

Alabama's health

A publication of the Alabama Department of Public Health

UA Offers Distance Learning Classes to Social Workers

The University of Alabama School of Social Work is offering a Master of Social Work program of study through distance education at the RSA Tower in Montgomery, as well as sites in Gadsden and Mobile. The stated goal of the program is to provide graduate educational study to practicing social work professionals and students for advanced social work practice and leadership roles.

Classes by a two-way video conferencing system are offered four nights a week through the Video Communications and Distance Learning Division of the Bureau of Health Promotion and Chronic Disease. Three Alabama Department of Public Health social workers are among the 10 members of a class which meets in a ninth floor conference room from 5 to 7:50 p.m. Mondays through Thursdays through April 30.

"I am very pleased that the Alabama Department of Public Health has become a part of this collaborative effort with the University of Alabama School of Social Work and Montgomery Department of Human Resources," said Maury A. West, department Social Work director. "This will provide more opportunities for bachelor level social workers at public health and other agencies to receive a master's level social work degree and not have to travel every week to campus. I am very grateful to Video Communications for their hard work in securing this wonderful opportunity."

UA Distance Education Coordinator Kathleen Champion said, "The University of Alabama School of Social Work provides the M.S.W.

Program to geographic areas outside of Tuscaloosa for prospective students who cannot relocate to Tuscaloosa. Classes are also scheduled primarily during evening hours and Saturdays, making it easier for working students to attend."

In addition to the classroom, the university offers tutoring by computer and there are resources like the university's writing center that give equal access to help as on-campus students have. Each site has an onsite coordinator who serves as advisor to the students as well as secures field placement opportunities for the individual student. Either a professor or a teaching assistant is present in the distance learning room at all times. The program can be completed in 18 months.

For more information please contact Kathleen Champion, DE Coordinator, at (205) 310-2746 or visit <http://www.academicoutreach.ua.edu>.



Students receive orientation before classwork begins.

HIGH5 Childhood Obesity Project Shows Impressive Results

Tim Hatch, Environmental Program Director with the Center for Emergency Preparedness, is serving as a member of Leadership Montgomery Class XXVI (2009-2010). Of the 40 members, six are on the Healthcare Group/Committee. The group decided to address the problem of childhood obesity in the Montgomery area, and Hatch turned to his Public Health colleagues for assistance.

"We wanted to make the message more positive so we came up with High5 and are going to target eighth graders at the February Survive and Thrive rally at Alabama State University where we will be presenting to 2,500 eighth graders," Hatch said.

Marketing Specialist Danny Doyle of the Bureau of Health Promotion and Chronic Disease designed the poster with Hatch's lead and Miriam Gaines, director of the Nutrition and Physical Activity Division, helped Hatch whittle down the lifestyle issues to just five. The five points are as follows:

- Stay active
- Limit screen time (TV, computers, etc.)
- Eat healthy
- Drink water
- Rest your body

As a result of this initiative:

- All Montgomery Area Transit System buses have the posters.

- All eighth graders will be exposed to this program during the week of Feb. 7-13.
- All eighth graders will be given frisbees with the High5 logo and messages imprinted on them to encourage outdoor activity (one of the five points).
- All middle and junior high schools will be targeted hereafter.

This project has been brought to the attention of U.S. Surgeon General Regina Benjamin for possible inclusion in First Lady Michelle Obama's new "Let's Move" effort on childhood obesity.



Danny Doyle

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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Noelle Ahmann Graphic Designer



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.

Glenda Adams

Center for Health Statistics
from Lou James
Atlantic Beach, Fla.

Erica Allen

Marie Carastro

Bernadette Harville

Joni Phelps

Health Provider Standards
from Sherry Ginn
Phenix City, Ala.

Susan Altman

Susan Bland

Melanie Rightmyer

Health Promotion
and Chronic Disease
from Anita Sanford
Prattville, Ala.

