

## In This Issue

President's  
Column.....1

Executive Director  
Report.....2

Update on School of  
Public Health.....3

Health Literacy.....3

Job  
Postings.....4

Elections to Change  
DC.....5

Food Safety  
Article.....5

New Student Section  
Chair.....6

Tis' the Season for  
Giving.....6.

APHA News.....6

KPHA involved in  
Region VII  
efforts.....7

Healthy Holidays...7

*Have a  
Wonderful,  
Healthy, and  
Happy New Year!*



### President's Column **KPHA President: Eldonna Chesnut**

public health advocate, build or strengthen community partner collaborations, and be active in KPHA, APHA, and other public health related organizations. I am confident with the in-coming and continuing board members, KPHA will continue to flourish. It is exciting to welcome the many news faces to next year's board.

I would encourage each one of you to become more active in KPHA in 2011 it has been a very rewarding experience for me.

There are many ways you can get more involved. We are gearing up for the upcoming legislative sessions, so perhaps you would like to join Marvin Stottlemire's policy section that will be monitoring public health related legislation as well as preparing, arranging, and presenting testimony. Or perhaps you would like to help Diana Rice's Health Day at the Capitol committee or Fall Conference Committee. Maybe you have great ideas on how to grow KPHA membership, I am sure Nicole Heim would love to have you on her Membership committee.

You could also help coordinate webinar presentations, help with the newsletter, or many other opportunities. To get involved please contact me or any board member.

If you don't have time to donate to the organization right now but you want to show your support for KPHA then *please contribute to the Crumbine Club*. Your financial contribution will help to keep your organization strong and allow us to continue offering great benefits and programs to our members. It's also tax deductible!

Thanks for your support in 2010!

Have a blessed Holiday season and wonderful New Year!

*Eldonna Chesnut  
Division Director of Adult and Child Care Facilities  
Johnson County Health Department*

DECEMBER

## 2010

Happy Holidays KPHA members,

Can you believe we are in December already? The year has simply flown by. It has been a very busy but a very good year. I have immensely enjoyed serving as your KPHA President this year. We have been able to accomplish many things. However, as in everyday life, I wasn't able to accomplish everything I wanted to on behalf of the organization. ☹ I think I will miss being KPHA President but I am excited to start my new role as ARGC (Affiliate Representative to Governing Council).

For those that do not know, this is the affiliate (KPHA) liaison to APHA's governing council. I have big shoes to fill following in Shirley Orr's footsteps. Shirley has served in this role for the past several years. Thank you, Shirley, for your representation of KPHA in the ARGC role.

What will 2011 hold for KPHA as an organization and for its members?

Wouldn't it be nice to have a "crystal ball" or something to know what lies ahead and how to prepare for it? Since we don't the best we can do is stay educated on Health Reform changes and other legislative issues, continue or become a



## Executive

## Director

## Report,

## Elaine Schwartz

HAPPY HOLIDAYS! It doesn't seem like another year is nearing the end, and impossible that I have been with KPHA for over six years. When I look back over my career, I notice that it was ten years in my first job with the same employer, then eight years in the Legislature, ten years with the state, and now I am in the second half of a decade in this position. Maybe the younger generation moves around from job to job to gain more experience to show on a resume, but, I have always believed that longevity and tenure can create better professionals. A very talented state "commissioner" once told me he believed that it takes two years for new managers to really learn their job and what it is all about. Maybe my "old age" is showing, but I think he is correct.

With this said, 2011 proves to be very challenging in Kansas with all the changes that will take place under a new Governor. Since I worked for or with the state for eighteen years, I have seen many changes when the Administration changes, but, none greater than when it is a new party in office. We will see even some established programs eliminated or changed drastically. So, hold onto your hats, and better yet, since a motto in public health is "be prepared", you should plan to expect many new and exciting challenges and opportunities!

