

AR SOPHE Talk

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ISSUE:

Letter from the President

Article submitted by Dana Smith

Hello Arkansas SOPHE Members:

Summer is over and we now head into fall which means the kids are heading back to school, the leaves will soon be changing, the temperatures will turn colder (we hope!) and Arkansas SOPHE will begin a new year. I would like to say thank you to all the members for allowing me to serve as President of Arkansas SOPHE during the 2004-2005 term. It is a privilege and honor to be associated with you all. I have truly appreciated this wonderful opportunity!

The Arkansas SOPHE exhibit at the *Annual Conference on Nutrition and Physical Activity* held on August 4-5 in Hot Springs was a huge success! Thank you to Misty Paschall and other members that donated items to the gift basket and helped staff the exhibit. During the conference, we distributed Arkansas SOPHE pens and pads to those that visited our exhibit. It's always great to be able to promote Arkansas SOPHE in new ways!

Arkansas SOPHE is currently planning the 2006 Arkansas SOPHE Conference and we need your help! If you're interested in serving on the planning committee, please contact Misty Paschall, Conference Chair, at mlmp34@hotmail.com.

We are also looking for new faces to serve on the 2005-2006 Executive Committee. If you are interested in serving or would like further information on what is required, please contact Marian Evans at evans-marian@uams.edu.

The next Arkansas SOPHE Membership Meeting is scheduled for Friday, October 28th at 11:30 a.m. We will email out the meeting location as the meeting date nears. I would like to encourage all members to attend the meeting and become involved in the many activities of Arkansas SOPHE.

As always, we welcome your ideas, suggestions and comments for how to make our organization better! Please feel free to contact me at danamsmith@comcast.net or any Executive Committee member with your thoughts about where our organization should be heading.

Again, thank you for allowing me to serve as your President. Take care.

Dana Smith, MS, CHES, CCE

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Arkansas SOPHE Meeting

Friday October 28, 2005 11:30 a.m. UAMS

New Officers will be Installed and lunch will be served. Please RSVP Dana Smith at danamsmith@comcast.net so we can have count for lunch.

An Interview with a Health Education Leader: Dr. Emogene Fox

Article submitted by Britni Mitchell

There is only so much one can learn in the classroom setting. Some information you simply cannot learn from a textbook but must gain from experience. But if you are a student, that experience will not be available to you until close to graduation or even later. So what do you do to find out the inside scoop while preparing for a career in health education? Ask a health educator!

On behalf of my fellow classmates, I decided to interview the most passionate, dedicated, and experienced health educator I know to give us some pointers to better prepare us for our future careers in health education. That individual is Dr. Emogene Fox, chair of the Health Education Department at the University of Central Arkansas, and a member of the Arkansas Society for Public Health Education.

Dr. Fox began her undergraduate studies in 1953 at UCA. A year later, she withdrew from college and got married and began her family. She spent the next nine years concentrating on her two children. In 1963, she re-enrolled at UCA, and by 1966, she had completed her studies and graduated with a degree in English and minor in Health Education.

After finishing her degrees, Fox taught English and physical education in Bald Knob, AR from 1966-1971. Then she returned to UCA as a graduate student, and in 1972, she received her masters in health science. Following graduation, she went on to work at the Cooperative Extension Service in Little Rock, AR as a statewide health educator. In 1980, she returned to UCA again, this time as a faculty member. She received her doctorate of education in Health Education at the University of Arkansas at Fayetteville in 1987. In 1994, she began serving as the Interim Chair for the Health Education Department, becoming Chair in 1995.

Dr. Fox has made many contributions to the field of health education including authoring books ([Making and Keeping Friends for Adolescence](#)), directing programs, and advising and instructing numerous students from various health science disciplines. Dr. Fox also served as the principal investigator for the Reading Readiness and Reading Improvement Program sponsored by Americorp. This program was for elementary children grades K-2 in the delta region.

Before the interview, I sat down and thought about past conversations I have had with various students and what questions they voiced concerning the field of health education. I realized that most students often worry about what to do after graduation. They begin to wonder, "What do I do next?" or "Will I be able to find a job?". So, I voiced these questions to Dr. Fox. Her answers will hopefully ease the anxiety students feel when gradua-



Dr. Emogene Fox, Chair
Health Education Department
University of Central Arkansas

tion is near and help them prepare for their professional life thereafter.

BM: If you knew then what you know now, what do you wish you would have done to better prepare yourself for a career in health education?

EF: I don't regret raising my family but I wish I would have finished my doctorate earlier. It was difficult juggling having a family and a professional career! I knew it was important to have your doctorate at the time, but just not how important. My perspective changed after completing my doctorate.

BM: As both a professor and chair of the Department of Health Education, what are the most satisfactory aspects of your job?

