

MPH FIELD EXPERIENCE

By

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FIELD EXPERIENCE PRODUCTS

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MASTER OF PUBLIC HEALTH

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Abstract

The following documents are a collection of products finished by Kansas State University graduate student Zachary McGill in support for his master's degree in public health. The student had a field experience at three different sites; the Kansas Health Institute, the Kansas Public Health Association, and the Network for a Healthy California, Los Angeles Region. The student was able to gain experience in by working on public health, community events, grant writing, article writing, research, and policy at all three sites.

Key Words

Policy, Smoking, Community, Grants, Physical Activity, Health

Kansas Health Institute

Senate Bill 25

The following are documents that were created to inform Kansas legislators about the health and financial implications of the upcoming smoking legislation (Senate Bill 25). Kansas Health Institute played a major role in informing politicians about both the health and financial implications of statewide clean air legislation. The presentation was given to the house committee on health and wellness during public testimony about the bill. The information about other states' smoking bans was given to the vice-president of public health studies at Kansas Health Institute to be used as information during the presentation as well as a supplement to the presentation for any possible questions the legislator had for her.

Obesity Legislation in the U.S.

The obesity legislation information was used to inform Kansas lawmakers of the trends happening across the nation in regards to preventing and treating obesity in the U.S. The hope was to show Kansas lawmakers what is being done around the country so they would have an example to work from to create legislation in Kansas. It was hoped that this would also show which legislation was working around the country so Kansas would not pass bills that would have no impact on obesity.

Wyandotte County Information

The Wyandotte County information was used to help health professional located in Wyandotte County to gather information about their county to be used in a grant application they were trying to earn. They wanted to know the demographics and need for a health promotion program in their county to help support their application.

Top Five Causes of Infant Mortality

The infant mortality statistics was used to compare the top reasons of infant mortality in the U.S today. KHI hoped to target preventable causes that were on the list that could be targeted in interventions to reduce the risk of infant mortality in live births.

Community Health Fair

The fair was an event hosted by the Topeka Public Library and orchestrated by the Kansas Health Institute during national public health week. The event was held on April 9th from 8-12 in the Topeka Public Library's conference rooms. Booths were set up with information about various health topics including vision, body composition, poison control, etc. to inform the community about the various ways to prevent disease and continue to live a healthy life. Various screening booths were set up to help low income individuals assess disease risk. The intern helped with this event by contacting organizations that could possibly have a booth and contributing ideas on what to add to the event.

Eat, Exercise, and Excel!

Eat, Exercise, and Excel! Is a program created by Leavenworth principle Janine Kempker to help curb the unhealthy behaviors the children in her school were exhibiting. The Kansas Health Institute had the opportunity to apply for a grant to evaluation the evaluability of this program to determine if further resources were warranted for a full scale evaluation. Evaluability determines if parameters exist that a further, more in depth evaluation would yield results. The intern had the opportunity to write the application for this grant, which was later awarded to KHI. Further, the intern also was able to write the timeline and budget that would be followed for the duration of the grant. The initial literature review, principle interviews, and site visits were also done by the intern.

Kansas Public Health Association

Health Day at the Capital

The Health Day at the Capital was an event hosted by the Kansas Public Health Association (KPHA) that took place on March 5th, 2009. KPHA desired to host it during national public health week (April 6th-12th 2009) but the legislature was on recess during that time. The Health Day at the Capital event paired KPHA members with legislators in their district for personal meetings to discuss the upcoming Senate Bill 25 dealing with clean air legislation and any other health topic the member felt needed to be discussed. This event involved finding each KPHA member's legislators then pairing them with their respective legislator who responded to other invitations for personal meetings. If no legislator responded for personal meetings from districts that had a KPHA representative they were used for delivering the remaining lunches and meeting with legislators who wanted personal meetings but had no KPHA representative from their district. The following materials were used to recruit KPHA members to join the efforts for a healthier Kansas as well as the resolutions that passed both the house and senate to recognize National Public Health Week in the year 2009.

