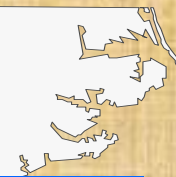


NC SOPHE VOICES



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



Georgia Childs,
President

Greetings From Your President

Happy New Year NCSOPHE! What a year it will be. I am so excited to serve as your President for 2008-2009. Even in these tough economic times, NCSOPHE is working hard for you! The Executive Committee continues to put in a tremendous amount of time and effort to further the mission of NCSOPHE and we need your help! There are so many ways you can become involved – from joining one of the many great committees that keep NCSOPHE running, to serving as chair of one of those committees. We have openings – let me know how you want to contribute.

The Program Committee has spent a great amount of time working on the Midyear Meeting. As many Health Educators are facing strict travel restrictions, the Program Committee is putting together a great meeting via video conference entitled: **Public Health Education on a Shoestring Budget: Doing More with Less.** What better way to learn how to operate with less money! There are nine sites under consideration all over the state - please make every effort to attend this video conference and support your chapter.

A new service that the Finance Committee has been working on for your convenience is the ability to pay online using the PayPal service. You can now join NCSOPHE, renew your membership or pay for conferences online! We are trying to make it easier for you to get involved.

There are many great things happening in NCSOPHE. Please get involved and share your experience, expertise and passion for Health Education. I can't wait to see you during the Video Conference in March. Please don't hesitate to contact me if you are ready to jump in and help your chapter!

Midyear Meeting on March 13 Will Be A Video Conference

8:30 am Registration

9:00 am - 10:30 am

Session I. Money for Nothing; Clips for Free:
Partnering with Your Local Media

Sheree Thaxton Vodicka, MA, RD, LDN
Communications Manager
Healthy Weight Communications Unit
Physical Activity and Nutrition Branch
NC Division of Public Health

Ann Houston Staples, CHES
Director of Public Education and Communication NC
Tobacco Prevention and Control Branch
NC Division of Public Health

10:30 am - 10:45 am Break

10:45 am - 12:15 pm

Session II. Panel Discussion: Local Health Educators
Success Stories: Utilizing Resources Strategically in the
Public Health Community

Deborah McAllister, BS
Public Health Education Specialist
Harnett County Department of Public Health

Karen Caldwell, MS
Coalition Coordinator/Community Health Specialist
Project ASSIST
Buncombe County Health Center

Willard Tanner, MA
Health Education Specialist
Forsyth County Department of Public Health

12:15 pm - 1:30 pm Lunch (On Your Own)

1:30pm - 2:00pm

Session III: Building and Sustaining Health Edu-
cation in Challenging Times: A Health Director's
Perspective

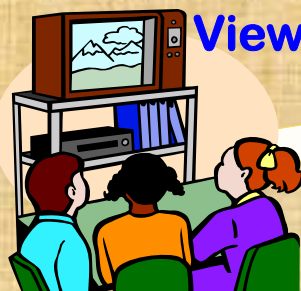
Danny Staley, MS,
Health Director
Appalachian District Health Department

2:00 pm - 3:00 pm

Session IV Quitting for Free – North Carolina Tobacco
Cessation Resources

Donna Dayer, BS
Tobacco Cessation Specialist
Tobacco Prevention and Control Branch
NC Division of Public Health

3:00 pm - 3:30 pm Business Meeting
3:30 pm Adjourn



Viewing Sites

- Beaufort County Health Department, Washington ♦
- ♦Catawba County Health Department, Hickory ♦Cooper Building, Raleigh♦
- Cumberland County Health Department, Fayetteville ♦Mayes Center at UNC-
Chapel Hill (School of Public Health) ♦Mecklenburg County Health Department, Charlotte ♦
- Mountain Area Health Education Center (MAHEC), Asheville♦ Nash County Health Department,
Nashville (Rocky Mount) ♦ North Carolina Central University, Durham ♦
- Watauga County Health Department,
Boone♦

To register and for more information on viewing
sites go to <http://www.ncarolinasophe.org>

Brittan Williams

NCSOPHE Professional Preparation and Standards of Practice Committee

The North Carolina Chapter of the Society for Public Health Education (NCSOPHE), Professional Preparation and Standards of Practice Committee (PPSP), collaborated with the North Carolina Public Health Academy (NCPHA) and the Mountain, Eastern and Charlotte AHECs with the support of the North Carolina Association of Local Health Directors (NCALHD) to develop the Health Education Principles Training Course. The Principles Training Course, consisting of two face-to-face sessions and five on-line sessions, was offered from September through December.

This course provided an overview of the seven areas of responsibility and the related competencies for health educators. Designed to develop an introductory level of knowledge and skills for successful health education programming, the focus was skill development for those working in health education without a degree in the field. This course was not intended to be a replacement for a degree in health education.

