

# NCPHA E-Newsletter

June 2021



Newsletter from the NC Public Health Association and the NCPHA Public Awareness Committee

## Message from the President

– Mike Zelek



Here we are, well over a year into a pandemic and five months since we began vaccinating North Carolina against COVID-19. To say the public health community has carried a load is a vast understatement. You all are true heroes and NCPHA has never been so proud of its members.

But we know this work can take a toll. This NCPHA newsletter features articles and resources on self-care and avoiding burnout. I hope you take a few minutes to read through them and find them useful. While there is no easy fix and healing can take time, we can all benefit from giving ourselves and our colleagues a bit of grace, understanding, and patience.

I also want to commend our Spring Educational Virtual Conference planning committee on an excellent conference and thank all of this year's speakers. Well done!

Finally, as of June 1<sup>st</sup>, [registration](#) is open for this year's Fall Educational Conference! How wonderful it will be to see you all in person in Asheville. This year's theme, *Connectedness and Equity: Public Health Creates a Healthier North Carolina*, is as timely as ever. Our planning committee has done a tremendous job putting this year's conference together and I am confident it will carry on the tradition of **NCPHA's Fall Educational Conference** being the premier public health educational and networking opportunity in North Carolina. The conference will be October 6-8 at the Crowne Plaza Hotel in Asheville. I hope you all will join us!

Mike Zelek, MPH  
2020-2021 NCPHA President



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# Public Health – Transitioning back to normal operations. Is there any such thing?

— Beth Lovette, RN, MPH, Deputy Director of the Division of Public Health



Beth Lovette

It is an honor and a privilege to have been asked to share an opinion article with the members of the North Carolina Public Health Association (NCPHA). Rod Jenkins (Durham) asked that I provide an article about the slow pivot back to normal operations. I am no expert, but I appreciate the opportunity to stop and think about this for a minute. As COVID cas-

es drop, much of the country is moving as quickly as they can back to normal operations, pre-COVID, business-as-usual. But what about public health? What will the new normal look like for us?

I am going out on a limb here to say that in our eagerness to move on and to get back to more normal work, this is actually an extraordinary time in public health, and we should be spending time to focus on important work, not just urgent work as we have been driven to do these last eighteen months. Does that sound like more meetings, more planning, more debate of hard topics, just as we are thinking of settling back down into our more familiar roles and responsibilities? Yes, I think it does. (Don't shoot the messenger!) I have outlined a short list as a starting place for consideration.

COVID response remains at the top of the list, with the need to stabilize and maintain the ongoing COVID realities. That includes vaccine, testing, data analysis/epidemiology, education, prevention, early detection of shifts in the virus, and focus on the vulnerable populations that were disproportionately affected. As with all things public health, this will look different in different settings, but could include hiring additional temporary staff to support essential operations of testing, vaccine, communications, data analysis, and maintaining close connections to vulnerable populations (long term care, correctional, homeless, homebound, K12, institutes of higher educa-

tion, farmworkers, etc.). Now is the time for a mid-action review of the response efforts, which will likely result in the need for editing response plans to take advantage of lessons learned. I hate to mention it, but also planning for the fall and winter to consider your plans if case numbers increase, if COVID vaccine boosters become a necessity, or other scenarios that could emerge with this unpredictable COVID pandemic.

Additional COVID funding is on the horizon. Public health folks who have been working in this field for a few years (like me!) will recall that we have had some boluses of funding after disasters in the past. The 911 attacks resulted in bioterrorism funding, Ebola and Zika resulted in smaller, but still significant programmatic funding streams, and H1N1 was the same. We expect the funding related to this world-wide pandemic will result in much larger funding for response and recovery than we have ever seen in our public health lifetimes. We should consider this as an opportunity that requires public health stakeholders to use the COVID funding streams to create a pathway toward long term public health improvements critical to build foundational capacity and capabilities.

To borrow a public health prevention phrase, we will need to move upstream to effectively reach many stakeholders to assure that these COVID dollars are a connection to long term improvements, rather than leaving behind another post-disaster funding cliff. The role of the North Carolina associations of public health: NCPHA, NC Association of Local Health Directors, and the North Carolina Alliance for Public Health will be critical in the work of planning for and working at the local, state, and national level to assure that every lever is pulled to tell the stories of local public health effectively and efficiently with all stakeholders: elected officials, businesses, healthcare systems, schools, community based organizations, universities, faith communities, corrections, and more.

