

## Innovative TB Initiative in Perry County Addresses Hard-to-reach Population

Three individuals with active tuberculosis (TB) disease are being treated and 151 people with latent TB infections in Perry County can now be treated preventively thanks to an innovative TB initiative. More than 2,000 people were screened in the effort that offered monetary incentives and open screening, testing and follow-up in the county during January.

Workers had been frustrated in their efforts to quell TB in Perry County with its case rate of 253 per 100,000 population, more than 100 times higher than the statewide rate of 2.5 per 100,000 population. In the county seat of Marion, a town with a population of 3,500, 21 people had been diagnosed with active TB disease in the past two years and there had been four deaths in adults. Two TB cases linked to Marion had been identified in Centreville in Bibb County and four cases had been diagnosed in Tuscaloosa. Four children had TB disease.

The number of TB cases was quite alarming because Perry County had recorded no TB cases in 2012 and just one in 2013. But in November 2014, after six active cases had been identified, Pam Barrett, director of the Division of TB Control, noted that staff were very frustrated with recalcitrant patients. TB staff held a health fair at a grocery store near the area where most of the cases had been identified. Someone threw a bottle at employees and the police had to be called. Furthermore, patients with active tuberculosis disease refused to share the information about their contacts, and additional cases followed.

The division created a major plan of action. To encourage screening and compliance, the decision was made to pay cash incentives to residents for screening and follow-up treatment. Payments were to be made from grant funding from the Centers for Disease Control and Prevention.

The initiative was scheduled for Jan. 11 through Jan. 29. TB investigators and nurses were to come to Marion to assist in the effort to find patients with TB and provide



**Shown helping in Marion are Stacey Adams, Ricky Elliot, Lisa Reeves, Ramona Hawkins, Kristina Shaw, Sara Ricaurte, Stephanie Askew, Kristin Berryman, Tony Choate, Tony Holmes, Dr. Karen Landers, Claire Payne, Sheri Carlisle, Genetrice Kyle, Donna Richardson, Rodriko Sankey, Tracey England, Veronica Williams and Pam Barrett.**

preventive therapy to people who might have been exposed to multiple TB patients. From the area level, Dr. Karen Landers of Public Health Area 1 and Dr. Albert White of Public Health Area 3 were to lead the medical team. Tony Holmes, a CDC representative, also brought his expertise to the campaign.

Cash payments were only made at the Perry County Health Department. The following incentives were offered:

- \$20 to anyone coming in for an initial TSPOT blood test
- Another \$20 for returning for results
- A third \$20 for keeping an appointment for a chest X-ray, if recommended
- \$100 for patients taking medications and completing treatment

In the course of the initiative, staff displayed posters, distributed news releases, posted notices to social media, created fact sheets for the public and physicians, participated in numerous interviews with state, local and national news media, and answered

*continued on page 2*

**TB, continued from page 1**

questions at three community meetings to update residents about the outbreak and the TB screening program. The message that TB is treatable was emphasized throughout the campaign.

The decision to give money to the public resulted in long lines at the health department, with staff members working after posted hours to accommodate the crowds. Ms. Barrett, Dr. White, elected officials, members of the clergy and others participated in community meetings.

Out of an abundance of caution, a large-scale TB screening was also conducted on Feb. 10 for students at Francis Marion High School. The public will continue to receive free TB tests by appointment in Perry County, although patients are no longer being offered money for screening. Fortunately, the strain of TB identified in Marion can be cured with antibiotic treatment.

Ms. Barrett noted that the push for screening is not over, and many patients seeking their test results again greeted employees in early February. She said, "The staff in Public Health Area 7 will not have relief for several months because they will be starting all of these people on preventive treatment. We're going to have to pull nurses from other areas to help."

Assistant State Health Officer Dr. Karen Landers said, "During this initiative we have had good support from the citizens as well as community and school leaders. We hope Perry County residents who were not screened will make screening appointments."

Acting State Health Officer Dr. Tom Miller summarized the ongoing effort. He said, "This is a very challenging arena, and it has been amazing to see staff rally to address the concerns of the community. We wanted to make sure our message was conveyed in a way that would not lead to fear."

