

NCPHA E-Newsletter

July 2018

Newsletter from the NC Public Health Association and the NCPHA Public Awareness Committee

Message From the President

— Brittan Williams



This year, it has been an honor to participate in the inaugural class of the NCPHA Emerging Leaders program. As this program comes to a close, our last task is to complete a group project. The group projects will be presented at the Fall Educational Conference in Charlotte on Thursday, September 20th at 8:30 a.m. Please come and listen to the great work this group of public health leaders has been working on since last fall.

Speaking of the fall conference, I think you will notice a few positive changes to this year's program, such as the awards ceremony during lunch on Thursday, which will include some new awards to recognize the amazing work conducted by our health departments! The planning committee has been working for months on creating an exciting conference for us all. You can check out the current draft program at ncpha.com.

As you may know, NCPHA has been an affiliate member of the Southern Health Association (SHA) for many years. Recently, the SHA Executive Committee has recognized that they are struggling to meet their mission and memberships are dwindling. Current SHA members are in the process of voting on the option of pursuing dissolution of SHA or the option of continuing SHA with commitment to accomplish the work required for SHA to meet its mission. If you are a current SHA member, please take the time to submit the survey you should have received by email to help weigh in on the future of SHA. The results of the ballot will be presented to the membership at the Florida Public Health Association joint annual meeting July 23rd -25th, 2018.

Have a safe and healthy summer. See you in September!

Brittan Williams

Brittan Williams, MPH, CHES
2017-2018 NCPHA President

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Environmental Health Readies for a Historic Temperature Requirement

Victoria Hudson, REHS



THE TEMPERATURE DANGER ZONE dates back to 1952, when the Public Health Service published a guide for food service employees¹, set the cold holding threshold to 45°F, and established clear linear relationships between risk factors and food borne illness. The FDA's 1993 Food Code lowered cold holding requirements to 41°F². Nineteen years later, North Carolina adopted the FDA Model Food Code, where most every change to the retail food inspection model became effective, except that 45°F change to 41°F. That would not be implemented until January 1, 2019.

With just under five months until January 1, 2019, Environmental Health Specialists are getting it ready. This is not a drill. This is for real.

The Food Protection Branch began a "Cold Hold Campaign" to prepare operators and Environmental Health Specialists for possible outcomes. Their strategies include promotional stickers, data sheets, and an

evaluation tool. This quick worksheet works through the inventory of refrigeration and processes. Once completed it becomes a decision guide to determine if cold hold failures are the result of the equipment, the process, or



Continued... Environmental Health Readies for a Historic Temperature Requirement



employee behaviors. Jo Hill, Regional Environmental Health Specialist with the Food Protection Branch, indicated that, “the sheets were also intended as extra documentation to be put in the file in case enforcement issues came up.” This tool is currently being distributed by regional staff and should be used during the next regular inspection. It may be used as often as necessary to update refrigeration goals. According to Hill, several regional staff worked together to develop materials and local input has been appreciated.

Research has shown that a threshold of 41°F or below for temperature control significantly reduces growth of pathogenic organisms in food; this temperature was thought possibly unobtainable for food operators to reach immediately due to outdated or challenged equipment. Cold holding studies conducted by a few counties actively participating in Voluntary Retail Food Standards demonstrated some not-so-startling results. Then, state regional staff evaluated how the State’s food service establishments would measure up if the threshold were currently 41°F. This study reflected only ~60% of food establishment facilities statewide operated within the required temperature change at this time.

It is important to note this is not just a matter of buying a better cooler. Employee attitude and behavior affects the effectiveness of refrigeration. Cold-held foods, rather than the cold-storage unit’s ambient air, should be measured the day after they are put into a refrigerator and weekly after that if they are held that long. During cold holding, the duration of holding becomes a critical criterion to be controlled and measured. Interpretations of all temperature measurements in relationship to time must be made to assess the hazards and estimate risks.