Linda Bolding

Center for Health Statistics
from Carlus Jackson
Eutaw, Ala.

Yvonne Brown

Mable Jordan

Center for Health Statistics
from Janise Taylor
Russellville, Ala.

Sandra Foster

Pam Nix

Gladys Webb

Area 3/TB Control
from Connie Lightsey, MPH, RN
Tuscaloosa, Ala.

Tamika Garrett

Veronica Moore-Whitfield

Center for Health Statistics
from Jennifer Walker
Arnold, Md.

Rick Harris

Health Provider Standards
Ouida Gandy
Tuskegee, Ala.

Casandra Henderson

Center for Health Statistics
from Marla Harden
Gadsden, Ala.
Bina Martin-Giles
Manassas, Va.

Nicole Henderson

Center for Health Statistics
from Grace Connell
Zephyr Cove, Nev.
Mrs. W. G. Tucker
Guadalupe, Calif.

Danee' Hill

Mike Huff

Vanessa Lucas

Lee McElvaine

Charlynda Pierce

Bureau of Clinical Laboratories
from Jeannine Parker,
BS, MT (ASCP)
Montgomery, Ala.

Mike Jarrett, R.N., M.P.H.

Vivian Rankin, R.N., M.P.H.

Sherry Stabler, R.N.

Charlyne White, R.N.

Health Provider Standards
from Mark Manning
Brewton, Ala.

Patricia Lair

Joni Phelps, L.B.S.W.

Jackie Wray, R.N.

Health Provider Standards
from Jason Banks
Auburn, Ala.

Winona Lawson

Center for Health Statistics
from Patricia Hyman
Birmingham, Ala.

Grace Lowe

Patricia Murphy

Health Provider Standards
from Jason Banks
Auburn, Ala.

Theresa Mulkey

Center for Health Statistics
from Carole Myers
Birmingham, Ala.
Tracy (last name unavailable)
Columbiana, Ala.

Kathie Peters

Center for Health Statistics
from Andrea Parmer
Birmingham, Ala.
Barbara Peltz
Kenosha, Wis.
Judge of Probate Nancy Robertson
Eufaula, Ala.

Geneva Thomas

Center for Health Statistics
from Dr. Husam Khalaf
Alqaser Medical Center
Sharjah, UAE
Odis Johnson, Jr.
Cleveland, Ohio

Beatrice Zeigler

Center for Health Statistics
from Melody (last name unavailable)
Columbiana, Ala.
Brenda Childers
Guntersville, Ala.

Qun Zheng

Center for Health Statistics
from Dan Beall
Atlanta, Ga.

Strategic Alliance for Health Gets Off to a Good Start

As Alabama's Strategic Alliance for Health completes its initial planning year, not only have goals been set and plans developed, important progress is being made. Chronic disease interventions under Strategic Alliance for Health are not to be based on decisions made at the state or national level; they are to be from the community.

In Perry County, Strategic Alliance for Health consortium members made a community assessment and recognized that a tobacco ordinance did not exist in Marion. Citizens became educated on the issue and worked with the Marion City Council to pass an ordinance in September 2009.

The local Sumter County SAH consortium also elected to address tobacco use and reducing exposure to second hand smoke. Hill Hospital in the City of York strengthened its existing tobacco policy in September.

The alliance's goal is to reduce the burden of obesity, diabetes and heart disease in up to 21 west Alabama counties. SAH is to use community based nutrition, physical activity and tobacco cessation interventions that are policy, systems or environmentally based. In this geographic region, 75 percent of the population is



A large group of local leaders and citizens gathered for the kickoff of the Strategic Alliance for Health in April 2009. U.S. Rep. Artur Davis was among those addressing the gathering in Marion.

either overweight or obese, 40 percent have hypertension, and 14 percent have diabetes.

