



Organization is Key as Public Health Accreditation Efforts Continue

All Alabama Department of Public Health employees play an important role in achieving national public health accreditation. Regardless of job responsibilities, everyone's day-to-day work contributes to this important department-wide initiative. Senior leadership and management support public health accreditation fully because it benefits stakeholders and Alabama residents.

Performance Improvement Manager/Accreditation Coordinator Carol Heier summarized the value of departmental efforts by stating, "The process of seeking accreditation gives our department an opportunity to clearly define our mission, vision and values and determine how we can best perform in the current social and economic environment. We are identifying our strengths and addressing our opportunities for improvement. We are also strengthening our workforce and stakeholder relationships to improve health outcomes for our state residents."

Our accreditation activities are organized to help ensure success. The structure is modeled after the organizational structure being used by the District of Columbia Department of Health, Washington, D.C., to seek accreditation. It includes leadership support, an Accreditation Leadership Team (ALT) with Domain Workgroups, a Document Review Panel (DRP), and an Accreditation Champions Workgroup.

Timeline

The ALT was reorganized in July 2013 and has been meeting monthly since January 2014. The ALT guides the accreditation process and collection of documentation. The target date for submitting the department's accreditation application remains April 30, 2015. The final Community Health Assessment, the Community Health Improvement Plan, and the strategic plan for the department must be submitted along with the application. After applying, the department has a little over a year to submit all of the required documentation to complete the application. After that, the accrediting agency will make a site visit to Alabama and an accreditation decision will follow. Reports will be made annually once the department is awarded accreditation status. Reaccreditation will follow every five years.

Documentation can be tedious

The Public Health Accreditation Board (PHAB) standards are grouped into 12 domains that relate to the ten essential services of public health, governance and administration.

The standards define the achievements that a health department is expected to demonstrate. Each standard has corresponding measures to evaluate whether a standard is met. Approximately 360 documentation examples are required to demonstrate our compliance with these measures.

Not only do the documentation examples have to be located, they must be prepared in a specific way for submission to PHAB. Document descriptions, measure narratives, and highlighting are examples of these preparations to ensure that the PHAB site visitors can easily and quickly see how the examples provided meet all of the documentation requirements for each measure.

Some of the necessary documentation examples exist, but need to be reviewed and updated to meet the timeframe requirements set by PHAB. Other examples have to be developed. Approximately two-thirds of the documentation examples required for accreditation have been submitted to the DRP by the Domain Workgroups. The DRP is led by Deputy Director for Medical Affairs Dr. Tom Miller and Director of the Office of Program Integrity, Debra Thrash. This panel helps ensure that the documentation the department is selecting complies with PHAB requirements, is prepared properly for review by the site visitors, and reflects the department's best work. The panel has been meeting and reviewing documents since February 2014.

Employees who are working to advance accreditation readiness are conducting this work in addition to their routine job roles and responsibilities, Ms. Heier noted.

PHAB Accreditation Team

Listed below are the 12 domains and the names of the domain leaders.

State Health Officer: Donald E. Williamson, M.D.

Deputy Director of Program Operations: Michele Jones

Accreditation Coordinator: Carol Heier

Domain 1 – Conduct Assessment Activities
Michele Jones, Dale Quinney

Domain 2 – Investigate Health Problems
Sherry Bradley, Mary McIntyre, M.D.

Domain 3 – Inform and Educate about Public Health
Jim McVay, Dr.P.A., Sally Palmer

Mobile County Health Department Opens First WIC Drive-through in State

The Mobile County Health Department’s Women, Infants and Children (WIC) Supplemental Nutrition Program celebrated the opening of its first drive-through window with a ribbon-cutting Oct. 22 in Tillman’s Corner.

The WIC program in Mobile County was awarded special U.S. Department of Agriculture (USDA) funding in 2014 for this innovative concept in service delivery. Certified WIC participants that don’t need to be seen by a provider can be issued benefits -- in the form of vouchers -- without leaving their car.

“We are pleased to be able to offer this new service to our clients,” said Elizabeth Smith, Nutrition Director for the WIC program in Mobile County. “We hope it will become a more convenient way for nursing mothers and young children to continue to make healthy choices when it comes to the foods they purchase and consume.”

The WIC office is located at Family Health’s Southwest Mobile Health Center, 5580 Inn Road in Mobile. Family Health is a division of the Mobile County Health Department.
By Casandra Andrews



Pictured at the ribbon-cutting ceremony, from left, Joel Tate, assistant MCHD health officer; Dr. Bernard Eichold, Mobile County Health Officer; Elizabeth Smith, Director, Nutrition Services, Mobile County Health Department, and Amanda Martin, State WIC director.

Alabama Department of Public Health

Mission
To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement
The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public’s health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public’s health and to provide caring quality services.

Central Office Holiday Donations Benefit Those in Need

The Children’s Health Insurance Program hosted the 2014 holiday celebration for the Central Office Dec. 8. Employees collected significant charitable donations of toys, nonperishable food, and pet food and supplies. Pictured with some of the many donations are CHIP staff.



Shown below helping load items bound for the Montgomery Humane Society are Viki Brant, Denton Hawk, Jamey Durham and DeeAnn White.



Alabama’s Health

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Donald E. Williamson, M.D......State Health Officer

Jim McVay, Dr. P.A......Director, Bureau of Health Promotion and Chronic Disease

Arrol Sheehan, M.A......Editor

Takenya S. Taylor, J.D......Contributing Editor

Noelle AhmannGraphic Designer

Partners Work to Help Cancer Survivors, with an Alabama Touch — Multiple Programs Support Project

Cancer survivors have unique challenges, frustrations and concerns. To help cancer patients cope with these challenges, the Comprehensive Cancer Control Coalition has partnered with the University of Alabama at Birmingham Comprehensive Cancer Center's Survivorship Program to produce YouTube programs with an Alabama touch.