The Branch is cautiously optimistic about enforcement. This requires active participation of the field EHS to use the evaluation tool as justification for enforcement. Food service establishment operators must be cautioned about the dangers of holding foods within temperature ranges where bacteria multiply, particularly within ranges where their lag phase is short and their growth rate rapid. Time considerations must be interrelated with temperatures for communicating this sort of information.

The final phases of an enforcement guide revised to align with the NC Food Code are nearing completion. As anyone in administration knows, consistent enforcement is critically important to protecting public health and to maintaining expectations of EHS staff. The enforcement guide draft will be disseminated to local staff for a comment period before being issued by the branch.

Violations of the cold holding and cooling are costly in many ways. Consider, please, the loss of product, loss of money, and a reduced sanitation score. The largest challenge up to and after January 1st is changing the culture that 45°F is a “safe” storage temperature of food.

1. Milk and Food Branch, Division of Sanitation, Public Health Service. 1952. Instructor’s guide. Sanitary food service. Public Health Service, Washington D.C.
2. Food and Drug Administration. Food Code. 1993 recommendations of the United States Public Health Service Food and Drug Administration (and subsequent editions). Food and Drug Administration, Washington D.C./ U.S. Department of Commerce, Springfield, VA.

The NCPHA Fall Educational Conference *Smile Drive*



2016 & 2017 Fall Educational Conferences

The North Carolina Public Health Young Professionals (YP) are looking forward to the North Carolina Public Health Association's Fall Educational Conference. To celebrate 100 years of dental health and give back to our communities, we are hosting a **Smile Drive!** We have a goal to collect at least 1,000 pediatric oral health supplies. Donations include toothbrushes, toothpaste, floss/flossers, mouth rinse, mouth guards, toothbrush holders, brushing timers, and dental health educational products (i.e., books, puzzles, games).

We are requesting donations and for organizations to provide a decorated donation box. This is a great way to get creative by including information about pediatric dental health and spotlight your organization. Donation boxes will be set up at the start of the conference on Wednesday, September 19th. **Sign-up here to decorate a Smile Drive box:** goo.gl/djRCB8

We are also co-sponsoring the **Poverty Simulation** and are **seeking YP volunteers**. To learn more and sign-up here: goo.gl/UFNkRB.

During the conference, the YPs will host a meet-up and **speed dating session to allow us to network** and get to know one another. More details to come.

Contact ypncpha@gmail.com for any questions and more information. Like us on Facebook [@YPNCPHA](https://www.facebook.com/YPNCPHA) to stay up to date on relevant news, articles, and job postings!

REMEMBER TO BRING YOUR PEDIATRIC ORAL HEALTH SUPPLIES TO THE CONFERENCE!



NCPHA *Member* SPOTLIGHT



Leah Mayo, MPH
Coordinator
Center for Healthy Communities
& N.C. Public Health Training Center
College of Health and Human Services
University of North Carolina Wilmington

How long have you been a member?

Since 2012 – I attended my first conference as a MPH student at East Carolina University and had the opportunity to become a member and present at the conference.

What is a typical day like for you?

There is no typical day in my position. Depending on the day, I preparing to facilitate different work groups I help to convene, attend meetings hosted by community partners, and research data to understand the health of the southeastern region. One of things I love about my job is the opportunity to be able to serve as a connector to better leverage resources and expertise to have a greater collective impact on the health and well-being of our communities.

What do you enjoy most or find most valuable about being a member of NCPHA?

The networking and opportunity to connect with public health professionals across the state is invaluable. NCPHA has allowed me to learn, collaborate, and become friends with like-minded professionals across the state. Additionally, I have been able to build my leadership skills and help create and grow the NCPHA Young Professionals. I look forward to future of NCPHA and the contributions the young professionals will be able to make.

What is your favorite tip for someone in public health?

My favorite tip is to stay optimistic but stay grounded in reality. Public Health is ingrained in every aspect of life, not just the traditional definition of health. Remember that public health is about empowering our communities and working with them not for them. Great positive change can happen if we listen and work as a team.



Fall Educational Conference – Celebrating 100 Years of Dental Health in NC



Join us in September at the Hilton Charlotte University Place as we celebrate 100 years of Dental Health in NC!