The challenge for the coming months will be getting patients with latent TB to complete therapy. A definite positive effect of the campaign is increased awareness of TB in Alabama.

**Team Effort Makes a Difference**

**A**mong the many public health employees who assisted with the Perry County TB effort are the following:

- |                  |                      |
|------------------|----------------------|
| Linda Bowen      | Angel McConathy      |
| Terry Brown      | Peggy McGraw         |
| Chris Caldwell   | Tommie Mays          |
| Jose Cintron     | Anthony Merriweather |
| Rosie Cunningham | Jason Owens          |
| Debbie Curry     | Paul Piepho          |
| Sandra Danzy     | Teresa Pope          |
| Carl Evans       | Dawn Darby Ray       |
| Peggy Evans      | Mary Roberts         |
| Dawn Harris      | Adam Rose            |
| Tommy Hicks      | Jasmine Rover        |
| Rachael Hobgood  | Lionel Saulsberry    |
| Amy Ikner        | Susan Smyly          |
| Carrie Jackson   | Danna Strickland     |
| Virginia Jackson | Jeanie Talley        |
| Myrna Kervin     | Paige Taylor         |
| Tina Lassiter    | Susan Wiggins        |
| Thomas Lee       | Cathy Wright         |
| Karla Legg       | Sadonna Willis       |
| Kathy Linzey     |                      |

**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.

**Alabama's Health**

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- Thomas M. Miller, M.D.** ..... Acting 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 Ahmann** ..... Graphic Designer

# Madison County Health Department Vector Control Program Succeeds Using Performance Improvement Initiative

A project conducted by an employee of the Vector Control Program of the Madison County Health Department was one of three outstanding examples highlighted on the web page of the Public Health Foundation (PHF) in its September 2015 E-Newsletter.

Public Health Senior Environmentalist Cheryl Clay said, "I recently completed a project with them that focused on forming community partnerships to assist in educating the public on how they can protect themselves from mosquito-borne disease by eliminating mosquito breeding environments. This project supports our efforts to implement an integrated pest management approach to managing the mosquito population."

In the initiative, the Madison County Health Department formed new partnerships with nine community organizations that are distributing information about mosquito control and mosquito-borne illness within their neighborhoods. Clay said, "These new partners understand the value of taking steps to educate communities about how to prevent mosquito-borne illness and why this is important."

Ms. Clay credited Tim Hatch, director of Logistics and Environmental Programs of the Center for Emergency Preparedness, for suggesting the Madison County program for the initial project. The success of the vector control initiative led the PHF to request that Ms. Clay conduct a second project which she is working on now--an education program to be given at local schools that will focus on mosquitoes, but may also address rats. This project will be completed by the end of the school year.

According to the PHF article, since August 2014, PHF has been collaborating with the National Center for Environmental Health of the Centers for Disease Control and Prevention on the Vector Control Performance Assessment and Improvement Initiative. The idea originated from CDC's desire to help vector control programs at local health departments improve their performance using self-assessment and quality improvement (QI) tools. With funding from CDC, PHF assisted 14 local health departments to increase their vector control programs' efficiency, effectiveness and capacity through performance improvement.

The initiative included three parts: performance assessment of each vector control program, prioritization of areas for improvement, and development and implementation of performance improvement projects. To assess the status of their vector control programs, the health departments used the Environmental Public Health Program Self-Assessment Instrument.

Each health department shared self-assessment results with their assigned PHF QI Expert and began to talk through areas in which they might focus their performance improvement projects. To help the health departments prioritize areas in which to focus their attention, QI experts provided an electronic version of a Prioritization Matrix developed by PHF intended to help narrow the focus of performance improvement projects to identified priority areas.

Performance improvement projects were chosen by the health departments, and a variety of QI methods and tools were used as the health departments worked towards achieving measurable improvements.