Using the expertise of cancer professionals from UAB and advisor Teri Hoenemeyer, director of Education and Supportive Services, more than 15 videos have been completed, with more in production. The project started at a Comprehensive Cancer Control Coalition meeting two years ago when Gavin Graf, Program Manager of the Comprehensive Cancer Control Program, and Ms. Hoenemeyer started discussing common interests in survivorship.

The YouTube series was only possible through collaboration with the Division of Video Communications. Bureau of Health Promotion and Chronic Disease Director Dr. Jim McVay and Division Director Michael Smith gave their complete support for the project. Nick Moss, Vernon Adkins and Danny Williams directed, edited and produced the videos bringing tremendous expertise to the project.

As Graf stated, "We wanted the videos to reflect an Alabama demographic and to sound like people across the state. So, a fun, rewarding aspect of the process has been finding actors within the health department who make the videos easy to relate to. Not a single person

we approached turned us down. Our UAB partners have been surprised and pleased with the talent at ADPH."

In the beginning of planning this project, the group discussed multiple settings, finally deciding on an exam room. A few videos are also set in an interview format to cover more information. Setting the stage to reflect an exam room was challenging. Graf borrowed props from across departments, including an exam table and lighting from the Montgomery County Health Department.

The first videos produced covered sun protection, skin cancer and the danger of tanning beds to "get their feet wet", before the survivorship series began. The skin cancer topics completed several of the goals of the Coalition's current five-year statewide plan. Hoenemeyer discussed the topics with Graf and then found experts at UAB. They, in turn, developed the script and learning objectives for the programs.

Survivorship support has been a growing concern at the Centers for Disease Control and Prevention, so the topics help the Coalition respond to emerging focus areas. Chapman observed that without the Coalition and its mission to connect partners across the state, these videos would not have been produced. "By meeting with Hoenemeyer and discussing mutual goals, we were able to offer the tremendous capability at ADPH for video communications.

continued on page 4

Cathy Molchan Donald of the Center for Health Statistics Recognized with Partnering Award

The National Association for Public Health Statistics and Information Systems (NAPHSIS) and several of its members have received the CDC/National Center for Environmental Health's Award for Excellence in Partnering. This award is given to recognize those "establishing and sustaining a strategic partnership with government, private sector, volunteer, or non-profit organizations" for advancing the CDC mission.

This year's award recognized the work of NAPHSIS staff and members towards educating public health professionals about using Electronic Death Registration Systems (EDRS) for emergency response, in collaboration with the Council for State and Territorial Epidemiologists and Rebecca Noe and Amy Funk Wolkin in the CDC's Health Studies Branch.

This partnership resulted in the national webinar series "Leveraging Electronic Death Registration System (EDRS)

for 'Real-time' Disaster-related Mortality Surveillance" and involved NAPHSIS President Kelly Baker (Oklahoma), Cathy Molchan Donald (Alabama), Wenhui Li (New York City), and former NAPHSIS member Ann Madsen (New York City), relating their experiences using EDRS for emergency response.

The webinar series was advertised to many different audiences over a nine-month period in 2014 and reached over 900 public health professionals around the country, ranging from state health departments to funeral directors to hospital preparedness officials.

NAPHSIS is a non-profit national association whose members represent state and local vital records, health statistics and information system agencies.

Cancer Survivors, continued from page 3

It is a wonderful partnership! We are also thankful for all the staff at ADPH for their generous help.”

Public health actors who played roles in the survivorship videos are listed below, along with their offices and divisions.

Marsheita Baldwin - Alabama Breast and Cervical Cancer Early Detection Program
Betsy Cagle – Injury Prevention Program
Sandra Danzy - HIV/AIDS Prevention and Control
Chris Hall – Creative Development Branch
Steve Hill - Information Technology System Development
Bob Hinds - Behavioral Health Division
Molly Killman - Nutrition and Physical Activity Division
Shanone Medlock - Chronic Disease Self-Management
Julia Sosa - Office of Minority Health
Justin Tyson - Plan First
Ashley Vice - Dental Program

Video topics currently available on the Comprehensive Cancer Control Coalition YouTube channel are:

- Communication with your health care team
 - Social relationships after a cancer diagnosis
 - Living with chemo brain
- With Karen Meneses, Ph.D., Associate Dean for Research, School of Nursing and the Comprehensive Cancer Center

- Depression
 - Late effects of cancer treatment
 - Survivorship care plans
- With Elizabeth A. Kvale, M.D., Director of the Supportive Care and Survivorship Clinic, UAB
- Fertility preservation and cancer treatment for men
 - Fertility preservation and cancer treatment for women
- With Janet McLaren Bouknight, M.D., Reproductive Endocrinologist, UAB

- Nutrition during cancer treatment
 - Nutrition after cancer treatment
- Laura Newton, R.D., L.D., Assistant Professor, Department of Nutrition Science, UAB

- Skin cancer
 - Indoor tanning
 - Sun protection
- Jennifer Herrman, M.D., Dermatologist, UAB

The videos for cancer survivors can be viewed at www.youtube.com/ALCompCancer

For more information call the National Coalition for Cancer Survivorship at (301) 650-9127, or talk with your cancer team.

Accreditation, continued from page 1

Domain 4 – Engage with the Public to Solve Public Health Problems
Bob Hinds, Jim McVay, Dr.P.A.

