



Newsletter

Special points of interest:

- Get Energized by Dee Johnson
- Share your work and knowledge at the next AEC
- Health District Personnel
- Our noble profession

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2006 IEHA AEC

Abstract of IPHA Presentations

March 16, 2006 IEHA Education Conference

**Planning for Health: the Built Environment - Impact and Best Practices for Health
Jon Barrett, Co-Director, Idaho Smart Growth**

Jon Barrett BS. Jon has Co-Director Idaho Smart Growth since October 1997. He has worked in community planning and growth management for more than 10 years as a city planner and a private sector consultant. Jon serves on the Board of Directors and executive committee of United Vision for Idaho (UVI). He has volunteered

in a variety of organizations throughout the northwest dealing with issues including child abuse prevention, youth athletics, conservation, transit, and responsible planning.

Abstract

This presentation will examine the impact of the built environment and evidenced-based practices for enhancing health. Idaho specific challenges and opportunities related to current development patterns and strategies for engaging the public in thoughtfully planned development and exemplary development policies will be explored.

The Effect Of Smoking Bans On Myocardial Infarctions: The Boise

Experience

Jill Heinz, BS, CCRP.

Jill is a Certified Clinical Research Professional through the Society of Research Associates (SoCRA). She will be completing her Master's of Health Science, Health Services Leadership degree at Boise State University in May 2006.

Abstract

Utilizing International Disease Classification, ninth revision (ICD-9) codes, we examined admission rates for myocardial infarction (MI) at St. Luke's Regional Medical Center and St. Alphonsus Regional Medical Center. We compared the admission rates from 24 months prior to the initiation of the smoking ban to the 12

President's Message

Why Are We In Environmental Health?

Why did I go into environmental health for a profession? In my case it sounded interesting and I was look-

ing for a job. Now why am I working in environmental health? I can list a number of reasons - among them are: I enjoy the work I do. What I do is helpful and people appreciate my help and one of the most important is that what I do makes a difference in the health

and lives of the people I work with. My employment has truly become a profession. While I was working in Oregon in the 70's a number of environmental health personnel took leave from their positions to work for a period of time (1 to 2

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months) in the refugee camps in Cambodia. They were helping to teach the importance of basic sanitation – drinking water, privies, insect control as well as other basic health issues. All of them that I talked to came home with a feeling of fulfillment as well as Dengue Fever and other diseases.

We should all give some thought to our profession. Those of you who have come into environmental health by way of a university program may have a jump start developing a professional thought pattern. I suppose that most start like I did – it sounds interesting

and I need a job.

While I was attending the various sessions at NEHA this year I gained a wider view of how important our profession is and how important we are to the health of the public in normal times as well as in times of disaster. One of the sessions I attended was presented by a group from Texas. Texas received thousands of persons who had been through hurricane Katrina. The presentation dealt with the receiving of disaster victims and providing them with food, clothing, medications and a healthy environment

We should not forget that we do make a difference. . .

to live in. The main thing that they would have done to make their program work better would be to involve the environmental health contingent earlier in their planning.

We should not forget that we do make a difference and we will continue to do so. The sooner we graduate from having a job to practicing a profession the more valuable we will become to our communities, our state, nation and world.

Dale E. King
IEHA President



S. Dee Johnson, EHS
President Elect

It Won't Kill You, I Promise

When I decide to get myself into a position such as this my rationale is usually, "What the heck, it's not going to kill me!" I have to admit the reason I'm writing this is because I'm the president-elect. I would like to explain how this anomaly happened. Two weeks before the March conference in 2006 our secretary/treasurer painted a bleak picture for me. He said something to the effect of; "Dee, we don't have anyone who wants to run for president/elect." We discussed the status of IEHA both financially and structurally. The conversation had several positive points but when it came down to brass tacks, it was two weeks before elections and not even one person would come forward and be willing to take the reins for two years. What would happen without leadership? That was the bleak picture. So, I ran,

unopposed...probably the only way I'll ever get elected to anything because I'm not exactly a beat around the bush type of person. I was one who would've sat and waited for someone else to run, as I've done for the past 17 years, thinking it's a lot of work, responsibility and stress and I don't need it right now. I imagine that's how 99% of you feel.