Communications have been critical throughout the pandemic. I have been so impressed with the visibility and activity of local health directors, LHD websites, social media sites, and more. Considering the opportunity to maintain and even gain momentum with external communications so that your communities will stay connected with broader

**continued**



# Continued...Public Health – Transitioning back to normal operations.

## Is there any such thing?

public health messaging that highlights your local needs, priorities, opportunities, and impact. Is there an opportunity to build upon relationships established or strengthened through COVID that would result in improved reach and outcomes for public health priorities going forward? Public health staff recruitment and retention is another must-do. Taking the time for time off to refresh and reboot is so important. Listening and learning from one another, and providing support, care, compassion, and grace is more necessary than ever, as we have all been living under toxic stress and we need recovery. Thinking about recruitment and retention are critical. We already know turnover is high. Assuring that new staff are onboarded, oriented, and mentored with processes focused on retaining staff from the outset can't hurt, and might help!

All LHD programs, included those funded through federal/state contracts should have a thorough self-assessment. That includes programs that have been impacted by COVID, either greatly decreased or even put "on hold," for example diabetes prevention programs or Positive Parenting Programs, or perhaps ramped up significantly but differently, like WIC and Communicable Disease. Taking the time for a self-assessment to consider where each of these efforts stands today, and what steps need to be taken to move forward in an optimal way and factoring in lessons

learned from this pandemic. Recognizing and challenging ourselves in all of our work to call out and act upon opportunities to improve equity and reach to vulnerable populations, including historically marginalized populations (HMP) and those living in poverty.

Managed Medicaid is another change with significant impact to local health departments. Finding the time to assure that you have considered and developed processes for the expected impact on the workflow is critical. This involves contracts staff, front office (appointment scheduling, registration and patient intake to assure accurate billing information), clinical interventions and review (to assure any contracted outcomes or work with a clinical integrated network), billing (to assure reimbursement aligns with contracts and that denials or re-billing is managed within timeframes), and the finance office (to monitor and report utilization-based payments and the per member, per month payments that will begin to come from PHPs for the Medicaid care management programs).

So, yes, I am saying more time spent on reading, thinking, planning, debating, implementing, and evaluating are still where we need to focus. But, hallelujah, with COVID re-treating, maybe we can do it!



UNC Pembroke Mobile Clinic Unit



# UNCP mobile units give hope to the local community while providing nursing students with real-life experiences

— UNC Pembroke, University Marketing and Communications



UNC Pembroke Mobile Clinic Unit

For months, UNC Pembroke has been fighting COVID and using innovative opportunities to meet the community's needs through the university's mobile health units.

The units also provide health and education outreach into the community and prepare nursing students with powerful hands-on experience. The mobile clinics have delivered vaccines to local nursing homes and set up clinics on campus and at churches across the county.

The vehicles were purchased with the help of COVID-19 relief funding from the state. The Department of Nursing chose to allocate the funds in a way that addressed the COVID crisis while resolving health equity in rural, underserved communities.

The mobile units are fitted with a reception area, lab and treatment area and a restroom that meets Americans With

Disabilities Act specifications. They are also Wi-Fi capable. The units have been traveling throughout the community administering COVID vaccines to individuals living in rural communities. University leaders say allowing nursing students to engage the communities, especially those who fear and doubt the vaccine, has eased some of those misconceptions.

Additionally, the clinics provide UNCP nursing students with real-world clinical experience and insight, which will prepare them for future careers in health care.

The clinics are a result of a partnership with the College of Health Sciences, Department of Nursing, Student Health Services, Robeson County Health Department, Robeson County Emergency Management, and other community partners.



# Self-Care

— Sherita Sutton, MPH, MSW, LCSW-A CHES, Assistant Public Health Director



We all experience times where we need to step back and focus on ourselves. Taking care of everyone and everything except yourself can impact your mental and physical well-being. Self-care is not synonymous with self-indulgence or being selfish. Self-care is anything you do to take care of yourself, so you can stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress. It is vital that you take time to de-stress and connect with others so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day. Self-care requires checking in with yourself and asking yourself how you are doing and what your body's trying to tell you. Some people use it to deal with difficult news stories, others to maintain their happiness daily. Self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your definition might change over time. Self-care for one person will likely differ from someone else, and what's self-care for you one day might not feel like self-care another day. Types of self-care could be anything that floats your boat.