But, before 2011 rolls around, it is time to reflect on the previous year. It has been a fantastic one under President Eldonna Chesnut. She is by far the best yet. And, I have never met a person more dedicated to public health in Kansas, than Eldonna. In looking back, we had a wonderful 2010 Legislative Session with Policy Section Chair, Marvin Stottlemire testifying on many bills in the Legislature and a great networking effort on tracking of health bills with good information out to members. We hope to even improve on that with the help of President Elect, Diana Rice, and her computer skills with learning *Convio*-the new advocacy software provided to us by APHA.

In March, we had the first Public Health Day at the Capitol, with a wonderful workshop and lots of discussion about Advocacy. Then in April, we had the second Health Day and some terrific recyclable grocery

Sacks filled with healthy snacks to pass out to Legislators. To see pictures of both events just visit our photo gallery on the website. [www.kpha.us](http://www.kpha.us)

April included National Public Health Week and many events were held across the state. We hope to have an even bigger and better NPHW in Kansas in 2011. The theme is **Safety is No Accident, Live Injury Free**. So, if you work in public health in the area of safety and you are interested in helping, let us know.

In May we sponsored the Governor's Public Health Conference in Wichita, and we are now involved in the planning for 2011. KPHA must thank KDHE for making us more involved in public health education in Kansas. Dr. Jason Eberhart-Phillips indicated that it is his intent, as it was Secretary Bremby's, to encourage the two public health conferences for the year (the Governor's Conference and the KPHA Fall Conference) as the main educational offerings for public health in Kansas.

Of course, all of the year included the monthly Board meetings and getting together with each other to respond and plan around public health in Kansas. We have had some very active and maybe even a few controversial discussions. To check out the Board minutes from these meetings, you need just visit <http://www.kpha.us/documents/boardminutes/boardminutes.html> the new Board will take over in January and we will have some new faces. You can read in the minutes who are the new officers will be, and watch for the bio's and pictures of all the Board in the next newsletter.

In June we were in full swing with the ACBI training with APHA and attending lots of webinars. Heather Henke, 2011 President and Eldonna traveled to Arlington for some great training. I also traveled to DC in June because I became the new person on the APHA Committee on Affiliates representing staff from the state affiliates. It has been a very rewarding opportunity. In July and August, preparing for the Fall Conference was at the forefront and we began working with the United Methodist Health Fund on a breastfeeding grant. We also had an intern who helped us with Face book. Course, the Fall Conference brought all of us together in September and in October I had to take a lot of time off for undergoing major surgery.

November brought our travels to Denver and the annual APHA meeting. What fun and inspirational times for public health!! And, now we are in December preparing for another year. So, if you too, are delighted that public health is "gaining ground" in Kansas, be sure to get involved in your only "state" public health professional association who brings together all of public health!

May your New Year hold many blessings!



**Update on School of Public Health “coming to Kansas” from KPHA Director Dr. Ellen Averett, KUMC**

In case you missed the article in the media about the efforts of KU’s to have a School of Public Health in Kansas, Ellen provided this information.

KU would create a new school, eventually requiring additional programs, and hiring a dean. The proposal calls for reorganizing the University of Kansas Medical Center’s Institute for Community and Public Health, broadening its base to include courses in nutrition, informatics, public administration, law, social welfare, human development, environmental studies, and architecture. The institute, initiated in 2008, already includes: Departments of preventive medicine and public health at the medical center’s Kansas City and Wichita campuses; a department of biostatistics at Kansas City; and a department of health policy and management, also at Kansas City.

The new School of Public Health will let KU add to what’s already in place and have access to federal funding that the institute does not. Medical center officials have said they would try to have the new school accredited and functioning by 2013 or 2014.



**What is Health Literacy? By Dr. Rebecca Brown**

The American Medical Association’s Council on Scientific Affairs defines functional health literacy as “The ability to read and comprehend prescription bottles, appointment slips, and other essential health related materials required to successfully function as a patient”.<sup>1</sup>

**Why is Health Literacy important?**

Low health literacy is recognized as a barrier to quality patient care and access to services and causes Under-utilization of services, Increased medication errors

(Only about 50% of **all** patients take medications as directed), Poor knowledge about health, Increased hospitalizations, Poor health outcomes, Increased healthcare costs, poor understanding of health-related instructions and following discharge instructions, Lack in Identifying signs, Keeping appointments, Understanding insurance, Signing consent forms, and properly filling out a patient information form.