Conference dates are September 19th-21st. Click here to register: ncpha.memberclicks.net/fall-educational-information-and-registration

Highlights of the conference include:

Opening Session Speakers – Dr. Robert Lustig, expert on the link between oral health, physical health and sugar, and Dr. Joseph Telfair, President of APHA, speaking on health equity.

Poverty Simulation – Back by popular demand, we'll once again present this workshop which attendees from last year's simulation workshop described as "awesome and something everyone should take part in."

Loop the Lake and Corn Hole – Participants will be walking a one-mile path around the Hilton lake to benefit the NCPHA Scholarship Endowment and then heading over to the Snowden BBQ for a barbeque and Corn Hole Tournament sponsored by the Environmental Health Section. Fitness, food, and fun!

Give Back to the Community – The Young Professionals are sponsoring a Smile Drive to collect pediatric oral health supplies.

Birthday Celebration – On Thursday night of the conference, we will celebrate Dental Health's 100th birthday with a healthy low-sugar cake, awesome dance band – Soul Psychedelique – silent auction, academic poster presentations, and heavy appetizers. This is a different format from last year's Thursday night activities and one that we hope you will find is a worthy celebration of the conference and dental health in NC.

Conference Event App – Check out the inaugural event app we're excited to bring you this year. Read more about it on [page 7](#) under "NCPHA Office Happenings."

And lots and lots of great sessions on all aspects of public health plus conference-wide CEUs, CHES, and other credits applicable to your field of public health.

We hope to see you in September!



Office Happenings at NCPHA



2017-2018 Emerging Leaders Program participants

We recently have added some new applications to our database that we're excited to share with you!

Abstract Management:

The Memberclicks Abstract Management tool allows users to submit a document for review by copying and pasting. The submissions are stored in a secure area for authorized reviewers to comment and rate. We used the app just recently for the Fall Educational Conference Abstract submissions and plan to use it for future conferences such as the Public Health Leaders Conference and for the NCPHA Major Award submissions next year.

We hope you will utilize the app and enjoy the many conveniences it has to offer!

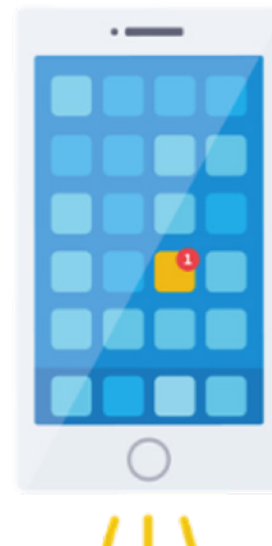
Emerging Leaders Program News:

The inaugural group of 14 students of the Emerging Leaders Program will graduate in September, and a new group will begin their classes in November! The 14 students will present their group projects on Thursday morning at 8:30 a.m. at the Fall Educational Conference in the Public Health Leaders' Session. Be sure to stop by and check out how their hard work culminated at the conclusion of the program.

Event App:

We're also very excited to introduce at the Fall Educational Conference this year an event app that you can download to your iPhone or Android phone. With this app you'll be able to put the conference in the palm of your hand! Some of the benefits of the app are:

- View the full conference agenda
- View map of hotel
- Bios of speakers
- Access information on exhibitors and sponsors
- Create your own personal itinerary
- Report venue issues – i.e. – our meeting room is too cold, we need more water, etc.
- Receive conference messages
- And check out who else is in attendance



NCPHA Section News

Nursing Section



Calling all nurses of NCPHA Nursing Section to attend a full day of relevant and informative presentations.

Our agenda is as follows: Thursday September 20th, 2018 beginning at 8:30 a.m.

- Business meeting and award/scholarship presentations (See below for information)
- Phyllis Rocco with News from the Office of Public Health Nursing
- Legal and Legislative update session with Jill Moore and Rob Thompson, Deputy Director from NC Child
- Impacts of Oral Health on Overall Health
- Let's Get MAD! Mindfulness, Advocacy, and Design Thinking At Work with Annis C. Barbee, Learning & Organizational Effectiveness Manager Talent Management Division, North Carolina Office of State Human Resources.