Heidi Hataway, director of the Healthy Communities Branch, stated, "An overarching goal of the Alabama Strategic Alliance Program is to eliminate racial and ethnic disparities in health. Chronic diseases represent a major public health challenge in Alabama, so these

diseases are the targets. Initiatives must be sustainable, evidence based and practice based."

Three counties (Dallas, Perry and Sumter) have established community consortiums with representation from

- Local governments
- Businesses
- Universities
- Schools
- Day care centers
- Health care facilities
- Other organizations

In each county a lead agency guides the consortium and assists with program activities. The department provides leadership, training and technical assistance. Community partners in each county are as follows:

Dallas: Vaughan Community Health Services - Kathi Needham
Perry: Sowing Seeds of Hope - Frances Ford and Jamie Richey
Sumter: Sumter County Health and Wellness Education Center - Debra Clark and Glenda James

These county consortia have completed comprehensive community assessments and have developed community action plans to impact rates of chronic disease and improve risk factors by changing existing policies, systems and environments. A migrant program in each county was established to support community interventions.

Stacey Adams, Communities Coordinator, stated, "It is phenomenal how well those consortia have formed with representatives from all parts of the community. They are committed to carrying out community action plans and finding the resources to do it."

The department provides leadership, training and technical assistance to these three counties. Staff have assisted the consortia conduct comprehensive community assessments and write community action plans that address chronic diseases and their risk factors and implement initiatives to address them.

Federal funding will be as much as \$3.9 million over five years. West Alabama and the Black Belt Region were identified for this program because residents include predominantly African American, economically disadvantaged populations with significant evidence of health disparities.

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ACS Presents Capitol Dome Award to Department

The American Cancer Society presented the Capitol Dome Award to the Alabama Department of Public Health for life-saving work to reduce cancer incidence and mortality at an ACS Lobby Day ceremony in Montgomery Jan. 27.

The Capitol Dome Award recognizes public policy achievement and is given to those outstanding individuals whose efforts demonstrate leadership on a legislative issue of high priority to the American Cancer Society Cancer Action Network. The network is a nonprofit, nonpartisan advocacy affiliate of the American Cancer Society. It supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

"We are proud of our collaboration of these life-saving projects and look forward to many more years working together to reduce cancer incidences and mortality in Alabama," Ginny Campbell, the American Cancer Society's government relations director for Alabama, said.

Ms. Campbell thanked State Health Officer Dr. Don Williamson for his important role in representing the department at numerous press conferences and rallies, including participating in the American Cancer Society's Cancer Policy Summit and an ACS Cancer Action Network program last year.

The ACS cited the following departmental accomplishments in fighting cancer:

- Providing free breast and cervical cancer screenings and treatment for eligible women
- Helping reduce tobacco use in adults and youth, promoting tobacco cessation and eliminating exposure to secondhand smoke

Strategic Alliance, continued from page 4

By 2014, 21 counties in the region will be Strategic Alliance communities. These counties are Bibb, Butler, Chilton, Choctaw, Clarke, Conecuh, Covington, Dallas, Escambia, Geneva, Greene, Hale, Lowndes, Marengo, Monroe, Perry, Pickens, Sumter, South Tuscaloosa, Washington and Wilcox.

In the later years of this program period, successful policies, systems and environmental changes implemented will be used to mentor additional Alabama counties in chronic disease prevention.



Shown with the certificate, left to right, are Pam Bostick, Assistant State Health Officer Dr. Tom Miller, Kitty Norris, Nancy Wright, Kathryn Chapman, State Health Officer Dr. Don Williamson, Diane Beeson, Greg Locklier, Mary Ann Upchurch and Ginny Campbell.

- Providing free prostate cancer screenings for eligible men in certain counties
- Providing a coordinated and integrated approach through the Comprehensive Cancer Control Coalition to improve access, reduce cancer disparities, advocate for public policy, and implement the Alabama Comprehensive Cancer Control Plan
- Offering free colorectal cancer screening and diagnostic work-ups to eligible men and women living in 16 Alabama counties
- Reducing disparities across all programs

State Sen. Roger Bedford of Russellville was also recognized as the American Cancer Society's Alabama Legislator of the Decade award in recognition of his long-time support and for making a significant impact in the fight against cancer in the Legislature.