**Health literacy in the U.S.**

Current population data on literacy in the U.S. comes from the 2003 National Assessment of Adult Literacy conducted by the National Center for Education and Statistics. This study found that nearly half the adults in the U.S. have basic or below basic literacy skills and that 77 million have basic or below health literacy skills.<sup>1</sup> **Did you know?** People of all education and literacy levels can have low health literacy.

**What does low health literacy look like?**

Most adults having below basic health literacy skills (30 million adults) would not be able to circle the date of their next appointment on a medical appointment slip, or identify what is permissible to drink before a medical test based on a set of short instructions. Those scoring at a basic level would find it difficult to give two reasons why a person with no symptoms of a specific disease should be tested for the disease based on information in a clearly written pamphlet.<sup>1</sup>

**Readability of health materials** Today, there is growing recognition that a mismatch exists between patients’ reading ability and the grade level at which health education materials are written. For example, most informed consent forms are written at a high school level or higher.<sup>1</sup>

**Strategies to Improve Health Literacy** What can you do? There are a number of simple strategies that health information providers can put into practice to ensure that clients understand critical information.<sup>1</sup> Use “living room” language. Use *high blood pressure* instead of hypertension; Limit the amount of information you present at one time; Use easy-to-read handouts and highlight or circle key information; Use examples and demonstrate what you want the patient to do; Information Rx prescription pads. Created by the National Library of Medicine, Health information providers can use Information Rx prescription pads (order for free) to refer patients to reliable online health information resources [<http://www.informationrx.org/>]. Check for understanding by using the teach-back method. Ask your clients to repeat, in their own words, what they need to do; AskMe3 [<http://www.npsf.org/askme3/>]. This program encourages patients to ask their health care providers three questions: 1) What is my main problem? 2) What do I need to do? And 3) Why is it important for me to do this? For an eye-opening, 6 minute video produced by the American College of Physicians Foundation visit: [<http://www.acpfoundation.org/hl/video/healthliteracy.wmv>] For additional resources on health literacy, visit: [<http://www.delicious.com/rbrown3/HealthLiteracy>]

Article Submitted by- Rebecca Brown, MLS, Kansas and Technology Liaison, National Network of Libraries of Medicine, University of Kansas Medical Center A.R. Dykes Health Sciences Library, Kansas City, KS (Rebecca will be on the KPHA 2011 Board as the Section Chair for Elder Issues)

<sup>1</sup> Health Literacy: Report of the Council on Scientific Affairs. JAMA. 1999; 281(6):552-557, <sup>1</sup> Kutner, M., Greenberg, E., Jin, Y., and Paulsen, C. 2006. The Health Literacy of America's Adults: Results From the 2003 National Assessment of Adult Literacy. U.S. Department of Education. Washington, DC: National Center for Education Statistics.

<http://nces.ed.gov/pubs2006/2006483.pdf>, <sup>1</sup> ibid

<sup>1</sup> Hopper KD, et al. "The Readability of Currently Used Surgical/Procedure Consent Forms in the United States." Surgery, 1998; 123.

## JOB OPENINGS

### **Mercy Truth Medical Missions (MTMM) Administrator/Executive Director**

MTMM is a Christian based organization that seeks an Executive Director/Administrator to work under the direction of the MTMM Board for the next 3 months on a volunteer basis approximately 20 hours per week. This position could evolve into a permanent paid position in 2011, and perhaps fulltime, if certain criteria are met. MTMM consists of 3 safety-net medical clinics (Raytown, MO; Kansas City, KS and Shawnee, KS), a birth center as well as an international medical missions operation, all under one umbrella. The interim person will work with the Board on strategic issues, oversee day to day operations, working with the clinic and birth center directors, as well as address general administrative issues and oversee the CFO and staff. Depending on the person, they may be involved in partnering efforts, fundraising and other financial/operational issues. The person needs strong communication and people skills as well as overall management and leadership abilities, Clinic management and ministry experience helpful, as well as a degree. Please forward a cover letter and resume in word format to:

[hemacs@yahoo.com](mailto:hemacs@yahoo.com)

Attn: Arthur R Smith 913-599-1326.