Domain 5 – Develop Public Health Policies and Plans
Carolyn Bern, Valerie Cochran, Michele Jones, Andy Mullins

Domain 6 – Enforce Public Health Laws and Regulations
Walter Geary, M.D., Brian Hale

Domain 7 – Promote Strategies to Improve Access
Viki Brant, Cathy Caldwell, Jamey Durham

Domain 8 – Maintain a Competent Workforce
Jamey Durham, Brent Hatcher

Domain 9 – Evaluate and Continuously Improve
Carol Heier, Nancy Wright

Domain 10 – Contribute to and Apply the Evidence Base for Public Health - Valerie Cochran, Carol Mysinger

Domain 11 – Governance - Jeffrey Wright

Domain 12 – Administration - Michele Jones

In addition, an Accreditation Champions workgroup has contributed its expertise to inform staff and the public about the department’s accreditation readiness activities.

Other departments accredited

As of March 4, 2015, 67 health departments had been awarded PHAB accreditation. The number includes state and local health departments. The number of accredited state health departments is up to seven. They are as follows:

1. California
2. Florida
3. Minnesota
4. New York
5. Oklahoma
6. Vermont
7. Washington

Alabama is passing along lessons learned to our sister state of Mississippi. Alabama was able to provide some technical assistance to the Mississippi State Department of Health to assist with its self-assessment for accreditation. Mississippi will use the same tool that Alabama used and that was developed by the Institute for Wisconsin’s Health, Inc. Mississippi plans to use Alabama’s scoring system as a model for its own.

Interested people can readily view the department’s Accreditation Website that contains rosters and agendas, minutes, and handouts of all of the ALT meetings at the following web address: <http://www.adph.org/accreditation/>

It cannot be stressed enough that every employee’s support of accreditation efforts continues to be needed and valued. More information about public health accreditation is available on the PHAB website at <http://www.phaboard.org/>.

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ALL Kids Helps Reduce Number of Uninsured Children in Alabama, Leads the South and Ranks Among National Leaders

A study by Georgetown University's Health Policy Institute released Nov. 5 found Alabama led the South in providing health insurance to children, and the ALL Kids Children's Health Insurance Program is largely responsible.

The report from the university's Center for Children and Families (CCF) said 4.3 percent of Alabama's children lack insurance, a figure that was the best in the South and the 10th best in the 50 states and the District of Columbia. The 48,181 residents younger than 18 who had no health insurance in 2013 represented just 4.3 percent of all children. The report said Alabama had reduced the number of uninsured children by 18 percent since 2011.

ALL Kids now provides health insurance to children in families who make up to 300 percent of the poverty level, or about \$71,550 a year for a family of four. Families enrolled in the program pay a sliding scale on premiums, depending on their income levels.

Joan Alker, executive director of the CCF and a co-author of the study, was quoted in an article by Bryan Lyman in the Montgomery Advertiser praising Alabama for "reducing red tape barriers" to the program.

"What makes a difference at the state level is whether the state puts out the welcome mat for children and families," she said. "Do they make it easy for children and families to enroll in coverage? Can you submit applications electronically? Can you submit it over the phone?"

Ms. Alker credited ALL Kids director Cathy Caldwell with doing some "very excellent work" on that regard. Ms. Caldwell said in an interview that the program had stressed outreach throughout its existence and had a good partnership with the Alabama Medicaid Agency. She also attributed the state's ranking to a simplified application process and close cooperation with community groups in getting the word out.

"We work very, very closely with the Alabama Medicaid Agency. We've always shared a joint application," she

said. "That's been key since day one to help simplify that navigation for families. We have always tried to make our printed materials as well as the processes and procedures as family friendly as possible, (and) we've tried to get beyond looking like a bureaucratic program. We're conscious of being a family-friendly procedure."

Ms. Alker said the state sees clear benefits from the coverage, including sparing the state expenses from treating the uninsured, such as emergency room visits.

"We know that when children have health coverage, they're more likely to get the preventative and primary care they need," she said. "They're more likely to succeed in school. Having a child insured also protects a family from bankruptcies that can result from unpaid medical bills. There's lots of research to show having insurance improves access to services for kids."

Because of its high rate of poverty, Alabama receives a relatively high federal match. The federal government pays 78 cents out of every dollar spent on health coverage. Ms. Caldwell said the state's share for this fiscal year is about \$40 million.

Congress created the Children's Health Insurance Program in 1997, and Alabama was the first state in the nation to have a federally approved CHIP plan. Alabama's CHIP program is the result of a partnership between Alabama Department of Public Health, Alabama Medicaid Agency, and the former Alabama Child Caring Foundation. The Alabama Legislature expanded eligibility for the program in 2010. More than 88,000 children participate in ALL Kids.

Ms. Alker credited Alabama with having a "very efficient Medicaid and CHIP program for kids" and praised Ms. Caldwell as a strong CHIP director. She said most of the nation's uninsured children, 68 percent, are eligible for health insurance under CHIP but are not signed up. She said Alabama does a better job than most states informing families that the program exists.

ALL Kids
Children's Health Insurance Program

Winston County Home Care and Four Other Home Care Agencies Recognized for Providing Quality Care

The Bureau of Home and Community Services recently received notification that five of its home care agencies were named as 2014 HHCAHPS HONORS and Elite Honors award winners.

Medicare requires home health agencies to contract with an approved company to conduct independent patient satisfaction surveys on a percentage of home health patients. The awards earned by the department's Home Care program were the result of the required independent surveys by Deyta.

