

Arkansas



AR SOPHE Talk

February 2003

From the President...

"There are two ways of spreading light: to be the candle or the mirror that reflects it."

-Edith Wharton

Greetings Arkansas SOPHE Members! It is indeed an honor as well as a privilege to serve as president for 2003. A lot of remarkable things were accomplished this past year and I would like to give special thanks to our past president, Kaye Murry, her executive board as well every member who played an intricate role in making things happen. I would also like to congratulate and recognize the executive board members for 2003: Marian Evans, President-Elect; Anna Haver, Vice-President; Donna Ferguson, Secretary; Kim Miller; Treasurer; Misty Smith, Historian; Barbie Brunner, National Delegate; Members at Large: Chara Stewart, Janie Gannaway, Dana Smith, Jennifer Goodman, Alison Rose and Julie Harlan. I am really looking forward to working with each of you this year in making a difference in the lives of Arkansans through health education.

A lot of positive things are in progress for this year. Our first strategic planning meeting was held in November and focused on generating ideas and action steps to move our chapter ahead. In December we took a similar but different approach than before in making a difference in the lives of children and families during the holiday season. Two families were identified through UALR Share America (A partnership between University of Arkansas at Little Rock and Share America of Children International). AR SOPHE contributed by purchasing and delivering gifts to the children selected, and everyone who contributed and/or participated walked away feeling that they had made a difference in the lives of several children who were in need.

Planning for our 2nd Annual AR SOPHE "Spring Into Wellness" Conference, which will be held on March 6-7 at the Holiday Inn Select, is well underway. Special Thanks to Alison Rose, Conference Chair, Tamika Walls, Co-Chair and their committee for taking the lead on this endeavor with a limited timeframe. I am looking forward to a successful as well as productive conference again in March.

Spring *into*
Wellness
2003

Supporting APHA, reaching health education students and SOPHE members who are across the state, addressing legislative and advocacy issues, providing scholarships, identifying funding opportunities to operate and purchase items/equipment are just a *few* provisions in addition to the ones previously mentioned that I foresee this year. Arkansas SOPHE welcomes any ideas or thoughts that you may have in making a difference in Arkansas. It will definitely take us all working together to make things happen.

Sincerely,

Taniesha Richardson, CHES

Watch for Arkansas SOPHE Student Mentoring Program Coming Soon

By Dana Smith, MS, CHES

Arkansas SOPHE will soon begin a Student Mentoring Program. The intent of the program is to help our student members get more involved in Arkansas SOPHE and aid them as they prepare for their career in public health education.

Following are some of the suggested activities for mentors and mentees:

1. Mentor and mentee will outline at least three goals of the mentoring relationship.
2. Mentor and mentee should talk together at least one time per month about the mentee's past experiences, goals, plans, and skills, the mentor's career path, and useful problem solving strategies.
3. Mentor should invite mentee to meetings, conferences and other professional events.
4. Mentor and mentee should work together on job-related activities (i.e. AR SOPHE initiatives).
5. Mentor should offer shadowing opportunities in job situations or other professional roles.
6. Mentor and mentee should exchange and discuss written materials (such as a document written by the mentee or an article valued by the mentor).
7. Mentor should involve mentee in interacting with other people, including persons who could be of help to the mentee.



The mentoring program should be up and running by the fall of this year. If you are interested in becoming a mentor for a student member, please contact Dana Smith at (501) 686-7791 or danamsmith@comcast.net.



Arkansas SOPHE Health Education Conference
March 6 - 7, 2003
Holiday Inn Select
Little Rock, Arkansas

REGISTER TODAY AT: www.arsophe.org

APHA Conference is Just Around the Corner!

By Kaye Murry, CHES

Mark Your Calendars! The Arkansas Public Health Association (APHA) Conference is scheduled for May 7 - 9 at the Austin Hotel in Hot Springs.

Dave Goerlitz, the former "Winston Man" will be the speaker for the AR SOPHE section. CHES hours will be available.

Just a Reminder...