The article stated, "Through their participation in the Vector Control Performance Assessment and Improvement Initiative, each health department accomplished something that they would not have accomplished otherwise. Whether it was improving the quality and quantity of partnerships, increasing effectiveness of outreach to the community, or streamlining vector control operations, performance improvement was evident."

For more information about this initiative, visit PHF's website, or contact Micaela Kirshy at [mkirshy@phf.org](mailto:mkirshy@phf.org) or (202) 218-4410.



**The Madison County Health Department staff helps educate and inform the public about vector control at a Huntsville event.**

## Environmental Q and A

**QUESTION: I rent an apartment in a house that was probably built in the 1940s. I have a nice apartment with hardwood floors and my landlord is aware that I have rats that seem to live in the non working fireplace and come out at night. I know this because they leave soot prints wherever they go -- kitchen, bathroom, shower. He has sealed up all detectable openings where they possibly get inside. He has been advised that poison is not a good remedy because of danger to house pets--dog and cat. Do you have any other advice about getting them to leave?**

**RESPONSE:** I am sorry to hear that you are having problems with rodents in your home. Rats are nocturnal and do their scavenging at night. They also leave urine trails to guide others, so you should clean the floors along the wall and the area where you see soot prints with a disinfectant solution. If you have house pets, then you are correct in not using poison. My suggestion is that you contact a pest control company that will employ the practice of integrated pest management where the type of pest is identified and ways and means of entry are uncovered and closed as well as suggested methods to get rid of them. In the meantime, you could use glue boards. These can be found at hardware stores and some of the local retail outlets. If you should catch a rodent on the glue boards, do not touch the rat, place the entire board

inside a plastic bag (for example, a grocery store bag) and dispose of it. Should your pet get caught on a glue board, use a cooking oil spray to help release it.

**QUESTION: What needs to be done with a bottle of mercury I found at my house?**

**ANSWER:** There is no cheap or easy method to handle elemental mercury at this time. The safest option is to contact a hazardous waste broker and pay to have the material shipped to a permitted hazardous waste storage facility. Otherwise, you can put the jar of mercury into an unbreakable container with a tight-fitting lid (an empty paint can, for instance), close it tightly, and hold it until you can turn it in at the next household hazardous waste collection event in your community.

**QUESTION: In what types of facilities are public restrooms required?**

**ANSWER:** The Food Establishment Sanitation Rules, the rules and regulations that apply to grocery stores and food establishments, do not require an establishment to provide restrooms to the public. These establishments are required to provide a bathroom facility for their employees. In some municipalities local building codes may require public venues to provide restrooms. You may check with your local city building code division on rules that may apply regarding this matter in your area.

## Sharon Jordan Awarded Southern Shero Award at the 2015 National HIV Prevention Conference

**D**uring the 2015 National HIV Prevention Conference Dec. 6-9 in Atlanta, Ga., HIV Prevention and Care Director Sharon Jordan was one of six individuals selected for the Southern Shero Award. Criteria for this award are based on the demonstration of leadership both regionally and nationally, management of programs with national recognition, and service as a mentor/subject matter expert on HIV prevention, care or treatment for the southern region.

Ms. Jordan oversees all state level program directives for federal grants and provides guidance for her teams to accomplish HIV prevention and care goals. She also provides oversight for monitoring and evaluating the CDC Cooperative Agreement and the contract process for community based organizations.

In 2015, Ms. Jordan spearheaded the implementation of the Health Plus Alabama Program. Health Plus has provided insurance coverage for more than 1,245 HIV consumers.

Ms. Jordan said, "It was certainly an honor to be included in the company of the other five women throughout the South selected for the first Southern Shero awards." She added, "My 28 years with the HIV/AIDS Division have allowed me to connect with so many dedicated and committed persons within the state and nationally in the HIV/AIDS fight."

She feels strongly that this award represents the team of staff and community representatives engaging communities every day to make a difference in the lives of those they serve. She further added, "I was truly touched at the award ceremony by the experiences of the other recipients working in the HIV/AIDS arena."

Ms. Jordan encourages her staff to identify areas of opportunity for innovation and improvement to better serve their clients.