Kisten Gibson, director of the Bureau of Home and Community Services, said, "It is an honor when our patients take the time to recognize the care provided by Alabama Department of Public Health HOME CARE."

continued on page 7



Winston County Home Care
Front row, left to right: Sheila Ward, Sherrie Shrewsbury, Barbie Arthur, Denise Sanders
Back row, left to right: Marguerite Coan, Kim Broussard, Amber Comeens, Kathy Snoddy, Judy Gunter, Kay Batchelor, Stacey Glenn, Lora Lane, Karen Wakefield, Sandra Harris, Lee Landers

Food Pantry Donations Made in Marion County

Public Health Area 1 WIC Coordinators and Nutrition Director donated canned food items to the Marion County Community Action Agency's food pantry during their December staff meeting in Hamilton. According to Feeding America, one in five Alabama residents struggle with hunger.

Dianne Lollar, MPH, RD, Area 1 Nutrition Director says the group has donated canned food items the past five years to the local food pantry/bank in the county where the December staff meeting was held.

"We are grateful that we can provide food items to assist families that are food insecure in Alabama and help bring awareness to the problem."



Pictured left to right: Danna Rutz, Leigh Ann Colvin, Carol Davis, Jennifer Hardin, Grace Skinner, Wanda Wells and Dianne Lollar

Governor Proclaims 2015 as the Year of the Nurse

The Alabama Board of Nursing is celebrating its centennial year in 2015, and the Alabama Department of Public Health is joining in the celebration. Gov. Robert Bentley has proclaimed 2015 as the Year of the Nurse, with the theme of "100 Years of Regulatory Excellence."

In 1915, the Nurses Board of Examination and Registration of Alabama, later renamed the Alabama Board of Nursing, was formed. The board is charged with the following responsibilities:

- Public protection
- Licensing of registered nurses and practical nurses
- Approval and oversight of nursing education programs
- Approval of advanced practice applications
- Promulgation of rules for nursing practice and nursing education
- Nursing discipline

The proclamation notes that the Alabama Board of Nurses currently licenses more than 85,000 registered nurses and licensed practical nurses in the state, making nurses the largest population of professionals licensed by any single regulatory board in Alabama. National surveys consistently rank nurses among the most revered and trusted professions in the United States.

The department employs approximately 775 merit system and contract nurses who are serving in home care and clinic, central office, area and county offices.

Home Care Agencies, continued from page 6

"The Home Health Consumer Assessment of Healthcare Providers and Systems (HHAHPS) Honors recognize agencies that work hard and are dedicated to delivering quality care, and it shows in their patient satisfaction scores. We are honored to be partnered with these top performers," said Kevin Porter, President and CEO of Deyta.

Winston County Home Care has been named a 2014 HHAHPS Honors "Elite" recipient, a prestigious award recognizing home health agencies that continuously provide quality care as measured from the patient's point of view. The "Elite" Honor Award goes to home health agencies scoring above the Deyta National Average on 100 percent,

or all 19, of the evaluated questions. Only one other home care agency in the state of Alabama received the "Elite" Award from Deyta.

HHAHPS "Honors" recipients include those agencies scoring above the Deyta national average on at least 85 percent, or 17, of the evaluated questions. These are prestigious awards recognizing home health agencies that continuously provide quality care as measured from the patient's point of view.

The department's home care agencies receiving the HHAHPS Honor Awards are Barbour County Home Care, Marion County Home Care, Northwest Home Care and Randolph County Home Care.



Randolph County Home Health
Front row, left to right: Joy Rollins, Cuddles Williams, Pat Patterson, Kelli Wilson, Wanda Taylor, Ashley Brown. Back row: Loretha Strozier, Kala Caldwell, Becky Cantrell, Sandy Calhoun, Margy Israel, Annette Mitchell



Marion County Home Care
Front row, left to right: Mandy Moody, Kay Wickwire, Robin Green, and Shannon Sims. Not pictured is Holly Cooper. Back row: Ann Childers, Gena Pickle, Kellie Tucker, Amy Robison, Kim Spencer, Tonya Ballard



Barbour County Home Care
Left to right: Jessica Buchanan, Gussie Freeman, Pat Hill, Beanna Tucker, Ron Berry, Julie Andrews, Michelle Reeder, Tammie McCray



Northwest Home Care
Front row, left to right: Brenda Robbins, Mary McCrite. Back row: Angela Vaughn, Jill Farris, Kristy Seal, Kris Eli, Sherry Davis

Lab Leaders Learn More About Ebola



The Bureau of Clinical Laboratories now has the clinical capacity to test for Ebola. Shown standing, left to right, are Courtney Chesnut, Mark Ellis, Nick Switzer and Carolyn Warner. Evelyn Geeter is seated.



Shown with the Ebola manual are Bureau of Clinical Laboratory employees, left to right: Nancy Robinson, Evelyn Geeter, Nick Switzer, Courtney Chesnut, Carolyn Warner and Mark Ellis. Director Sharon Massingale, Ph.D., is seated.



Environmental Symposium



Public health environmentalists gathered to prepare for the Auburn-Alabama tailgate luncheon at the Fourth Environmental Health Symposium held at the Marriott Hotel and Conference Center at Grand National in Opelika Feb. 3-5. Alabama State University President Dr. Gwendolyn Boyd was among the excellent speakers.

Environmental Services Q and A

QUESTION: I was wondering what type of permit would be required to prepare meals in private kitchens. For example, if I wanted to cook meals for a family for the week in their own kitchen. I wouldn't be preparing the meals in my own or a commercial kitchen.

ANSWER: Generally speaking, private chefs are not issued permits if they cook in a private kitchen and use only food and utensils provided by the customer. However, we may need a little more information on the type of business you would like to operate in order to provide further guidance. Each establishment is permitted and inspected by the local county health department, so you would need to speak with the one in your area about specific details.

