**Message from the President**

**Jayne Andreen**, ALPHA President

*Well, life is certainly interesting these days, isn’t it?*

I sat in the Denver Convention Center at the end of October, listening to the opening plenary of the American Public Health Association’s annual meeting and conference. Twelve thousand public health professionals from around the country listened to Cecile Richards, Executive Director of Planned Parenthood International share the long, difficult struggle women have had – and continue to have – achieving reproductive rights. She spoke with passion and commitment, highlighting our accomplishments as well as the future challenges. Over those four days we heard challenging and exciting information on climate change, health equity, gun safety, opioid addiction and the commercialization of marijuana. National and state public health leaders repeatedly referenced our next president as “she.” I left Denver with hope for the future of America and the world’s health and well-being.

*Then November 8th happened.* One major lesson from that day is that there are few times in our country’s history when we have been so divided. This didn’t happen overnight. Years of gridlock and fear mongering are taking their toll. It was a harsh election, and it is clear we still have a long way to go to be a united nation. As with many, I’m trying to understand how the US has reached this point of them versus us, of how promoting equal rights and liberties for all is seen as a loss by so many. I’m not denigrating our President-elect, or anyone who voted for him, but am struggling to reconcile such disparate views of our society, culture and values.

This makes Alaska’s legislative news all the more exciting with the new bi-partisan coalition in the House of Representatives. Alaska has been locked in the same partisan gridlock that has plagued the entire country. Let me be clear, this isn’t a matter of Democrats versus Republicans, but is about one “side” versus the other “side” more invested in “winning” than in working toward the betterment of all. The best public policy comes when people with different viewpoints work together to find the common ground.

**Alaskans MUST work together** to craft our future, and we are now poised for the next two years to make needed progress.

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Regardless of whether your focus is local, state, or national, now is the time to become involved in setting our future directions. If you are feeling hopeful or hopeless, jubilant or desperate, sick-at-heart or elated, now is the time to become involved.

Embrace activism in the ways and places that make sense for you. Become a volunteer, support causes that are meaningful to you, embrace positive change. Listen to the people around you to better understand what they value and hug your neighbor. Write letters to the editor.

Join us at the 2017 Alaska Health Summit to learn about how you can make a difference in Juneau and Washington, DC. Regardless of your viewpoint, make your voice and your actions matter.

Activism consists of efforts to promote, impede, or direct social, political, economic, or environmental change, or stasis. Various forms of activism range from writing letters to newspapers or politicians, political campaigning, economic activism such as boycotts or preferentially patronizing businesses, rallies, street marches, strikes, sit-ins, and hunger strikes.

en.wikipedia.org/wiki/Activism

--Jayne Andreen, ALPHA President
Registration is now open for the 34th Annual Alaska Health Summit taking place in Anchorage, January 17-19, 2017 at the Captain Cook Hotel. Come and join us for this year’s program, The Changing Landscape of Public Health.

2017 Health Summit Tracks

**Advocacy for Public Health** aims to influence decisions within political, economic, and social systems and institutions.

**Social and Economic Determinants of Health** track discusses social, educational, health, economic, physical, and environmental determinants of health across the life span. It seeks to identify methods to achieve health equity and improve the health status for individuals, communities, and regions as a whole.

**Interdisciplinary Partnerships** break down silos and increase collaboration to build shared solutions. Today’s health and social issues are requiring increasing collaboration and integration to prevention illness, injury and inequality.

**Public Health Research and Evaluation** generates knowledge and guides the full range of public health policy and program development and implementation.

**Health Promotion** is the process of enabling people to increase control over, and to improve, their health.

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**Pre & Post Summit Offerings**

**Pre-Summit:**
- Monday, Jan 16th, 1pm-5pm – *Connecting with Data2 and 2nd Annual Scientific Advisory*
  Hosted by Alaska Division of Public Health

**Post-Summit:**
- Friday, Jan 20th, 8am-1pm – *Prevention Drug Overdose-Data Driven Prevention Initiative*
  Hosted by Alaska Division of Public Health
- Friday, Jan 20th, 8:30am–1pm – *7th Annual Water and Sanitation Innovations for Arctic Workshop: Climate Change, Water and Health*
  Hosted by US Arctic Research Commission, CDC
- Friday, Jan 20th, 8:30am–1pm – *Running Effective Meetings Workshop*
  Hosted by the Alaska Public Health Association

