



The Bulletin

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Message From the President An Ounce of Prevention...goes a long way!



Lillie Hall

In general, public health interventions target population health with prevention on the forefront. Benjamin Franklin said it best when he broadcast the quote, “An ounce of prevention is worth a pound of cure!” As the Association embarks on a new year, we should gear up to re-commit to that quote as our

mission and motto! Many, many people do not know what public health is and as public health professionals, we are charged with ensuring that they do!

In the spring of 2001, a former group titled the Public Health Brand Identity Coalition, commissioned a poll about attitudes toward the phrase *public health*. Almost 80% of Americans, according to the survey, did not think that public health had touched their lives in any way.¹ How could this be when public health takes the credit for smoking ordinances, safer sex campaigns, immunizations, safer environments, safer homes, more walk-able communities, reduced infant mortality rates, fluoridated water, etc? Especially when these type of issues and concerns affect our everyday lives!

When people talk about *public health*, Dr. George Benjamin, our APHA Executive Director and former member of the branding coalition, made this statement: “...they zero in on clinical services for the uninsured and the underserved, and they think about public clinics and public hospitals”. This label makes it hard for public health. When public health works, outcomes are “invisible” or unseen, so the public cannot relate the good works to public health efforts!

Although we have a long road ahead, the current changes in the public health system allow us great opportunity to impact the current view of public health. Most will rely on public health professionals and resources, but will still not know what public health is. It is our duty to change the outlook so that both the public and public health professionals will benefit. Let’s begin with prevention and the \$10 billion allocated by the American Recovery and Reinvestment Act (ARRA) for prevention and wellness and the enforcement of the Affordable Care Act. We can bring positive change in our scope of work as well as educating the public through the “What is public health?” campaign. Please visit www.whatispublichealth.org and do your part! Remember, *your* ounce of prevention is worth a pound of cure and will surely go a long way!

¹Extracted from “An Ounce of Prevention”, an article written by David Tuller, Coordinator for Public Health and Journalism at the School of Public Health and the Graduate School of Journalism at the University of California at Berkeley, Summer 2010 Issue of *Shelf Life*.

Safer Healthier Home

An Ounce of Prevention Keeps the Germs Away

Follow these easy and low-cost steps to stop many infectious diseases.



Clean Your Hands Often

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses.



Use Antibiotics Appropriately

Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your doctor.



Routinely Clean and Disinfect Surfaces

Cleaning with soap, water, and scrubbing *removes* dirt and most germs. However, using a disinfectant cleaner *kills* germs, giving even better protection.



Be Careful with Pets

Pets should be routinely cared for by a vet. Babies and children under age 5 should be watched carefully around pets and animals. Always wash hands after touching animals or animal waste.



Handle and Prepare Food Safely

- Clean hands and surfaces often
- Separate – don't cross-contaminate one food with another
- Cook foods to proper temperatures
- Chill – refrigerate foods promptly



Avoid Contact with Wild Animals

Wild animals can carry deadly diseases and pass them to you and your pets. Keep your house free of wild animals by not leaving any food around. Keep garbage cans sealed.



Get Immunized

Getting immunizations is easy, low-cost, and saves lives. Make sure you and your kids get the shots suggested by your doctor.

For information about ordering brochures and posters, please visit www.cdc.gov/ounceofprevention



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Welcome New Members

We are pleased to welcome the following as members of SCPHA:

Laura Stuckey - ATOD Section

Tami Ashford-Carroll - Disease Control Section

Keisha Hightower - Health Administration Section

Rechetta Tyson - Health Administration Section

Jillian Lemay - Management Support Section

SCPHA Membership Drive

Want to get away?!

Re-phrase: Want to win a mini-vacation?