****There will be a 50/50 Raffle as well as Public Health Nursing logo items being sold.**

Awards and Scholarships deadline August 10th, 2018

The Nursing Section presents two awards and two scholarships each year. The following link will guide you to the information you need to nominate a deserving colleague for the Margaret B. Dolan Award or the Direct Service Award. The section also offers two scholarships



2016 FEC Nursing Session

annually. All will be presented during our business meeting.

The Joy F. Reed Leadership Scholarship was initiated in 2014 and is available to a public health nurse currently licensed as a registered nurse in North Carolina who is a member of NCPHA or NCAPHNA and interested in leadership training. The Nursing Section also offers an annual scholarship for \$500 to a nurse currently enrolled in an advanced nursing program (BSN, Masters, etc.).

Link to more information regarding awards/scholarships ncpha.memberclicks.net/nursing.

We are currently seeking a nomination for Chair Elect of the Nursing Section Committee to serve next year. You will serve during the year that we will be celebrating 100 Years of Public Health Nursing! How exciting is that! If you are interested, please contact Jennifer Lindsay.

If you have any questions you can always call or email a member of the Executive Committee for additional information:

Jennifer Lindsay – Chair jlindsay@catawbacountync.gov
Susan Little – Vice Chair, susan.little@dhhs.nc.gov
Carol Rose – Secretary, carol.rose@dhhs.nc.gov
Beth Rowell – Treasurer, beth.rowell@hth.co.roberson.nc.us
Carolynn Hemric – Vice Chair of Education, Carolynn.Hemric@dhhs.nc.gov
Felicia Reid – Vice Chair of Communication, FREID@guilfordcountync.gov



NCPHA Section News

Social Work Section



Social Work Section Members - FEC 2017

During NCPHA's Social Work Section monthly meetings, discussions surround public health social work, advocacy, and legislation in addition to ongoing efforts to recruit new members and planning for the Fall Educational Conference. This past March, we distributed nationally recognized "Social Work Month" information to our members in hopes they would share with their leadership and coworkers. Our monthly section meetings entail an opportunity for networking and fostering stimulating conversation and partnerships to support our section members as they conduct challenging work each day. The SW Section Membership Drive is going on June 1 - August 3; the more members you recruit to join the SW Section, the more chances you have to WIN \$50!

Social Work Section Awards:

Michael L. Clements Scholarship

The purpose of this award is to promote social work student involvement in the NCPHA Social Work Section activities and to educate students on potential public health social work careers. This scholarship will be used to support the recipient's registration for the NCPHA Fall Education Conference, which includes all meals. Additionally, the scholarship will cover the cost of a student recipient's annual membership and Social Work Section fee to NCPHA for the calendar year after the conference. Each year, the Section tries to identify a student who is highly motivated and who is either a junior or senior this year, or a graduate social work student who may have an interest in public health. As the conference will be held in Charlotte this year, we would prefer a student who is located close by, but we will accept any student application. If you know

of a potential candidate, please contact Sylvia Wagoner at 704-786-9181-x204 or sylvia.wagoner@dhhs.nc.gov and attach the completed application by August 30th. Please share this information with your contacts at colleges and universities, especially those near the 2018 FEC host city of Charlotte, NC. For more details, please keep checking the NCPHA Social Work Section page.

Social Work Achievement and Contribution Awards

North Carolina Public Health Association's SW Section is pleased to present two awards each year! **Outstanding Achievements Award** is restricted to current NCPHA SW Section members who have made outstanding achievements in the field of Social Work in Public Health. **Outstanding Contributions to Social Work in Public Health Award** is for a person who is not a member of NCPHA Social Work Section; this person must have made significant efforts to advance the cause of Public Health Social Work. These awards are presented during the Social Work Section's annual business meeting held during the NCPHA Fall Education Conference. For more information about past recipients and for nomination forms, please check the [NCPHS Social Work Section page](#) for details. **The nominations for both awards must be submitted prior to 5 p.m. August 10th.**