The American Cancer Society Cancer Action Network works to encourage elected officials and candidates to make cancer a top national priority and "gives ordinary people extraordinary power to right cancer with the training and tools they need to make their voices heard."



Brenda Tuck, Vice-President of Alford & Associates, LLC, Community & Economic Development Consultants, recently met with Strategic Alliance for Health Program staff to discuss a proposed one-mile walking track at the South Dallas Industrial Park. Approximately 1,000 persons work at the park and could utilize the track. Future plans also include a playground and picnic area.

Mobile County's 'Flu Crewe' Takes Part in Joe Cain Day

Dubbed the Flu Crewe, a team of representatives from the Mobile County Health Department offered free H1N1 influenza shots and other flu-fighting items as part of official Joe Cain Day activities on Feb. 14.

After giving shots at the parade's staging area, the Flu Crewe proceeded directly behind Joe Cain and handed out a variety of items that support the Alabama Department of Public Health's "Do 10, Fight the Flu" campaign. The campaign promotes the

importance of getting vaccinated, washing your hands, and covering your cough and sneezes. The Flu Crewe's "throws" included packets of soap strips, packets of tissue, bottles of hand sanitizer, and educational items.

Mobile police estimated more than 100,000 persons were on hand for the 36-float Mardi Gras parade which has continued uninterrupted since 1866.



Shown from left to right are Mobile County employees Raffias Redmon, H1N1; Virginia Bealle, H1N1; Shannon Woods, H1N1; Elizabeth Williams, H1N1; Tim Busby, Vector Control; Monica Knight, director, Bureau of Disease Control; Wanda Fields, Vector Control; Sonja Evans, Vector Control; Maria Hall, H1N1.



Elizabeth Williams photo

Mobile County Health Department personnel provided H1N1 influenza shots to the public at the staging area.

Central Office



Every minute a woman dies from heart disease. To highlight this and other educational messages, supporters of Go Red for Women gathered Feb. 5, National Wear Red Day, at the RSA Tower in Montgomery. Assistant State Health Officer Dr. Tom Miller addressed the group, Miss Indian Alabama appeared, and supporters served healthy snacks.

Public Health Area 2 Office Goes Red



Employees of PHA 2 shown front row, left to right, are Becky Gibson, Judy Smith, Jessica Mullins, Cindy Daigre, top row, Candee Adkins, Renee Overton, Sonya Tinsley, Anita Lee, Sondra Nassetta and Andrea George.

Interesting Speakers to Address ALPHA Educational Conference April 8-9

Dan Burden, an internationally recognized authority on bicycle and pedestrian-friendly urban design, will be the keynote speaker for the Alabama Public Health Association's 54th Annual Health Education Conference April 8-9 at the Auburn Marriott Opelika Hotel and Conference Center at Grand National.

Burden will discuss some of the best communities being developed today - communities for people, not just cars. He has spent the past 38 years developing, promoting and evaluating active, equitable and balanced transportation systems and sustainable communities.

A former National Geographic photographer, Burden once led a bicycling expedition from Alaska to Argentina. Burden founded six nonprofits (five are still operational) including Bikecentennial (now Adventure Cycling) and, along with his wife and 30 others, worked with 90 governmental agencies to develop the longest recreational trail in the world - the 4,300 mile-long TransAmerica Bicycle Trail.

Today Burden has launched a new nonprofit, The Walkable and Livable Communities Institute, Inc., which focuses on training and supporting the leaders that will engage town makers and town making to rebuild the world's most important villages, towns and cities.