EF: Without a doubt the most satisfying aspect is working with the students; watching them grow and change. If it weren't for the students I would be here!

BM: What are the most unsatisfactory aspects of your job?

EF: Having to deal with unpleasant personnel problems. For example, when faculty are not doing their job, or having problems; things of that nature.

BM: What skills do you think are important for students to develop before entering the workforce?

EF: Being prompt, dependable, productive, responsible, and able to follow things through are things that students need to work on now and take it with them into the work place. Students should have good writing, computer, and communications skills and of course the 8 competencies of a health educator. Continually develop new skills, be ready to learn for the rest of you life, you are lifetime students!

BM: What suggestions do you have for student to help them make a smooth transition from being a full time student in college to a full time employee in the workplace?

EF: The days are gone for skipping class, late assignments, sleeping late. Now you have to put your best foot forward and show that you have the potential to be a leader. You are now on trial every day. It is very important that you show your employer your best attitude and work ethic so that they can have confidence in you. Show that you are enthusiastic about your career. And, maintain your zeal throughout your career. It is very important that you work in something in which you have a passion. It's more than just a job!

BM: What is your advice to an employee who wants to be successful in the workplace?

EF: For someone who wants to teach, you need to like what you do. Also, you need to have empathy for people and try to figure out how to help people learn.

BM: Is there anything you would like to add?

EF: Health educators, at least the ones I know, are unique people since they learn so much about human behavior. For the most part, they are very dedicated to helping their fellow man and adopting healthy lifestyle practices. They really enjoy what they do and they practice what they preach.

AR SOPHE would like to thank Dr. Emogene Fox for giving her time for this interview and for the countless hours she has contributed to the field of Health Education!

Agent Orange in your Backyard!!

A Commentary on the Joy of Providing Environmental Health Education

Article submitted by Trish Ouei, CHES

After five years of working for the Arkansas Department of Health doing what is most commonly thought of as health education programs (tobacco prevention, nutrition, fitness, etc.), I have ventured into the not so common realm of environmental health education. Unlike all the health education subjects that I have dealt with before in the past, this is something that most people don't know that much about. Most people know that smoking is bad for you and that you should eat right and exercise- most can even tell you why. However, people may not know how their actions in the natural environment directly and indirectly affect their own health.

Often times we tend to forget that the first line of defense in disease prevention is environmental health. We just expect our water to be clean and our trash to be picked up, yet someone still has to see that such things are handled properly. The biggest focus of my job is the four R's – reduce, reuse, recycle, and rethink- as it pertains to solid waste. Solid waste is nothing gross; (in other words I don't deal with sewage) it is just simply household trash. I could yap about the 4 R's for forever and how it ties to health education, but what I really want to discuss is something much more important and a big health threat – the backyard burning of trash.

Backyard burning, or open burning as it is sometimes called, of household trash is much more of a health threat than many people realize. I would image that most of us in Arkansas have seen a burn barrel. I would venture so far as to say that in many rural areas of Arkansas it is a common practice to burn your household trash. However, burning trash today is not the same as what it was back when your grandparents were young. They didn't have all the chemicals and plastics that are common in today's trash. This is why backyard burning of household trash has been illegal in Arkansas since 1972.

The big threat in backyard burning are dioxins. Dioxins are a group of chemical compounds that contain chlorine, and are extremely harmful, even in low levels. Do you remember hearing about Agent Orange, the chemical used in the Vietnam War? Well, dioxins are the primary component in Agent Orange.

Dioxins are formed when household trash is burned. And while you may think that backyard burning can not really be creating that much dioxin, you would be wrong. Backyard trash burning is the largest producer of dioxin emissions in the United States! Dioxins are released into the air and inhaled into our bodies.



Trish Ouei, CHES
Public Education Coordinator
Boston Mountain Solid Waste District

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We also consume Dioxins. As Dioxins are released into the air through burning trash, they travel great distances settle on plants, soil and in the water. There they are eaten by animals and fish. Dioxins will stay in the meat and fat of animals and fish, meaning it is still there when we consume them. Dioxins take a long time to break down and can last for centuries.

Dioxins can cause cancer and respiratory problems like asthma, emphysema, and bronchitis. They can also affect the immune and reproductive system, and can even interfere with hormone production. For more information check out <http://www.dnr.state.wi.us/org/caer/ce/ob/health.htm>.

One challenge in Environmental Health Education is dealing with subjects that most people know little or nothing about. I quickly found out that I didn't know as much as I thought about Environmental Health when I started this job, and I am constantly learning new information. I hope I have peaked your interest a little bit about Environmental Health, and hopefully you have learned something new. I'm always looking for new and exciting ways to provide Environmental Health Education, so feel free to contact me to share anything you come have utilized!