Emails

The following are emails used to recruit KPHA members. The first two were sent out based on whether the legislator in their district had requested a meeting with a member. The last email was used later if we still had no one volunteer in a legislator's district who had requested a personal meeting. The student created the emails and used the KPHA database to send them out to members.

Email for those with legislators who have responded

Dear Health Advocate,

Your legislator, [insert name], has responded to our Health Day at the Capitol to have a health advocate constituent from their District come and visit them on March 5th! We have arranged for a box lunch (sponsored by UniCare) and we need you to take it and visit with them during the Health Day at the Capital Event. During this time you will have the opportunity to discuss current health topics in your District and in Kansas! We really need you to come and advocate for healthy changes in Kansas. You can RSVP by calling or emailing Zach McGill at (316) 250-2531 and zacharyhmcgill@gmail.com

Sincerely,

Zachary H. McGill

Email for all KPHA members

Dear KPHA member,

This year on March 5th we will be holding our annual Health Day at the Capital Event. We have the opportunity to hand deliver lunches to legislators and will be able to have a one on one conversation about current health topics in Kansas, specifically the current clean air legislation. The day will start at 10:00 am at the Docking State Office Building, 915 SW Harrison, basement cafeteria, room B. We will have a professional development in advocacy workshop titled, “Effectively Communicating with your Legislator” and we will also prepare for talking points with the legislators and go over material at this time. The delivery hour will be from 11:30-12:30. At 1:30 you will have the opportunity to attend the Senate Health and Wellness Committee meeting. So RSVP to Zachary McGill at (316) 250-2531 or zacharymcgill@gmail.com, be sure to include your legislators if you know them and if not just include your address and we will pair you with the correct one. We look forward to seeing you on March 5th to advocate together for a healthier Kansas!

Sincerely,

Zachary H. McGill

Email for legislators who have responded and still have no advocates

Dear KPHA member,

Your legislator, [insert name], has responded to have a lunch delivered to them during our March 5th Health Day at the Capital Event but still has no advocates from their district to deliver the lunch. You will have the opportunity to converse with them about health topics in your area and across Kansas. We need your help to advocate for change by delivering these lunches and talking with your legislator to encourage their support to help build the foundation for a healthier Kansas! You can RSVP by calling or emailing Zachary McGill at (316) 250-2531 and zacharymcgill@gmail.com

Sincerely,

Zachary H. McGill

National Public Health Week Resolutions

The following is a resolution that was assembled by the student that passed the senate recognizing National Public Health Week in Kansas. A similar resolution was passed in the house.

National Public Health Week and Health Day at the Capital Resolution

WHEREAS, our nation spends more on health care than any other country, yet our health system is failing and we are not as healthy as we should be; and

WHEREAS, American babies are three times more likely to die than those born in some developing countries; and

WHEREAS, ethnic minority populations have nearly eight times the death rate for key health conditions, such as diabetes, than that of non-minority populations; and

WHEREAS, America has made the top 10 list of countries with the most people with HIV/AIDS; and

WHEREAS, despite these challenges, public health professionals have contributed to dramatic progress over the last century, adding fluoride to our drinking water, introducing seat belt laws and eliminating polio, among other advances that improve our health; and

WHEREAS, there can be no successful health reform without the support of a strong public health infrastructure; and

WHEREAS, by supporting our nation's public health system, we can build on the successes of the past and establish the solid foundation needed for a healthy nation; and

NOW, THEREFORE, I, Senator Vicki Schmidt, by virtue of the authority vested in me by the laws of Kansas do hereby proclaim the week of April 6–12, 2009, as National Public Health Week in Kansas and call upon the people of Kansas to observe this week by helping our families, friends, neighbors, co-workers and leaders better understand the importance of public health to a successful health system in light of this year's theme, "***Building the Foundation for a Healthy America.***"

IN WITNESS WHEREOF, I have hereunto set my hand this [6th] day of April, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

Signature

[Insert City/State or Other Official Seal]

Day of the Event Flyer

The following is one of many flyers created by the student that were used to help recruit KPHA members as well as legislators for the health day at the capital event. Flyers were created KPHA members and legislators during the early planning phases of the event. This flyer, however, was used to recruit legislators on the day of the event in an attempt to interact with as many legislators as possible.