Closing the conference will be inspirational speaker and football great Jeremiah Castille, executive director of the Jeremiah Castille Foundation. Castille holds numerous University of Alabama football records, played on the 1979 National Championship team and was pall bearer for Coach Paul "Bear" Bryant.

A professional football player with the Tampa Bay Buccaneers and the Denver Broncos, he was ordained as a minister in 2001, and served as assistant football coach and head track coach at Briarwood Christian High School in Birmingham from 1995-2002.

The vision of the Jeremiah Castille Foundation is to "Invest, influence, impact and inspire lives so they will rebuild and restore generations." He has been married to his wife Jean, for more than 20 years. They are the proud

parents of six children; Tim, Simeon, Leah, Rachel, Caleb and Danielle.

"We are very pleased to have such renowned and interesting speakers to highlight the conference," President Stacey Adams said. "We encourage anyone interested in advancing public health to attend."

Other conference topics include the toll of tobacco, stress management, grant sustainability, health care reform, HIV, health disparities, immunization, psychological first aid, effective communication and the Strategic Alliance for Health Program.

The Alabama Public Health Association is an association of individuals and organizations interested in public health in Alabama which links individuals and organizations in addressing public health issues.

Conference registration and a description of the association are available at www.alphassoc.org.

Lifecare Home Attendant Springs into Action to Perform CPR

Lifecare Home Attendant Tammy Clinard of the Limestone County Health Department stepped forward to administer CPR to a 71-year-old man when the man's wife asked for assistance at a convenience store/service station.

The wife ran into the store in Elkmont and said her husband had slumped over in the car, so Ms. Clinard and another man who responded to the woman's distress moved the victim out of the car and laid him on the ground. Ms. Clinard, who had stopped at the station between clients, quickly retrieved her CPR mouthpiece and began performing CPR. Next, two police officers arrived on the scene and assisted with CPR until EMTs

arrived and used the Automated External Defibrillator.

Unfortunately, the man had a history of past myocardial infarction and congestive heart failure and could not be resuscitated. Ms. Clinard stayed with the wife and called the couple's son to the store. Later, the son left a note thanking Ms. Clinard for assisting his parents.

Marcella Coblentz, R.N., Lifecare Supervisor for Limestone County Health Department, acknowledged Ms. Clinard's prompt actions, "I would have expected nothing less than this from Tammy. We are proud to have someone like Tammy on our Lifecare team.

She is a shining example of the type of people that are working as home attendants, not only in Limestone County, but all across the state."



Tammy Clinard

Telehealth Program Participant Succeeds in Improving Her Health Status

For Sadie Morris, a 49-year-old mother of three living in Valley, improving her lifestyle only became a goal when she found herself in the throes of renal failure. But with the assistance of public health employees who led her to the right doctors and the Telehealth program she has made a remarkable turnaround in recent months.

Less than a year ago she needed 12 pills a day to control her high blood pressure and diabetes. She said her weight started creeping up around her 35th birthday to a maximum weight of 284 pounds. Furthermore, she was depressed after being hit by a car five years ago and was often sluggish.

“To make this change it took renal failure, two weeks in the hospital and a doctor telling me I would need another kidney to live,” she said. “I thought I was going to die last April.”

Mainly by walking for 90 minutes each morning and improving her diet she has seen a reduction in her clothing size from size 3X to large. After getting her children off to school, she now puts on her newly purchased walking shoes, resets her pedometer, and heads off to a park and ball field just a half block away from her home.

“Walking is cheap and I like it,” she said. “My foot doctor told me what shoes to wear because I had started getting blisters. As I diabetic I really need to take care of my feet.”

The Chambers County resident also has altered her diet. She now eats six to eight small meals a day. A meal might consist of a cup of peas, a salad without dressing or a piece of baked tilapia, she said. Her new goal is to wear size medium pants and to get off most of her medication. Ideally, she would like to weigh 120 pounds.