Rooms fill up quickly at the hotel, so call for your reservation.

APHA will be having a booth again so help will be needed with it. Contact Kaye Murry at vkurry@hotmail.com for more information.

ARthritis Program: Addressing a Growing Problem

By Debbie Campbell

The pain of arthritis is a growing public health problem. Arthritis encompasses more than 100 diseases and conditions that affect joints, surrounding tissues and other connective tissues. It affects nearly one of every six Americans, making it the most common disease in the United States. By the year 2020 an estimated 60 million people will be affected. The cover of the December 9, 2002 issue of *TIME* magazine reads, "The Coming Epidemic of Arthritis."

In 1997, the CDC and the National Arthritis Foundation came together to address arthritis through public health. Subsequently, in 2002 the Arthritis Program (AAP) and the Arkansas



Chapter of the Arthritis Foundation embarked on a partnership, along with other organizations to bring focus to arthritis and public health activities in the state.

In Arkansas more than 462,000 people suffer from arthritis or other rheumatic conditions, and approximately 2500 are children who suffer from juvenile arthritis. Arkansas is ranked 4th nationally for the percentage of adults 18 years and older with arthritis (BRFSS 2001 data).

Consequently, the Arthritis Advisory Council was developed. The council is in the process of completing the Arkansas Arthritis Action Plan. The state plan will be instrumental in the following:

- Understanding how arthritis affects Arkansans
- Increasing arthritis awareness among health care providers, decision makers, people with arthritis and the general public
- Creating an environment that fosters and improves the quality of life for people with arthritis

The AAP and the Arthritis Advisory Council is in the process of planning for a CDC health communications campaign on arthritis. The campaign theme is called "Physical Activity. The Arthritis Pain Reliever." The campaign will promote physical activity among people with arthritis. The campaign is set to kick-off in May, which is Arthritis Awareness Month. The Arthritis State Action Plan will also be available for distribution.

If you have any questions or would like more information, please contact Debbie Campbell at:

ddcampbell@healthyarkansas.com.

CHES/CPHE CEU Opportunities

*Sponsored by MidSouth Prevention Institute
(501) 569-8051:*

February 13

Exploring Ethics in the Prevention Field 2020

9:00 a.m. – 4:00 p.m.

6 CEUs

Pine Bluff only

February 19

Selecting and Using Data in Prevention

10:00 a.m. – 12:00 p.m.

2 CEUs

February 21

Cultural Awareness: Trends in Youth Culture

9:00 a.m. – 12:00 p.m.

3 CEUs

February 25

Community Readiness

9:00 a.m. - 12:30 p.m.

3 CEUs

March 4

Logic of Prevention Program Planning

9:00 a.m. – 4:00 p.m.

6 CEUs

Melbourne only

March 5

Logic of Prevention Program Planning

9:00 a.m. – 4:00 p.m.

6 CEUs

Harrisburg only

March 27

Media as a Risk Factor

9:00 a.m. – 12:00 p.m.

3 CEUs

Sponsored by AR SOPHE

(501) 791-8518:

April 7

Capacity Building: Community Mapping

10:00 a.m. – 12:00 p.m.

2 CEUs

ADH Auditorium only

Odds & Ends

From WebMD Health...

Kids Eat Too Much Fat at School

A new study shows that some middle school students may be eating excessive amounts of fat from lunches served in their school's cafeteria.



Go to the following web site for more information:

<http://my.webmd.com/content/Article/58/66573.htm>

Address Changes

We Don't Want to Lose You!



If you have recently experienced an address, phone or email change, let Arkansas SOPHE know about it.

Please notify Dana Smith, Membership Chair, at (501) 686-7791 or e-mail: danamsmith@comcast.net

Newsletter Submissions

We Want to Hear From You!

Do you have information that your fellow AR SOPHE members might be interested in? Don't keep it to yourself, do everyone a favor and share that information! It's a snap!



Send your article, news bit, meeting announcement, etc. to Janie Gannaway Runkle at: GannawayCarolJ@uams.edu