

# NC SOPHE Voices

North Carolina Chapter | Society for Public Health Education, Inc.

Spring 2019

## President's Column

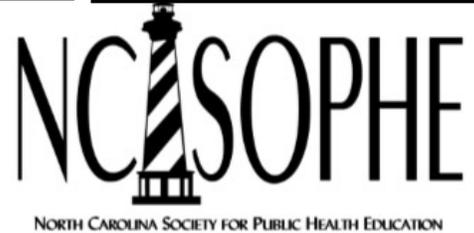


Randy Bergman, PhD, CHES

Hello NC SOPHE members. As I embark on my presidential year, I am encouraged by the strength of our Society, our great members and our devoted elected officers, committee members and chairs.

Before I get into my goals for our organization this year I want to provide a little bit of information about myself. I am from a suburb south of Kansas City, Missouri where I grew up the middle of 3 children (I only mention that because definitely have [self-diagnosed] middle-child syndrome. I graduated from Southeast Missouri State University with a Bachelor's degree in Fitness and Sports Medicine, earned my Master's degree from Indiana State University in Exercise Science and PhD from The University of Tennessee - Knoxville in Human Ecology. I am both a Certified Health Fitness Specialist and a Certified Health Education Specialist and currently hold the positions of Associate Professor of Public Health, MPH program coordinator and Institutional Review Board (IRB) chair at Lenoir-Rhyne University.

The Executive Committee (EC) held one of its two required face-to-face meetings in January to get this year off to a proper start. We finalized our new committee structure, among other things, which leads into my first goal of improving all processes our Society completes. This is projected to be accomplished by updating how we use technology to assist with officer and chair transitions, committee reporting requirements and developing better timelines for completion of required tasks. This then leads into my second goal of increasing membership and engagement. By improving our processes and communication it is expected that we will be better positioned to meet the needs of our members by providing direct communication through emails and social media about upcoming events, job opportunities, trainings and networking, offering continuing education opportunities through webinars and our annual meeting (which will be in Greensboro this fall), collaborate with other public health education organizations and entice more members to join and be active members of the committees of NC SOPHE. The members of our committees are what make NC SOPHE successful, without dedicated individuals volunteering their time, knowledge, resources and passion for the professional of public health education nothing would be accomplished. I implore you to encourage students and professionals to join NC SOPHE, engage with the organization and other public health education professions by becoming involved on a committee and help us realize how we will enhance the profession and population together.



I am humbled to serve in this role and look forward to working toward a healthier and happier future. Respectfully submitted –Randy Bergman, PhD., CHES NC SOPHE – President

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The NC SOPHE Voices Newsletter is published biannually by the North Carolina Chapter, Society for Public Health Education, Inc. (NC SOPHE).

Members of the Chapter's Public Relations Committee prepare this publication as a professional resource for current members and health education professionals working in the state who are considering membership.

North Carolina Chapter, Society for Public Health Education, Inc.

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[www.ncarolinasophe.org](http://www.ncarolinasophe.org)

## NC SOPHE Chapter Delegate Report

Submitted by: Brittan Williams, MPH, CHES



### SOPHE 2020 Annual Conference

National SOPHE is already working on the 2020 Annual Conference to be held in Atlanta, Georgia at the Sheraton Atlanta, March 18-20, 2020. The call for abstracts is expected to open in April 2019.



### SOPHE Advocacy Summit

Save the Date! The 21st Annual Advocacy Summit is on the books for Oct. 19 - 21 on Capitol Hill in DC! Learn to advocate for important public health issues at the national, state, and local levels. Stay tuned for early-bird registration & the call for abstracts, opening April 1! <http://www.sophe.org/advocacy/advocacy-summit/>.

### National SOPHE Awards, Fellowships & Scholarships Now Available!

Every year, National SOPHE presents awards to faculty, practitioners, students and chapters in more than 15 categories.

Read about each award, fellowship or scholarship, the eligibility, requirements, and submit an application.

<https://www.sophe.org/about/awards-fellowships-scholarships/>

## NC Alliance for Health report

*Respectfully submitted March 14, 2019 by Julie Gooding Hasty*

Greetings NC SOPHE! I have attended the NC Alliance for Health meetings as your representative for the last few years.

