

The Florida Public Health Advocate

A publication of the Florida Public Health Association

From the President's Desk...



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Florida Public Health Association

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I wanted to take time this month to mention some of the great things our members and interest groups are doing. Kelli Selwyn has taken on the lead for our Health Promotion and Education interest group and had their first call a few weeks ago. The group has a lot of enthusiasm and passion for health promotion and I expect to see some good things from this group in the future. Ethel Edwards continues to work with our Membership Committee on our membership drive. The last Hot Topics in Public Health event in south

Florida led to a few new additions to our organization. We are hoping to get more at the next Brown Bag Luncheon in Tampa, led by Rick France.

Speaking of Rick...join me in congratulating our Past President on his recent retirement from the DOH State Lab in Tampa. Rick is relaxing from his lab job, but continues to be active in a number of committees, including Advocacy. Our Advocacy team, headed by Jessica Weissman has been discussing a number of topics including the opioid crisis and pharmacies using telehealth. More information from this group can be found on the FPHA website under Advocacy Committee.

Planning for our Annual Education Conference is underway and that team headed by Sandon Speedling is sure to set an excellent agenda for this year. Be on the lookout for more information soon. We hope you will all be joining us in July in Orlando.

If you are interested in joining any of our Interest Groups or Committees please visit www.fpha.org. The interest groups and contact information for the chairs are available on our website under the Officers section of About FPHA.

-Jennifer Waskovich

Newsletter Features

- Giving Back to FPHA
- Health Promotion and Education Interest Group Article
- Annual Educational Conference Information!
- Brown Bag Lunch for FPHA Members



To submit content to the newsletter, please reach out to us at fpha@srahec.org



We would like to welcome new FPHA members from the past month:

Karla D., Tammy M., Maria M., Tiffany P., Susaye S.

Welcome and a HUGE Thank you for supporting FPHA!

“Give to FPHA”

Make FPHA SMILE and order through AmazonSmile

FPHA is a registered charitable organization with AmazonSmile. What does this mean to you? Once you begin shopping through AmazonSmile (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 AmazonSmile can make a huge impact on the sustainability of FPHA!

Through AmazonSmile, 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 (see below) just by switching from Amazon to AmazonSmile.

If all of our public health Amazon users switched from Amazon to AmazonSmile, we could provide more student scholarships, 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! Simply go to www.amazon.smile.com and select FPHA Foundation Inc as your charitable organization.

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

Thank you for your contribution and happy shopping!



An Article from our Health Promotion and Education Interest Group

Addressing the Public Health Needs of People with Disabilities

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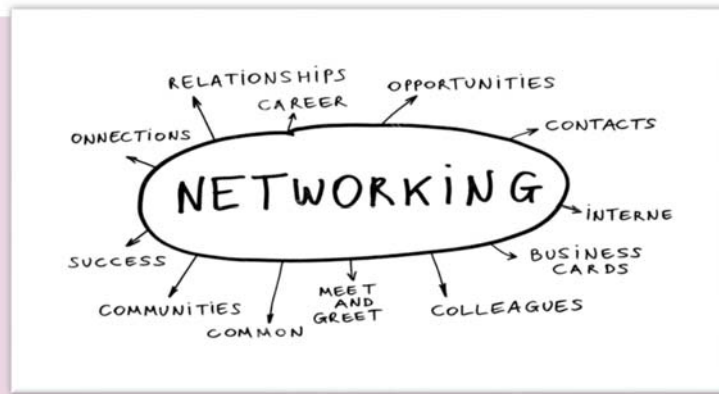
It is estimated that more than 56 million Americans experience some form of disability. People with physical disabilities demonstrate several noticeable health disparities, particularly regarding chronic disease. People with mobility impairments are less likely to receive preventive screenings for breast and cervical cancer, as well as cardiovascular disease. In addition, they experience the highest number of secondary conditions as compared to their non-disabled peers. Rates of obesity are highest among people who are not able to engage in traditional forms of exercise and physical activity. Consequently, poor weight management is a risk factor that results in greater likelihood of diabetes, stroke, heart disease, high blood pressure, respiratory disease, arthritis, accelerated aging, accidents and falls. According to cost analyses (Reichard, Stolze & Fox, 2011), annual medical expenditures for people with physical disabilities is approximately \$8000 higher than those without disabilities. Targeted prevention and health promotion is an effective cost-containment strategy, and improved approaches towards meeting the needs of people with disabilities are needed to address health disparities.