The Telehealth program of the Alabama Department of Public Health has played an important part in her lifestyle modifications. Each day for the past three years, seven days per week, she has used home-based monitoring devices provided to her to call in and record her weight, blood pressure and blood glucose levels with a touchtone cordless phone the program provides. Telehealth also furnished her with digital scales, a blood pressure monitor to measure her pulse, and a glucometer.

Mrs. Morris explained, “You put in your zip code, your weight and other numbers and it repeats it to make sure it’s right. You press the number sign if it’s correct,” she said. “It’s a good program that keeps you on track. Either you’re going to change or something’s going to change for you. I also think it’s good that the program’s not just for the old or the young.”

If the values entered into the automated system are out of line from the parameters set by her physician, there is follow-up. Eighteen months ago Area 6 Telehealth Coordinator and nurse Beth Carter, R.N., B.S.N., sent Mrs. Morris to the emergency room by ambulance because her patient’s numbers put her at stroke level, risking debilitation for life, even though Mrs. Morris was experiencing no symptoms.

Ms. Carter had been alerted because Mrs. Morris’ blood pressure was 220 over 130 and her blood sugars had remained above 200 for some time. Despite alerts, patient teaching and many doctors’ appointments, her condition still had not improved. Through Telehealth, a health department employee calls if the participant does not submit physiological data regularly. Once a year the Telehealth nurse visits her patients to verify the equipment is operational.

Ms. Carter said, “This program has grown by leaps and bounds, and every public health area has it now.” In a couple of years her caseload has grown from just 9 patients to 90 active patients in eight counties.

Mrs. Morris is enthusiastic about Telehealth and the social workers and nurses who have helped her. She said, “They are real nice people who really helped push me to change.”

Her weight loss also helps with her back injury. She said, “The more weight I lose, the less pressure there is on my back and the better I feel.”

Heart disease runs in Mrs. Morris’ family; her father died from it when she was just 9, so there is added reason for her to pursue a healthier lifestyle. Plus there is the added benefit of improving her outlook on life.

Mrs. Morris’ new practices are also having a positive impact upon her 14-year-old son who weighs more than 200 pounds and who already has high cholesterol. She said he’s now “staying away from hamburgers” and is walking with her. Her husband has also lost some weight.

Telehealth was started in 2006 within the framework of the Life Care Program and has grown to 600 patients statewide. Telehealth is offered by the Medicaid program to reduce the cost of emergency room visits and physician visits by Medicaid patients who are not eligible for Medicare.

For more information about Telehealth, please contact the Bureau of Home and Community Services.



Photo by Jason Fuller



The Children's Health Division of the Bureau of Family Health Services honored Sharis LeMay Jan. 25 upon her retirement as assistant director.

Coworkers in the Bureau of Financial Services in Montgomery honored Cheryl Chavers on her 30 years of state service, including 21 in Finance. She retired Feb. 1.



At Monroeville Headstart Center, Jamie Manning, of ALL Kids and Gerrie McMillian provide dental education along with dental screenings to approximately 60 children.



Gerrie McMillian, dental health nurse coordinator, and Brenda Davis, Healthy Childcare consultant, provided dental education along with dental screenings to approximately 80 children at Eastern Shore Baptist Daycare. They discussed healthy snacks, steps to take care of teeth, and brushing/flossing demonstrations with Ms. Betsy, lady bug puppet. Brushes, toothpaste and dental materials were provided at this event held during February, National Children's Dental Health Month.