Kansas Public Health Association

Building the foundation for a healthier Kansas!

Health Day at the Capital

Date: 3/5/09

Time: 12:00-1:30

Place: The capital building



Today the Kansas Public Health Association will be having their annual "Health Day at the Capital" event. There will be health screenings provided by Washburn Mobile Health Clinic, health materials and demonstrations in the docking building cafeteria room C (along with Wii Fitness!), KPHA members will also be delivering lunches with bags full of information and useful items from 12:00-1:30.



Highlights

- ◆ Health screenings by the Washburn Mobile Health Clinic
- ◆ Materials and demonstrations
- ◆ Lunch



Kansas Public Health Association

PO Box 67085

Topeka, Kansas 66667

Phone: 785-233-3103

Fax: 785-233-3439

E-mail: director@kpha.us

Network for a Healthy California, Los Angeles Region Los Angeles County Public Health Department

PASEO Project Field Action Report

The PASEO project field action report was a report describing the internship process that the Network for a Healthy California has with California State University Northridge kinesiology undergraduates. The report covers how they recruit students and the activities they perform during their internship. For this project, the intern helped by contributing their knowledge to the structure of the paper and aiding the lead author with writing and proofreading.

Our Neighborhood, Our Rules

The Our Neighborhood, Our Rules presentation was created to help empower low income communities to make healthy changes in their neighborhoods to make them a healthier place to live. The presentation covers the need for physical activity and how much physical activity an individual should accumulate every week. It then goes over different aspects of the built environment that influence an individuals' ability to be physically active and addresses different strategies to make changes in the built environment using various avenues. The intern created this presentation which was given to the staff at the Network for a Healthy California, Los Angeles Region.

The Our Neighborhood, Our Rules Presentation

Slide 1

**Our neighborhood.
Our rules.**

Rule #3:
We speak up for healthy changes.

A guide to make healthy changes in your neighborhood to increase physical activity

CHAMPIONS for CHANGE
Network for a Healthier California

Slide 2

CHAMPIONS for CHANGE
Network for a Healthier California

Outline

- What is physical activity?
 - Why is physical activity important?
 - How our neighborhoods affect physical activity
- What can we do to change it?

Slide 3

What is physical activity?

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- Motion that causes your body to work harder than it would when sitting still
 - Moderate
 - Vigorous



What is moderate: when you're up and moving and makes your heart beat faster. Some examples are brisk walking, biking, taking the stairs, dancing, and raking leaves. You should be able to talk to someone with you for moderate intensity activity (but not sing!)

What is vigorous: it makes you breathe hard and sweat, some examples are running, jogging, playing soccer, fast dancing, and fast biking. It would be difficult to have a conversation while participation in vigorous physical activity.

Slide 4



Why is physical activity so important?

- Doing daily physical activity will lower the chance that you will develop different chronic diseases like cancer, osteoporosis, diabetes, cardiovascular disease, and heart disease.
- Helps build and keep healthy bones, muscles, and joints
- Helps you get to and keep a healthy body weight
- Lowers stress and helps you relax
- Gives you more energy
- Makes you look and feel great

Slide 5



How much should I get?

- You should get at least 30 minutes of moderate intensity physical activity every day
 - Make sure you do it for at least a 10 minute period each time
- Also do weight lifting exercises; do each major muscle group (legs, hips, back, chest, stomach, shoulders, and arms) twice a week, lifting the weight 8-12 times for each muscle group.

Slide 6



How does my neighborhood affect me being physically active?

