**CPHA E-Newsletter—Spring, 2019**

**NEW CPHA BOARD MEMBERS**

1. **Jennifer Succi**, **President-Elect, CPHA**

Director of Finance, InterCommunity, Alumni & Board Member, UCONN Public Health

To read more about Jen’s profile, please click [here](https://www.linkedin.com/in/jennifer-l-succi-mph-571a0942/).

1. **Linda Case, MS, BA, MPH (UCONN – Class of 2020)**

To read more about Linda’s profile, please click [here](https://www.linkedin.com/in/lindadcasey/).

1. **Tara Lutz, PhD, MPH, CHES**

Public Health Postdoctoral fellow, UConn Center for Excellence in Developmental Disabilities; Faculty, UCONN Public Health Program;

To read more about Tara’s profile, please click [here](https://uconnucedd.org/person/tara-lutz-phd-mph-ches/).

1. **Karen N Spargo, MA, MPH, RS,**

(Retired) Director of Health Naugatak Valley Health Department,

UCONN Public Health Alumni Board Member,

Faculty, UCONN Public Health Program

Karen Spargo dedicated her career to the administration of governmental public health services at the local level, working in Bridgeport, Waterbury (Stay Well Health Center), Naugatuck Valley and Westport. She is a leader and role model for many and has inspired numerous aspiring public health professionals in the classroom.  Perhaps her most notable achievement is leading the Naugatuck Valley Health District (NVHD) for 20 years.  Under Karen’s leadership, the NVHD became the first health district and second public health agency in Connecticut to receive formal accreditation from the national Public Health Accreditation Board in 2015. She also served as Regional Coordinator for the Chronic Disease Control/Health Education Section of the CT DPH. She volunteers as a site visitor with the National Public Health Accreditation Board, having participated in 5 site visits counting the Beta Test. She is also a member of the Community Advisory Committee of the Yale-Griffin Prevention Research Center and the MPH Alumni Board, UCONN Foundation. Karen received a Bachelor of Arts in sociology from Rider College, an MPH from UCONN and a Master of Arts in gerontology with a health care concentration from the University of New Haven. She served as President of CADH, Valley Council for Health and Human Services and the now defunct New England Public Health Association, among others. Throughout her career, many others have also recognized Karen’s achievements.  She has received a Recognition for Public Health Service award from the Waterbury Health Department (1984) and the Bridgeport Health Department (1993); the President’s Award from the New England Public Health Association (1995); the United We Stand plague from the US Postal Service for support during the 2001 Oxford anthrax case; the Agency of the Year award from the Valley Council for Health & Human Services; Distinguished Services Awards from NVHD (2005 and 2017); and many more Karen is enthusiastically grateful for the opportunity to stay connected to public health by serving CPHA.

**PUBLIC HEALTH – PROFESSIONAL DEVELOPMENT OPPORTUNITY**

[](https://www.apha.org/)

# Public Health Fellowship in Government

The Fellowship in Government provides a unique public policy learning experience, demonstrates the value of science-government interaction and enhances public health science and practical knowledge in government. APHA is looking for candidates with strong public health credentials and an interest in serving as a staff person in the U.S. Congress. The fellowship is based in Washington, D.C. One fellow will be chosen each year.

For details click [here](https://www.apha.org/professional-development/apha-internships-and-fellowships/public-health-fellowship).

**UPDATE FROM MENTORING ON REQUEST (MOR) COMMITTEE**

The CPHA Mentors on Request (MOR) had its most successful year since its inception in 2007. Here are the partnerships and activities that contributed to our success in 2018:

