contributions – we look forward to his continued active participation as a member!

Public Health Announcements

MdPHA members can receive e-mail notification of news and events via the **listserv**. Send your e-mail address to mpha@jhsph.edu.

YOUR INPUT COUNTS!!

If you would like to include information in this newsletter such as announcements, upcoming events, meetings you have attended, topics of interest, etc, please e-mail: mpha@jhsph.edu.

VISIT OUR WEBSITE
<http://www.mdpha.org>

TO CONTACT MdPHA
mpha@jhsph.edu

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

ADDRESS CORRECTION REQUESTED

MdPHA Membership Application

NAME:

ADDRESS:

PHONE (WORK AND/OR HOME):

EDUCATION:

PLACE OF EMPLOYMENT:

TITLE:

E-MAIL:

FAX:

MEMBERSHIP

- Regular \$30
- Full-time student or Retiree \$10

CURRENT APHA MEMBER?

____ YES ____ No

e-mail: mpa@jhsph.edu

web site: <http://www.mdpha.org>

INTERESTS

- Latino Caucus
- Public Health Nursing Section
- Health Education
- Maryland Black Caucus of Health Workers

COMMITTEE INTERESTS

- Fundraising Committee
- Legislation Committee
- Membership/Public Relations Committee
- Newsletter Publication
- Nominations and Awards Committee
- Program Committee

Submit Application and Payment to:

**MARYLAND PUBLIC HEALTH ASSOCIATION
624 North Broadway, Room 325
Baltimore, MD 21205**