- Having a good place to walk, run, and play makes it easier and more likely that you will go out and do it
- What are some things that make it a good place to be active?
 - Crime and Cleanliness
 - Beauty and Safety
 - Infrastructure

Slide 7



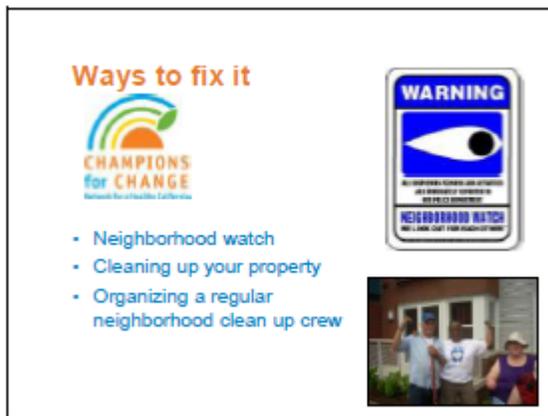
The safer you feel in your community the more likely you will go out to walk, run, or exercise and also you will be more likely to let your kids to out and play.

Slide 8



Having a clean neighborhood makes it feel safer. It also makes it more sanitary and there are fewer objects to trip over. Kids will be able to go out and play without getting into anything that is dangerous or unsanitary.

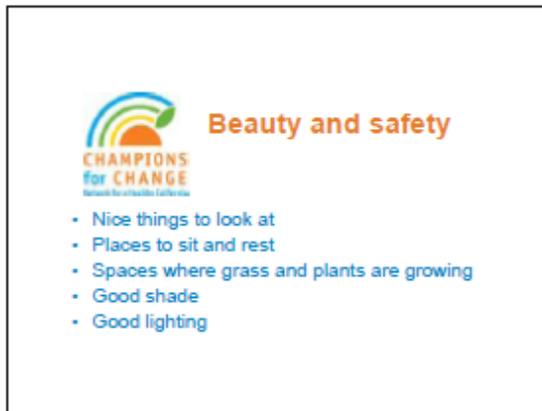
Slide 9



- To help reduce the amount of crime in your area by watching for suspicious behavior and report anything to the police. When you start a neighborhood watch make sure you contact the police to let them know that you are starting one. Sometimes local agencies (the police is a good source) will install signs for free so ask them about that. Also talking to other neighborhood watch groups about how they did can help in starting and maintaining your own.
- Regularly clean up your own property to help your neighborhood continue looking nice. If you have a yard building a garden is a nice way to make your property look nicer, have fresh fruits and vegetables to eat, get some physical activity, and also get to know your neighbors.
- Organize a group of volunteers from your community to go out and clean community areas every week/month or whenever works for your community

members. Set a day in advance to help let people know it is coming (1 week-2 months). Set out signs or flyers to help advertise if possible. Have a starting point and an ending point (anywhere from 1 block to 1 mile is usually good). If enough people show up have different routes to go on with different group leaders (assign them in advance and have them show up early to get in position). When people start coming to the event, have a check in spot so they will know where to go. Make sure to thank every individual and have a BBQ or something fun to do afterward to socialize and relax.

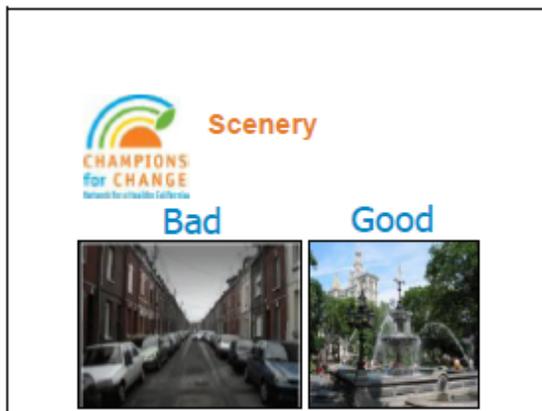
Slide 10



 **Beauty and safety**

- Nice things to look at
- Places to sit and rest
- Spaces where grass and plants are growing
- Good shade
- Good lighting