Then what are you waiting for? Participate in the SCPHA annual membership drive to compete to win a 3 day/2 night get away to Sands Resort (Myrtle Beach, SC) or one of the other spectacular prizes! The get away, for two adults, can be used anytime between September 15, 2011 and December 31, 2011 and includes a daily breakfast. There will be three (3) prizes awarded to the top three (3) recruiters: 1st, 2nd and 3rd Place. Also, a drawing will be held for two (2) participation prizes; the winners of the participation prizes will be drawn from the entries of participants who recruit *at least one* (1) new or re-new* member (*a re-new member must have a lapsed membership of 120 days or more). The type/kind of other prizes will be announced at a later date.

So, get your applications in hand and prepare to distribute them like crazy! We would love to see full participation from membership; if each member recruits at least one person, we can DOUBLE our membership! Good-luck!

IMPORTANT CONTEST RULES:

The contest will [start on February 1, 2011 and conclude on April 15, 2011](#). Applications must be received or post-marked by April 15, 2011.

The ONLY way to receive credit for your recruited member is to make sure that your name is listed at the bottom of the application as the referring person – **DON'T FORGET** this as we will not be able to stray from these rules listed here!

There is an ONLINE option, but NEW members can ONLY apply by paper applications. You can download the application from this link: www.scpa.com/docs/membershipform.pdf. Re-NEW members can renew and pay online, but **YOU are responsible for informing us that you referred that person; you can call or email SCPHA!**

Prizes will be announced and awarded in Myrtle Beach, SC, at the annual meeting in May.

CONTEST TIP: the best way to participate in the contest is to print a copy of the application, pre-fill your name on it (make copies afterwards) and carry several copies with you to have readily available for quick distribution.

Winter Conference

Lorraine Dillon

SCPHA Winter Conference:

“Family Preparedness: Is YOUR Family Ready?”

The theme this year for the Winter Conference is “Family Preparedness: Is YOUR family prepared?” As we explore this topic, the planning committee will focus on the personal as well as the professional perspective of preparing families. As Public Health professionals, we are being taught how to prepare other families in crisis situations, but we are not addressing how to prepare our own families. We are required to be available and ready to protect and care for others, but we often neglect our own families.

The conference will be held on February 17, 2011 at the Cecil A. Tillis Center, 2111 Simpkins Lane (Off Harden Street, near Charles Drew Wellness Center), Columbia SC 29204. This day long summit is tentative scheduled to start at 8:30 am and conclude around 4:45 pm.

We will have dynamic speakers including Jamine L. Leslie, MSW, LMSW from Post Trauma Resources as she presents ways in which to deal with posttraumatic effects, particularly with children and teens. To prepare our community for disasters, Mr. Niel Ellis, Richland County Emergency Management, will walk us through the “Map Your Neighborhood” program, and Mark DiNovo, Lexington YMCA Outreach Director and Certified Personal Trainer & Life Coach, will teach us how to relate to our loved ones without the use of electronic devices. Additionally, Jane Richter DrPH, MSN, MA, CHES, Director USC Center for Public Health Preparedness, will lead participants in learning how to develop a personal plan for disasters and other Public Health emergencies

Registration for attending the event will be \$35 for members and \$25 for FT students. In addition to the dynamic speakers and the great information on how to respond in emergencies, CEU's, lunch and snacks will be provided. We will also kick-off a state-wide fitness and health challenge that will continue with our Public Health Month activities and conclude at our Annual meeting in May; we hope that you will participate!

We hope you'll reserve this time right now on your new 2011 calendar and make plans to join us for this outstanding conference! Look for more up-to-date information and Online Registration on the website at www.scpa.com.

Contributed Papers 2010-2011 Calendar

Judith Alexander

Contributed Papers 2010-2011 Calendar

Deadline for submitting abstracts to the Contributed Papers Committee. Co-Chairs will assign abstracts to committee members for review.

February 11

Deadline for committee members to submit completed reviews of abstracts to Co-Chairs.

February 14

Committee Co-Chairs will submit names and titles of selected abstracts to SCPHA Program Committee for printing in the program and notify those who submitted abstracts of the status of the submission.