The NC Alliance for Health was formed in 2002 with the mission to improve North Carolina's health and educate North Carolinians about the dangers of tobacco use. Since that time, the NC Alliance for Health has grown from a few organizations to over 60 and is made up of many individual members and partners. The focus has expanded to also include Obesity Prevention.

Some of the Obesity Prevention priorities for 2019 include promoting the elimination of food deserts in NC and promotion of the inclusion of Physical Education in the state's accountability system as a measure of school success and/or in the School Report Card.

The Tobacco Use Prevention priorities include promoting prevention through statewide, evidence-based and/or evidence-informed policies and appropriations for tobacco use prevention and cessation programs.

The NC SOPHE listserv with the complete list of 2019 priorities has been shared.

The meetings are held at the American Heart Association or the American Cancer Society in Wake County. Committee calls take place by phone during the legislative season.

The Executive Director is Morgan Whittman Gramann, Esq. and her email is:

[morgan@ncallianceforhealth.org](mailto:morgan@ncallianceforhealth.org).

The Grassroots Coordinator is Marianne Hedrick Weant , MSPH,MA,CHES at

[marianne@ncallianceforhealth.org](mailto:marianne@ncallianceforhealth.org)

For more information you can visit their website at: [www.ncallianceforhealth.org](http://www.ncallianceforhealth.org)

If a you are currently a NC SOPHE member and would like to attend a meeting sometime, please contact Julie Gooding Hasty at 919-707-5695 or email me at :

[Julie.Gooding-Hasty@dhhs.nc.gov](mailto:Julie.Gooding-Hasty@dhhs.nc.gov)

## **Committee Reports**

### **Continuing Education**

The Continuing Education Committee is preparing to work with the Program Committee to provide CHES and MCHES credits for our Annual Meeting and any online opportunities the chapter provides. If you are interested in serving on this committee, email me at [Ann.Staples@dhhs.nc.gov](mailto:Ann.Staples@dhhs.nc.gov)

## NC SOPHE Exhibit at Minority Health Conference 2018



2019 NC SOPHE Annual Meeting  
Come Join Us!

Save the Date

# 2019 NC SOPHE Annual Conference

“Sparking Change: Best Practices to  
Improve Community Health Outcomes”

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November 7-8

Greensboro, NC

Embassy Suites



facebook.com/NCSOPHE  
twitter.com/NC\_SOPHE

Visit our website, [www.ncarolinasophe.org](http://www.ncarolinasophe.org) and social media for updates!



## Awards and Scholarships

The NC SOPHE Awards Committee is excited to announce we are now accepting nominations for the following awards, Grace Daniel Promising New Health Educator Award, Outstanding Health Educator Award, Kathy Kerr Outstanding Health Education Project Award, and Chapter Student Recognition Award.

The Awards Committee is also accepting applications for the Undergraduate and The Emily T. Tyler Graduate scholarships, which are both for \$500 for the 2019-2020 school year. Award and scholarship descriptions and forms can be found on the NC SOPHE website at <http://www.ncarolinasophe.org/>.

The deadline to submit the Awards packet is August 30, 2019 and the deadline to submit for the scholarships is October 2, 2019.

Please send questions and/or concerns regarding awards and/or scholarships to Tekeela Green and Ashley Rink, Awards Committee Co-Chairs at

[northcarolinasopheawards@gmail.com](mailto:northcarolinasopheawards@gmail.com).



## Friends of NCSOPHE

### Features in our Newsletter

#### New Teaching Kitchen Offers Cooking Programs for Schools and Organizations

Poe Center Introduces 7th Teaching Theater - the CookWELL Kitchen

"We are thrilled to be able to offer this new experience to schools and organizations," says Ann Rollins, executive director for the Poe Center. "The CookWELL Kitchen helps create a holistic experience for visitors. Students can learn about healthy choices in our nutrition theater, learn to grow fruits and vegetables in our teaching garden, then take that knowledge and food down the hall to the teaching kitchen to prepare a healthy meal. We're able to provide practical knowledge and skills in a highly interactive hands-on experience."

