From the President’s Desk...

It’s February - Love Your Heart!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it – both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate yourself, family members and others to make physical activity a part of every day. This can help children start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

How can I help spread the word? Get Involved!

Take action to promote heart health.

1. Raise awareness about women and heart disease. Encourage everyone in your community. Visit Go Red For Women for more information.
2. Host an American Heart Month event at a local school, health center, or library. Work with local recreation and fitness centers to spread the word about the importance of physical activity to prevent heart disease.
3. Contact your local Red Cross to host a CPR (cardiopulmonary resuscitation) training event in your community. Urge local community members to learn CPR and AED (automated external defibrillator). These skills can help save the life of someone who has sudden cardiac arrest.
4. Host a 20-minute group walk around your office at lunchtime.
5. Conduct a cooking demonstration using a heart-healthy recipe.
6. Follow CDC’s Million Hearts on Facebook (https://www.facebook.com/millionhearts) and Twitter (https://twitter.com/MillionHeartsUS) to learn more about heart disease and stroke prevention.

Wish good health!
Sandon S. Speedling, MHS, CPM
President, Florida Public Health Association
Did you know FPHA has a Members Only Site? We are pleased to announce our Members Only Site at [www.FPHA.org](http://www.FPHA.org): When you log in with your log in information at [www.fpha.org](http://www.fpha.org), as a member you have access to the FPHA Advocate newsletter, FPHA Member Directory lookup, the FPHA Board of Director’s Handbook, and other member only items of interest. Check it out and let us know what else you would like to see here and elsewhere on YOUR website!

**FPHA Leaders Needed**

In July of every year FPHA elects new Board members for the upcoming year. It seems like July is so far away, but it is never too early to begin thinking about the future. We will be looking to fill the following Board positions for the July 2019 – June 2020 term.

**2nd Vice President**

This position is a part of the Executive Board and Board of Directors. This position will play a lead role in one or more committees as appointed by the President. Potential committee membership includes Advocacy, Nominating, Membership, Finance and Conference Planning.

**Secretary**

The Secretary shall be a member of the Executive Board, Board of Directors, and the Membership Committee. The Secretary shall record and certify the minutes of all meetings of the members of the Corporation, Executive Board, and the Board of Directors; shall publish all notices of meetings and perform such other duties as prescribed by the President and/or the Board of Directors.

**Member at Large (1 of our 3 positions)**

There will be three Members-at-Large. Each Member-at-Large will be assigned to a specific committee by the President. Potential committee membership includes Public Relations & Communication, Membership, Finance, Strategic Planning, and Conference Planning.

The nominating committee will be requesting all nominations be submitted by end of May to allow time in June for member voting. If you (or someone you know) is interested in becoming more active in FPHA and are looking for a leadership role, please let us know.

*You must be a current FPHA member to be eligible.*
FOUR-COUNTY HEALTH SURVEY LAUNCHED

Calling residents of Hillsborough, Pasco, Pinellas & Polk counties....

Our local not-for-profit hospitals and the department of health want to hear from you!

These organizations are working together to get the community’s perspective on the most pressing health and wellness needs. The results of this survey will be used to help us to understand your community health concerns so that improvements can be made.

We encourage you to take 15 minutes to fill out the survey below. Your voice is important to ensure these organizations have the best understanding of the needs of our community.

Thank you!

Check Out COPH’s youtube playlist which includes:

**USF COPH: Conversation Heart**

**USF COPH: PHIAM Refugee health—Advocate for the voiceless**

**USF COPH: PHIAM Stop human trafficking. Now!**

**USF COPH: PHIAM Build more resilient communities through disaster management**

**COLLEGE NEWS**

**APHA Press releases Certified in Public Health Exam Review Guide**

**Save the date: This year’s MCHSO symposium will address adolescent health**

**EVENTS**

**FPHA Health Equity Regional Conference**, March 12

**FPHA Health Equity Regional Conference**, May 22

You may have noticed a huge heart on the lobby window at USF’s COPH. We also left some post-its and a sharpie. People stopped by and added why they thought the #USFCOPHRocks!
We are glad to have you as part of FPHA & hope to see you soon at one of our events!