**2018: *Looking Back***

* Our MOR-HOSA (Future Health Professionals)  **MOVE and MENTOR Step Challenge** earned top honors from International HOSA.   MOR mentors walked and talked about public health with *HOSA students, who logged over half of CPHA’s 100 million-step-goal*.  APHA noticed our accomplishment as well by publishing our story in the  [Nation’s Health](http://thenationshealth.aphapublications.org/content/48/7/11.1.full?ijkey=4NeXpbPZ3Dv0E&keytype=ref&siteid=nathealth).
* We updated training materials on the MOR site: ***Adventures in Public Health*** and ***Health Literacy: Don’t Leave High School Without it!*** Through Area Health Education Centers and HOSA partnerships we reached over 1400 students and trained Medical Careers educators at CT Department of Education and AHEC AmeriCorps workers.
* We reached over 100 students through **speed mentoring programs** held at Southern CT State University and at the CPHA Annual Conference.
* We built a new  **Leadership Team** (see below) to broaden our communication and gain representation among high school and undergraduate public health programs, and public health and interprofessional workplaces.
* We welcomed a **new co-chair,** **N. Chi Anako**, MPH, CHES, Director, Community Health and Well-Being at Trinity Health Care Of New England.

**Looking Forward:**

* **The 2019 MOVE and MENTOR Step Challenge will expand** into communities in every county: From Bridgeport, to Hartford to New Haven, Waterbury and New London. **Please email us** to MOVE and MENTOR at least once between February 7th and April 7th! **We need your help to reach new schools.**
* **AHEC’s AmeriCorps members** will take the lead on reaching almost 1000 high school students with the CPHA MOR presentations, updating materials to keep students engaged.
* We will build a strong MOR membership and offer a stipend to MOR interns.
* Look on our webpage as MOR members share:
  + Speed Mentoring events at undergraduate and graduate programs.
  + Speed mentors’ bios
  + Their short career videos
  + Internship assessment forms (from the workplace)
  + Experiential learning opportunities (capstones, internships, job shadowing, etc.)

We look forward to tapping your public health and mentoring expertise in 2019! Email us any time: [MorCPHA@gmail.com](mailto:MorCPHA@gmail.com)

**The MOR Leadership Team** (In Alphabetical order)

Celia Meyer, MPH

Cyndi Billian Stern, MA, MPH

Deb Risisky, PhD

Joan Lane, MPH

Lisa Morrissey, MPH

N. Chi Anako, MPH, CHES

Randy Domina, MPH

**Some pictures from our 2018 Speed Mentoring Program!**



**UCONN OFFERING CERTIFICATE PROGRAM ON DISABILITIES STUDIES IN PIBLIC HEALTH**

The University of Connecticut [Center for Excellence in Developmental Disabilities Education, Research and Service (UCEDD)](http://www.uconnucedd.org/), in partnership with the [UConn School of Medicine Department of Community Medicine and Health Care](http://www.commed.uchc.edu/), Program in Applied Public Health Sciences is offering a [**Certificate of Interdisciplinary Disability Studies in Public Health (Disability Certificate)**](https://ph.disability.certificate.uconn.edu/).

It is a 12-credit graduate level course of studies offered entirely online. It uses the [10 Essential Public Health Services](https://www.cdc.gov/stltpublichealth/publichealthservices/essentialhealthservices.html) as a framework to study the health and well-being of people with disabilities and their families, as well as the communities in which they live, learn, work, and play, and the populations of which they are a part.

The Certificate is comprised of the following 4 courses (3-credits each):

·         Foundations of Public Health and Disability

·         Epidemiology of Disability

·         Disability Law, Policy, Ethics, and Advocacy

·         Public Health Interventions in Disability

The Certificate is designed to be a freestanding Certificate whose targeted audience, in addition to public health students, consists of individuals in the professional and paraprofessional workforce in medicine, dentistry, nursing, social work, law, education, psychology, political science, physical therapy, occupational therapy, speech/language/hearing sciences, and other fields related to public health and disability who are in a position to help ensure health and social equity for all people with disabilities and their families.

This Certificate was highlighted specifically in a [2015 article](https://www.ncbi.nlm.nih.gov/pubmed/26010692) in the Journal of Public Health Management and Practice as a potential resource for other Schools and Programs of Public Health to develop disability-specific courses. The Centers for Disease Control and Prevention (CDC) also [highlighted the article](https://www.cdc.gov/ncbddd/disabilityandhealth/features/keyfinding-lack-disability-training-public-health-schools.html) and this Certificate as a resource.