**Shawnee County Health Agency** has an opening for a Social Worker. *Recruitment No. 483* [www.snco.us/jobs](http://www.snco.us/jobs)  
STARTING WAGE: \$17.50 Per Hour (Range 705-Starts @ Step 1-\$17.50-Tops Out @ Step 20-\$27.98) **MINIMUM QUALIFICATIONS:** License to practice as a Social Worker at the Masters level in the State of Kansas

### **Health Partnership Clinic**

Health Partnership Clinic is a medical home dedicated to serving the low income, uninsured residents of Johnson County, Kansas. We offer an innovative model for providing compassionate free medical and dental care at our two clinic locations. Our health care services are provided by more than 100 physicians, nurse practitioners, nurses, specialists, dentists and

local citizens who volunteer their time at HPC. We coordinate our services through relationships with the area hospitals, pharmacies, physician specialty offices and outpatient facilities.

**The Chief Operating Officer** will be responsible for the day-to-day clinical and support operations of Health Partnership Clinic's two locations. In addition to daily management responsibilities, this position assesses operational needs and identifies opportunities to increase services and volume.

#### **Responsibilities include:**

- Institute and oversee best practices for clinic operations including patient flow, patient satisfaction and physician efficiency. Ensures each department has individual policy and procedures
- Advance and develop efficiencies to improve clinic operations and increase revenue from patient care services
- Provide oversight for the development of business plans promoting a culture of change and creativity, and bringing cohesion to a complex organization
- Ensures the organization programs and grant requests are supported and cascaded down through the organizations infrastructure and operational plans
- Use experience and expertise to administer best practices to assist the organization's non-profit capacity building efforts in conjunction with the CEO mission and objectives
- Evaluate business processes, creates efficient procedures and establishes consistent standards throughout the organization
- Direct and implement monitoring tools, metrics, reporting structures and trend analysis to track and manage minimal service downtime and optimal performance
- Participates in the Board of Directors meetings and makes presentations to inform and educate all members

#### **Qualifications**

Candidates will possess a Bachelors Degree in business, healthcare administration or related field. Candidates must have 5 years of progressive management experience in healthcare clinic operations. Supervisory experience required.

#### **Candidates must also possess:**

- An excellent knowledge and competency of healthcare operations and a strong business acumen
- High energy, results-oriented and self-starting, with the ability to thrive in a fast-paced, mission-driven culture.
- The ability to plan and manage at both the strategic and tactical levels.
- An exceptional track record of developing and implementing business strategies that have consistently met or exceeded planned objectives.
- A demonstrated ability to work collaboratively with colleagues and staff to create a results-driven team-oriented environment.

Please send resume and cover letter to [contact@hpcjc.org](mailto:contact@hpcjc.org)



## 2010 Elections to Change Washington

President Chesnut submitted the following:

**Change in Washington.** Election Day 2010 will, like every election, bring changes to Washington. But while change will occur, local governments and other organizations should count on continued federal investments in important programs, projects and policies.

**Continued Investment in American communities:** Despite the change in the control of Congress and these political trends, the nation can expect that there will be continued federal investment in infrastructure, economic development, first responders, technology innovation, R&D, education, science, water, energy and environmental projects, public services, and other programs and initiatives. Local governments, public agencies, educational institutions, technology companies, and other organizations can expect that Congress and the administration will continue to support domestic programs.