Diabetes Proclamation Signing

Student Za'Keria King, the lead Student Diabetes Ambassador at Resurrection Catholic School, accepts a pen after Gov. Robert Bentley signs the November 2014 Diabetes Month Proclamation. The ambassadors conducted a number of activities during Diabetes Month.

'Hydrate the Homeless' Event Reaches 400 Individuals

Non-profit groups in the Shoals area of Northwest Alabama committed to helping end homelessness partnered for their first summer event that served approximately 400 people. Organizing the event for the six-county area was Melanie Dickens, tobacco prevention and control coordinator of Public Health Area 1.

"This was one of the most rewarding projects," Mrs. Dickens said. "We wanted to do something unique and unusual, and we started noticing there was an influx of people going to and spending a lot of time in the air-conditioned library. So, we started asking 'Why are you here?' and they responded, 'for research... and actually the cool weather.' So we asked what we could do for those people."

The group made the decision to buy cases of bottled water, lip balm, sunscreen and other hygiene items, fans, clothing, hats and glasses for those in need, and for several weeks volunteers donated large quantities of these items. Organizers chose the date of Aug. 19 and the central location of Wilson Park in Florence.

The plan was to connect with people who find themselves in difficult times, to help them out with common necessities as well as offer further assistance. Rather than following the typical pattern of people giving back during cold winter days with blanket and coat drives, the group decided

to help the homeless and those with low incomes cope during the extremely hot days of August.

The "Hydrate the Homeless" event was a joint effort of Public Health Area 1, the City of Florence, the Partnership for a Tobacco-Free Shoals, Community Action Agency, United Way of Northwest Alabama, Hospice of North Alabama, AIDS Action Coalition and Safeplace. Students from the University of North Alabama also participated.

Mrs. Dickens said she was particularly moved when one man told her, "It put a smile on my heart."



Melanie Dickens is shown with Florence City Councilman Dave Smith.

Turnbull Raises Funds, Logs Over 7,000 miles in Susan G. Komen Walk for Breast Cancer

Houston County Health Department Environmental Supervisor Doug Turnbull has participated in the Susan G. Komen three-day, 60-mile walk in the Atlanta location for his fourth year. His purpose in walking has been to raise awareness and promote self exams, mammograms, early detection and treatment.

"Since my first step on this journey in June of 2010 I have walked over 7,000 miles and raised close to \$9,800," he said. "Each year I meet people from across the country and learn why they are walking. I hear stories of loved ones and friends, of survivors and of those who have lost their battle with breast cancer."

This is his "elevator" speech to summarize his motivation to others who may wish to contribute.

You ask me why I walk:

Because Everyone Deserves a Lifetime, and One Person Can Make a Difference!

You Ask Me Why I Walk:

I Walk in **Honor and Remembrance** of Loved ones lost;

In **Support** of those now Fighting Breast Cancer;

With **Hope** others need never follow in my Footsteps.

GOOD NEWS: There are now 3.1 million U.S. breast cancer survivors.

<http://www.aicr.org/continuous-update-project/breast-cancer-survivorship.html>

MARCH 2015



Doug Turnbull has completed his fourth year of participation in the Susan G. Komen Walk for Breast Cancer. Fellow walkers honored survivors by raising their shoes in the air during the closing ceremonies.

ALABAMA'S HEALTH 9

Commendations

If you would like to praise employees for their accomplishments, send letters of commendation to the State Health Officer or the employee's supervisor and a copy by e-mail to Arrol.Sheehan@adph.state.al.us for inclusion in this list. Four items are needed: the employee's name, work unit, name of the person making the commendation, and his or her city and state.

**Alabama Department of Public Health
Central Office**
from the Montgomery Area Food Bank

Carrie Allison
Professional and Support Services
*T. Harvey McCulloch, M.D.
Fairhope, Ala.
Debra Robbins
Montgomery, Ala.*

Carolyn Bern
Primary Care and Rural Health
*from Angela Sheffie, M.P.A.
Atlanta, Ga.*

Linda Bolding
Center for Health Statistics
*from Barbara Buchan
Bryceville, Fla.*

Cristina Bruno
Health Provider Standards
*from Stacey Barnett
Florence, Ala.*

Kathryn Chapman, Dr.P.A.
Family Health Services
*from Diane Beeson
Montgomery, Ala.*

Sandra Daniels
Center for Health Statistics
*from Karen Bowers
Atlanta, Ga.*

Gwen Davis
Health Provider Standards
*from Debra Robbins
Montgomery, Ala.*

**John Ellison
Jimmy Martin
Joe Oswalt**
Communications & Marketing Division
*from Sandra Blakely and
Michael Smith
Montgomery, Ala.*

Nicole Henderson
Center for Health Statistics
*from Cassie Jones
Montgomery, Ala.*

Chondra Hudson
Center for Health Statistics
*from Francis Mabien
Mobile, Ala.*

Maria Kamburis
Children's Health Insurance Program
*from Jennifer A.
Oxford, Ala.*

**Vera Mitchell
Pam Wales**
Morgan County Health Department
*from Renae Carpenter,
LCSW, PIP
Montgomery, Ala.*

Reginald Strickland
Center for Health Statistics
*from Gary Plough
Atlantic Beach, N.C.*

Angelica Webb
Clinical Laboratories
*from Peggy Seekers
Marion Junction, Ala.*

Remodeled Mother's Room Available in RSA Tower

The Alabama Department of Public Health encourages new mothers to continue breastfeeding their infants after they return to work. Mother's Rooms are designated to help mothers continue breastfeeding and reach their breastfeeding goals. The Mother's Room for the RSA Tower, 201 Monroe St., Montgomery, is located on the 13th floor, Suite 1360.