Slide 11

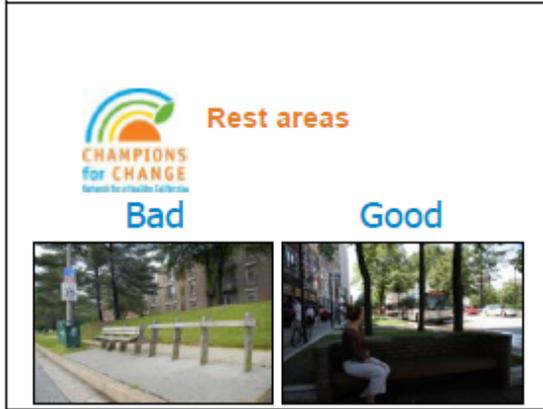


 **Scenery**

Bad **Good**



Slide 12



Slide 13



Slide 14



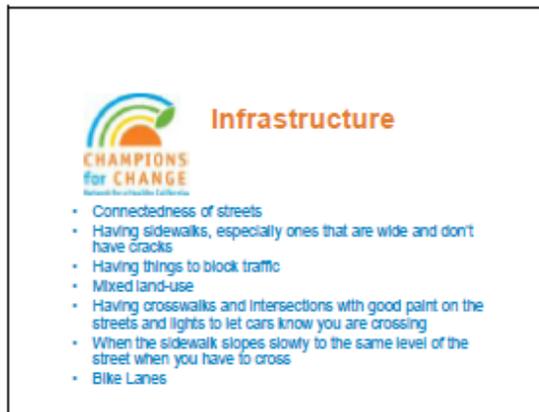
If a light bulb is out in your community you can call 3-1-1 to report it and the city will come out and fix it.

Slide 15



1. The Los Angeles Department of Water and Power will plant trees for free for any home owner that wants one (<http://www.ladwp.com/ladwp/cms/ladwp000744.jsp>)
2. If you do not own your own home you can ask your landlord to ask to have a tree planted on their property. (If you live in a multi-family common area the application is found here: <http://www.ladwp.com/ladwp/cms/ladwp007064.jsp>)
3. Complete the 20 minute workshop then fill out the order form.

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Even though this is something that is more difficult to change, having walking paths connect the “disconnected” streets will make it more walkable – you don’t have to bulldoze houses to fix necessarily.

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Slide 19



Slide 20



Mixed land use is having residential, commercial and industry zoning mixed so it is easier to walk or bike to locations around where you live to decrease the dependence on your car.

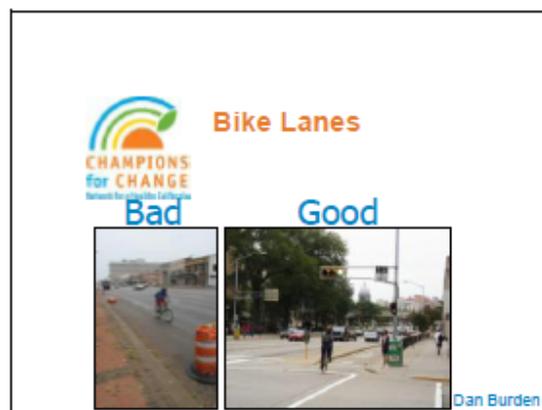
Slide 21



Slide 22



Slide 23



Slide 24

How can we change our neighborhoods?



Network for a Healthier California

- Step 1- bring together a group
 - Bring together a group of 5 to 10 people who are interested in advocating physical activity in your community



Include friends, family members, neighbors, and co-workers. You can meet at anyone’s house or a community building that is open to the public.

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Step 2 – determine what you need



Network for a Healthier California

- Determine what needs to change in your community
- How do I know what needs to change?
 - Walkability Checklist - <http://cachampionsforchange.net/en/docs/OurCommunity/HowToHandWalkChecklist.pdf>
 - Community Assessment - <http://cachampionsforchange.net/en/docs/OurCommunity/HowToHandPAAssessment.pdf>

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Walkability Checklist



Network for a Healthier California

- Take a copy of the walkability checklist with you, then go on a walk in your neighborhood
- Fill out the survey as you are walking
- Mark anything that you have or are missing (then rate how well your neighborhood has done in the question from 1 (bad) to 5 (good))
- Find the worst areas and focus on changing them



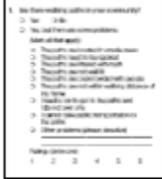
Slide 27

Community Assessment



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- Go through all of the questions and mark all of the amenities that you do or do not have near your house
- Then mark your rating from 1 (bad) to 6 (good)
- This will help find areas in your neighborhood that need improvement



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Step 3 – create a problem statement



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- Work with your group to make a clear and concise problem statement for your physical activity issues.
- Examples of problem statements
 - "Our neighborhood does not have bicycle lanes, which makes it unsafe for us to ride our bikes."
 - "Walking paths in our local park are unsafe and difficult to walk on."
 - "We have faded crosswalks in our neighborhood that make it hard to cross the streets."