Retirees

December

- Harold Brown**
Professional and Support Services
- Marene Howell**
Marshall County Health Department
- Sonja Parker**
Shelby County Health Department
- Georgia Portis**
Sumter County Health Department
- Rebecca Stinson**
Cleburne County Health Department

January

- Marion Brown**
Information Technology
- William Russell Crowley**
Emergency Medical Services
- Judy Dean**
Public Health Area VI
- Mary Ann Fletcher**
Colbert County Health Department
- Barbara Henley**
Covington County Health Department
- Martha Johnson**
Monroe County Health Department
- Jean Maddox**
Family Health Services
- Georgia Minor**
Information Technology
- Pat Mooney**
Health Promotion and Chronic Disease
- Maureen Nichols**
Public Health Area IX
- Carol Pruitt**
Information Technology
- Linda Robertson**
Public Health Area III
- Neil Sass**
Epidemiology
- Wanda Tuggle**
Morgan County Health Department
- Christopher Walker**
Public Health Area III
- Kirksey Whatley**
Radiation Control

ADPH Wins Numerous ADDY Awards

The American Advertising Federation-Montgomery presented many ADDY® Awards to creative works developed by department employees and honored Health Marketing Division Director Sally Palmer and staff members Noelle Ahmann, Karl Bryant, Danny Doyle, and Katherine Blaze at its fiftieth annual awards presentation on Feb. 20. The federation recognizes and rewards the best creative advertising work in the River Region.

The Professional Best of Broadcast Award went to the department for do10-Fight The Flu for the Center for Emergency Preparedness. Gold ADDY® Awards were presented for Public Service, Mixed Media campaigns for

- get10
- do10-Fight The Flu, both done for the Center for Emergency Preparedness

Silver ADDY® Awards were presented for the following by category:

Public Service, Brochure

- get10-Protect the other ones you love, for Emergency Preparedness
- NPA Healthy Lifestyles, Healthy Kids, for the Division of Nutrition & Physical Activity

Public Service, Poster

- a poster done for the Alabama Public Health Association

Public Service, Magazine

- ALLKids-BULLY, for ALLKids-Children's Health Insurance Program

Public Service, Mixed Media Campaign

- Seasonal and H1N1 Flu, for the Immunization Division

Copywriter of the Year

- Sally Palmer

Dothan Diner Promotes STD Awareness

In observance of National Sexually Transmitted Diseases (STD) Awareness Month 2009, the owner and staff of Sarah's Diner in Dothan wore STD T-shirts last April to call attention to the rising number of STD cases. The phrase imprinted on the back of the T-shirts states, "Don't be a link in this chain--Get tested today." This establishment has also promoted awareness of HIV/AIDS and heart disease in the past. The HIV and STD staff of Public Health Area 10, noted for their prevention interventions, are Delia Reynolds, Sterling Wimbish, Jr., Martha Henry, Patricia Clark, and Larilee Maddox.



Shown, left to right, are Chasity Warren; Sandra De' Lawrence; Sarah Thomas, owner; and Betty Sue Donald.



Clopton in Barbour County enjoyed its first significant snowfall since 1973 on Feb. 12, so Emergency Preparedness Coordinator Lesa Smith used this as an opportunity to remind passersby that H1N1 influenza is still circulating in Area X counties. Note the snowman has a thermometer in his mouth and an N-95 mask for protection.

Mother's Room Offers Quiet, Private Space for Breastfeeding

The Mother's Room on the 13th Floor of the RSA Tower has made a real difference to many breastfeeding mothers. Two of them, Meredith Adams, a social worker in the HIV/AIDS Division, and Laura Smith, an artist illustrator in the Marketing Division, freely shared their stories advocating breastfeeding and praising their pro-breastfeeding work environment.

Tyler Adams celebrated his first birthday Dec. 31, and his mother uses the Mother's Room located in the Bureau of Family Health Services to pump her breastmilk each day. Mrs. Adams' physician advised her to continue breastfeeding until her son is 15 months old, and she intends to do so. Factors that make this possible are the availability of the room, the fact that her supervisor is so supportive, and the caring assistance provided by the department's Breastfeeding Coordinator Michell Grainger.



Meredith Adams

And for Rex Smith (born Sept. 17) and his mother Laura, breastfeeding has been a very positive experience. Mrs. Smith said, "It's phenomenal that we have this private, quiet place at the office, and I like all of the benefits of it."