The room recently has been remodeled allowing for use by two mothers concurrently. Each room is private and includes a hospital-grade electric pump. Mothers may bring their own attachments to use one of the pumps provided or bring their own personal pump to use.

If you would like more information or to reserve a designated time, please contact Michell Grainger at (334) 206-2921 or Michell.Grainger@adph.state.al.us.

ACCCC Spotlited in GW Newsletter

The George Washington University Cancer Institute Cancer Control Tap E-newsletter featured the Alabama Comprehensive Cancer Control Coalition (ACCCC) in its Coalition Spotlight.

An article about coalition sustainability that Renee Desmond, Ph.D., had published in the Journal of Cancer Education was included, a link to information about the coalition was featured, and the ACCCC logo was displayed.

The ACCCC works with organizations and institutions to improve cancer prevention, control and care in Alabama. Dr. Desmond is the Coalition's evaluator and works closely with the ACCCC Program Manager Gavin Graf to continuously improve the effectiveness of the Coalition and find new partners throughout the state. Cancer Prevention Branch Manager Kathryn Chapman, Dr.P.A., praised Dr. Desmond and Graf for their many contributions.

One of the recommendations made in the article was that the Coalition seek members from hospice organizations, elected officials, local legislators, media outlets, community members (particularly religious organizations) and more diverse clinical care providers.

If you would like to be involved in the ACCCC, please contact Jeannie Summerlin at (334) 206-5537.

Retirees

The following departmental employees have retired recently.

November

Brenda Beech

Washington County Health
Department

Cynthia Crawford

Hale County Health Department

Cathy Dickie

Etowah County Health Department

Janice Phillips

Public Health Area 5

Felicia Stallworth

Conecuh County Health
Department

December

Sheila Varnadore

Autauga County Health
Department

January

Robert Allison

Colbert County Health Department

Karole Baugh

Financial Services

Linda Bolding

Health Statistics

Wanda Culpepper

Russell County Health Department

Carol Dagostin

Family Health Services

Marci Duckworth

Marshall County Health
Department

Barbara Gordon

Information Technology

Lessie Harris

Colbert County Health Department

Virginia Head

Montgomery County Health
Department

Angela Hendricks

STD Division

Margaret Holland

Marshall County Health
Department

Betty Howard

Lowndes County Health Department

Cathy Hughes

Marshall County Health
Department

Dianne Jones

Butler County Health Department

Coretta Kirkland

Greene County Health Department

Rebecca Leavins

Home and Community Services

Almeta McCloud

Communicable Disease

Sherry Morrow

Houston County Health Department

Terry Nappier

Morgan County Health Department

Beverly Oden

Clinical Laboratories

Jan Perry

Baldwin County Health Department

Stacie Reed

Public Health Area 5

Patricia Sobera

Baldwin County Health Department

Randy Tatum

Information Technology

Lewis Wallace

Facilities Management

Sharon Whalen

Family Health Services

Peggy Willett

Etowah County Health Department



Colleagues honored Jimmy Thompson upon his retirement from the Bureau of Information Technology after 30 years of state service, effective Jan. 1.



Coworkers honored Ruth Thornell (Ruthie) Spencer on her retirement after 42 years of service with a reception Dec. 15. She is shown with Dr. Tom Geary, director of the Bureau of Health Provider Standards, and State Health Officer Dr. Donald Williamson.



Harrison Wallace, director of the Bureau of Communicable Disease, presents a plaque to Patrice Anderson at a reception honoring her upon her retirement after over 30 years of state service.

The Cost of Non-Compliance

Since June 1, 2013, the Office of Civil Rights has COLLECTED more than \$10 million by settling cases with bad actors. Jerome Meites, Chief Regional Counsel for the Office of Civil Rights, has stated that they want to send a strong message to the health care industry through these most recent high profile cases.

While the amounts of the fines collected in the past seven months are staggering, it appears that they plan to exceed that number in calendar year 2015. "Knowing what's in the pipeline, I suspect that that number will be low compared to what's coming up," Meites said.

Not complying with the Health Insurance Portability and Accountability Act (HIPAA) can be costly. The fines can range from \$100 to \$50,000 per violation with a maximum penalty of \$1.5 million in a calendar year for identical violations. The categories of violations are based upon the level of negligence demonstrated by the individual/entity that caused the breach. The penalties are based on

the nature of the breach and the extent of harm caused by the breach.

So where are health care facilities most vulnerable? "Portable media is the bane of existence for covered entities. It causes an enormous number of the complaints that OCR deals with," Meites said. Portable media includes laptops, cell phones and flashdrives. While these instruments are vital to communicating information, the amount of data contained on these devices makes their security paramount to health care organizations. As a result, ADPH has educated employees on how to best safeguard these devices. To refresh yourself on safeguarding portable media, please refer to the 2014 HIPAA Privacy and Security Policy located in the Policy Library.

For questions or concerns relating to HIPAA, please contact the Office of Compliance and Ethics by calling (334) 206-9324 or visiting their website at www.adph.org/Compliance.

By Samarria Munnerlyn Dunson, J.D., CHC

University of Alabama Men's Basketball and Community Partner Up for Diabetes Awareness

University of Alabama Head Coach Anthony Grant and the men's basketball team teamed up with campus, community and national organizations, including the Tuscaloosa County Diabetes Coalition, Sanofi US, the University Medical Center, Novo Nordisk, and others to raise diabetes awareness.

Coach Grant and his wife, Chris, served as diabetes awareness spokespersons for the event on Feb. 24. Fans were encouraged to wear blue for the "Blue Out Diabetes" event when the Crimson Tide took on SEC opponent South Carolina in Coleman Coliseum. Blue is the color representing global diabetes awareness.