*By JORA WHITE*

## 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](mailto: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.

**Latreka Barnes**

**Jill Brewer**

**Jody Mitchell**

**Kimberly Smith**

**Joan Styres**

Center for Health Statistics

from Jerry Williams

Troy, Ala.

**Sammy Bean**

**Sylvia Foreman**

**Callie Johnson**

Health Provider Standards

from Sherry Ginn

Phenix City, Ala.

**Lillian Bowden**

**Diane Horan**

**Donna Milstead**

**Linda Reed**

Health Provider Standards

from Sandy Prescott

Jasper, Ala.

**Kathie Clecker**

**Theresa Mulkey**

Center for Health Statistics

from Roger Stanford

Bessemer, Ala.

**Sandra Daniels**

**Kay Mathews**

Center for Health Statistics

from Mary Ellen Taylor

LaGrange, Ga.

**Connie Danner**

Center for Health Statistics

from Sean Mullen

Massachusetts

**Debra Griffin**

Health Promotion and

Chronic Disease

from Lenore Dillon, CVRT

Montgomery, Ala.

**Bradley Grinstead**

Office of Radiation Control

from Tim Hatch

Montgomery, Ala.

**Jessica Hardy, MPH, DNP, RN**

Office of Women's Health

from Margaret P. Findlay,

PhD, RN, CNE

Birmingham, Ala.

**Cassandra Henderson**

Center for Health Statistics

from Dr. Shelton Wright

Stone Mountain, Ga.

**Diane Mangum**

Autauga County Health

Department

from Renae Carpenter

Montgomery, Ala.

**Kay Matthews**

Center for Health Statistics

from Jim Harvard

Address unlisted

**Theresa Mulkey**

Center for Health Statistics

from Shelley Bilbrey

Huntsville, Ala.

Jacqueline Fields-Burruss

Huntsville, Ala.

**Kent Olesen and Property Management staff**

Logistics Division

from Tim Hatch

Montgomery, Ala.

**Debra Robbins**

Primary Care and Rural

Health

from Pedro Piffaut, Ph.D.

Address unlisted

## Monthly HIPAA Privacy and Security Training Is Mandatory

The Office of Compliance and Ethics (OCE) is always excited to educate staff on HIPAA. In addition to mandatory annual HIPAA training, staff will also be required to view monthly Privacy and Security videos or activities. These monthly reminders act as refresher training for staff and emphasize areas of concern within the agency.

Participation is mandatory for all employees with computer access. Employees will have 30 days from the date the video is released to complete the required electronic acknowledgment form which documents that they participated in the activity. Links to the videos will be emailed to staff each month. The training links can also be found on the OCE internal website at: [www.adph.org/complianceeducation](http://www.adph.org/complianceeducation)

If you would like to volunteer to participate in a skit or if you are aware of compliance issues that need to be addressed in your area, please contact OCE at (334) 206-9324. You can also use the anonymous reporting line by calling (334) 834-7659.

By Samarria Dunson, J.D., CHC, CHPC

## Leaders Break Ground for Morgan County Health Department



Photo by LaTisha McCord

The Morgan County Health Department held a groundbreaking ceremony for its new facility in Decatur on Jan. 21. The construction is being made possible through the financial support of the Morgan County Commission and Commission Chair Ray Long. The Alabama Public Health Care Authority provided funding for the construction.

# Mobile County Health Department Begins Celebration of its 200th Anniversary

The Mobile County Health Department began its year-long 200th anniversary celebration Jan. 26, with a flag breaking ceremony. The event took place at 850 Saint Anthony Street, which was the original entrance to the historic U.S. Marine Hospital, to unveil a special flag that will fly over the clinics throughout the bicentennial year.

The special guest of honor was Acting State Health Officer Dr. Thomas M. Miller. Others taking part in the program were the Very Rev. Beverly F. Gibson, the rector and dean of Christ Church Cathedral; Dr. Nina Ford-Johnson, chair of the Mobile County Board of Health; Michael E. Pierce, executive director of the MLK Avenue Redevelopment Corp.; and Dr. Bernard H. Eichold II, the Health Officer of Mobile County.