Save the Date:

Join us for "Opioid and Methamphetamine Awareness Training for Public Workers" presented by Mr. Pierre Lauffer and Dr. Rick Langley at the NCPHA FEC on **Thursday, September 20th, 2018 from 10:00 a.m.-11:50 a.m.** Mr. Lauffer and Dr. Langley will equip us with the most up-to-date information regarding opioid and methamphetamine awareness, specifically how it relates to public health professionals. The Social Work Section is also excited to announce that we will be hosting our **silent auction** again for one day during the FEC! Please stop by the table outside our SW section room at the NCPHA FEC on **Thursday, September 20th**, to check out available items and place your bid! The Social Work section appreciates your support, as all money raised goes into the student scholarship fund to ensure we continue feeding the spirit of Public health into the next generation of professionals!



NCPHA Section News

Women's and Children's Health Section

The NCPHA Women's and Children's Health (WCH) Section would like to welcome Ms. Leigh Yount, MSPH to the WCH Section executive committee as our advocacy representative. Ms. Yount works as a Teen Health Advocate at the Gaston County Department of Health and Human Services. Leigh is also participating in the NCPHA Emerging Leaders Program. Beth Jenkins, RN retired from Wake County Human Services and stepped down from serving as the section's advocacy chair in May. Thank you to Ms. Jenkins for her service!

The NCPHA WCH Section is continuing to work on planning for the NCPHA Fall Education Conference (FEC). The WCH Section will be co-sponsoring sessions at the FEC with Oral Health and Nursing. Sessions will include information about Community Dental Health Coordinators, a screening and discussion of the documentary, Resilience, a legislative update, vaccine hesitancy and human trafficking. Please consider also attending the Emerging Leaders Program Project presentations on Thursday afternoon. The WCH Section has revised its Ann Wolfe Scholarship criteria this year. Our WCH Section meeting is at 9:30 a.m on September 20th before the Legislative Update. Please come and help us decide plans for the section for the upcoming year. The scholarship is now also available to NCPHA members who work in public health outside of LHDs. In addition, applicants can ask to use funds to attend professional development trainings or conference to maintain professional credentials or learning. The WCH section also continues to work on its priority of strengthening the role of men and fathers in families. WCH section members are working on the Maternal Infant Early Childhood Home Visiting Program, NC Breastfeeding Collaborative Improvement and Innovation Networks (COIIN) with HRSA and the Association of State and Public Health Nutritionists, Child Health Annual Conference planning to include efforts to support the role of men and fathers.

Public Health Awareness: Remember that July is Adolescent Immunization Awareness Month and you can find more information at: immunize.nc.gov/data/adolescentawareness.htm. The whole month of August

is National Immunization Awareness Month! Find more information at immunize.nc.gov and at nphic.org/niam.

And get let us all get ready for World Breastfeeding Week which is August 1st-7th, 2018 and National Breastfeeding Month. Breastfeeding is a great opportunity to try to engage men and fathers in supporting women to breastfeed. Check out these resources:

Busy Mom English: lovingsupport.fns.usda.gov/sites/default/files/BusyMoms11x17.pdf

Busy Mom Spanish: lovingsupport.fns.usda.gov/sites/default/files/BusyMoms11x17SP.pdf

Confidence English: lovingsupport.fns.usda.gov/sites/default/files/Confidence11x17.pdf

Confidence Spanish: lovingsupport.fns.usda.gov/sites/default/files/Confidence11x17SP.pdf

Encouragement English: lovingsupport.fns.usda.gov/sites/default/files/Encouragement.pdf

Encouragement Spanish: lovingsupport.fns.usda.gov/sites/default/files/Encouragement17x22SP.pdf



NCPHA Section News

Leadership Section

The Leadership Section has been planning for the 2018 Fall Educational Conference. With membership being an important item this year, our section members utilize their everyday networking opportunities to promote and share the benefits of the NC Public Health Association. During the Fall Educational Conference, we will have a brief Business Meeting for all new and current members to select section leaders for the coming year as well as gather feedback and input. Please plan to attend; your voice is valuable.