## Examples of categories of self-care:

- Emotional self-care, such as self-talk, weekly bubble baths, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend

- Physical self-care, such as prioritizing sleep, adopting an exercise routine you can stick with, choosing healthy and nourishing foods over highly processed ones
- Spiritual self-care, such as attending a religious service, spending time in nature, meditating, incorporating regular acts of kindness into your day, or keeping a gratitude journal

## Self-Care Assessment

In this self-care assessment, you will think about how frequently or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

[static1.squarespace.com/static/581a52ff414fb5c2f581b403/t/59d6c0bfd7bdce90d546a3c3/1507246271211/Self-Care+Questionnaire.pdf](https://static1.squarespace.com/static/581a52ff414fb5c2f581b403/t/59d6c0bfd7bdce90d546a3c3/1507246271211/Self-Care+Questionnaire.pdf)

## Resources:

Self-Care Toolkit

[www.undp.org/content/dam/unct/yemen/docs/unct-yeddss-doc-building-self-care-toolkit-en.pdf](http://www.undp.org/content/dam/unct/yemen/docs/unct-yeddss-doc-building-self-care-toolkit-en.pdf)



# Welcome!

### Kennedy Houze, NCPHA Intern



*NCPHA has hired an intern for the summer! Kennedy Houze will be working on some social media projects for both the Fall Educational Conference and the Young Professionals as well as a special project you'll see at the conference. We're excited to have her and to see her work carried out at NCPHA.*

My name is Kennedy Houze, and I am a recent graduate of NC State University who is currently pursuing a Master of Public Health. I chose the field of public health so that I could use my privilege and resources to make a difference for others at the largest scale possible. Though any job in the field would be rewarding, my dream career is to run my own non-profit or work for an international agency such as UNICEF, WHO, or USAID. Fundamentally, I want to improve the lives of those in every corner of the world by whatever means possible. With my personal time I enjoy surrounding myself with friends and family, exercising, relaxing with TV (especially *The Office* or *Modern Family*), reading, and eating good food (anything with cheese is a win for me). I am very excited for the chance to work with the NCPHA and cannot wait for the real-world experience that I will gain from this opportunity!

### Donna Jones - HR/Payroll Assistant, NCAPHA



Donna joined NCAPHA in March, 2021 working with the HR and Payroll Team. She has 13+ years working in the HR/Payroll area and possesses an Associate in Science degree in Human Resources Management from Wake Technical College.

She lives with her husband and daughter and several very cute pets in Knightdale.

We are very excited she has joined our staff during a very busy time.

# SAVE THE DATE

2021 Fall Educational Conference

October 6-8, 2021

*Connectedness and Equity:*

*Public Health Creates a Healthier North Carolina*



Crowne Plaza Hotel and Golf Resort, Asheville

**Register Now!**

# Newsletter Survey



The Public Awareness Committee thanks you for your past responses in our Newsletter Survey. Here's the link to the June survey. **Complete the survey and you'll be eligible to win a \$25 gift card!** Thanks in advance for your responses.

[www.surveymonkey.com/r/NCPHAJune2021](http://www.surveymonkey.com/r/NCPHAJune2021)

## Advocacy 101 Webinar

On April 23, NCPHA offered a free webinar entitled Advocacy 101. The webinar featured our own Advocacy Committee Chair, Peg O'Connell, as well as other members of the Advocacy Committee including Michaela Penix, Morgan Wittman Gramman and Yolanda Massey providing an overview of the 2021-2022 NCPHA Advocacy Agenda.



### Other topics covered in the webinar:

- Why is Advocacy Important?
- Tips for Effective Advocacy
- What is Lobbying?
- Can You Lobby?
- Making a Difference with Policy Makers

Katye Griffin, NCPHA, Executive Director, Rob Lamme, and Ashley Perkinson gave further insight on lobbying the General Assembly. We rounded out the webinar with Q&A from the attendees.

**View the webinar recording here:** [www.youtube.com/watch?v=4VlPfo\\_1kE](http://www.youtube.com/watch?v=4VlPfo_1kE)

Attendance was very good for the inaugural Lunch and Learn, and NCPHA would like to continue with the webinar series every other month or at least quarterly. If you have suggestions for future topics, please email them to Kim Dittmann at [kdittmann@ncapha.org](mailto:kdittmann@ncapha.org). Thanks!