Three members of Boy Scouts of America Troop 113 from Saraland, Ala., formed a color guard. The Spartan Sound Marching Band from Saraland High School provided entertainment and performed The Star Spangled Banner as the U.S., Alabama and MCHD flags were hoisted.

Public health has been a component of Mobile's illustrious history since the city's founding in 1702. Under the flag of the United States, the Board of Health was established for the Mississippi Territory in 1816. Services have been provided uninterrupted to the citizens of this community since that time.

Mobile's Board of Health predates any other health department in Alabama by almost 100 years. Construction of MCHD's main building was completed in 1842 as a U.S. Marine (Public Health) Hospital, which provided care of sick and disabled seaman. The facility was located along several blocks of Saint Anthony Street that included the newly constructed Mobile City Hospital and eventually the Medical College of Alabama.

At the turn of the century, there were three boards of health functioning in the county (City of Mobile, County of Mobile and Citronelle). On January 1, 1919, one full-time health department was established for countywide services.

Under a consolidation plan, the first office of the Board of Health was housed at 119 Conti Street. It remained there until 1957 when, in July of that year, the facility moved into a new monolithic structure located at 248 Cox Street.

In 1955, the U.S. Marine Hospital was converted into a tuberculosis hospital. The Sixth District Tuberculosis Association elected Frank S. Keeler as its president. The facility was named in his honor in 1973.

On July 1, 1974, the Keeler Tuberculosis Hospital closed. The facility was listed in the National Register of Historic Places on July 9, 1974.

On December 1, 1974, the Mobile County Board of Health entered into a lease/purchase arrangement with the Sixth District Tuberculosis Association for the former U.S. Marine Hospital location. On Oct. 23 of the following year, the title and deed were duly transferred to the Board of Health. Renovation of the hospital along with the construction of a new addition to the central structure was completed in 1983 and all of the services were moved to this new location during that year.

In 1984, the facility was rededicated as the Major General William C. Gorgas Clinic, a native of Toulminville, Ala., who served as the Surgeon General of the U.S. Army and is best known for his work in abating the transmission of yellow fever and malaria. The main entrance was relocated to 251 N. Bayou Street.

Plans are to have a special event each month through 2016 to mark the 200-year anniversary of the Mobile County Health Department.



***Pictured are Acting State Health Officer Dr. Thomas M. Miller, the Very Rev. Beverly F. Gibson, the rector and dean of Christ Church Cathedral; Michael E. Pierce, executive director of the MLK Avenue Redevelopment Corp.; Dr. Nina Ford-Johnson, chair of the Mobile County Board of Health; and Mobile County Health Officer Dr. Bernard H. Eichold II.***

# Smile Savers Make Oral Health Heroic for Alabama Schools

For National Children’s Dental Health Month students in the Black Belt were introduced to the Smile Savers, a group of heroes including Brush Boy and his canine sidekick, the Toothbrush Terrier, the Fantastic Flosser and the Plaque Punisher. These superheroes of oral health wage the bad breath battle and help students learn about proper brushing and flossing habits.

The Oral Health Office of ADPH developed the Smile Savers to be featured in coloring books, which were then designed through a partnership with Troy University’s Center for Design, Technology and Industry. Oral health submitted the developed content to dti.center, where students designed coloring books to submit for consideration. After reviewing nearly 20 submissions the Oral Health Office selected Ryan McCullough’s coloring book to print for Kindergarten through 4th grade students and Thomas Jones’s coloring book for 5th and 6th graders. This partnership gave students the chance to work on a real world project with a public client and to see the changes from their first draft to the printed and finished product.

The coloring books were then printed and sent to 83 Alabama schools as a pilot program for further distribution and to promote National Children’s Dental Health Month. All 67 county health departments also received coloring books for their patients. Also available for download from [www.adph.org/oralhealth](http://www.adph.org/oralhealth), the Smile Savers adventures include activities like coloring sheets, connect the dots, a word find, and a crossword puzzle.