So here I am, jumping in with all fours and going to run fast and hard. My goal is to have all of you running right along with us. Don't be surprised if I make some mistakes; please be forgiving of me, if anything one of my good qualities is I learn from my mistakes.

As President-elect I'm responsible to organize the yearly education conferences. The conference is slated to be on March 14, 15, and 16, 2007 at Boise State University. Right now we

are in the beginning stage of organization, a lot of brainstorming has occurred and a general idea has formed. I almost have a program committee on board. I am getting ready to find people to be session moderators. It looks like we will have at least a half day that will be groundwater 101 with presenters teaching us principles of groundwater, soil structure and typing, and contaminant migration for example. We will have sessions dedicated to food safety, sewage disposal, and daycares. I'm thinking of having topics such as emerging pathogens, diffusing potential violent situations, handling job stress. We are partnering again with the Idaho Public Health Association. I'm currently working with contacts for the Idaho Solid Waste Association to partner with them in hopes that we can bring in a solid waste course. I'm looking for a motivating keynote speaker; I have a

What would happen without leadership?

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couple of ideas. I would like to use our Universities more, especially BSU where they have the environmental health program. What a great resource is there to tap. I would like to organize a fun run/walk. What are your ideas and thought's of that? Let me know.

Here is what I need from you.

1. I want your ideas for the conference, now.
2. I want volunteers, call me and tell me you're willing to help, if you don't know what you're willing to help with, I can help you learn.
3. No more unopposed elections! Bite the bullet, step forward, grab life by the horns, don't fear the dark side Luke, do what it takes. But be a leader in this organization at least once.
4. We need more nominees for EHS of the year. I un-

derstand the number of nominees has been pretty lame in the past. Let's step it up.

5. Each district health department and regional DEQ office is doing something within their office to provide for healthier living within Idaho.

I want to see it at our conference. There is no reason why each health district shouldn't provide a poster board or presentation on what they have done. It can be in any program, just something that you have done. Are you using a new inspection process, been in-

volved in a cleanup, what did you learn from the last outbreak, how have you met your goals? Be creative, you should be proud of yourself and the place you work in, showcase what you are doing. I expect to see at least one display from each district environmental health division and will solicit one from each DEQ regional office. I envision seeing one of these presentations selected to be taken to the annual NEHA conference to showcase what Idaho is doing.

... you should be proud of yourself and the place you work in, showcase what you are doing.

Can you tell I'm not one to be casually committed? Let's step out of the doldrums, open our eyes and live life. Heck, it's not going to kill you.

NEHA President Keynote Address

NEHA President Ron Grimes was the keynote speaker at the 2006 IEHA Annual Education Conference (AEC) on the Boise State University campus March 15-17. Grimes spoke about his vision for NEHA to include all parties concerned in fostering leadership; to use technology to provide training online; to support research in the roots of disease outbreaks, innovative environmental health practices, strategic interventions, impact of legal decisions; do long range planning in energy development, land use, transportation methods and systems, siting of facilities, design and development of safe products.

Leadership and workforce development are two other important parts of the vision. In the 24 universities with an environmental health program emphasis has been focused on research when practitioners are needed. Workforce development is critical as 45% of the environmental health workforce will retire in 4-7 years. Awareness can be created with internships and fellowship programs, and speaking to youth groups. Partnering with emergency response and bioterrorism preparedness is also important. Grimes felt that a BA/BS was needed for the REHS/RS credential.

His plan is for NEHA to better serve members on website; offer educational opportunities, have a student section and regional conferences. He said membership dues are only 20% of NEHA's income. The rest is from grant monies.

In sum, have the vision; develop competencies; understand the risks; build bridges of communication.

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months following the smoking ban and found a significant decrease in the MI rates among nonsmokers in Boise.