# NOMINATIONS!

## Time to Nominate!

Now's the time to nominate your co-worker, community partner, or health department for one of the NCPHA Major Awards, Wolfe Mini-Grants of \$8,000 each, All-Star Awards, NC GlaxoSmithKline Foundation Child Health Recognition Awards, NCPHA Scholarships, and the Emerging Leaders Program. *It's been a long, hard, 15+ months so let's make sure to acknowledge the work completed by the most deserving.*

**All are due by Monday, July 12.**

**Awards and Mini-Grants Information and forms:** [ncpha.memberclicks.net/awards-grants-and-scholarships](http://ncpha.memberclicks.net/awards-grants-and-scholarships)

**Scholarship Information and Form:** [ncpha.memberclicks.net/ncpha-scholarships](http://ncpha.memberclicks.net/ncpha-scholarships)

**Awards are listed on following page.**



## Continued... Time to Nominate!

### **Emerging Leaders Program:**

This is an awesome program that will help advance emerging leaders in public health careers. The program cost is only \$150/person for NCPHA members. Read more about the Emerging Leaders in the article found on page 17 of the newsletter. For program details and the nomination form, go here: [ncpha.memberclicks.net/emerging-leaders-program](http://ncpha.memberclicks.net/emerging-leaders-program)

### **Reynolds Achievement Award:**

The Reynolds Achievement Award is bestowed upon the individual member of NCPHA who has made the greatest contribution to public health in North Carolina during the past year. **Winner is awarded \$500.** Sponsored by the NC Medical Society.

### **Rankin Legacy Award:**

The Watson S. Rankin Award is given to a NCPHA member in recognition of the outstanding contributions to public health in North Carolina over the member's lifetime. **Winner is awarded \$1000.**

### **Distinguished Service Award:**

This award is given to a NCPHA member for their service to NCPHA. Nominated by the NCPHA Executive Committee. **Winner is awarded \$250.**

### **Partners in Public Health Award:**

This award was established in 1998 to recognize other organizations and professions outside public health departments who have made significant contributions to public health in North Carolina over the past year. **Winner is awarded an organizational membership to NCPHA.**

### **Dr. Sarah Taylor Morrow Health Departments of the Year:**

This award is given to health departments for outstanding programs and efforts. Awarded to two health departments based on the population size in the county. Health department must be an organizational member of NCPHA. **Winners are awarded \$1000.** Click on the below link for county populations.  
[www.northcarolina-demographics.com/counties\\_by\\_population](http://www.northcarolina-demographics.com/counties_by_population)

### **The Dr. Ann F. Wolfe Endowment Mini-Grants**

The Dr. Ann F. Wolfe Endowment was established in October of 2003 through the estate of the late Dr. Ann Wolfe. The endowment was established as a component fund of the North Carolina Community Foundation. The purpose of the fund, as stated in the establishing agreement, is to combat infant mortality and enhance child health. This purpose is to be accomplished through mini-grants to local health departments to aid their work in these endeavors. **Four Mini-grants of \$8,000 each are awarded annually.**

### **All-Star Awards**

Each public health agency is being asked to look through their ranks and identify that special, spirited someone that epitomizes "Public Health." All professions and positions are open for nomination to the All-Stars Team! **Winners are awarded \$25 plus All Star award sponsored by Advanced Imaging.**



# NCPHA

# Member Introductions

This issue we meet Program Manager, Nina Beech, Health Director Joy Brock, and COVID-19 PIO, Anita Ramachandran.



# NCPHA Member Introductions



## Nina Beech

*Sandhills Collaborative- Improving  
Community Outcomes for Maternal and  
Child Health Program Manager*  
Richmond County Health Department

**Hometown:** Lumberton, NC

**Education:** Bachelor of Science in Public Health, Pursuing  
Master of Health Administration Fall 21

**How long have you worked in public health:**  
6 years

**What do you like most about your job:**  
Working closely with the community and our awesome  
team of program coordinators on delivering evidence-  
based programming aimed at improving maternal and  
child health.

**If you could have dinner with two people, who would  
they be?**  
Barack and Michelle Obama.

**If you could change one thing about public health,  
what would it be? (money is no object)**  
To bridge the gap between racial disparities, achieve  
equity, and to dismantle systemic racism.

### **FAVORITES:**

**Hobby:** Reading and collecting indoor plants.

**Food:** Anything Italian!

**Movie:** Hidden Figures

**Song/Artist:** I want you around - Snoh Aalegra

**Sport/Team:** Football – Carolina Panthers

**Color:** Black

**Book:** *The Four Agreements* by Don Miguel Ruiz.



# NCPHA Member Introductions



## Joy Brock

Health Director  
Greene County Department  
of Public Health

**Hometown:** LaGrange, NC

**Education:** BS, Health Education & Promotion (East Carolina University); MPH with a concentration in Health Administration (East Carolina University).