**Major Domestic Spending Will Continue:** Even under the more drastic calls for spending cuts in domestic discretionary budgets, such as a call to cut spending to FY 2008 levels, the federal government will still be a major investor in the economy and public works projects. In FY 2008, the federal government spent \$456 billion in domestic, non-defense discretionary spending (compared to \$477 billion in FY 2010), about 14.7 percent of the total U.S. budget, and about 3.25 percent of total national GDP. Most federal programs will continue to return funding to communities, even if there is a slight reduction in the overall amount.

**Federal Grants Will Continue:** Federal grants will continue for local governments, public entities, educational institutions, and other organizations. There are currently over 1,000 grant programs administered by 26 federal agencies providing more than \$400 billion to states and local governments through grants, formula allocations, and other payments. These grant programs are authorized and not slated for termination or cuts in the coming years. Although federal priorities among these grants can and will change in coming years – as they do nearly every year – most programs will continue, and new ones will emerge.

**New Funding Tools May Emerge:** There may be new public funding and public-private financing tools made available for public works, infrastructure, and other projects. There are bipartisan calls for the creation of a National Infrastructure Bank, for new bonding tools, and for other incentives for domestic infrastructure investment.

**Congressionally-Directed Spending Decisions Will Be Made Soon:** Even in the highly watched area of congressionally-directed spending or “earmarks” (which account for only about 1 percent of the domestic budget), there are bipartisan calls for Congress to continue its constitutional role in directing spending, including to local communities for important public projects. While some are calling for a moratorium on earmarks, many others support this role of Congress, and still others are calling for reforms that keep this important tool for directing federal spending but address transparency and process issues.

It is expected that the House Republican caucus will make decisions on their position with respect to earmarks as early as the November 2010 lame duck session, and that other decisions on such congressional spending will be made by the parties in the Senate and congressional appropriations leadership in the coming weeks or months. While the end result of the current debate is not yet known, these resources are likely to continue to flow to localities and other entities in one form or another.

**Potential New Policy Directions:** Beyond federal spending, the 112th Congress and the Obama Administration will continue to engage in policy debates about federal priorities and programs. This will include debates and congressional oversight on issues important to local governments and public agencies, such as methods for funding infrastructure, the proper focus for federal incentives, roles of the private sector and free markets, support for struggling state and local governments, federally regulated activities, and the impacts of unfunded federal mandates.

**Local Governments & Others Should Be Active Advocates:** Now more than ever, local governments and other entities with interests in national policies and resources should remain active in the federal process and, indeed, put more effort into understanding policies, steering the debate and making sure that resources are allocated to their priorities. Interested entities should follow these emerging federal policy trends, craft strategies to influence and respond to these policies, continue to reach out to their Members of Congress and federal agency staff; participate in national associations, and work with advocacy consultants to make sure that the federal government is working for them!  
Taken from an article published by  
*The Ferguson Group LLC*



**KPHA Environmental Health Section Chair, Shauna Nelson article published in Food Safety Magazine**

A research project that Shauna conducted while working for Johnson County Environmental was picked up and published in Food Safety Magazine. The article is titled: "Creating a Positive Partnership between Foodservice Establishments and Inspectors" Congratulations to Shauna, who now works for the military at Fort Leavenworth! To read the full article, go to: <http://www.foodsafetymag-digital.com/foodsafetymag/20101011?pg=18&pm=2&fs=1#pg20>

In light of food safety, APHA thanked members for continued support on Advocacy related issues specifically for agreeing to sign on to Letters, Action Alerts, Op-eds, LTEs and multiple letters to Senators. Your sign ons have helped pass S.510 Food Safety Bill: <http://www.apha.org/about/news/pressreleases/2010/food+safety+senate+bill.htm>.

## New Student Chair Information

Board members are asked to provide articles for the newsletter. This one was provided by our new Student Section Chair and is his background information for the membership. Please help us welcome, Ryan Heiman to the KPHA Board!