Community Action For Health: Healthy Families Active Youth: Together, We Can Make Positive Change in Childhood Obesity

**Ann Sandven MPH, Rhiannon Avery
MHS, Trevor Newby BS, Health
Promotion,;
Terry Reilly Health Services**

Ann Sandven, MPH, RD,
Development Officer/Farmworker
Outreach Manager. Ann has been in
this position since 1999, and in a variety
of progressive roles within Terry Reilly
Health Services since 1982. Ann earned a
Master's in Public Health Nutrition at the
University of California, Berkeley,
following undergraduate studies in
nutrition at the Nordic School of
Nutrition, University of Oslo, Norway
and in social sciences and Spanish at the
University of California, Berkeley, where
she graduated Phi Beta Kappa. Ms.
Sandven has been active in a variety of
local and state organizations, including
serving as a Board member for the Idaho
Public Health Association and
Community House homeless shelter in
Boise.

**Rhiannon Avery, MHS, Project
Coordinator.** For the past two years, Ms.
Avery worked as the Health Educator at
Boise State University, focusing on a
variety of health topics for students,
including fitness and nutrition. Prior to
being the Health Educator, she worked
with youth on leadership and community
involvement.

Trevor Newby, BS. Trevor is currently
employed as a research assistant for Terry
Reilly Health Services and Boise State
University. He is responsible for fitness
assessments and facilitator of Lunchtime
Activities at Van Buren Elementary
School in Caldwell Idaho.

Abstract

This presentation will describe the
collaborative efforts that yielded a three-
year federal grant to combat childhood
obesity. The goal of the program, titled
Healthy Families Active Youth (HFAY),

is to promote healthy weight and activity
levels in rural children. The program
objectives include increasing knowledge
of healthy foods, increasing daily servings
of fruits and vegetables consumed,
increasing the percent of children who get
at least 30 minutes of physical activity
five days a week, stabilizing or
decreasing the weight of overweight
children participating in a weight
management program, and promoting
appropriate identification and treatment of
overweight children by health and fitness
professionals. The process of obtaining
the grant, progress to date on these goals,
and next steps for the remaining two
years of the grant will be discussed.

Application of GIS and Statistical Tools in Public Health

Anjana Sahay, MS, GIS, MCSE.
Anjana has an MS in Environmental
Health and Geoscience and MS in
Geology. She also has a graduate
certificate in Geospatial Information
Analysis and a Microsoft Certified
Systems Engineer (MCSE) certification.

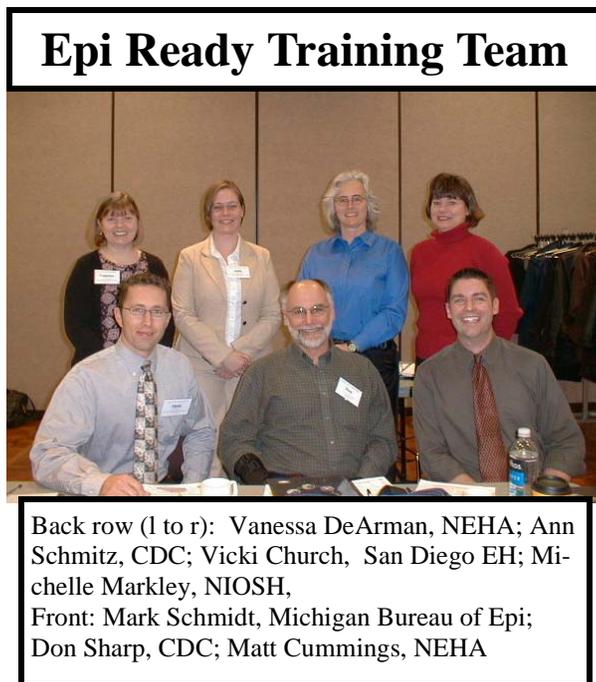
Abstract

This project for the Idaho
Department of Water
Resources (IDWR) examines
the relationship between land
use and ground water
contamination of Treasure
Valley Shallow Aquifers in the
Western Snake River Plain
(WSRP) of southwestern
Idaho. Arc GIS proves useful
in analyzing and monitoring
land use and contaminant
levels. Statistical analysis
tools are used to analyze
temporal and spatial data of
nitrate and atrazine and the
results are represented in Arc
Map and in graphical and
tabular form. The results of this
study can be applied towards
land use planning for this and
other regions.