March 14

Those selected for Oral and Poster presentations will submit requested information for Awards Brochure to Committee Co-Chairs.

March 21

Co-Chairs will submit required information to SCPHA for printing in the Awards Brochure.

May 25-27

Contributed Papers Oral and Poster presentations given at SCPHA Annual Conference.

To receive more information or volunteer to be on the Committee, please contact Judith Alexander, co-chair, (jwalexan@mailbox.sc.edu or jwa8025@aol.com).

Public Information Committee

Gloria A. McCurry

The deadline for the Winter Issue of SCPHA's Newsletter is Tuesday, February 1st. Please submit all articles to Editor Gloria A. McCurry, at mccurrga@dhec.sc.gov. Questions??? Call Gloria at 803-898-0721.

Guidelines for preparing your articles or announcements for submission along with deadlines and publications are available on the SCPHA website.

We look forward to receiving your contributions and news items.

Awards Committee

Gloria A. McCurry

The South Carolina Public Health Association (SCPHA) Awards Committee is now accepting applications for awards for consideration, which will be presented during the 2011 Annual Meeting in Myrtle Beach. A deadline of March 18, 2011 has been established for receipt of nominations. The nomination form and eligibility requirements have been updated on the SCPHA website at <http://www.scpa.com>. Please be sure that you carefully read the SCPHA Awards Nomination eligibility requirements for each award.

Additional Information: Should you desire additional information or questions, please contact Gloria McCurry, Awards Chair, at mccurrga@dhec.sc.gov.

Public Health Scholarships

Larry White

Public Health Scholarships – **March 31st** deadline quickly approaching!!!!!!

Our Economy makes living hard, but a scholarship makes it easier...apply for an SCPHA Public Health Scholarship today or at least share the news with a friend or family member so they can take advantage of this opportunity! **Applications must be postmarked, faxed or emailed by March 31st!** For more information, please visit www.scpa.com/scholarships.html or contact Larry A. White at larry@smokefreehorry.org.

Annual Meeting Information

Jan Cooke

"Great Scott!!" MARK YOUR CALENDAR!!!

Start making plans now to attend the 2011 SCPHA Annual Meeting. Convention planning is off to a great start, and President Hall has picked a fabulous theme... "Back 2 the Future: Basics of Policy, Prevention & Partnerships"

We will be celebrating 90 years as an organization and you will want to be a part of it. The conference will be at Springmaid Beach Resort and Conference Center, Myrtle Beach, SC May 24-27, 2011. There will be a week full of informative, educational and motivating speakers and presenters. While it's not our year to have the APHA President, our own Dennis Thompson will address the group as SHA President!

Contacts have already been made with several nationally known Public Health professionals to serve as keynote and plenary session speakers. We are also working on great representation of each discipline for concurrent and section presenters. Potential topics include impact of health care reform on SC public health, living with diabetes, Nurse Family Partnership-national/state programs, "MOMS"-drug use during pregnancy, bed bugs-how to prevent them, rabies in SC, community gardening, personal health goal setting and life style changes, and Family PH Preparedness Plan – is your family ready?

Information regarding **Contributed Papers** and Poster sessions should be posted on the SCPHA website in the next few days. Start working now on an **Award-winning Nomination Application** and promote the two scholarships, awarded by SCPHA. Request those support letters and other needed information early. The nomination form and scholarship application have been revised and posted on the website.

The **Silent Auction** Committee has great ideas for fundraisers through out the year, culminating with several special-bid items at the annual meeting. The Awards Banquet will be a dressy affair influenced by a blast from the past. No meeting would be complete without the annual **turtle race**. Adoption papers will be available in January.

We are always looking for new **Exhibitors and Sponsors**. If you know an individual or company that may be a good prospect, send this information to Leah Dorman at dormanlb@dhec.sc.gov.

Personal ads will cost \$15. These notes are a very special way to thank or recognize a colleague! Full conference **Registration** for members will be \$125 so start saving your money. The registration form, hotel information, and other conference details will be in the registration brochure, which will be published after the first of the year.