In addition, the School of Health Educators Web site was developed by NCPHA to help health educators assess their skills, receive professional development guidance, and discover learning opportunities and resources that would enable them to meet their professional development goals. For more information about the School for Health Educators visit

http://www.ncpublichealthacademy.org/pha_hlth_edu_land.htm

Currently, NCSOPHE and NCPHA are seeking a student intern to assist with the course evaluation and on-line development revisions of the Health Education Principles Training Course. To interview for the student internship, please contact Nicolette Warren-White at 919-668-2684 or e-mail at nicolette.warrenwhite@duke.edu.

The Scholarship Committee hopes to have lots of nominees for this year's \$500 health education scholarship. We do not want this fund to sit in a bank account when there are deserving students out there! Applications will be sent out in Spring of 2009, so encourage friends and colleagues to start thinking about a worthy student nominate for the 2009 NC SOPHE academic scholarship in the amount of \$500.

With the growing economic crisis we all are forced to tighten our budgets. NC SOPHE is not immune to the budget issues our state and nation are facing.

The Executive Committee met on November 21st, 2008 to review and discuss the budget for the upcoming year (2009). The committee worked diligently to prepare a realistic budget that more closely reflects the Chapter's average revenues and expenditures. Budgetary items that were looked at closely include travel and our Midyear Meeting.

NC SOPHE members have spoken and the Executive committee has responded. NC SOPHE's Web site now features a PayPal option that may be used for paying membership dues. New members may use the feature to join and current members may use the feature to renew. Of course, the option of mailing in a check is still available but the hope is that this added convenience is just that - convenient!



Go to <http://www.ncarolinasophe.org/>

- Click on 'Membership' in the navigation column on the left-hand side of the home page
- Under 'Join Online' click on 'Membership Form'
- Complete the membership form and be sure to indicate your method of payment as 'PayPal' within the box 'Additional Information'
- To submit your form, click 'save' at the bottom of the page
- Once you have submitted your form, return to the navigation column on the left-hand side of the page and click on the appropriate membership category (e.g., Professional or Student)
- The cost of the membership dues will be shown. Click 'Add to Cart'. Review the order and click 'checkout'.
- Enter your name and billing information to pay.

Lincoln Community Health Center, Diabetes Empowerment Program

By: Kelly O'Daniel, MPH, and Gail Albergo, PA-C

The Diabetes Empowerment Program has become an integral part of our diabetes care program at Lincoln, made possible by our grant from the NC Health and Wellness Trust Fund Eliminating Health Disparities Initiative. Started in late 2006, the program is made up of a Health Educator, Community Outreach Worker, and part-time Data Technician. It is a dynamic team that joined forces with our Nutritionist, medical providers and other clinics and services to make sure all the needs of our diabetic population are met.

Before our program began, patients would come in, receive a diabetes diagnosis from their provider, and then have to schedule another appointment for the twice-monthly diabetes clinic. At the diabetes clinic, patients would receive diabetes and nutrition education, as well as glucometer training. What ended up happening with this model of care was that people didn't come back for diabetes clinic, and the opportunity for timely education and diabetes management was lost. What this grant has allowed us to do is hire a Health Educator and Outreach Worker to provide point-of-service diabetes education, which allows patients to receive one-on-one attention at the time of their visit immediately following a diabetes diagnosis, eliminating having to wait for another appointment; now, fewer patients are "falling through the cracks." This has helped us achieve the goals of people adopting healthier exercise and eating habits, and an overall increased awareness of health; address and decrease barriers to self-management so that we can effectively work with patients to make healthy behavior changes; and help people learn about healthy changes they can make and take back to their families, friends, churches, and neighborhoods.

In addition to services we offer to our patient population, we also have free support groups in English and Spanish for both patients and community members, serving the already established African-American patient population, along with the expanding Latino communities in Durham. These groups provide chronic disease management information and support in a culturally appropriate manner.

The most successful endeavor in this HDI grant has been the Walk Club that meets every Tuesday and Thursday morning, and alternating Saturdays at an indoor track donated by Durham Parks and Recreation. Regularly we have approximately 25 walkers, both Lincoln patients and community members. Many participating in the Walk Club have lost weight, lowered their A1Cs (a type of blood test), had a decrease in medication, and an overall increase in quality of life.