Cadene D.          Denise A.
Pallavi J.          Leah A.
Champagne S.        Vianca M.
Christina W.        Michelle N.
Antonia B.          Theresa C.
Christie K.         Marissa L.
Satcha B.

Florida Public Health Association
14646 NW 151st Blvd.
Alachua, FL 32615

To submit content to the newsletter, please reach out to us at: fpha@srahec.org
Want to get more involved in FPHA?

The following pages provide details on various interest groups and committees within FPHA.

If you’re interested in a specific interest group, feel free to reach out to that group’s chair or join a conference call!
Health Equity Interest Group

The Health Equity Interest Group brings public health professionals together to share best practice information on promoting health equity across Florida. While the Health Equity Interest Group consists of many types of health professionals at different levels of their career, we are united in the goal of fostering equity for all Floridians. Are you interested in the concept of health equity and social determinants of health? Do you have experience with a program that has successfully promoted equity? Are you looking for ideas to bring to your community? Join this group and lend your voice to this important concept in public health.

This group aims to educate FPHA members on the concept of health equity via newsletter contributions and encouraging information and idea exchange within the group.

Please join us in welcoming our new Health Equity Interest Chair Artaveya Ingram! Artaveya Ingram is currently the Health Promotions Manager and Rural Health Coordinator at Big Bend Area Health Education Center (AHEC) and Rural Health Network (RHN). She graduated from Florida Agricultural and Mechanical University with her Master’s in Public Health and a Bachelor of Science degree in Healthcare Management. She previously worked at the Center for Disease Control and Prevention, as a research scientist helping local public health use surveillance in the state of New York. Artaveya is very passionate about public health and strives to be a voice for those who are unable to speak for themselves. Artaveya and the Health Equity Interest Group will be scheduling a call soon.

Chair & Contact Information
Artaveya Ingram
Big Bend AHEC
gingram@bigbendahec.org
Make FPHA Smile and Order through Amazon Smile

FPHA is a registered charitable organization with Amazon Smile. What does this mean to you? Once you begin shopping through Amazon Smile (with FPHA selected as your charitable organization), Amazon will donate 0.5% of your purchases to FPHA at no extra cost to you. Therefore, shopping on Amazon Smile can make a huge impact on the sustainability of FPHA!

Through Amazon Smile, you will shop the same products at the same price using your same login information as Amazon or Amazon Prime. Fun Fact: Our Advocacy Committee Chair donated $29 to FPHA last year just by switching from Amazon to Amazon Smile.

If all of our public health Amazon users switched from Amazon to Amazon Smile, we could provide more student scholarships and other awards to our members, along with the capability to hold bigger and better regional and state conferences!

You don’t need to be a member of FPHA to contribute. It is simple! Just go to smile.amazon.com and select FPHA Foundation, Inc. as your charitable organization.

Now, we challenge you, your friends, and your family members to use Amazon Smile for your Amazon purchases.

Thank you for your contribution and happy shopping!
The mission of AJPH is to advance public health research, policy, practice and education. This month, AJPH showcases articles on the health of health care workers, sugar sweetened beverage taxation and policy, opioid use disorder, and tuberculosis rates. Visit ajph.org for these and other articles from our February 2019 issue.

- Podcast: Who Cares About the Health of Health Care Workers?
- Economic Vulnerability Among US Female Health Care Workers: Potential Impact of a $15-per-Hour Minimum Wage
- Equipping Public Spaces to Facilitate Rapid Point-of-Injury Hemorrhage Control after Mass Casualty
- Police-Related Correlates of Client-Perpetrated Violence Among Female Sex Workers in Baltimore City, Maryland
- Slowdown in the Decline of Tuberculosis Rates in California, 2000–2016
- Making Decisions That Narrow, or Widen, Health Gaps: A Public Health of Consequence, February 2019

As an APHA member or AJPH subscriber, you have full access to all of our articles and podcasts available in English, Spanish and Chinese at ajph.org. The monthly podcasts are on iTunes and Google Play.