If you can **volunteer ANY time**, the Program and Convention Committees want to hear from you! It's a great way to get involved. Contact Jan Cooke at cookejan@bellsouth.net. The 2011 SCPHA Annual Meeting promises to be a fantastic event you will not want to miss! Be sure to be there to make the trip "Back 2 the Future!"

Health Education Section

Lorraine Dillon

As your new section chair, I am delighted to share news of recent section activities and invite you to participate in upcoming section-sponsored activities and events.

The Health Education Section conducted two Holiday Service Projects: Monetary donations totaling \$100.00 were presented to the **Harvest Hope Food Bank and toy collections for the Toys For Tots program that concluded on December 16, 2010**. In addition to the monetary donations to Harvest Hope, several section members volunteered at the center. Participants were encouraged to donate throughout the year as opposed to just donating for the season. Toy collection boxes were located at the two main DHEC buildings (Sims/Aycock and Mills/Jarrett). The section is pleased to be a part of such great causes to serve needy families and eager children. Thanks to all who were able to contribute!

The past month, I have been busy updating our HE Section listserv and serving as **chair** of the SCPHA Winter Conference. We are in the process of scheduling a speaker for the 2011 SCPHA Annual Meeting in May. If you have a speaker in mind, please share their name and contact information with me ASAP so that I can contact them.

Congratulations are in order to several of our section members for outstanding service to Health Education and Public Health: **Lillie Hall - 2010 Outstanding Health Educator of the Year** SCDHEC Office of Public Health Education

Johnese Bostic—2010 Outstanding New Health Educator of

the Year, SC DHEC Office of Public Health Education
Karen Fradua - 2010 Health Education Professional of the Year

SC Association for the Advancement of Health Education (SCAAHE)

Congratulations are also in order to our Chair-Elect, Kristy Stoneburner who welcomed a beautiful new baby daughter, Lawson, in November. Mother, father and baby are doing great and to President-Elect Larry White on his retirement and



new job as Project Coordinator for Smoke Free Horry.

Below are our section officers for the 2010-2011 year. The HE Section Meeting was held on Thursday, December 16, 2010 in Room N200 of the SC HEC Jarrett Bldg. We need volunteers to serve on the Convention planning committees, so please let us know of your interest. Also, please check your email and/or voicemail for more information regarding the next section meeting.

Chair: Lorraine Dillon

Chair-Elect: Kristy Stoneburner

Vice-Chair: *Vacant* **Secretary:** Johnese Bostic

Members-at-Large: Suzanne Sanders and Pat Williams

Management Support Section

Gloria A. McCurry

The Management Support Section Committee has completed the following projects:

Sister Care in Cayce Halloween Project – On October 27, 2010, Christina Pressley represented MSS and delivered a total of 30 Book Bags filled with 2 coloring books each, a box of crayons, Halloween pencils and a hefty bag of candy. We delivered an additional 30 sewing kits and cook books for the mothers of Sister Care.

The Independence House Halloween Project - on October 26, 2010, Donna Culbreath delivered the Halloween Box and we will put a picture next newsletter.

The Christian Ministries Center in Batesburg-Leesville, Mary Glover Project, provided paper products and was very successful. On November 10, 2010, we delivered a total of 224 rolls of Toilet Tissues and 56 rolls of Bounty Towels. In addition to the paper product we also delivered a very large bag of children clothing and toys.

On November 19, 2010, we completed our Gas Raffle Ticket event and the winner of the \$100.00 gasoline gift card was Nicholas Dorman. We also held our annual bake sale that day as well and were able to raise a total of \$586.00.

Currently, we have set up Food Drive boxes to collect can goods and other non-perishable food items for the Christian Ministries Center.

Public Health Nursing Section

Ellen Bouknight

The Nursing Section is excited to have a new service project this year. Looking for a way to honor someone special during the holiday season!!! Consider a donation...