In addition to changing to point-of-service model and offering resources to patients and the community, we have also been able to successfully increase our collaboration with the Durham community. Some collaborations we have begun and maintain include: Durham County Health Department for support with workshops; Durham Community Health Network for nutrition education for walk club activities; and Durham Parks and Recreation and Durham YMCA for space for physical activity, among other groups. More recently we have started to collaborate with the media. For World Diabetes Day on November 14, 2008, we organized a community walk to raise awareness about diabetes prevention and treatment. NBC 17 did a news story on this event, and they were so inspired by what they learned about our program that they came back to do another story on our Walk Club. In interviews with NBC, our Walk Club members discussed how the

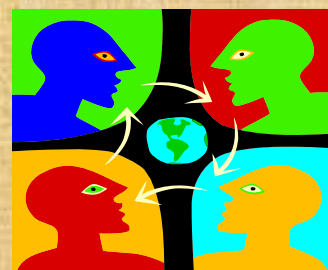
Walk Club has positively impacted their lives. Some said:

"I lost weight – 50 pounds – and I stopped walking with a cane or walker. I really enjoy coming to Walk Club, and I hate when I have to miss the Walk Club meetings."

"I lie awake at night worrying about things, but then I come to Walk Club and I feel like a weight has been lifted."

"The Walk Club has given me a lot of strength and encouragement to control my diabetes and lose weight. I've also been able to teach my family healthy eating habits."

Overall, the HDI funding has given us the tools we need to help patients change their lives. Through this program, people have adopted healthier exercise and eating habits, and an overall increased awareness of health. Barriers to self-management have been addressed so that we can effectively work with patients to make healthy behavior changes. Our patients have benefited from our programs and education, but perhaps more importantly, they have taken that knowledge back to their families, churches, and neighborhoods. Long-term, meaningful, and sustainable changes are being made every day.



Learn about more successful programs at the Mid-year Video Conference

NC SOPHE
P. O. Box 10351
Raleigh NC 27605



The Harnett County Department of Public Health continued its five-week SISTA Project and graduated 9 participants in Dunn on December 18, 2008. Pictured in front are Betty Hollins and Barbara James. Middle row is Cassandra Lilly, Jennifer Parker, and Millicent Massey (SISTA Project Peer Educator). Back row is Shamara Eastman, Alexis McBryde, Margery Eastman, Cornelia Malloy, and Annie Kirksey

NC SOPHE Job Bank

If you are looking for a job or looking to fill one, you can take advantage of NC SOPHE's Web-based job bank. Find it at www.ncarolinasophe.org. Keep in mind that when you post an opening, it is reviewed prior to posting – so it will not appear on the Web site immediately. Most are posted within 24 hours.

NC SOPHE Listserv Rocks!

Many of you have contacted NC SOPHE with positive comments about our listserv. It's a great way to share information about job openings, continuing education opportunities and resources to help health educators.

Anyone can send a message to the listserv by sending an email to news@ncarolinasophe.org. Notes are reviewed before posting, so don't expect them immediately!

Is your inbox staying too full? You can choose to receive the digest version, which combines every three to five messages into one. Switch to the digest version by emailing info@ncarolinasophe.org. You can also use this email to ask any questions about NC SOPHE or to send changes to your address, phone, email or other database

Hope for the Future: Building Community Support for Families Who Have Lost an Infant

A conference to train clergy and other professionals on grief counseling techniques and related skills when working with families who have suffered the loss of an infant during pregnancy or first year of life

Who Should Attend?

Clergy, social workers, mental health counselors, physicians, nurses, health educators, funeral directors, and other professionals working with bereaved families.

Thursday, February 19th, 2009
8:30 a.m. – 2:45 pm. United Metropolitan Missionary Baptist Church, 450 Metropolitan Drive Winston-Salem, NC 27101

\$40 registration includes lunch
For more information, contact Debbie Mason at: 336-703-3260 or masonda@forsyth.cc

Tobacco Quitline Extends Daily Hours to 3 a.m.

RALEIGH – In a move aimed to make quit-smoking resources more accessible to all North Carolina residents, the N.C. Tobacco Use Quitline has extended its daily closing hour from midnight until 3 a.m.

Anyone with interest in quitting tobacco can call the N.C. Tobacco Use Quitline free at 1-800-QUIT-NOW (1-800-784-8669) any day of the week from 8 a.m. until 3 a.m. Eastern Time.

“Now tobacco users who want to quit and who keep later hours can use the quitline after midnight,” said Sally Herndon Malek, head of the Tobacco Prevention and Control Branch, N.C. Division of Public Health, which administers the service.

The N.C. Tobacco Use Quitline provides services in English, Spanish and many other languages. Professionally trained Quit Coaches help each caller develop an individualized plan for quitting.

“Once a caller is enrolled in the program, he or she can also get online coaching if they want it,” Malek said. “Our Quit Coaches are very supportive and encouraging; we are proud of the positive assistance they provide.”

Funding for this free, confidential service is currently provided by the N.C. Health and Wellness Trust Fund, the U.S. Centers for Disease Control and Prevention (CDC), the American Legacy Foundation, and the State of North Carolina.

Mary E Hawkins, Editor
Emily Tyler, Copy Editor