For more information, contact Barbara Case ([bcase@uchc.edu](mailto:bcase@uchc.edu)) and visit the Certificate website, <https://ph.disability.certificate.uconn.edu/>.

**NATIONAL PUBLIC HEALTH WEEK 2019**

## National Public Health Week Creating the Healthiest Nation For Science For Action For Health April 1-7, 2019

## During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

Click [here](http://nphw.org/nphw-2019) to learn more and participate in NPHW2019!

**CPHA - MEMBERSHIP COMMITTEE UPDATE**

## The membership expects to host one or more member networking events during the year.  If you are interested in helping to plan one of these professional gatherings, please contact [Kevin Borrup](mailto:Kborrup@connecticutchildrens.org), Membership Committee Chair.

## *Become a member of the largest public health network in Connecticut!*

#### [CLICK HERE TO JOIN CPHA!](https://cpha.site-ym.com/general/register_member_type.asp" \t "_blank)

**What does CPHA do for you?**

* **Advocate** for greater public health resources and infrastructure at the state and federal level
* Voice **your opinion** on public health issues
* Provide [**networking opportunities**](http://www.cpha.info/?page=AnnualConference) with health professionals from across industries in Connecticut
* Participation in the [**Annual Conference**](http://www.cpha.info/?page=AnnualConference) at a discount
* Offer opportunities for [**CHES credits**](http://www.cpha.info/?page=HEC) throughout the year
* [**E-newsletters**](https://cpha.site-ym.com/?page=Communications) and updates on public health issues that matter to you

### What does CPHA do for Connecticut?

* **Making a change** to improve safety and health of the public in Connecticut
* [**Advocate**](http://www.cpha.info/?page=Advocacy) for healthy living in Connecticut
* Connecting with and [**affecting change**](http://www.cpha.info/?page=CABOH) at local health boards
* Support the public health workforce through [**mentoring and educational**](http://www.cpha.info/?page=MOR) opportunities

### What does CPHA do for agency/organization members?

* **Promotion** of events, personnel and job openings
* **Advocate** on your behalf for greater resources at the state and federal level
* Discounted individual **memberships** for up to 3 of your employees/members

If you have any questions, comments, or suggestions, contact the Membership Committee at [membership@cpha.info](mailto:membership@cpha.info)

**CPHA HEALTH EDUCATION COMMITTEE UPDATE**

The Health Education Committee (HEC) is working on a new and improved role at CPHA in 2019, and we need your input to help with our transformation.

**What would you like to see from the HEC in 2019?**

* *Webinars and continuing education opportunities?*
* *Networking opportunities for Health Education professionals?*
* *Networking for public health professionals in all specialty areas?*
* *News, updates, and other information?*

We want to hear from you!

There are two ways to provide input:

1. Join the small team of CPHA members planning and implementing changes for the HEC in the coming year. Contact Theresa Argondezzi ([targondezzi@norwalkct.org](mailto:targondezzi@norwalkct.org)) if you are interested in participating.
2. Complete this short (3-minute) survey to tell us more about how you think the HEC can be more valuable to CPHA members: <https://www.surveymonkey.com/r/CPHA_HEC>.

We look forward to hearing from you!

Thank you and Happy New Year!

[Theresa Argondezzi](mailto:targondezzi@norwalkct.org), Chair, HEC Committee, CPHA

**State of CT Department of Public Health (DPH) – PHAB Accreditation**

In March 2017, the Connecticut Department of Public Health (DPH) achieved national accreditation through the Public Health Accreditation Board (PHAB), demonstrating its capacity to meet or exceed rigorous, evidenced-based standards of public health practice. As an accredited agency, DPH is committed to continuously improving the quality of its services, promoting accountability and transparency to stakeholders, and advancing health equity to improve population health across the state. PHAB accreditation is conferred for 5 years, during which time DPH is providing technical assistance to local health departments pursing accreditation and updating critical public health documents, such as the state health assessment and state health improvement plan.