We are working with Camp Burnt Gin to promote items on the camp wish list, including monetary donations to help support the 2011 summer season of camp. Camp Burnt Gin is a summer camp in Wedgefield, South Carolina, for children who have physical disabilities and chronic illnesses. From early June until mid August, Camp Burnt Gin operates four six-day sessions for seven through 15 year old children, two six-day session for teenagers, ages



16-20 and a four-day session for young adults, ages 21-25. This camp and the wonderful opportunities it provides to children with special health care needs have been feeling its own crunch with the current economic budget cuts. A few ways to donate wish list items: you can contact Ellen Bouknight (boukniec@dhec.sc.gov) (SCPHA Nursing Section Chair) to find a nursing section member close to your work, who you can drop off wish list items to, or you can go directly to the Camp Burnt Gin website at campburntgin@dhec.sc.gov to view the camp 2011 season wish list. ALL monetary donations questions must be directed to Camp Director (Marie Aimone) at 803-898-0784, 803-898-0455 or aimonemi@dhec.sc.gov. However, checks should be made out to "DHEC: Camp Burnt Gin" or "Camp Burnt Gin" and mailed to

Camp Burnt Gin

DHEC Division CSHCN

P.O. Box 101106

Columbia SC 29211-0106

(Charitable Public ID# P8111, Tax ID# 57-6000286).

Student Forum

Patrick Cummings

The Student Forum of the South Carolina Public Health Association (SCPHA) is made up primarily of students with an interest in public health. It includes students enrolled in all colleges in South Carolina, at any level of study (undergraduate or postgraduate), in any health or medical-related field/major or with a genuine interest in public health. This is the first year of the student forum with the current executive council inaugurated in July of 2010.

The student forum had its first SCPHA student forum meeting in the Arnold School of Public Health on Friday, September 24th, 2010. There was an impressive turnout of students. Since this was the first meeting, members of the executive council were formally introduced to the students, and a brief overview of the student forum as well as its goals and objectives was provided. In addition, community service opportunities, SCPHA student forum



Student Forum Harvest Hop Service Project Participants (l. to r.): Michael Stalnaker, Patrick Cummings, Kathryn Zenger, Jean Marie Place and Winston Abara

section t-shirts, potential internship/practicum and mentorship opportunities were discussed. Also, questions from the attendees were also addressed.

Since that time, we have finalized arrangements for the SCPHA student forum t-shirts and we will start taking orders for the t-shirts soon. We are also scheduled to volunteer at the Harvest Hope Food Bank on Friday, December 3rd, 2010. Additionally, we are in the process of setting up a buddy system where students can pair up with a public health worker who is also a member of SCPHA that can provide mentorship and guidance to students regarding the essence and real-life contributions of public health workers to our general welfare. Finally, community service is a major focus of the SCPHA student section and we are open to collaborating with other SCPHA sections on their proposed community service projects.

If you have any questions, please contact the chair of the student section, Patrick Cummings at cumminpn@email.sc.edu.



On December 13, 2010, President Obama signed Senate bill 3307 into law. This legislation will support healthier school lunches. **"The Healthy, Hunger-Free Kids Act"** will significantly improve the quality of meals that children receive at school and will play an integral role in our efforts to combat childhood obesity.

The legislation covers three key points:

- Paths to ending childhood hunger,
- Promoting health and reducing childhood obesity, and
- Improving program management and integrity in school lunch programs.