Below is Ryan's article

I grew up in a small town in northeast Kansas called Baileyville. If you blink when you drive past it, well, you have missed it. Following graduating high school, I found myself in Topeka, Kansas, where I spent the next four years obtaining an Associate of Science as a Certified Physical Therapist Assistant, and a Bachelor of Health Science in Health Administration. I currently am employed as a CPTA at Saint Luke's South, Kansas City, Heartland Surgical & Specialty Hospital, Kansas City, and Plaza West Regional Health Center, Topeka. Due to my full time status as a student at the University of Kansas, School of Medicine, I am only able to work PRN at the multiple places, which allows me some degree of flexibility. As I mentioned, I am in the second year of obtaining my Master of Health Services and Administration. I have a great interest in preventative medicine and I look forward assisting in the growth of the KPHA as student section Co-chair. If anyone has any questions for me, I would be glad to answer them and I look forward to meeting everyone personally in the near future. Thank You!

Have a great day,

Ryan Heiman-- KPHA Student Section Co-Chair  
University of Kansas Medical Center  
MHSA Candidate 2011 Health Policy & Management  
[rheiman10@gmail.com](mailto:rheiman10@gmail.com)

## Tis' the Season for Giving

KPHA received our first letter from United Way that specified we had been designated as a recipient for a UW contribution. It was from the United Way of Greater Kansas City. So, whoever you are, we sincerely appreciate you designating KPHA to receive your United Way contribution!! We now know that it works for members to put KPHA on their contribution to United Way, so, plan to give to public health this year when you contribute to United Way!!

### Invest in the future of public health - Donate to the Kansas Public Health Association

You can also donate to KPHA on our website, under Donate. For more than 90 years the Kansas Public Health Association (APHA) has led efforts to improve the public's health through advocating for resources to promote a healthy society. KPHA influences policies and sets priorities on a broad set of issues, including children's health, access to care, environmental health, managed care, public health

infrastructure, disease control, health disparities, bioterrorism, international health and tobacco control. KPHA advocates for state and federal funding for health and professional education programs in public health.

Your tax-deductible gift will enable KPHA to further the cause of public health and create a national movement for all Kansans to be able to protect themselves, their families and their communities from preventable, serious health threats. Just visit our website [www.kpha.us](http://www.kpha.us) and click on the Donate in the Menu at the top. You can donate to the Crumbine Club, or as a **Public Health Philanthropist!**

Give to Public Health in 2010 or first thing, in 2011!



## News from APHA

### Invitation to Healthy People 2020 Launch

The U.S. Department of Health and Human Services has formally invited APHA and its Affiliates to the Healthy People 2010 Launch on Thursday, December 2, 2010. (See details below.)

HHS welcomes all Affiliate leaders and members to attend the launch. Feel free to share the invitation with your membership.

The U.S. Department of Health and Human Services invites you to be part of the launch of Healthy People 2020. The event will take place on December 2, 2010 from 11:00 am to 1:00 pm EST. Please attend either in person or participate via Web streaming.

The program will include remarks from the HHS Assistant Secretary for Health Dr. Howard K. Koh and members of the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020. There will be an introduction and orientation to the Healthy People 2020 Web site and objectives, followed by a panel discussion about the uses of Healthy People 2020. The launch will be held at the Jack Morton Auditorium of the George Washington University, 805 21st Street NW, Washington, DC 20052. The event also will be available via Web streaming. You can ask LIVE questions via Webcast and Twitter. The event on December 2, 2010 will mark the beginning of Healthy People 2020, and the official release of the decade's national health promotion and disease prevention objectives.

To attend the launch or participate via Web streaming, register by visiting [http://www.healthypeople.gov/2020\\_reg/register.aspx](http://www.healthypeople.gov/2020_reg/register.aspx) Please email questions to: [healthypeople2020@air.org](mailto:healthypeople2020@air.org). Follow Healthy People on Twitter at: [www.twitter.com/gohealthy](http://www.twitter.com/gohealthy) **people**  
**Be part of making Healthy People come alive for Americans.**

## KPHA involved with Region VII (MINK---- MO, IA, NE, KS)

In Denver, affiliate leaders from the four states came together to discuss getting their Boards and public health leaders from each state together for a regional meeting, (much like what the Great Lakes Region V does). Here are the notes for the meeting:

Planning Meeting: APHA Region VII Spring 2011 Meeting in Kansas City, MO

Purpose: To build the Region VII coalition in visibility and collaboration to leverage funding opportunities, network, and identify shared advocacy opportunities, sharing best practices.