More information is available: [http://www.alaskapublichealth.org/health-summit/](http://www.alaskapublichealth.org/health-summit/)
Alaska Public Health Nurses Conference 2016

Contributed by Linda K. Worman, D.M., RN, Chair, APHN Public Health Policy Workgroup, Public Health Nursing Section Chief, Public Health Nurse, State of Alaska

The Biennial Alaska Public Health Nursing Conference is taking place December 13-15, 2016 at the Captain Cook Hotel in Anchorage. Attendees will find opportunities to learn about new evidence-based, best-practice, and successful implementation model approaches useful in professional nursing practice.

The three-day conference will offer interactive workshops, networking with colleagues, exhibits, poster presentations, nursing education credits, and will recognize and celebrate Public Health Nurse Award recipients.

Conference Tracks:

Alaska’s Winnable Battles:
The Alaska Division of Public Health Strategic Plan for 2016-2020 includes 6 “Winnable Battles”. This track highlights evidence-supported interventions and policies that address these public health issues. Sessions in this category could include innovative approaches that address tobacco use and dependence, colorectal and cervical cancer, access to health care, child and adolescent health, infectious disease, and poisoning and overdose.

Healthy Futures:
This track focuses the coordination of wellness initiatives to improve health promotion, communication, and community partnerships. Sessions in this category include coalition building, social media tools and marketing, health curriculum development, behavior change models, and community advocacy.

Transforming Health Systems:
This track focuses on emerging issues in healthcare and how health policy and administration directly impact the health of all Alaskans. Systems-level change focuses on laws, policies, and environments that promote healthy lifestyles. Sessions in this category could include access to care, patient-centered medical homes, electronic medical records, laws and regulations, new models of care, innovative practice, the Affordable care act, improving preventative care, and emerging issues such as response to emerging infectious disease, marijuana legalization, and climate change.

Social and Economic Determinants of Health:
This track highlights public health practices that promote health and social equity by improving availability to resources and conditions that promote improved health outcomes in all communities. Sessions in this category could include health promotion for vulnerable populations, refugee/immigrant health, ACES, and trauma-informed care.
Did you know that the Alaska Public Health Association (ALPHA) is an official Pick.Click.Give. organization?

Pick.Click.Give. provides an unprecedented opportunity to raise the level of awareness throughout Alaska about the power of individual giving, while providing a new opportunity for every Alaskan receiving a PFD to consider using it in a charitable way.

By giving through this program, you join others to become an important force in bettering our communities and state.

When you make a donation from your PFD through Pick.Click.Give., you can make an impact by sharing just a little with a cause you care about.
UAA Community Engaged Student Assistant (CESA) Administration Scholarships

Contributed by Nancy A. Nix, MD, MPH&TM, MEd, CHES, Associate Professor of Public Health, University of Alaska Anchorage

The University of Alaska Anchorage (UAA) Department of Health Sciences’ MPH Program and Alaska Public Health Association (ALPHA) are working together to improve the visibility of ALPHA, raising awareness of public health, and to promote more student engagement. Through the UAA Center for Community Engagement and Learning, these collaborating partners were awarded support for two Community Engaged Student Assistant (CESA) for Fall Semester 2016. ALPHA congratulates the two MPH Graduate Students who received the CESA program awards.

ALPHA Congratulates the Two MPH Student CESA Administration Scholarship Recipients

Kathy Griffith

Jessie Doherty

Both MPH students are bringing their background and skills to work on these CESA projects. One focus is on expanding public health outreach through the website and by using social media such as Facebook, Twitter and Instagram. This can improve the visibility of ALPHA and create a better understanding of ALPHA’s function as the primary public health organization in the state and how it serves the people of Alaska. These approaches can also raise awareness of public health issues in Alaska and bring to light the people and organizations working on these.

The CESA students are also working on strategies to promote student engagement and the use of social media will assist in allowing a greater portion of the younger population to be reached and information to be shared.
The mission of the UAA Center for Community Engagement & Learning is to connect academic programs with community needs to use scholarship and action for the mutual benefit of the University and the State, its communities, and its diverse peoples. The CCEL serves as a central point for the intersection of student learning, faculty research, and community engagement. One of its efforts is to provide UAA Administration Scholarships, formerly tuition awards/waivers, for students to serve as assistants to faculty in their community-engaged teaching, research, or creative activity.