If you have any questions, suggestions for future articles or ideas on ways to improve AJPH, please let us know. AJPH is your journal, and we want to hear from you.

Sincerely,

Alfredo Morabia, MD, PhD
Editor-in-chief, AJPH
@AlfredoMorabia
@AMJPublicHealth
Are you interested in learning more about Florida Public Health Association’s New Educational Partnership with Chamberlain University? We are excited to bring to you a webinar presentation on three times to choose from. Jhoanna Madden from Chamberlain University will be discussing:

Special tuition savings benefits for Florida Public Health Association members for the following programs:
- RN to BSN Online Option
- Master of Science in Nursing Degree Program
- Doctor of Nursing Practice Degree Program
- Master of Public Health
- Graduate Certificate Program

Click below to register. Choose from one of two times to fit your schedule:

- Mar 4, 2019  6:00 pm (EST) [https://chamberlain.webex.com/chamberlain/onstage/g.php?MTID=e3bbc78a5524c87dea838b6fb7f78d52f](https://chamberlain.webex.com/chamberlain/onstage/g.php?MTID=e3bbc78a5524c87dea838b6fb7f78d52f)
- Mar 7, 2019  8:00 am (EST) [https://chamberlain.webex.com/chamberlain/onstage/g.php?MTID=ef6804530d4ca11c2eef7f0d8fc727610](https://chamberlain.webex.com/chamberlain/onstage/g.php?MTID=ef6804530d4ca11c2eef7f0d8fc727610)

Once registered, you will receive an email with instructions on how to join this scheduled webinar. Chamberlain is an educational partner of ours, offering Florida Public Health Association members with benefits such as a group-specific tuition rate. For more information on benefits and the programs Chamberlain offers, all of which can be completed online, please contact Jhoanna Madden, Senior Healthcare Development Specialist at 954-681-1474 or email: jmadden2@chamberlain.edu

National Management Office 3005 Highland Parkway, Downers Grove, IL 60515 888.556.8226
info@chamberlain.edu
chamberlain.edu
FPHA HEALTH EQUITY REGIONAL CONFERENCE
USF COLLEGE OF PUBLIC HEALTH
13201 Bruce B Downs BLVD, Tampa, FL 33612
March 12, 2019
8 AM - 5 PM

Join us to look at increased ways to collaborate in achieving health equity for members of our communities. Presentations will focus on health equity and how they relate to various topics such as behavioral health, geriatrics, aging populations, and patients with disabilities.

Register Here https://fpha.wildapricot.org/event-3209252

Contact Jennifer Waskovich at jennifer.waskovich@flhealth.gov for more information
PUBLIC HEALTH OPPORTUNITIES—SAVE THE DATE

FPHA HEALTH EQUITY REGIONAL TRAINING
NSU COLLEGE OF PUBLIC HEALTH
3200 South University Dr, Ft. Lauderdale, FL 33328

May 22, 2019
8 AM - 5 PM

Join us to look at increased ways to collaborate in achieving health equity for members of our communities. Presentations will focus on health equity and how they relate to various topics such as behavioral health, geriatrics, aging populations, and patients with disabilities.

Register Information Coming Soon!

Contact Jennifer Waskovich at jennifer.waskovich@flhealth.gov for more information
START MAKING PLANS NOW TO ATTEND NACCHO ANNUAL 2019 IN JULY IN ORLANDO, FL!

NACCHO Annual is one-of-a-kind learning and networking opportunity for local health officials, and their public health partners from all geographic regions of the nation to share perspectives and engage in dialogue on common key public health practice issues.

In partnership with NACCHO, they are graciously offering FPHA members a discounted rate. This rate is for FPHA members only and can’t be combined with any other group rate.

Discounted rates are as following:

- $375 early bird rate until May 17...this is a $225 savings compared to $600
- $475 regular rate starting on May 18...this is a $225 savings compared to $700

If you are a member of FPHA and interested in this discounted rate, email FPHA@srahec.org by Monday, May 6th. Once FPHA admin receive your request and verify your membership, a link to registration will be sent to you.