



A Word From the President...

Hello Arkansas SOPHE Members!

I would like to take this opportunity to say thank you to the membership for allowing me to serve as President of AR SOPHE this year. I hope you are as pleased as I am at the strides that AR SOPHE is making in Health Education.

There are plenty of opportunities that you can become involved and we welcome your participation. I want to encourage everyone to participate in the activities of AR SOPHE. An outreach activity that we have started, in which everyone can participate, is Operation: Troop Care Package. AR SOPHE has been sending letters and care packages to soldiers on deployment in Iraq. If you would like to donate to Operation: Troop Care Package or you know of a soldier that would be appreciative of items from home please let us know.

AR SOPHE welcomes your ideas and comments. Please feel free to contact any member of the executive board. Our email addresses can be found at www.arsophe.org.

Sincerely,

Marian S. Evans, MPA, CHES

President, Arkansas SOPHE

Meeting Notice!

Arkansas SOPHE Membership Meeting

Thursday, October 7

11:00 a.m. – Noon

Executive Building

2020 W. 3rd Street, Suite 320

(Executive Committee Meeting: 10:00 a.m. – 11:00 a.m.)



SOPHE Calls Youth Leaders to Health Education

Marketing the health education profession to organizations and key audiences has been a goal of SOPHE's Strategic Plan and its External Communications Committee. In July, the National Youth Leadership Forum on Medicine (Washington, DC) invited SOPHE to inform high school students about the health education professional as a career choice. SOPHE staff conducted two separate presentations, June 21 and July 5, 2004, reaching approximately 70 diverse high school students attending the leadership forum from around the country.

The National Youth Leadership Forum is a non-profit organization established to help prepare extraordinary students for their professional careers. Over 350 participants attended the 10-day program in Wash-

ington, DC. Other programs are based in Boston, Atlanta, Chicago, Houston, Los Angeles, New Orleans, Phoenix-Tucson, Philadelphia and San Francisco. SOPHE staff stressed the diversity of work settings and public health problems that a career in health education can address.



“This is exactly the kind of outreach we need to attract diverse, talented students to careers in school and public health education,” said Elaine Auld,

SOPHE Executive Director. “Every health educator should spread the word about opportunities in our field to ensure a future legacy of health education leaders.”

This article was reprinted with permission from SOPHE “News & Views”, September/October 2004.

Arkansas SOPHE Annual Meeting Now Available Through Tele-Conference

By **Dana M. Smith, MS, CHES**

Arkansas SOPHE is continuing to grow and expand its membership base. Many AR SOPHE members live outside the central Arkansas region and find it difficult to attend membership meetings held in Little Rock. In response to that need, Arkansas SOPHE will be offering tele-conferencing services for its annual meeting on October 7, from 11:00 a.m.– Noon.

For Arkansas SOPHE members unable to attend the Membership Meeting in person, they can access and participate in the meeting via conference call by using the following information:

Toll-Free Call In: 888-296-6500
Code: 884784
Call-In Time: 11:00 a.m.

We hope that members unable to attend the meeting in Little Rock will take advantage of this opportunity to participate. If you have any questions regarding the call, please contact Dana Smith at 501-686-7791 or danamsmith@comcast.net.

AR SOPHE Launches Operation Troop Care Package!

By Misty Smith, BS, CHES

The AR SOPHE Executive Board, along with members who attended our May meeting, decided to adopt U. S. soldiers and send care packages to those serving overseas.

Following is information on Michael Lennox, one of the soldiers we are supporting with the SOPHE Operation Troop Care Package Initiative.

Anyone wishing to donate items or money to be used in this effort should contact Misty Smith by calling 686-7829 or e-mail at SmithMistyD@uams.edu

Michael Paul Lennox was born February 15, 1980 in Fort Worth, Texas; he lived there all his life. When growing up, he was a BMX Bike Champion and traveled the country in competitions where he won state and national titles. In middle and high school he played football, basketball, ran track, and threw the discus. Michael made it to regional competition in Texas state track both his Junior and Senior

year. Michael was awarded the Most Valuable Player of the District in football his senior year and he was voted Mr. Boswell High School for his senior class.