For more information, please visit the following links:

- Full bill S.3307: <http://ag.senate.gov/site/ComLeg/s3307.pdf>
- Summary of key point #1:
<http://ag.senate.gov/site/ComLeg/CN%20summary-%20hunger.pdf>
- Summary of key point #2:
<http://ag.senate.gov/site/ComLeg/CN%20summary-%20nutrition.pdf>
- Summary of key point #3:
<http://ag.senate.gov/site/ComLeg/CN%20summary-%20program%20mgmt.pdf>
- Side-by-side comparison of bill S.3307 and White House Obesity Task Force Report: <http://ag.senate.gov/site/ComLeg/task%20force%20side-by-side.pdf>

**Submitted by Lavell Thornton and Lillie Hall from <http://ag.senate.gov/site/legislation.html>, December 3, 2010.*

Florry Going Smoke Free

Larry White

Everyone deserves to breathe smoke free air. Nationwide, more and more workplaces are going smoke free. However, South Carolina has few comprehensive smoke free workplace policies. In March 2010, South Carolina received a federal grant through the Department of Health and Human Services' Communities Putting Prevention to Work (CPPW) program, overseen by the Centers for Disease Control and Prevention. Florence and Horry Counties are two of 44 communities across the United States to be awarded funding to reduce adult and youth tobacco use, a leading preventable cause of premature death and disability. Florence and Horry Counties were chosen to receive funding for two reasons: Both counties have active community coalitions working on the issue and a high prevalence of smoking and smoking-related health issues. Horry County alone has a smoking rate of 25 percent.

Smoke Free Florence and Smoke Free Horry, along with the BREATHE coalition and other community partners, will work to reduce tobacco use and to advocate for smoke free communities. "The ultimate goal of the CPPW grant is to have every community in Florence and Horry Counties pass smoke free ordinances," said Larry White, Smoke Free Horry Project Coordinator.

Despite the fact that the Florence City Council did not pass a smoke free ordinance in 2009, Smoke Free Florence is increasing its efforts and will continue to work with businesses and local leaders to encourage smoke free communities. Currently in Horry County, Surfside Beach is the only community to have implemented a smoke free policy. In November, the City of Myrtle Beach implemented a smoke free policy in all city buildings that does not allow smoking outside of those city buildings.

In addition, the grant will fund evidence-based tobacco cessation techniques. The SC Department of Health and Environmental Control sponsors the SC Tobacco Quitline, which is a free phone-based counseling service available to all state residents. Callers are assigned a personal Quit Coach, who will talk smokers through cravings, help them formulate a plan for quitting, refer callers to local resources and offer general support throughout the quitting

process. Through this grant funding, residents of Florence and Horry Counties are also eligible for free Nicotine Replacement Therapy. The Quitline phone number is 1-800-QUIT-NOW (784-8669) and is open 7 days a week from 8 a.m. to 3 a.m. Research shows that the best way to quit smoking and stay smoke free for the long-term is to pair medication with some form of counseling or support.

By 2012, both counties should have more public places which allow citizens to breathe smoke free air and a decrease in the number of current tobacco users. With the addition of resources to both Florence and Horry Counties through the CPPW opportunity, both counties are expecting healthier communities in the near and distant future.

Building A Better Family: Parenting Skills Group

Melanie Peebles is now offering "Building a Better Family: Parenting Skills Group" to women in Lexington County who are looking for skills and information to assist with improving their parenting skills. We have all heard the adage "babies don't come with an instruction booklet" and parenting can be a daunting task.

According to Melanie, "Counselors identify group members, with the help of DSS and other providers, who would benefit from parenting skills training. I have also sent flyers to DSS for referrals and during our in-service with DSS later this month will be presenting information about the services directly with DSS case workers."

Currently there are eight sessions that build on each other and at the end of the cycle participants receive a certificate of completion. Melanie says "I wanted to work with this group because I know from my training and personal experiences how addiction and trauma from the family of origin can influence the type of parent you become and the type of children you raise. I wanted to help break the cycle of dysfunction as well as empower parents to make healthy choices." If you would like more information on the program contact Melanie @ 726-9417.



SCPHA Winter Conference February 17, 2011

Conference Brochure Now Available Online:
<http://www.scpa.com/docs/2011WinterConfBrochure.pdf>

Pay Fees Online (Register by February 11, 2011):
<http://www.scpa.com/payregisfeesonline.html>

2010-11 SCPHA Governing Council

Governing Council

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Vice President

Lynnore Liggins
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Student Forum

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