For more information contact Ashley Vice at 334-206-2967 or [ashley.vice@adph.state.al.us](mailto:ashley.vice@adph.state.al.us).

**Karl Bryant of the Communications and Marketing Division facilitated the partnership with Troy University’s Center for Design, Technology and Industry to produce these superhero coloring books to promote oral health.**



# Diabetes and Obesity Conference Features Excellent Presentations

A variety of noteworthy presentations were made at the 14th Annual Diabetes and Obesity Conference held Nov. 20 in Montgomery. Approximately 83 professionals attended.

Topics covered include the following: Obesity and Diabetes in Alabama: Risk Factors/Intervention; Finding Truth in the Failed Theories of Heart Disease; Making the Connection between Physical Activity and Prevention; What’s Art Got to Do With It? Integrating the Arts into Education, Research and Practice; Diabetes and Eye Health; Diabetes and Hypertension Drug Update; Diabetes Care Utilizing Community Health Workers; The Face of Wellness; Sensual Nutrition and Diabetes Foot Care.



**Presenters, planning and hosting committee members are pictured here. First Row—Debra Griffin, R.N., Dr. Mark Swanson, Dr. Andrea Cherrington, Dr. Catherine Morley. Second Row—Dr. Billy Powell, Erin Beasley, Dr. Hank Williford, Sherrie Snow, Dr. Evelyn Crayton, Dr. Jim Painter, Dr. Pilar Murphy, Dr. Emily Piercefield and Dr. Jim McVay.**

## Emergency Preparedness Officials Participate in Mass Fatality Decontamination Course

On Nov. 17-19, representatives from the Alabama Department of Public Health Center for Emergency Preparedness - State Mortuary Operations Response Team (SMORT) partnered with the Mississippi Department of Health and Mississippi Mortuary Response Team to participate in a joint training on Mass Fatality Decontamination at the University of West Alabama in Livingston.

The Mass Fatality Incident Response Training sponsored by the Federal Emergency Management Agency offered first responders the opportunity to learn information on mass fatality incidents, recovery operations, reactions to death, ethical treatment of the dead, notification and staging, search and recovery, family assistance operations, federal resources and assistance, and morgue operations.

Information was also provided for Family Assistance Centers on support operations and critical incident stress management. Participants were given the opportunity to participate in a mass fatality exercise which allowed for a demonstration on the use of

personal protective equipment (PPE) and allowed them to engage in the decontamination process of a male and female cadaver. The exercise also integrated a procedure to train responders on the process of searching the field for human remains and personal effects after a mass fatality.

The exercise course supported emergency response training at multiple levels including the federal, state and local government. The course provided training to support and enhance staff knowledge of the CDC Public Health Preparedness grant capabilities including: Fatality Management; Information Sharing; and, Volunteer Management.

Participating agencies included representatives from the U.S. Department of Health and Human Services – Office of Emergency Management, Cullman and Tuscaloosa Counties Emergency Management Agency, Alabama Department of Forensic Sciences, and the Tuscaloosa and Demopolis Fire Departments.

Representatives from ADPH were Tim Hatch, Elana Parker-Merriweather, John Lowery and Bill Kennedy.

## Office of Women's Health Holds Recognition Luncheon

On Dec. 18 the Office of Women's Health held a recognition luncheon in Montgomery to recognize its many partners, supporters and volunteers. Vocal entertainment was provided by Janis Pritchett of the Bureau of Financial Services.



**Izza Cagle, left, of the Bureau of Family Health Services was presented the Linda Mays Volunteer of the Year Award. She is shown with Ms. Mays at the recognition luncheon on Dec. 18.**



**Jessica Hardy presents the Heart of Gold Award to Martha Walls for her contributions to community initiatives supported by the Office of Women's Health. The award is presented annually in memory of Mozzelle Thomas.**

# Scale Back Alabama 2016 Breaks World Record for Most People on One Scale

Scale Back Alabama participants broke the Guinness World Record for the most people on one scale. The group of 157 Alabamians weighed in at a collective 30,400 pounds to help kick off the tenth year of the state's largest weight loss and exercise program. The early morning weigh-in was held at Sabel Steel in Montgomery on Jan. 8 and was documented by witnesses and videographers. Even though the Scale Back Alabama world record attempt was pre-approved by Guinness, the official certification of the record breaking will come following submission and review of the event documentation. Scale Back Alabama is a public awareness program sponsored by the Alabama Hospital Association, the Alabama Department of Public Health and Blue Cross and Blue Shield of Alabama.