Grant has become an advocate for diabetes awareness and is excited about the attention this game brings to the disease. He has family members living with the disease and wants to help individuals learn about diabetes and ways to delay or prevent Type 2.

"I want to help individuals in our state be aware of the high rates of diabetes and the dangers of this chronic health condition if it goes unchecked," Grant said. "By working with one's health care provider, individuals can be screened, make lifestyle changes and take steps to improve their health."

The Men's Basketball Diabetes Awareness Day Game featured on-court promotions, and access to campus and

community resources. Additionally, attendees learned facts about diabetes and steps they can take to reduce their risk of diabetes or better manage the disease.

"Our campus and community partners are committed to serving as valued resources for individuals living with diabetes," said Dr. Rebecca Kelly, University of Alabama Director of health enhancement planning. "Through the coordinated efforts with Coach Grant and our partners, we were able to team up for this first ever Diabetes Awareness program."

In 2012, approximately 1 in 10 people in Alabama were diagnosed with diabetes or more than 450,000 individuals. Cases of diabetes are skyrocketing with over 29 million Americans living with the disease. The estimated total medical costs and lost work and wages for people diagnosed with diabetes is \$245 billion annually. Additionally, one in three adults in the U.S. have pre-diabetes, a condition that increases the risk of diabetes.

Terina Wood, Co-chair of the Tuscaloosa County Diabetes Coalition stated, "With televised coverage of the game, we were able to reach basketball fans and raise awareness about diabetes not only in our community and state, but also in the Southeast. We are grateful for the support of the University and Coach Grant."

Retirees Recognized



Margaret A. (Peggy) Frost retired effective March 1 from the Bureau of Health Provider Standards after concluding more than 31 years of service.



General Counsel Pat Ivie is shown with State Health Officer Dr. Donald Williamson at a reception held upon her retirement after 25 years of service.



State Health Officer Dr. Donald Williamson presents a retirement certificate to Public Health Area 7 Administrator Jackie Holliday as he retires March 1 after more than 37 years of service.



John V. Heitman, director of the Bureau of Information Technology, retired March 1, ending a 23-year public health career.

Employees Promote Breast Cancer Awareness



Employees of the Morgan County Health Department are shown wearing their "A Passion for Hope" t-shirts purchased to support the hope for a cure for breast cancer.

The Future is Now, Are You Ready?

Alabama Public Health Association Annual Educational Conference Set for April 8-10 in Montgomery

The *Future is Now, Are You Ready?* is the theme for the 2015 Alabama Public Health Association Annual Health Education Conference at the Embassy Suites in downtown Montgomery April 8-10.

Speakers will present an array of skills and techniques to make better leaders. While this year's conference is heavy on developing leadership skills, Vice President and Program Committee Chair Natalie Quinney noted that there will be opportunities for educational sessions on nursing, mental health and social work.

The conference will offer something for everyone. Ms. Quinney said, "In today's world, we all could use stress reduction techniques." Speakers from Auburn University, the University of Alabama, the University of Alabama at Birmingham and many others will be addressing the conference.

The conference will begin Wednesday, April 8, at 1 p.m.; registration will be from 11 a.m. to 1 p.m. Welcomes will be given by Alabama Gov. Robert Bentley, ALPHA President Tim Hatch, Southern Health Association President Tom Bridges, State Health Officer Dr. Donald Williamson, and UAB School of Public Health Dean Dr. Max Michael.

Then delegate Brenda Causey will introduce Shiriki Kumanyika, Ph.D., M.P.H., American Public Health Association president, who will speak on leadership. A session on stress reduction and self care with Dr. Harriet Myers from the University of Alabama College of Community Health Sciences will follow.

On Thursday, attendees will be offered the following choices in three sets of concurrent sessions:

- *Career Paths and the Application Process*, Robyn Peacock, Office of Human Resources
- *Understanding Racial Disparities in Stroke*, Suzanne Judd, Ph.D., Associate Professor of Public Health, UAB
- *Public Health Management of Liver Disease caused by HCV*, Omar Sims, Ph.D., Associate Professor, UA
- *Leadership Continuous Session*, Arturo S. Menefee, Ph.D., Leadership Development Specialist, Auburn University Economic and Community Development Institute. Plan to attend all three sessions.
- *Teamwork, Lessons from Lego*, Brent Hatcher, SPHR, ADPH Human Resources Director
- *AHEC and Auburn Rural Healthcare, Part 1*, Sallie Shipman, Ed.D., and Laura B. Debiase, M.S.N., M.P.H., UAB, Part 2, Regina Knox, AHEC
- Mental Health topic to be announced, Maury West, LGSW

- *The New Electronic Medical Record*, Laurie Stout and Chris Haag, Bureau of Family Health Services
- *Environmental Justice*, Michelle V. Fanucchi, Ph.D., UABSOPH

Major General Dick Burleson will be the keynote speaker at the awards luncheon at noon Thursday. His topic is titled *Leadership On and Off the Field*. Burleson is a Southeastern Conference football official and vice president of a leading engineering firm. After the awards are presented, a business meeting will follow.

Group sessions for all participants will begin at 2:30 p.m. and include the following:

- *Leadership at a Time of Organizational Change*, Earl Suttle, Ph.D., Leadership Success International, LLC
- *Lost in the Desert: A Leadership Exercise*, Carolyn Bern, MPA, National Health Service Corps Coordinator and PCO Manager, Office of Primary Care and Rural Health

A reception generously hosted by the University of Alabama at Birmingham School of Public Health will top off the Thursday events.