Potential benefits: Strengthen the affiliate's relationships with U.S. Dept. of Health and Human Services (DHHS) for advocacy, funding, information exchange, Strategic partnerships, Synergy and Build success for Region VII based on the Great Lakes Coalition (GLC) model

Proposed dates: afternoon of 4/14/11 and morning of 4/15/11 Location(s): Kansas City Health Dept., U.S. Dept. of Health and Human Services, Alternate location: Johnson County Health Dept. - Olathe, KS

Keynote address/agenda item queries are assigned as follows: Kathleen Sebelius, Joyce Allegrucci (former chief of staff for Kathleen Sebelius) – Elaine Schwartz Judy Baker (Region VII Rep DHHS) – Pat Parker Great Lakes Coalition – Elaine Schwartz Tours KC Health Dept, DHHS office – Pat Parker

Support queries are assigned as follows: Jose Velardo (DHHS) – Eldonna Chestnut, PHARMA - Elaine Schwartz, Hotels research: Pat Parker Budget Request: Lunch, Dinner, Breakfast, Lunch, Travel, and Hotel Invite full boards and state health department directors; request RSVPs by end of year, so we can seek support accordingly.

### Tentative Agenda

DHHS address (Kathleen Sebelius, Joyce Allegrucci, Jose Belardo, Judy Baker) Discuss collaborative grant opportunities, NPHW debrief, Tour of KC Health Department/DHHS, Address with Ed Schneider – President Elect of NALBOH, Conference call with representatives from the Great Lakes Coalition (Jim Nelson, Jerry King) Reciprocity for attending each other's conferences

So, our work is cut out for us, and we need to find speakers and funding, fast! If you know of someone who would like to help us organize and fund public health for Region VII-- to become a regional leader for public health, please contact [director@kpha.us](mailto:director@kpha.us).

## Have a Healthy Holiday

The Sedgwick County Health Department, the *Holidays Healthier Cookbook* can be accessed online at: <http://www.sedgwickcounty.org/healthdept/cook%20book10.pdf> in this book, you will find healthier versions of holiday favorites. The recipes found in the cookbook were compiled from the following sources:

[www.Eatingwell.com](http://www.Eatingwell.com) [www.cookinglight.com](http://www.cookinglight.com)  
[www.Fitness&Freebies.com](http://www.Fitness&Freebies.com) [www.lvh.org](http://www.lvh.org)  
[www.foodfit.com](http://www.foodfit.com) [www.allrecipes.com](http://www.allrecipes.com)

The book was produced for the holiday season and their promotion staff can be reached at 316-660-7350.

Hats off to one of our Organizational Members- Sedgwick County Health Department for a great online addition!

## The 12 Ways to Health Holiday Song



Learn how to stay safe and healthy with this festive song, sung to the tune of *The Twelve Days of Christmas!*\*

### [Listen and Sing Along](#)

[Download the song to your computer!](#)

[Send the song in a health-e-card!](#)

1. The **first** way to health, said the CDC to me [Wash hands](#) to be safe and healthy.
2. The **second** way to health, said the CDC to me [Bundle up for warmth](#), and wash hands to be safe and healthy.
3. The **third** way to health, said the CDC to me [Manage stress](#), bundle up for warmth, and wash hands to be safe and healthy.
4. The **fourth** way to health, said the CDC to me [Don't drink and drive](#), manage stress, bundle up for warmth, and wash hands to be safe and healthy.....

This is especially appropriate for public health and the holiday season. Wishing you and yours, a Happy Hanukkah, Happy Kwanza, a very Merry Christmas and a very, very happy and healthy New Year!! **MAKE 2011 A YEAR TO GET MORE INVOLVED IN KPHA, YOUR PROFESSIONAL PUBLIC HEALTH ASSOCIATION.**