Idaho and IEHA Epi-Ready

NEHA sent an Epi-Ready training
team to Boise in March for the IEHA
Annual Education Conference. During
three days of interactive training,
members of five District Health De-
partments, Office of Epidemiology and
Food Protection and the State Bureau
of Labs got to know interact with each
other during the orientation, instruc-
tion and practice investigation. Par-
ticipants with field experience shared
their "war stories" and insights. All
attendees thought the training was
worth the time spent learning and re-
viewing the "how-to's" of epidemiol-
ogy. And the instructors were im-
pressed by the enthusiasm and lively
participation of the attendees.

The only regret for some attending
IEHA members was not being able to
participate in the rest of the confer-
ence.



Back row (l to r): Vanessa DeArman, NEHA; Ann Schmitz, CDC; Vicki Church, San Diego EH; Michelle Markley, NIOSH,
Front: Mark Schmidt, Michigan Bureau of Epi; Don Sharp, CDC; Matt Cummings, NEHA

Highlights of the course will appear in
the Digest 2007. (editor)

Foreign Correspondent -Bob Webster

We've been on an LDS mission since January in DR. (Dominican Republic), microfilming govt. civil marriage records for family history-genealogy use.

Interesting that we use sanitizer solutions routinely to rinse the fresh produce & fruits we buy @ stores, before storing or using it. We also sanitize our kitchen dishes (after washing & rinsing of course). We've met a couple of workers in the records archive where we work who have suffered recently from parasites from the domestic water system.

It's a 2nd-world nation, stuck in a partially-civilized, world bank-dependant status. Friendly people individually, but whose society converts instantly into me-first aggression in street traffic, which is best described as automotive anarchy. It's an amazing psychic transformation from pedestrian to vehicle operator. It's been compared to a salmon run in a small-flow stream.

Government intermarriage with Mafioso elements is notorious. The infrastructure has barely functioning sewer, water and electrical systems. Main roads get paved, but side streets remain in crudely chuck-holed neglect. Huge poverty element, sizable middle-class torn between want-to-be Americans and zealous nationals, proud of their degenerating version of Spanish, fair amount of "haves" (foreign capital & drug money) to risk their BMW's in the insane traffic gridlock. This socio-political downside spoils the beauty & prospective prosperity of DR.

Attractive rural areas, agriculture, small mountain ranges and gorgeous beaches with their famously turquoise-blue/green Caribbean water. Love the year-round fruits & veggies. Mangos are my favorite, with ripe pineapples close second. A few fruits, veggies animal critters & gemstones are unique to the Caribbe.

DR's Western neighbor, Haiti is a tragedy in process - political anarchy at its worst. No one goes there, and starving residents can't escape it. DR doesn't tolerate them crossing the border.

Even temps year round 90's & 70's makes clothing easy to choose - short sleeves every day all year. The price we pay for that is 80 - 90% humidity year round too. Our apartment, car & filming room all have air conditioning, or we'd be as sweaty all day long as the locals.

My EHS "calibrated hands" can tell the water temperatures, and the seacoast waters at the beaches is 77 a.m. to 80 p.m. year round. (Bob reports he has gone snorkeling. Ed note.) Dominicans have no concept of cold water. Some who have visited the USA in Spring or Fall temps in the 50's say how "cold" it was. When it gets "cold" here in the 70's they put on sweaters.

So, I practice my EHS a bit here, & get in a few comments

here & there just "4 The Health of It". I value your friendship.

Elder "Agua" (constantly drinking bottles of it).



The Robert Webster's point to "D.R."

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Personnel/Personal

Have you met the **new members** of your staff? Have you introduced them to the other districts? Now is the time to do so. Please send a short resume of new faces and job duties to the editor, Bob Jue so I can share with everyone.