**Girls on the Run (GOTR) inspires girls to be joyful, healthy and confident using a fun, evidence-based curriculum which creatively integrates running. Candace Powers of the organization, left, is shown with Linda Mays, OWH Steering Committee member, accepting the Office of Women's Health/Single Mothers Empowerment 2016 Scholarship for two girls in the Jefferson County GOTR Council.**



**Janis Pritchett of the Bureau of Financial Services provided vocal entertainment.**

# Breastfeeding Mothers Voice Their Gratitude for the Mother's Room in RSA Tower

The Mother's rooms located in the Bureau of Family Health Services on the 13th floor of the RSA Tower offer a quiet, private space for breastfeeding in support of the ADPH mission to promote breastfeeding. It is widely acknowledged that breastfed babies have fewer illnesses and receive the most complete form of nutrition.

Breastfeeding mothers do not have to be employed by the department to use the rooms, and one of the five current users works for a private company with offices located in the RSA Tower. Three breastfeeding mothers offered these comments about the many benefits provided:

"When I had our first daughter, I worked in an environment that accepted breastfeeding but did not promote it. I was only able to keep it up for six months with her. When I had our second daughter, I knew I was going to make every attempt to breastfeed for a year. If not for the support of Michell Grainger and access to the Mother's Room, I would never have made it 12 months, much less 14 1/2 months, which is when we stopped only because I had to travel."

*Katherine Dixon Hert, Office of  
Emergency Medical Services*

"I am a breastfeeding mom. I returned to work from my maternity leave when my baby boy was a day shy of 10 weeks old. I am pleased that my employer has two rooms provided for moms that wish to continue to breastfeed once they've returned to work. My son is now almost seven months old, and I gratefully say we are still breastfeeding. The Mother's Room may not seem like much

to some, but for me and my son (and the other nursing moms) it is the difference that allowed us to continue our breastfeeding relationship well past my maternity leave. Many obstacles come with being a working mom, but the Mother's Room takes one of those obstacles away. I am very thankful for my Mother's Room."

*Mallory Rigsby, Bureau of Health  
Promotion and Chronic Disease*

"Going back to work full-time after the birth of a child is a difficult transition for many new moms, and I was no exception! The Mother's Room available for individuals who work in the RSA Tower has been a great help to me. The room's location, availability, and the opportunity to use a hospital-grade pump all make it possible for me to continue breastfeeding my child for as long as I need to. Transitioning back to work is a bit easier, knowing that I can continue to give my baby the nutrition he needs even if I cannot be with him during the day. I consider myself very fortunate to have an employer who makes accommodations like these for the good of its employees. I can say, from experience, that despite the breaks I take to use the Mother's Room, I am more productive. I am willing to go the extra mile at my job because my employer takes good care of me and, in turn, my family."

*Heidi G. Mense, PHR, Office of  
Human Resources*

For more information about breastfeeding and its many benefits or the Mother's Room, please contact Michell Grainger, [michell.grainger@adph.state.al.us](mailto:michell.grainger@adph.state.al.us), (334) 206-2921.



**Hannah Elizabeth and Christina Hert**



**River Rigsby**



**Lukas Mense**

# Retirees

The following departmental employees have retired recently.