#### About the CookWELL Kitchen

The Alice Aycock Poe Center for Health Education (Poe Center) is pleased to announce the opening of their 7th teaching theater, the CookWELL Kitchen. Set in a bright and colorful environment complete with high-tech instructional capability, the CookWELL Kitchen can accommodate up to 16 people and has four color-coded cooking stations designed to replicate an at-home cooking experience. Programs are designed for ages 10 – adult and focus on basic kitchen safety, nutrition, and making a simple healthy and delicious dish. Programs are led by ServSafe-trained professionals using an evidence-based curriculum.



More information about the [CookWELL Kitchen](#) is available [online](#). Schools and organizations may schedule programs [online](#) or by calling 919-231-4006.

#### About the Poe Center

The Alice Aycock Poe Center for Health Education is a nonprofit organization dedicated to educating and empowering North Carolina's children, youth, and their families to make choices that increase positive health behaviors. Since establishing its Raleigh facility in 1991, the Poe Center has provided health education to over one million children throughout North Carolina. By engaging in fun, highly interactive lessons, preschoolers through twelfth graders receive information that follows the NC DPI Healthful Living Essential Standards on a variety of health topics, including nutrition, dental health, general health, adolescent development, bullying prevention, and substance use prevention. For additional information about the Poe Center, please visit [www.poehealth.org](http://www.poehealth.org).

## Let's Stay Connected

### [Enroll or Renew your membership online](#)

Thank you for reading this issue of *NC SOPHE Voices*. If you would like to submit an article for the next edition, please contact the Membership and Public Relations Committee Julie Gooding-Hasty, Co-Chair, [julie.gooding-hasty@dhhs.nc.gov](mailto:julie.gooding-hasty@dhhs.nc.gov) or Elizabeth Baker, Co-Chair, [Elizabeth.baker@mtwdh.org](mailto:Elizabeth.baker@mtwdh.org)

Whether you are a student or professional member, you can renew your annual membership online at [www.ncarolinasophe.org](http://www.ncarolinasophe.org). Simply complete the online membership form and submit your payment using the appropriate PayPal link (there is one for student members and one for professional members). **You should receive a renewal notice via email** the month before your anniversary date. If you are unsure about your membership renewal date, send an e-mail to [northcarolinasophe@gmail.com](mailto:northcarolinasophe@gmail.com).

### [Keep your contact information updated](#)

Have you moved, had a name change, or gotten a new job? Don't let NC SOPHE lose track of you! Please send any changes in your membership information, e.g., name, address, phone, employer, to [northcarolinasophe@gmail.com](mailto:northcarolinasophe@gmail.com). If your name has not changed, you can complete a membership form online with your name and just the new information.

### [Don't miss us on Facebook](#)

Join NC SOPHE on Facebook to follow health education updates and breaking news. Visit [www.facebook.com](http://www.facebook.com) to register for free. Once you have an account, search for us by entering "North Carolina Chapter, Society for Public Health Education."

### [Follow us on Twitter](#)

Follow @NC\_SOPHE is on Twitter. Follow health education updates, tools news and advocacy updates. [https://twitter.com/nc\\_sophe](https://twitter.com/nc_sophe)

## Joining NC SOPHE

The North Carolina Chapter, Society for Public Health Education (NC SOPHE), is a professional organization formed in 1965 to promote, encourage, and contribute to the advancement of health of all people. NC SOPHE encourages its professional members to stay informed through continuing education, striving to improve the practice of health education, and to making a positive contribution toward making health accessible to all people.

### Membership benefits at a glance:

*Exchange of information with practicing health educators*  
*Planned professional development and continuing education activities*  
*Opportunities to serve on committees*  
*Opportunities to earn Community Health Education Specialist and Master Community Health Education Specialist (CHES & MCHES) continuing education credits*  
*Advocacy (legislative), updates & opportunities*  
*Regular updates through the Chapter's listserv (Google Groups), newsletter, Facebook page, and website*

Exciting opportunities exist within NC SOPHE --consider becoming a member today! Visit [www.ncarolinasophe.org](http://www.ncarolinasophe.org) today for the most current membership dues and instructions on how to join.