After high school, he attended the United States Military Academy (West Point) in New York on a football scholarship. His football field position was middle linebacker and he sported the #46 jersey. During his years at West Point, he completed training for becoming an Officer in the United States Army. Michael was commissioned as a Second Lieutenant (2LT) on the day of his graduation from USMA, on May 31, 2003.



Troop Care Packages *continued next page.*



Advocating for Diabetes Education: Voices from Arkansas' Grassroots

By Barbie Brunner, MEd, CHES

You know the old saying - timing is everything! That statement never held more truth than it does right now for the state of Arkansas. About a year ago our Governor was diagnosed with type 2 diabetes, which started him on the path to better health and well being. He lost about 100 pounds, began exercising regularly and is presently training for his first 5K run this summer. Further, the governor has challenged our state to become more physically active and pay more attention to what and how we eat.

Fast forward to the "Diabetes Detection and Education: Steps to a Healthier US Town Hall Meeting", which came to Little Rock in June. The purpose of the meeting was to highlight the important steps that individuals, health care practitio-

ners and providers, businesses, and communities are taking to detect diabetes and educate patients, their families, and other Americans and to help formulate a National Diabetes Action Plan. Arkansas SOPHE sprang into action as part of SOPHE's continued efforts to implement its resolution on diabetes prevention and control.

Dana Smith, Arkansas SOPHE Advocacy Chair, secured the spot to testify on the town hall meeting agenda, while two student interns at University of Arkansas Medical Center, La'Keesha Ellis and Natalie Willett gave "voice" to SOPHE's priorities in diabetes prevention and control. The students testified on the current state of affairs surrounding diabetes, the future impact of diabetes on fiscal and financial suffering, the importance of public health education, and the role of health insurance companies and worksites to promote and reimburse ongoing diabetes education and counseling. It was an important opportunity on many fronts: for two students to experience the power of advocacy first-hand, and for Arkansas and National SOPHE to join forces and gain visibility on a critical public health issue. Most importantly, however, it was perfect timing to advance the health of Arkansans in combating and preventing diabetes.

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Troop Care Packages *continued from Page 3*

Michael attended Officer Basic Course (OBC) at Fort Sill, Oklahoma, for several months and trained to be a Field Artillery Officer. In January he moved to Killeen, Texas, then to Fort Hood where he is serving under the 1st Cavalry Division. His Battalion is 2-82 Field Artillery and he is in the "B" (or Bravo) Battery. On March 15, 2004 he was deployed to Iraq. Michael's Unit stayed at Camp New York and Camp Udari in Kuwait for several days in preparation for their occupation in Baghdad. The troops convoyed three days to reach Baghdad. Michael's assignment in the Unit is Fire Direction Officer (FDO). He is in charge of security detail and transporting key military personnel such as Iraqi National Council, US Officials, and other high profile people, from point A to point B in Baghdad. He is also in charge of a Platoon in the B Battery. Michael is scheduled to be in Baghdad for 11-14 months.

Spring Into Wellness '04!

Spring *into*
Wellness
2004



Spring into Wellness Co-Conference Chairs, Tamika Walls (left) and Alison Rose, did a FANTASTIC job of organizing this year's conference!



Angela Dugger (right) receives instruction on calculating body mass index from Mitzi Pyland at the "Nutrition Paradise" session.



Kenya and Gabriela Masala shared "The Joy of Movement" with **Spring into Wellness** participants.



Photos by
Misty Smith



Fun-Fun-Fun at APHA!

Arkansas SOPHE members gathered for lunch at the Brick Yard Grill for a membership meeting.



Trish Frederick (left), Vicky Jones and Marian Evans shared a laugh at the SOPHE meeting.



Misty Paschall (left) and Carrie Selby were happy to offer their assistance at the conference.



Taniesha Richardson (middle) poses with Dr. Fay Boozman, Director of the Arkansas Department of Health, and Robert Sweetgall, a presenter at APHA.

Photos by
Misty Smith