## November

**Nancy Reynolds**  
Henry County Health Department  
**Roger Robinson**  
Information Technology  
**Fred Vengrouskie**  
Environmental Services  
**Lisha Weeks**  
Covington County Health  
Department

## December

**Patricia Hall**  
Houston County Health Department  
**Connie Lightsey**  
Public Health Area 3

## January

**Brenda Anthony**  
Public Health Area 7  
**Sharon A. Behary**  
Houston County Health Department  
**Deborah Blanchard**  
Madison County Health Department  
**Craig J. Brooks**  
Lauderdale County Health  
Department  
**Danna Daughtry**  
Information Technology  
**Deborah G. Dawson**  
Escambia County Health  
Department  
**Linda Dockins**  
Walker County Health Department  
**Jean Fulton**  
Family Health Services  
**Linda J. Hall**  
Colbert County Health Department  
**Peggy J. Harrelson**  
Logistics  
**Denise Helms**  
Public Health Area 6  
**Debora C. Hobbs**  
Public Health Area 3  
**Barney H. Hollon**  
Emergency Medical Services  
**Diane Holmes**  
Lamar County Health Department  
**Jean C. Jarrett**  
Communicable Disease

## Connie Lard

Lauderdale County Health  
Department

## Evan T. Long

Lauderdale County Health  
Department

## Diana M. Ludlam

Barbour County Health Department

## Brenda A. McQueen

Bureau of Clinical Laboratories

## Sheila M. Mancil

Covington County Health Department

## Cheryl Perez

Information Technology

## Sharon J. Pleasant

Escambia County Health  
Department

## Angela B. Rudolph

Bureau of Clinical Laboratories

## Ray M. Sherer, Jr.

Health Provider Standards

## Donna M. Underwood

Morgan County Health Department

## Darlyne S. Williams

Houston County Health Department

## Debra E. Woods

Communicable Disease

## February

## Constance Baldwin

Program Integrity

## Karen Butler

Public Health Area 2

## Diane Cooper

Clay County Health Department

## Reba G. Denney

Morgan County Health Department

## Theodore King

Baldwin County Health Department

## Marchalla Knox

Bureau of Clinical Laboratories

## Lawrence Mace

Bureau of Clinical Laboratories

## Elnora Robinson

Dallas County Health Department

## Cynthia Templeton

Public Health Area 6

## Rebecca H. Wilson

Hale County Health Department



**Gavin Graf presents a certificate to Kathryn Chapman, Dr.P.A., director of the Cancer Prevention Program and program manager, Alabama FITWAY Colorectal Cancer Prevention Program, upon her retirement after 20 years of service.**



**Chrys Foreman is shown with Dr. Tom Geary upon her retirement from the Bureau of Health Provider Standards after 30 years of service.**



**Acting State Health Officer Dr. Tom Miller presents a retirement certificate to Linda Forney in recognition of her 25 years of service.**



***Congratulating Stuart Peterson on his retirement after 35 years of service is STD Division Director Anthony Merriweather.***



***Shawanda Surles presents a certificate to Alice Toles who retired from the Montgomery County Health Department with 25 years of service.***



***Acting State Health Officer Dr. Tom Miller makes a presentation to Mary Urquhart who retired after 35 years of service.***

## Calendar of Events



**March 16**

2016 Blood Pressure Control for Better Health, 2-4 p.m.

For more information, contact Ken Reid, (334) 206-5585.



**March 17**

Zika Program, 4-5:30 p.m.

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

**March 18**

Public Health Social Work Celebration



**March 24**

The Diabetes Epidemic in Alabama: An Overview, 12-1:30 p.m.

For more information, contact Elena Kidd, (205) 934-7140.

**April 6-8**

Alabama Public Health Association 50th Annual Health Education Conference, Auburn Marriott Opelika Hotel and Conference Center at Grand National. For more information, visit [alphassoc.org](http://alphassoc.org).



**April 12**

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

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

**April 27-28**

17th Annual Rural Health Conference, Bryant Conference Center, Tuscaloosa.

For more information, visit [RHC.UA.EDU](http://RHC.UA.EDU) or call (205) 348-0025.



**April 28**

Update on Electronic Nicotine Delivery Systems, 12-2 p.m.

For more information, contact Claire Lenker, (205) 638-5496.



**April 29**

Scale Back Alabama Final Event, 10-10:30 a.m.

For more information, contact Teresa Fair, (334) 206-7941.