For details please click [here](mailto:https://portal.ct.gov/DPH/State-Health-Planning/Performance-Management/Public-Health-Improvement-and-National-Accreditation)

**ARTICLE ON “GLOBAL WARMING AND CLIMATE CHANGE”**

**COLD SPELLS, GLOBAL WARMING AND CLIMATE CHANGE**

*A. Karim Ahmed*

National Council for Science and the Environment

Washington, DC

During the current record breaking cold spell over Canada and United States this winter, here’s a challenging question one should pose to a climate scientist – please explain how global warming and climate change is linked to this bone chilling phenomena? Because, you might add, on the face of it, this connection does not make much sense...  
  
Now, from the climate scientist you would get a fairly complicated answer, accompanied with global wind circulation maps, jet stream movements and a lot of talk about polar vortices. It would scientifically impressive and technically sound, but would it understandable? Perhaps, especially if you were paying close attention to all the geeky stuff. But would the answer be easy to convey to an individual with an attention span of a ninth grader? That is, someone representing the general public? Probably not.   
  
What many scientists are not aware of is that most people are simply not interested in obtaining technically detailed understanding of *any* subject, whether learning grammatical rules or learning to play musical scales or figuring out complex mathematical puzzles. Not that they are “hard”, they are just not interested. For they are not willing to dwell on these topics too long, unless they are forced to learn them in school. In short, our minds have a limited capacity to concentrate, given the numerous tasks we have to carry out each day.  
  
This is when the use of a narrative, story- telling format can be very helpful. It opens the door to engage in a discourse with another person. Thus, gaining the attention or curiosity of the listener is the most important first step. Or even a simple Q and A dialogue could start a fruitful conversation with a climate change skeptic. Once this important beachhead is achieved, ones ability to discuss any topic in greater detail becomes infinitively easier.  
  
So, let’s construct a dialogue on the topic of extreme cold spells and global warming...  
  
**A**: It’s been awful! We’ve had subzero temperatures this winter for days on end. Lately, I’ve read in the newspaper that scientists believe this cold spell is somehow connected to global warming.   
  
**B**: Hah, you don’t say. It’s freezing outside, yet these scientists must be nuts thinking that this is caused by global warming. They should really go back to square one.   
  
**A**: You do realize that even if we are living in a cold storage these days, the rest of the world is not. Look at Australia. They’ve had record breaking heat waves in December and January.   
  
**B**: So what, we also get heat waves in the summer. Nothing new. It happens all the time.  
  
**A**: Wouldn’t you say that cold spells also occur from time to time during winter months? Nothing new.  
  
**B**: But this winter has been really bad. Quite unusual. Perhaps, we have global cooling going on, not global warming...  
  
**A**: And you have data to prove your global cooling hypothesis?   
  
**B**: Not really, but with these extremely low temperatures, I would say we’re maybe seeing a new cooling trend.  
  
**A**: OK, how many winters’ data do you have to show this new trend?  
  
**B**: I’ll bet if I looked into it, I might just find it. Wasn’t last winter something like this year?  
  
**A**: It depends on what locality we are talking about. On the other hand, if you looked at global temperature data collected over several decades, there is no question that we are seeing an overall global warming trend.   
  
**B**: But, is global warming all that bad? Right now, we could use a bit of global warming. Besides, how do we know global warming is causing this cold spell. That absolutely makes no sense.  
  
**A**: I agree, it does seem strange. So, let me ask you a quick question. Have you ever flown from the West Coast to the East? Doesn’t the plane arrive in a shorter time going West to East?   
  
**B**: I have noticed that. Sometimes it takes almost an hour shorter flying to the East Coast.   
  
**A**: Do you know why that’s the case?  
  
**B**: Not really. I think maybe it’s the Earth’s rotation or the prevailing winds. I am not really sure...  
  
**A**: Well, you are partially correct. It is mainly caused by the prevailing wind direction, but not in the lower atmosphere. Today’s commercial jet planes fly around 30,000 feet above sea level, where they meet a fast moving stratospheric “jet stream” that moves around continental North America from West to East.   
 **B**: I see. So, the plane takes advantage of the jet stream moving West to East. Wow, that’s great!   
  