Student Receives AR SOPHE Scholarship

Article submitted by Dana Smith, MS, CHES, CCE

Arkansas SOPHE is pleased to announce that Britni Mitchell has been selected to receive the Arkansas SOPHE Student Scholarship. Each year, AR SOPHE offers a \$500 scholarship opportunity for students seeking an undergraduate or graduate degree in Health Education or a related field from an accredited college or university in the United States. The funds may be used toward tuition, books, travel or other educational

Britni is an excellent student whose short term goals include graduating in the top 10% of her class and getting an all expenses paid scholarship to attend graduate school. Her long term goals include making a contribution to the field of health education that will directly or indirectly reduce the gap in health disparities.

Britni also participates in the AR SOPHE Student Mentoring Program and is working with UCA faculty to encourage health education students to become members in Arkansas SOPHE. We are proud to have Britni as a student member and as our scholarship recipient. Congratulations Britni!



Britni Mitchelle
AR SOPHE 2005 Scholarship
Recipient

AAHE/FAHE Now Offering Online Graduate Credit Courses

Article submitted by Dr. Jane Elphingstone, CHES

Need an online graduate course in Health Education?

The American Association for Health Education and the Foundation for the Advancement of Health Education, in conjunction with universities across the U.S., are offering graduate level courses entirely through distance education technologies.

These courses have been developed by graduate faculty from various universities and can be taken as stand alone courses or transferred into a graduate program, if applicable. All students who enroll in these online courses will be assigned an instructor/mentor to help them work through the class lectures, materials, and assignments. At the completion of the course, students will receive a letter grade from the instructor/mentor, and a transcript from the host university. This AAHE/FAHE program is titled the *Health Education and Promotion Network* (www.hepnetwork.org). Presently, the HEP Network has the following four graduate level courses available with two more to be added in January 2006.

Foundations of Health Education – This course experience introduces the learner to concepts fundamental to Health Education and to a larger extent, health promotion. Contemporary health education philosophy, *Healthy People: The Health Objectives for the Nation*, Certified Health Education Specialist, ethical issues in health, etc. will be discussed. **(Currently Available)**

Health Behavior: Theory and Program Planning – A study of the determinants of health behavior, factors influencing health behavior, health behavior theories and application methodology are examined. Contemporary models to plan health education programs will also be discussed. **(Currently Available)**

Health Education Curriculum and Instruction – This course provides teachers with the competencies and knowledge needed to teach school health education. Examinations of the school health program, national health education curricula, national health education standards, and pedagogy and teaching resources in health education form the foci of the course. **(Currently Available)**

Health in the Elementary Schools – This course provides elementary teachers with skills and knowledge necessary to work in the area of school health education at the elementary level. The focus of the course is on the relationship between elementary education and health education and on current issues and content in elementary school health education with coordinated school health programs. **(Available Jan. 2006)**

Health Education in the Secondary Schools – This course prepares teachers with skills and knowledge necessary to work in the area of school health education at the middle school and secondary level. The course will focus on the coordinated school health program, national health education curricula, the national health education standards, pedagogy and assessment methodology across content areas, as well as teaching resources. **(Available Jan. 2006)**

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Drug Education Prevention – This course will provide an overview of the major drugs of abuse and their effects on the body as well as the biological, sociological, psychological, and legal issues associated with drug use and abuse in our culture. An emphasis will be given to effective educational approaches and prevention programs that address the problems of use and abuse. **(Currently Available)**

For more information, please contact Jim Eddy by phone at (979) 458-2217, or by e-mail at jeddy@hlkn.tamu.edu. You can also visit the HEP Network website at <http://www.hepnetwork.org> to obtain more information on the HEP Network and how to enroll in courses.

Ask the CIS Columns for Newsletters/Papers Available

Article submitted by Misty Smith, CHES

The National Cancer Institute Cancer Information Service had developed and made available short Cancer Education and Information columns.

These columns are developed for weekly newspapers, organizational newsletters, church bulletins or other community resources.

The columns, written with lower literacy level individuals in mind, provide update information concerning cancer risks, screenings and prevention.

The columns (a sample is included at the right of this article) can be downloaded free of charge at

https://cissecure.nci.nih.gov/cisnet/cissite/psupport/promote/ask_cis.htm.

You can also contact Misty Smith, Partnership Coordinator, NCI's Cancer Information Service of Mid-South, Arkansas Cancer Research Center, at smithmistyd@uams.edu or 501-686-7829.

Q: What are the symptoms of uterine cancer?

A: The uterus is part of a woman's reproductive system. It is the hollow, pear-shaped organ where a baby grows. Uterine cancer usually develops after menopause, but it also may occur around the time that menopause begins. Abnormal bleeding from the vagina is the most common symptom of uterine cancer. Women should not assume that abnormal bleeding from the vagina is part of menopause.