What are Community Engaged Student Assistants (CESAs)?

CESAs support students, faculty, and community partners in four key areas:

1. Developing community partnerships with faculty;
2. Recruiting, placing, training and coordinating service-learners for courses;
3. Developing creative projects, applying technical expertise, and collecting research data;
4. Providing direct service/research to the community partner(s).

Opportunities like these can benefit local communities and organizations, the university and its faculty, as well as students... the future workforce for Alaska!

If you have any questions, please contact: Dr. Nancy A. Nix at nanix@uaa.alaska.edu
The mission of the Public Health Associate Program (PHAP) is to train and provide experiential learning to early career professionals who contribute to the public health workforce.

Managed by the Centers for Disease Control and Prevention’s (CDC) Office for State, Tribal, Local and Territorial Support, PHAP enables entry-level public health professionals to gain hands-on, real-life experience in the day-to-day operations of public health programs. After completing the two-year, CDC-funded PHAP training program, associates are qualified to apply for public health positions at CDC and other health organizations.

PHAP is geared toward recent baccalaureate and master’s level graduates who are interested in a career in public health.

Learning through Hands-on Experience in the Field

Associates have the opportunity to work alongside professionals across a variety of public health settings. As CDC assignees to host agencies (state, tribal, local, and territorial public health agencies; community-based organizations; public health institutes and associations; academic institutions; and CDC quarantine stations) in the field, associates hold positions similar to those of their agency coworkers. They also help to extend the reach of programmatic work in the field, making them a valuable resource to their host site agencies.

Program Areas at Host Agencies

Each appointment consists of a two-year assignment in a program area selected by the host agency, including—

- Chronic disease
- Environmental health
- Global migration and quarantine
- Immunization
- Injury and violence prevention
- Maternal and child health
- Public health preparedness
- STD, TB, and/or HIV, and other communicable diseases
Program Curriculum

PHAP’s comprehensive curriculum focuses on developing associates’ proficiencies in key public health areas via formal instruction, mentoring, and on-the-job training. Associates also are able to participate in skill-building activities through seminars, web-based training, and conferences. Some examples of a typical associate’s on-the-job training—

- Contributing to community program planning and implementation
- Participating in outbreak response activities
- Developing surveillance reports for use by the agency or community
- Collecting water samples and insect specimens for environmental testing

PHAP Strengthens the Public Health Workforce and Benefits Host Sites

PHAP was founded in 2007 to renew CDC’s frontline public health focus and to meet the need for an ongoing source of field-tested, experienced, and dedicated public health professionals. In 2010, PHAP expanded from a pilot program to a nationwide public health training program—hiring 65 associates in 2010, and 145 associates in 2014—to further extend the reach of the program and CDC’s prevention activities. To date, PHAP has placed 545 public health associates in health departments across 43 states, the District of Columbia, Guam, and Puerto Rico.

While PHAP offers tremendous benefits to the associates through training and support, the host site also receives numerous benefits, including—

- Capacity-building and human resources to fill gaps in agencies affected by budget cuts and staffing shortages
- A unique partnership with CDC to develop the nation’s next generation of public health professionals
- Direct access to CDC resources and subject matter expertise

For more information:
For more information about becoming a PHAP associate or hosting an associate at your site, contact us at phap@cdc.gov or 404.498.0030.

Centers for Disease Control and Prevention (CDC) Public Health Associate Program (PHAP)
4770 Buford Hwy, NE, Mailstop: E-85, Atlanta, GA 30341
PHAP@cdc.gov | www.cdc.gov/PHAP
National Health Observances

Contributed by Janice Gray, RN, BSN, Alaska Heart Disease and Stroke Prevention Program Nurse Consultant II, Alaska Division of Public Health

Every month health care issues are recognized to increase awareness and hopefully improve health. Please visit the linked sites to learn more about these important topics and spread the word to your colleagues and the public.