The conference will conclude on Friday, April 10, starting with a breakfast buffet in the hotel atrium. Chance Corbett, Auburn University EMA director, will first speak on the topic "EMA: Fight or Flight." Then repeated sessions presented by representatives of the Poarch Band of Creek Indians will be held on cultural competencies in tribal populations and the health aspects of working with native peoples. Repeated sessions will be led by Tribal Cultural Director Dr. Karla Martin and Tribal Physical Therapist Dr. Brittany Martin. Adjournment will be at noon.

Continuing education will be offered to both nurses and social workers. Embassy Suites is offering reduced room rates for attendees making reservations by March 18. The code assigned to the association is PHA and it can be used when booking at 1-800-362-2770. Special guest room rates are as follows: \$89 single, \$89 double, \$99 triple and \$109 quad. These rates include a full breakfast each morning.

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Alabama Department of Public Health is an approved provider of continuing social work education by the Alabama Board of Social Work Examiners.

Get the Treatment You Need for Arthritis

As Americans live longer, arthritis is being identified more often. Pediatricians no longer dismiss children's arthritis symptoms simply as "growing pains" and doctors advise adults not to "rest their joints" but rather to increase their physical activity to help reduce pain, stiffness, and swelling.

Arthritis is the leading cause of disability among U.S. adults; 8.6 million people and one-third of adult Alabamians have it. Arthritis is common among those aged 65 years or older, but people of all ages can be affected. In fact, nearly two-thirds of people with arthritis are younger than 65. Arthritis affects 26 percent of women and 19 percent of men, people in every age group, and members of all racial and ethnic groups. Arthritis is also more prevalent among adults who are obese than among those who are normal weight or underweight.

Although the word arthritis actually means joint inflammation, the term arthritis is used to describe more than 100 distinct rheumatic diseases and conditions that affect joints, the tissues that surround the joint, and other connective tissue. The pattern, severity, and location of symptoms can vary depending on the specific form of the disease. Symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body. Rheumatoid arthritis, lupus, and some other forms can affect multiple organs and cause widespread symptoms.

Arthritis is a treatable disease, however, and early diagnosis and appropriate management are important to minimize

pain and disability. Medication is available for many forms of arthritis, and it has helped a member of my own family. My daughter first complained about joint pain when she was age 13, but only when she was being treated for another condition two years later did her physician diagnose her with rheumatoid arthritis. Ever since her diagnosis, she has been on medication that has helped slow the development of the disease. I cannot overemphasize the importance of heeding the symptoms of arthritis such as joint pain and seeking care; treatment helps.

For most adults with arthritis, physical activity can reduce pain and improve function, mobility, mood, and quality of life. Scientific studies have shown that participation in moderate-intensity, low-impact physical activity does not worsen symptoms or disease severity. Being physically active can also delay the onset of disability if someone has arthritis. Both aerobic and muscle-strengthening activities are proven to work well. For some people, a self-directed physical activity program or a community program such as the Chronic Disease Self-Management program Living Well Alabama makes a big difference.

Helpful information has been collected to give people with arthritis and those taking care of them the knowledge they need to take control of their condition. I recommend you visit the Alabama Department of Public Health website at adph.org/arthritis to learn more about the types of arthritis, ways to feel better, become more active, and enjoy life more.

Jim McVay, Dr.P.A.

Slightly Redesigned Scale Back Alabama Encourages Weight Loss in its Ninth Year

Scale Back Alabama, a free statewide program designed to address the state's obesity problem, has resulted in thousands of Alabamians losing more than one million pounds.

Local weigh-in site coordinators conduct beginning and ending weigh-ins of participants and officially enter them into the contest. The 2015 program was redesigned somewhat based on feedback from previous participants and local coordinators. Individuals age 18 and older can now participate in teams of two, rather than teams of four, and they can go online to self register. Participants receive health tips from a panel of experts. At the end of the contest, the names of all individuals and teams who lose at least 10 pounds (one pound a week) will be placed in a drawing for cash prizes.

Scale Back Alabama is sponsored by the Alabama Hospital Association and the Alabama Department of Public Health, in partnership with Blue Cross Blue Shield of Alabama.

For more information, visit www.scalebackalabama.com or on Facebook.



Kicking off Scale Back Alabama 2015 on Jan. 6 were, left to right, Dr. Hank Williford, Sheena Gregg, Teresa Fair, Molly Killman and Rosemary Blackmon.

Calendar of Events



March 11

Treating the Tobacco
Dependent Patient:
Interventions That Work,
noon-1:30 p.m.

For more information
contact Karen Atkinson,
(334) 206-3825.



March 18

Infection Control
Update 2015, 1-3 p.m.

For more information
contact Thresa Dix,
(334) 206-3377.



March 25

Professional Infection
Prevention and OSHA
Update, 2-4 p.m.

For more information
contact Jackie Giddens,
(334) 206-5685.



April 2

ADPH Statewide
Staff Meeting, 3-4 p.m.

For more information
contact Video Communications,
(334) 206-5618.

April 8-10

Alabama Public Health
Association 59th Annual
Meeting and Health Education
Conference, Embassy
Suites, 300 Tallapoosa St.,
Montgomery. For more
information visit alphassoc.org.



April 15

Clinical Skills Needed in
Home Care for Home
Health Paraprofessional
Program, 2-4 p.m.

For more information
contact Jackie Giddens,
(334) 206-5685.



April 21

Childhood Obesity,
time to be announced.

For more information
contact Lori Anderson,
(504) 988-2700.



April 22

Home Health Professional
Program, 2-4 p.m.

For more information
contact Jackie Giddens,
(334) 206-5685.



May 19

Measles and Vaccination,
noon-1:30 p.m.

For more information
contact Video Communications
at 334-206-5618.