To get the ball rolling I will tell you what has been happening since March 2006 at CDHD aka PHD4. With the lack of an FDA contract **Bob Jue** has gone back to inspecting food establishments in Kuna and will act as a standardizing person with **Frank Isenberg** for the district. He continues to do Epi. The Ada County staff have rotated to new inspection areas. For those not familiar, the county is divided along zip code areas.

Beth Norberg moved back to Montana last month with spouse and dogs. We will miss her energy. **Ann Potcher** has been hired. Ann has been active in Oregon and Idaho and can be found in a Google search no less. She has a Masters in Aquatic Biology / Microbiology and has a family of two kids and spouse. She has started work at CDHD this month.

Susie Simmons is working full-time to fill out the child care program that Beth had. Beth also taught our food safety classes and Serv-Safe. **Chad Waters** is now filling that role teaching the classes and is our food risk control consultant. **Rob Mayer** has stepped out of that consultant role and is doing food inspections full time.

In another change, the EHEP (Environmental Health and Emergency Preparedness) has changed back to Environmental Health. EP moved to Epidemiology, Surveillance and Community Assessment which changed names to Communicable Disease Control and Public Health Preparedness, with **Nikki Sakata** as program manager.

Panhandle Health District aka PHD I

Farewell to: **Bob Camp** and **Chuck Anselmo**, who after many years of service have retired. Their contributions to public health are phenomenal, and they will be missed. **Rob Eachon** accepted a position with IDEQ in their regional office in Coeur d'Alene. Good luck to all!

Promotions: **Greg Calvert** was promoted to Senior EHS, and is now handling all programs in Boundary County. **Jason Peppin** was promoted to Senior EHS, and is now handling all programs in Shoshone County. **Annette Dueroock** was promoted to Senior EHS, and runs our Stormwater Management Program. **Kristina Keating** took on duties as our Food Program coordinator. Thanks to all of them for taking on these exciting challenges.

Welcome Aboard!: **Deric Inkster** and **Richmond Petty** are our newest EHSs in Bonner County, and **Justin Rader** is our most recent EHS in Kootenai County. We are lucky to have them on board.

Thanks to **Dick Martindale** for the PHD 1 update.

NEW HIRE!!



Melissa Newman PHD 2

IEHA Past President Paul Guenther did not send any news but he did stop by and introduce **Melissa Newman** who got photographed before she could object!

NEW HIRE!!



Ann Potcher PHD 4

Welcome to all!

Attention!

[THIS SPACE CAN BE FILLED, FREE BY YOUR DISTRICT. TAKE 5 MINUTES AND EMAIL THE EDITOR WITH YOUR LATEST CHANGES IN HUMAN RESOURCES or anything else—like an article!!]
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Idaho Environmental Health Association

Deadlines!

We all face deadlines. Some of us are much better at seeing them, some of us are not distracted by other demands and can move ahead. Others cannot ignore those other priorities that creep into our jobs and lives. I understand this.

Hopefully you will make my job easier. Please.....

In anticipation of your submission of your news, articles of interest for the rest of the public health professionals in Idaho and elsewhere, or sharing your expertise and time with your peers, I thank you.

I see that NEHA extended their deadline for submission of abstracts for the next NEHA conference. So, we are not alone. Why not consider submitting an abstract/article to both NEHA and IEHA. I don't mind if you share the

same one with them!

Some of your peers have presented at both IEHA and NEHA. IEHA is a good practice ground for your NEHA experience. Do it. We have as much talent as any other groups in the country.

If you have been thinking about a topic that interests you and are becoming "expert" or just have a lot of passion about it, now is the time to step forward. There is no progress without sticking our necks out and taking that first step.

IEHA and the Digest can be that first step for you.

The process can energize you and your fellow health professionals and as Dee Johnson says "It Won't Kill You!"

The next deadline for the Digest articles, reports, business meeting minutes, agenda for the conference is January 31, 2007.

Your help is much appreciated.
Bob Jue, Editor.