**A**: But, the plane faces a stiff head wind moving East to West. Then, it’s just the opposite situation. Now, that isn’t the end of the story. Here is where global warming comes into play  
 **B**: Really? I had no idea. You mean that the jet stream has something to do global warming?  
  
**A**: Not directly, but in some sense it does. You see, the jet stream is about 7 miles above the earth, where the stratospheric region begins. Now, during the winter months, another high circulating wind pattern is formed over the North Pole, some 30 miles above the earth’s surface, well above the jet stream. This is the so-called polar vortex.   
  
**B**: Ah, I keep hearing about the polar vortex all the time. Especially, during evening news’ weather reports. But I really have no idea what it is all about.   
  
**A**: Yes, those weathermen love to talk about the polar vortex, but they are not interested in explaining how they are formed or what it may do. I’m afraid it could get quite technical at times, and most listeners would tune out all that mumbo-jumbo anyway.  
  
**B**: What you seem to be implying here is that the polar vortex has something to do with our current cold spell. And it may also be related to global warming. I simply don’t see the connection at all…   
  
**A**: Maybe we should bring one more bit of data on global warming right now. Did you know that Arctic sea level snow and ice, which covers the entire North Pole region, has significantly dwindled in size during the past two decades? Nowadays, during the summer months, it is possible to navigate large ships through the formerly ice-blocked Arctic Ocean?   
  
**B**: I did not know that, but what has this to do with the polar vortex?  
  
**A**: Here’s the thing. Because the Arctic Ocean has much less snow and ice on its surface, it does not reflect bright sunlight away from its open waters as it had done before. This has caused the Arctic Ocean’s water to absorb more heat from sunlight that falls on it. For these reasons, the Arctic region has increased its average regional temperature at twice the rate than other mid-latitude geographical areas, such as North America, Europe and Asian Siberia.  
  
**B**: What happens if the Arctic Ocean loses all its snow and ice cover?   
  
**A**: From present trends, it is projected to lose all its snow and ice cover during the summer months by the end of the century. I guess Santa Claus and his elves will have to look at other places to carry on its activities. More seriously, this would have devastating impact on sea mammals and polar bears that live and hunt there.   
 **B**: That would be just too bad. What a total disaster, I must say…   
  
**A**: Now, let’s go back to the polar vortex. Previously, these winter vortices around the North Pole were relatively stable in the stratosphere, staying more or less confined to the polar region. Because the Arctic zone warmed at a higher rate than areas south of it, it caused increasing instability to the polar vortex, making it meander around the region. In the past few years, it has further split apart into smaller vortices, allowing it to leave its northern confines, often traveling to great distances southward in quick bursts of cold spells.  
  
**B**: You mean the polar vortex has wandered off to our region here, bringing in all its cold air? Is that why we’ve had so many cold spells lately?   
  
**A**: Precisely, but where it ends up is always uncertain. You see, the jet stream may also play a role here. With all the changes occurring in the stratosphere, the jet stream too becomes unstable and begins to interact with the polar vortex, pushing the split-up vortices much further south. At this point, things become a bit complex. But, you can see the overall picture – how global warming in the Arctic causes these cold spells to occur here.   
  
B: Yes, it is quite complicated, but I’m beginning to understand how global warming by heating the polar region much faster can bring the Arctic cold air into our region so frequently in the winter. It did not make any sense earlier, but I think there seems to be some connection here after all.

A: Sometimes, what appears contrary to common sense may not be what it seems. For instance, for many centuries we thought the sun revolved around the Earth. Then we found out that it was the other way round. So, it is always important to keep an open mind…

B: I’ll have to agree on that. And thanks for the brief lesson in climate science.   
  
A: You’re more than welcome.

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