Disability and Health is one of the topics and objectives listed as a national priority by the Office of Disease Prevention and Health Promotion, US Department of Health and Human Services, Healthy People 2020. As a profession dedicated towards working with people with disabilities to improve function and quality of life, physical therapists (PTs) are uniquely positioned to encourage an inclusive approach to individual and community wellness. By acting as consultants, PTs can advocate for universal designs that enable all members of the community to participate. Social interaction is key in preventing secondary mental health issues, such as depression and anxiety. It also allows each of us to benefit from the unique experiences, knowledge, and skills that often develop while learning to overcome and adapt to physical challenges. PTs should collaborate with other public health professionals to develop and evaluate wellness programs that are either inclusive or tailored towards the needs of people with disabilities. Access to material resources, technology, and assistive support can empower people with physical disabilities to play an active role in effective self-management. This includes choosing healthy behaviors, such as adapted physical activity, and engaging in preventive screenings.

PTs have the advantage of seeing people with disabilities repeatedly over an episode of care. This promotes a deep rapport, with insight into individual factors that act as barriers to a healthy lifestyle. The use of evidence-based examination and evaluation methods enables PTs to provide data that can inform policy and program development to address these critical issues. This requires a participatory approach that is familiar to PTs and physical therapist assistants (PTAs), who regularly solicit patient/ client input regarding goals and appropriate interventions to encourage better function and health. Translation of evidence from PT practice to public health is essential in eliminating health disparities experienced by people with disabilities and can result in educational opportunities that expand the scope of knowledge among health care providers, policy makers, and advocates.

Reference

Reichard, A., Stolze, H. & Fox, M. (2011). Health disparities among adults with physical disabilities or cognitive limitations compared to individuals with no disabilities in the United States. *Disability and Health Journal*, 4: 59-67.



Brown Bag Lunch for FPHA members (And those interested in becoming members)

What: A chance to meet FPHA members in our area and to learn more about your FPHA

When:

Tuesday February 6, 2018

12:00 PM to 1:00 PM

Where:

Conference Room

Bureau of Public Health Laboratories – Tampa (Doc Myers Building)

3602 Spectrum Blvd.

Tampa, FL 33612

(Southwest corner of USF Campus)

What do you need to bring: BYOL. Just your lunch and a smile.



Are you a member of FPHA and want to meet other members who are local?

Have you heard of FPHA but not sure what it means to be a member?

Do you want to get involved with FPHA and the new Interest Groups?

Come join us for a brown bag lunch! This informal gathering will be a chance to talk with other members and get to know who is in our area and the benefits of membership. We hope this will become a regular event and meet in different locations a few times a year.

Due to limited seating please RSVP Rick France. RFrance3@brighthouse.com . And don't forget to bring your lunch!

FPHA and SHA Annual Education Conference

“Striving for Excellence in Public Health”

In partnership with Southern Health Association, Florida Public Health Association, would like to invite our members and other public health professionals from around the state to our Annual Education Conference from Tuesday, July 24, 2018 to Wednesday, July 25, 2018. Presentations will focus around public health leadership, Accreditation/CHIP, disaster preparedness, health equity, and the opioid crisis.

Registration is OPEN!

FPHA is calling all members of both FPHA and SHA to submit an application for presenters and posters.

More information can be found at the link below.

If you know of an organization that would like to exhibit or your organization would like to exhibit please click send them to our website.

All information for the conference can be found here:

<https://fpha.wildapricot.org/page-1731214>