Ideas for other things you can work to change:

- Ask about starting a community garden in your neighborhood.
- Work with local schools to get after-hours and weekend access to play yards, gyms, and/or parks.
- Ask the Department of Transportation to add bicycle lanes to your community.
- Partner with the Department of Parks and Recreation to clean up the walking paths in your local parks.

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Step 4 – list all the steps it will take to solve the problems




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Network for a Healthier California

- Once the group has finished the steps, make sure all group members agree with the solutions.

After the problem is agreed upon the group needs to decide specific steps that they need to take in order to fix the problem.

An example of this would be to create a report showing the details of the bad sidewalks around your neighborhood – include pictures for examples that will later be used to show decision makers the situation. For this you can:

- With your group you decide that you want to advocate to policy makers about the bad sidewalk problem within your community.
- Take pictures of the bad portions of the sidewalk.
- Write about how the bad sidewalks make it difficult to walk using personal examples.
- Put everything into a document and print off copies for the entire group.
- Set up personal meetings with the legislators to talk about the problem.

- Call before and after the meeting to confirm and thank the legislator for their time.
- Continue to communicate with the legislator about any improvements that may be happening.
- After a change is made thank the legislator again for their help.

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Step 5 – involve other people who can help



- You may want to get help from community leaders, local business owners, and local government agencies.
- One example of an organization that can help improve bad sidewalks is the safe routes to school program.



Contact legislators, the Departments of Transportation, Power and Water, Police, or some other body that can help make changes to the environment. Continuing the example from before about involving legislators to help make changes in the sidewalks:

- A program that helps make walking and biking routes to school safer so that children will do it and won't get injured.
- They will grant monies to groups who fill out the necessary forms and have a good plan to change the neighborhood surrounding the school. (See <http://www.saferoutesinfo.org/>)

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Step 6 – let decision-makers know about the problems



- Be sure to clearly state your problems and the steps needed to solve them.



After you create a good plan on what needs to be done in your community (like fix the sidewalks) call, email, or go into your legislator's office and let them know about the problem. Be specific about the steps that need to be taken in order to fix the problem and urge their support in helping to make the sidewalks safer. The more your community gets in contact with them the more likely they are going to listen.

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How do we get in contact decision-makers?



- Elected officials work on different levels of the government.
 - City
 - County
 - State
 - U.S.
- The ones that are more likely to make changes in our neighborhood are the ones that live closer to us
- Other places are the department of transportation, school administrators, and parks and recreation

City:
<http://www.laalmanac.com/government/gl10.htm>

County:
<http://rrcc.lacounty.gov/OnlineDistrictmapApp/>

State Legislature:
<http://www.leginfo.ca.gov/yourleg.html>

Governor:
<http://gov.ca.gov/interact#contact>

U.S. President and Vice President:
<http://www.whitehouse.gov/contact/>

U.S. Senate:
<http://www.senate.gov/>

U.S. House:
<http://www.house.gov>

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Step 7 – continue to discuss and advocate



Dan Burden

Keep going until beneficial outcomes are reached.

Use this time to explain some possible changes that can be made using pictures as examples.

Website Update

This project was to update the physical activity portion of the Network for a Healthy California, Los Angeles Region's website by finding new resources that the Network's partners could use in their efforts. In addition, the project was to update the "Be Active Directory" on the website which is a resource for cheap or free resources to be physically in each of Los Angeles County's 88 cities. For this project, the intern found the locations of parks by using each city's website then linking it to the Network's site for easy access for partners.

The physical activity portion of the network's website:

<http://publichealth.lacounty.gov/nut/Network/physicalactivity.htm>

The Be Active Directory:

<http://publichealth.lacounty.gov/nut/beactivela/>