Would you like to:

Learn about **“Legal Remedies for Social Determinants**

of Health: Is There a Lawyer in the House” presented by Madlyn Morreale at the NCPHA FEC on **Wednesday, September 19th, 2018 from 1:30 - 3 p.m.** Those of you who joined us at last year’s conference may remember Mr. Cornell Wright, who will be returning this year to present on **“Health Equity in Context,”** on **Thursday, September 20th, 2018 from 10:15 am to 11:45 am.** These are just a few of the exciting speakers lined up to share during the Leadership Section Program at the NCPHA FEC! We look forward to seeing you in Charlotte in September and don’t forget... **“Leadership is not about titles, positions, or flow charts. It is about one life influencing another.”**
— John C. Maxwell.

Wellness & Prevention Section

The Wellness and Prevention Section has been busy these past few weeks preparing for their annual award opportunities for public health professionals, planning for the Fall Educational Conference, and organizing their upcoming public health networking meetings. The Wellness and Prevention Section hosts quarterly Networking Meetings that bring together all persons interested in public health education for the purpose of fostering and stimulating conversation and partnerships. Discussion will include topics on cooperation with health personnel and the promotion of joint planning among government agencies, schools, organizations, community groups, and businesses focused on wellness and prevention. Our first meeting was held in Carteret County with twenty participants. It’s always great to share, promote, and network with other public health professionals across the state! Join us!

Save the Date:

The North Carolina Public Health Association (NCPHA) Wellness & Prevention Section is excited to announce our third free Public Health Networking Meeting! Please mark your calendar for Thursday, August 16th, 2018 at 11 a.m. - 2 p.m. Food provided! Meeting will take place at the Annie Penn Hospital in Reidsville. Register by emailing: Shahnee.Haire@dhhs.nc.gov.

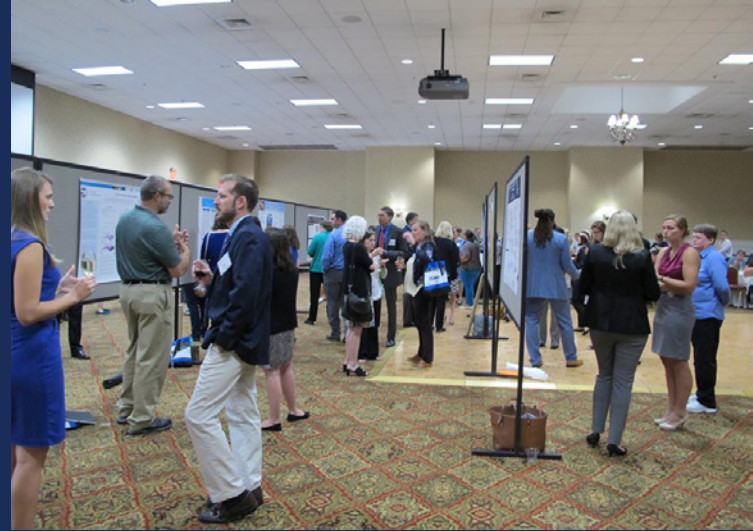
Epidemiology, Statistics, and Laboratory Section

Fun and Talk with ESL

Hey! The Epidemiology, Statistics, and Laboratory (ESL) section might have the longest section name in the NCPHA organization, and it is a good representation of how collaborative and diverse in topic our section is. This year the ESL section has another great group of presenters, so plan to come spend Thursday morning with us. In keeping with the conference theme, our first presentation is “Overview of the Oral Epidemiologist.” Our second presentation is “What Does Social Epidemiology Have to Do With It?” where we examine how culture impacts our health outcomes. The third presentation of the morning is “Bugs in the Big City: Microbiology and Public Health.” There is always something interesting to learn about in Charlotte. Please stay for our meet and greet business meeting immediately following the “Bugs in the Big City” presentation. We are always talking about great topics and welcoming new members.



2017 Fall Educational Conference



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