**How long have you worked in public health:**  
21 years

**What do you like most about your job:**  
I love working with my team! We work hard every day to make a difference in our community.

**If you could have dinner with three people, who would they be?**  
I would LOVE to have dinner with my mom (she passed away in 2008) and my two girls (Kalyn, age 15, and Kara, age 11).

**If you could change one thing about public health, what would it be? (money is no object)**  
How people view public health.

### **FAVORITES:**

**Hobby:** Zumba, walking, and going to country music concerts with my girls.

**Food:** Cheesecake

**Movie:** Dirty Dancing

**Song/Artist:** I love country music! It's hard to pick just one :)

**Sport/Team:** I love sports! It's baseball season so I'll say the Atlanta Braves.

**Color:** Pink

**Book:** *I Wish You All The Best*, written by my nephew, Mason Deaver.



# NCPHA Member Introductions



## Anita Ramachandran

*Health Education Division Director,  
(Currently serving as COVID-19  
Public Information Officer)  
Guilford County Division  
of Public Health*

**Hometown:** Greensboro, NC

**Education:** BA, UNC-Chapel Hill,  
MHA and MBA, Pfeiffer University

**How long have you worked in public health:**  
22 years

**What do you like most about your job:**  
Problem solving – thinking creatively about an issue;  
interacting with community partners and the community  
at large.

**If you could have dinner with three people, who would  
they be?**  
Gandhi, Abraham Lincoln, and Barack Obama.

**If you could change one thing about public health,  
what would it be? (money is no object)**  
More funding for individual prevention efforts to prevent  
and delay chronic diseases.

### **FAVORITES:**

**Hobby:** Reading, gardening

**Food:** Indian, Thai, and Vietnamese Food

**Movie:** Marvel Movie Series

**Song/Artist:** Fleetwood Mac

**Sport/Team:** UNC Tarheels

**Color:** Fuschia



# Social Work Section



Secretary Cohen and Division of Health and Human Services' leaders honored five social workers, all of whom are NCPHA members, at the March 25, 2021 DHHS' Team Recognition Awards. Tonya Chesney, Brandy Chrismon, Tonya Dennis, Michelle Moore, and Deborah Smith were recognized in the "Joy at Work" category. Kelly Spangler, an NCPHA lifetime member and social worker, retired from the team in 2020; however, she remains an honorary member of this team as she was an integral component prior to her retirement.

The team provides consultation, technical support, and programmatic planning for the Care Management for High-Risk Pregnancies program within the Division of Public Health, Women's Health Branch.

As part of their nomination, the team was praised for their cohesion as a fully functioning team and ability to seek joy. "If a team member is having a bad day, there are four other people who are armed and ready to actively listen, to provide guidance, if necessary, and to act as a support. Most assuredly, when everything has stabilized, one of them is going to bring the humor that often comes in the form of a hilarious meme or gif."

2020 was a hard year for everyone, and this team was no exception; however, they maintained their Joy at Work. In their acceptance speech, they challenged everyone to "be kind, extend grace, and spread joy."

# Social Work Section

— Deborah C. Smith, MSW, LCSW

If COVID has taught us anything, then hopefully it has been to be kind to one another and that MANY are essential to ensuring society's overall functioning. While not personally delivering the COVID vaccines to citizens' arms, social workers have proven themselves to be an asset to society and to public health amid this global pandemic. Social workers are essential! As we all disembark this pandemic, social workers will remain critical in providing community-based services and resources that focus on the whole person—mentally, socially, and physically.

To further the ethics and values of social work, NCPHA's Social Work Section has been working diligently to secure a thought-provoking, change-driven presentation for the 2021 Fall Educational Conference. The Social Work Section invites all participants of the 2021 FEC to join us for a presentation from Cornell

Wright regarding race equity and "where do we go from here?" Mr. Wright serves as the Executive Director of the DHHS Office of Minority Health and Health Disparities. He is a subject-matter expert around the areas of health equity and disparities, minority health, and community engagement.

Please be on the lookout for upcoming announcements from the Social Work Section, which include a scholarship for one social work student to attend the conference in full. We will also accept nominations honoring a NCPHA social worker who has made significant contributions to public health social work and nominations for a non-member of the NCPHA social worker and his/her contributions to public health social work. We hope you will join us at the FEC as we continue conversations around race equity and honoring those who have recently impacted our profession.