When her 5-year-old daughter was born, Mrs. Smith was teaching school and could not breastfeed because she could not leave her students unsupervised. "I didn't have the opportunity before, and now I'm so grateful we have the room here."

She complimented Ms. Grainger's important role in advising the mothers about any problems they might be encountering. "This is my first real time to breastfeed, and she doesn't make me feel silly with all of the questions I have."

In addition, she is thankful for the support system that thrives among the now numerous breastfeeding mothers in the building. In fact, almost every place in the rotation schedule is filled.

Ms. Grainger commented about the increased usage of the room, "More moms are breastfeeding. Also, I think more moms are aware that there is a room available so they are able to breastfeed longer!"

Breastfed babies have fewer illnesses and receive the most complete form of nutrition, so both of the mothers do what it takes to succeed at breastfeeding. They have long days starting at between 4:30

and 5 a.m., and they pump breastmilk three times per day while at work. These moms use the Mother's Room during their break times and lunch.

Mrs. Smith encourages all pregnant women and new mothers to make the decision to at least attempt breastfeeding. Infant formula can cost as much as \$300 per month, so while buying a pump might be expensive initially, its cost can be recouped before long. Mrs. Smith said hospital-grade pumps can also be rented for about \$55 per month.

"Give it a try," Mrs. Smith said. "A lot of women think they can't do it, but they can. With so many women working outside the home an array of products are available for breastfeeding mothers like never before, such as car adapters for the pump and storage baggies that make breastfeeding easier."

Mrs. Adams also advocates breastfeeding as best. "I heard about the Mother's Room before delivery and my supervisor Sharon Gunn referred me to Michell."

The Mother's Room features comfortable chairs, a breast pump (mothers bring their own attachments that may be provided to them at the hospital), and a small refrigerator for storing milk. The room also has a bulletin board featuring photographs of the many adorable babies whose mothers use or have previously used the room.

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



Little Rex Smith gets a kiss from his mother Laura.



Calendar of Events



March 9

Managing Change in Public Health: Bringing out the Leader in Each of Us, 12 noon-1:30 p.m.

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



March 10

Alabama National Electronic Disease Base Surveillance (ALNBS), 8:30-11:30 a.m.

For more information contact Tina Pippin, (334) 206-3983.



March 10

Caring for Patients with Heart Disease, Home Health Aides and Attendants, 2-4 p.m.

For more information contact Shirley Offutt, (334) 206-2481.



March 11

Cultural Competency in Diabetes Care, 1-3 p.m.

For more information contact Debra Griffin, (334) 206-2066.



March 17

Combating Obesity through Nutrition and Physical Fitness, 2-3 p.m.

For more information contact Elana Parker, (334) 206-7980.



March 22

Accreditation - Do You Want to Do It? Do You Need to Do It? Are You Ready to Get Started? 2-4 p.m.

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



March 24

Breast Cancer, 1-3 p.m.

For more information contact Kitty Norris, (334) 206-6227.

March 24-25

Rural Health Conference, The Marriott Legends at Capitol Hill, 2500 Legends Circle, Prattville.

For more information contact Carolyn Bern, carolyn.bern@adph.state.al.us or call (334) 206-5436.



April 1

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

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

April 8-9

54th Annual Educational Conference, Alabama Public Health Association, Auburn Marriott Opelika Hotel and Conference Center at Grand National.

For more information visit www.alphassoc.org.



April 14

Home Health Nurses, 2-4 p.m.

For more information contact Shirley Offutt, (334) 206-2481.



April 21

ADPH Nursing Continuing Education, 8-9 a.m.

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



April 21

Man Up for Your Health: HIV, STDs, Prostate and Colorectal Cancer, 2-4 p.m.

For more information contact Elana Parker, (334) 206-7980.



April 28

Scale Back Alabama 2010 Final Event, 10-10:30 a.m.

For more information contact Mim Gaines, (334) 206-5649