A woman should see her doctor if she has:

- Unusual bleeding or discharge from the **vagina**.
- **Difficult or painful urination.**
- **Pain during sexual intercourse.**
- **Pain in the pelvic area.**

These symptoms can be caused by cancer or by less serious conditions. Most often they are not cancer, but only a doctor can tell for sure.

For more information, call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER and ask for a free copy of *What You Need To Know About Cancer of the Uterus*.

CEU Opportunities

Article submitted by Donna Ferguson, CHES

AR SOPHE has approved continuing education hours for the following events.

The MidSOUTH Prevention Institute will offer the following CEU opportunities. Please contact Shauna Dunn, MSPI program Manager (501) 569-8237 or ssdunn@midsouth.ualr.edu

- Exploring Ethics in the Prevention Field 2020 - Jo Lee
September 27, 2005 9:00 am - 4:00 pm
- The Secret Mentor - Jo Lee
October 5, 2005 9:00 am - 4:00 pm
- The Prevention Process: Identifying, Addressing and Dealing with Resistance Issues - Doc Spurlin
October 14, 2005 9:00 am - 4:00 pm
- The Invisible Threat, Inhalants - Isabel Burk
October 19, 2005 9:00 am - 12:00 pm
- Prescription Drug Abuse - Isabel Burk
October 19, 2005 1:00 pm - 4:00 pm
- Ethics: Dynamics for Understanding a Practical Approach: A Refresher- Linda Brown
October 26, 2005 9:00 am- 12:00 pm
- Media Malfunction & Understanding the Role of Advocacy - Julie Stevens
November 3, 2005 9:00 am - 12:00 pm
- Effective Group Facilitation - Alison Rose
November 9, 2005 9:00 am - 4:00 pm

Baptist Health Rehabilitation Institute will offer the following CEU opportunities. Please contact Dianne Gottsponer (501) 202-7047 tdgottsp@baptist-health.org

- The Brain Injury Rehabilitation Conference- The Clinical Approaches for Brain Injury Recovery September 29-30, 2005

Annual Dues Increase

In order to better serve our members with various services and continuing education activities, the Arkansas SOPHE Executive Committee voted to slightly increase member dues.

Beginning November 1, 2005, Professional Member dues will be \$30 per year (up from \$25) and Student Member dues will be \$15 per year (up from \$10).

Any questions should be directed to Dana Smith, President, at 501-686-7791 or danamsith@comcast.net.

Arkansas



Message from Arkansas Board of Health Education:

Certification cards for CHES will be mailed soon. The Board of is asking that update forms be returned by all CHES this year. If the update form is not received, the AR certification card will not be mailed next year. To register with the board, contact Anna Haver at ahaver@healthyarkansas.com or by phone at (501) 791-8551.

2006 Spring Into Wellness Conference Planning WE NEED YOU AR SOPHE Member!!

That's right AR SOPHE Members, we need you! We need you to volunteer to help in the planning of the 2006 Spring into Wellness Conference. The conference will be held February 23rd and 24th at the Little Rock Hilton.



The TENTATIVE conference theme will be Spring into Wellness: Promoting Wellness in Health Education Programs and Professionals. This is a working title and we invite suggestions for other titles that incorporate the "Spring into Wellness" phrase!

We will offer three Tracks this year for concurrent sessions. There will be five sessions offered in each track (3 for Thursday, 2 for Friday) These tracks include:

Health Education Programs That Work- These sessions should show case new and existing Health Education and Promotion programs that have been successful.

Resources and Information in Health Education- These sessions should include speakers who can provide information or resources to assist professionals working in the field of Health Education and Promotion. Advocacy, grant writing, or new/updated health topic information are topics that could be featured in these sessions.

Personal Development for the Professionals in Health Education- These sessions should include topics of interest for professionals working in the field of health education who wish to strengthen professional skills while focusing on personal development. Using Personality Assessments for Yourself and Your Work, Stress Management, and Personal Exercise Techniques are examples of topics that could be featured in this section.

Speaker suggestions are needed for both general sessions and concurrent sessions. Please contact the Committee Chairs listed below to offer suggestions.

Conference Chair and Logistics- Misty Paschall, Barbie Brunner and Carrie Selby

Recruitment and Registration- Amanda Harvey, Chair

CEUs- Dana Smith, Chair

Activities- Judy Smith, Chair

Publicity- Janie Runkle, Chair

Sponsors and Exhibits- NEED A CHAIR

Tracks:

Health Education Programs That Work- Misty Smith, Co-Chair NEED ANOTHER CO-CHAIR

Resources and Information in Health Education-NEED CHAIR OR CO-CHAIR

Personal Development for the Professionals in Health Education- Kanisha Caesar, Co-Chair
NEED ANOTHER CO-CHAIR

We need volunteers from across the state to serve as committee members, chairs, and general workers! Contact Misty Paschall at mlmp34@hotmail.com to volunteer!