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## Academic Practice Based Research (APBR) Section



**As in past conferences, we will be having two presentation formats:**

1. Podium Style: 15-20-minute formal oral presentation during the conference
2. Poster Session: Networking style with informal presentation to visitors of the session

**The APBR Section awards prizes for student and practitioner presentations:**

- \$100 for Student Podium Presentation Winner, \$100 for Practitioner Podium Presentation Winner
- \$100 for Student Poster Winner, \$100 for Practitioner Poster Winner

In preparation for the NCPHA 2021 Fall Educational Conference to be held October 6-8, 2021 in Asheville, NC, the Academic Practice Based Research (APBR) section has released their "Call for Abstracts" on April 30, 2021. The APBR Section provides a forum through which researchers, practitioners, and students statewide can interact and work together to improve public health systems and services.

Specific details on how to submit an abstract, dates for submissions, as well as more details on the presentations themselves are posted on the NCPHA Website. We hope to see many of you consider sharing your work with others at the Fall Educational Conference.



# Emerging Leaders in Public Health

Nominations are currently being taken for the Emerging Leaders Program. For the nomination form and more information on the program go here: [ncpha.memberclicks.net/emerging-leaders-program](http://ncpha.memberclicks.net/emerging-leaders-program)



NCPHA Emerging Leaders get a lesson in health economics from ECU Associate Professor Ari Mwachofu, PhD.

As health care continues to shift toward a value-based approach and the healthcare delivery system have embraced population health as critical to this transformation, Public Health emerges as a leader in this change, creating a context that focus on collaboration across the community (Yphantides, Escoboza & Macchione, 2015). The focus on population health is a new vision for health and a new vision requires leaders that can influence and drive transformation and change. In other words, the focus on individual leadership skills is more important than ever as we meet the needs and demands of this new vision.

The **NCPHA Emerging Leaders Program** provides emerging leaders in public health with skills and knowledge to become even more effective in their work through clearly defined competencies such as leading teams, be able to communicate with a diverse group of stakeholders, systems thinking skills and other management skills such as planning and time management. These are some of the leadership competencies that are crucial for 21<sup>st</sup> century public health.

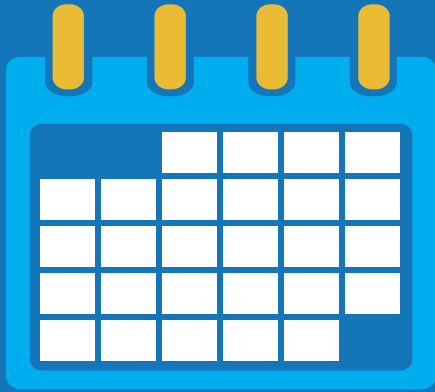
However, leadership development starts with the individual. Successful leaders know their value lies not only in managing teams and other competencies, but perhaps even more importantly in how they inspire and motivate others, set purposeful goals, execute strategic visions, and create cultures of excellence where all individuals involved can thrive. This approach to leadership development is the core for the **NCPHA Emerging Leaders Program** and as participants embark on their individual leadership journey, they learn about self and their individual purpose as a leader, discovering their story and what has brought them to where they are today and what narratives they are bringing with them on the road.

As research shows, self-awareness is crucial as a sustainable platform for effective leadership with increased awareness of self, individuals will develop the ability to challenge current perceptions and the values that shape them.

Yphantides N, Escoboza S, Macchione N. Leadership in public health: new competencies for the future. *Front Public Health*. 2015;3:24. Published 2015 Feb 26. doi:10.3389/fpubh.2015.00024



# HEALTH DAYS CALENDAR



## June

Alzheimer's and Brain Awareness Month  
Men's Health Month  
National Safety Month  
PTSD Awareness Month  
National Cancer Survivors Day (June 6)  
Family Health and Fitness Day (June 12)  
World Blood Donor Day (June 14)  
Men's Health Week (June 14–20)  
World Sickle Cell Day (June 19)  
National HIV Testing Day (June 27)

## July

Healthy Vision Month  
UV Safety Awareness Month

## August

Children's Eye Health and Safety Month  
National Breastfeeding Month  
National Immunization Awareness Month  
Summer Sun Safety Month  
World Breastfeeding Week (Aug. 1–7)  
National Health Center Week (Aug. 9–15)  
International Overdose Awareness Day (Aug. 31)

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