Here are some of the many Health Observances coming up in the next few months:

**November**
- American Diabetes Month
- COPD Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Hospice Palliative Care Month
- National Stomach Cancer Awareness Month
- Great American Smokeout (Nov 17)
- International Survivors of Suicide Day (Nov 19)
- National Family Health History Day (Nov 24)

**December**
- Safe Toys and Gifts Month
- National Influenza Vaccination Week (Dec 4-10)
- World AIDS Day (Dec 1)

**January**
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Radon Action Month
- National Stalking Awareness Month

**February**
- American Heart Month
- National Children’s Dental Health Month
- World Cancer Day (Feb 4)
- National Wear Red Day (Feb 3)

**March**
- National Colorectal Cancer Awareness Month
- National Nutrition Month
- National Poison Prevention Week (Mar 19-25)
- American Diabetes Alert Day (Mar 22)

**April**
- Alcohol Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Distracted Driving Awareness Month
- National Minority Health Month
- Sexual Assault Awareness and Prevention Month
- National Public Health Week (Apr 3-9)

**May**
- National Stroke Awareness Month
- National High Blood Pressure Education Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Arthritis Awareness Month
- National Physical Fitness and Sports Month
- National Bike Month
- National Women’s Check Up Day (May 8)
- National Women’s Health Week (May 14-20)
- World No Tobacco Day (May 31)

**June**
- Men’s Health Month
- National Safety Month
- Men’s Health Week (June 12-18)
Anchorage Chosen to Participate in APHA Healthiest Cities & Counties Challenge

From the APHA Healthiest Cities & Counties Challenge Website

The Anchorage Park Foundation and the Municipality of Anchorage was chosen to participate in the American Public Health Association Healthiest Cities & Counties Challenge. The Anchorage Trails Signage and Wayfinding Plan aims to improve the walkability/bikability of trails by more effectively connecting Anchorage's parks and trails system.

The Problem: Although Anchorage is home to 224 parks and over 250 miles of trails, 66 percent of adult residents expressed their desire to use the vast trail system more.

Healthiest Cities & Counties Challenge Approach: Participants in a community survey identified poor signage and a lack of maps as barriers preventing them from hitting the trails more often. The program will improve the walkability of trails by more effectively connecting Anchorage’s parks and trails systems to its residents. The project anticipates increased exercise and commuting through the trail systems, allowing residents to experience the beauty of Anchorage while improving their health.

What is a Healthy Community?

Healthy cities, counties and tribes promote health, equality and inclusiveness and are economically competitive.

Healthy communities:
♦ Promote healthy behaviors.
♦ Focus on community safety.
♦ Provide abundant space where people can work, live and play.
♦ Enable people to have enjoyable social experiences, and ample work.
♦ Are clear of pollutants and provide communities with access to healthy food and clean water.

Cities, counties and tribes chosen to participate in the challenge received a $10,000 seed grant to support project implementation.

An expert panel will conduct site visits to all HealthyCommunity50 members to understand the community’s approach to the project first-hand and speak with the members of the cross-sector team and key stakeholders. At the conclusion of the Challenge in August 2018, the programs most able to show measurable change will be eligible for prize awards from $25,000 - $500,000. Participants will be judged on their own progress and will not be competing against each other.

Congratulations and Good Luck Anchorage!
Alaska Public Health Association

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Alaska Public Health Association

Mission: Advancement of the public’s health.

Goal: Serve as a hub that connects all health groups in Alaska.

Core Values:
- Equity: All Alaskans have the right to live under conditions that promote and protect health.
- Integrity: Our actions will always be ethical and based on the best available information.
- Excellence: We will strive to be effective in all our undertakings.
- Leadership: We will forward a vision that inspires action.

Towards this end, ALPHA will:
- Work to identify, raise awareness about, and advocate for public health in Alaska;
- Strive to educate, guide and influence issues affecting the public’s health;
- Partner with other public health advocates on targeted initiatives;
- Advocate for and encourage public involvement in the Alaska public health process to improve public health outcomes;
- Participate in the development and advocacy of sound public health laws and policies, using best practices; and
- Promote efforts to develop and sustain the public health workforce.

The ALPHA and APHA Connection

Alaska Public Health Association (ALPHA) is an affiliated association of the American Public Health Association (APHA). Since 1918, we have collaborated with APHA to grow stronger as organizations, to share expertise, influence, and resources, and to advocate for common priorities at the local, state, and federal levels.

American Public Health Association (APHA) is the national voice of public health and champions the health of all people and all communities. They strengthen the profession of public health, promote best practices and share the latest public health research and information. APHA is the only organization that combines a 140-plus year perspective, the ability to influence federal policy to improve the public’s health and a member community from all public health disciplines and over 40 countries.