I am taking the opportunity this month to talk as a dietitian/public health educator and not just FPHA President. March is National Nutrition Month and April brings us National Public Health Week. This is the time of year where many of us are promoting our work and making Floridians more aware of what we offer as public health professionals. This is something we need to continue the whole year through. We have many opportunities to change lives and create a healthier state. Whether it be an education class, an environmental site inspection or conducting health impact assessments, we all play a role. Getting someone to change their eating habits or to stop smoking is not easy but it is possible if we use the right tools.

Here are some tips for making a public health impact:

**HAVE CONSISTENT MESSAGING AND THE DRIVE TO GET THAT MESSAGE OUT.** Use multiple forms of media to market to a more diverse population.

**FORM PARTNERSHIPS.** You can have a bigger impact when you have multiple organizations working together.

**KNOW YOUR AUDIENCE.** Assessing what your audience wants can make a big difference in your outcomes.

**START SMALL.** Sometimes small changes can make a big impact. Programs do not always need to be large scale projects. The same goes for changing eating habits and other health behaviors. Small steps will still get you to your goal.

**BECOME A MENTOR.** Create leaders for the future of public health. Use students and interns. They can give you fresh ideas and help you reach a new population. They will also gain insight into your programs and be better prepared for the public health workforce after graduation.

...cont’d

**Newsletter Features**

- Giving Back to FPHA
- Diary of an MPH Applicant
- Antibiotic Stewardship in an Outpatient Setting Article
- Annual Educational Conference Information!
- Networking Opportunities & Events
- Additional Opportunities in Public Health
**From the President’s Desk… (cont’d)**

**Educate Yourself.** As new trends emerge continue to build your skillset. Stay up to date on public health topics and best practices so you are better prepared to educate others.

**Be a role model.** It is easier to create change in others if you are practicing what you want others to follow. People need to see that it is possible.

We are each only one person, but if we work together and combine all of our strengths, we can be a powerful group who truly makes a difference for those we serve.

If you are participating in, or hosting any Nutrition Month or National Public Health Week events, please share with me and our newsletter editor, Ayesha Johnson. We would love to highlight you in next month’s newsletter!

_-Jennifer Waskovich_

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**“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](http://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!
Diary of an MPH Applicant  
Karla Dawson

In preparation for application to public health programs, I have spent many hours in self-reflection. Public health, more so than many other fields, is passion driven. Regardless of the sub-sector, individuals in this field are working to improve the human condition. It is easy to say that I want to be involved creating a healthier world, but the field is vast and at times overwhelming. Browsing through journals, topics move quickly from “the health hazards of fidget spinners” to “health reform in Brazil,” and “Ovarian cancer screening.” There is so much knowledge to digest and vast work being done - this is part of the reason that I joined FPHA. It gives me the opportunity to learn from others already doing amazing work in the field. As a new member, I hope to become engaged in projects that will guide me in my path as a health professional.

There are a few things that I strive to keep in mind as I finalize my applications. You might find them helpful:

- It’s okay to be overwhelmed – there is so much to be done. Take time to pick your battles and then tackle them.
- A title or position does not define your place in the healthcare field – look towards the impact on others.
- It’s okay to create a new path for yourself. Trailblazers are what have gotten us thus far.

Fingers crossed that I’ll be entering a program this coming fall, but until then I look forward to engaging with, learning from, and networking with the knowledgeable individuals in this association.

Karla

Welcome to our new FPHA Members:
Sadie M  
Muhammad K.  
William M.  
John D.  
Susan G.  
Kathy R.  
Lauren S.  
Judy J.  
Kayla T.  
Mandy C.
Introduction to Antibiotic Stewardship in the Outpatient Setting

Juan M. Vidal, RN, BSN
Infection Control Practitioner

Since the discovery of Penicillin in 1929, antibiotics have saved countless lives by treating infections that were once considered deadly. The use of antibiotics to treat infections revolutionized the field of medicine around the world, and has become one of the greatest public health achievements of our time. Antibiotics are life-saving medications used to treat millions of individuals including those receiving chemotherapy for cancer treatment, and those undergoing surgical procedures.

Bacteria have been on our planet much longer than humans have; they have perfected the technique of evolution. Bacteria have been living inside our bodies since the inception of mankind; however, some have the power to be pathogenic, meaning they can cause serious disease. These specific pathogenic bacteria are evolving and becoming resistant to antibiotics. In the United States, 23,000 deaths and 2 million illnesses occur every year due to resistant-bacterial infections that cannot be treated with antibiotics.

Throughout the years, health practitioners have been prescribing antibiotics carelessly leading to multiple side effects from overuse, and far worse, resistance. The power of antibiotics is diminishing each time health practitioners overprescribe these medications. Overprescribing is not the only reason for increased resistance to antibiotics; prescribing the wrong medication for specific bacteria can also increase resistance. (1)

Our country’s leadership is taking significant steps in tackling this problem. When President Barack Obama signed the executive order to combat antibiotic-resistant bacteria in 2014, this started a domino effect throughout the country’s health infrastructure. This executive order helped raise awareness, not only in the US but also throughout the world, regarding the need to develop awareness campaigns to collaborate on addressing this issue. Strong antibiotic stewardship programs (ASP) are critical for healthcare organizations to lead the fight against antibiotic resistance. ASP were more commonly known to the inpatient hospital setting in the past. Recently, the move has turned to the outpatient setting where most of the antibiotics are prescribed. Studies show that outpatient prescription reduction of antibiotics can lead to a decreased prevalence in resistant bacteria throughout the community. (2,3)

Antibiotic Stewardship Programs are the efforts to measure antibiotics prescribing, improve antibiotic prescribing methods, and minimize misdiagnosis leading to underuse of the drugs. These programs also strive to ensure that the right doses of the medications are used, the correct drug and duration are selected, and ONLY when needed. ASP in the outpatient setting focuses on the CDC 4 core elements that institutions must have in place to address and solve this challenging issue.

Commitment from leadership is needed to ensure the support from multidisciplinary groups. Successful ASPs have gathered the support from key leaders in their organizations. When the chief medical officer and/or chief nursing officer are committed, not only does it move the project forward, but also helps to facilitate communication between experts in different areas of the healthcare arena. Members in ASP task forces should include a pharmacist with some type of training in infection control, an infectious disease physician, working in collaboration with an infection control nurse. A laboratory expert in microbiology is useful in determining bacterial lab tests. Some facilities receive the support from their Information Technology Departments (IT) and specialized nurses to help sort through electronic data. Initially, meetings should be held at least once a month to ensure the program is moving in the right direction and meeting its target timelines.
Introduction to Antibiotic Stewardship in the Outpatient Setting (cont’d)

Policies that change infection control practices should be implemented and approved by the members of the ASP Task Force. An example would be the implementation of a policy for delayed prescribing. This initiative could be used for patients with conditions that may resolve on their own without the need for antibiotics. Patients must be reassured that they can return to the clinic if the symptoms do not resolve on their own. Posters in waiting rooms with personal physician pictures can also provide a reassuring factor to manage the patient’s expectation during their visit. (1)

Data is a big component of ASPs providing a snapshot of current practices in antibiotics prescribing. Measuring prescribing practices can help tailor practitioners in individual specialties to self-evaluate and seek evidence-based recommendations and guidelines. Outcomes of the data can be shared with other providers to help improve their prescribing practices. Antibiograms from lab specimens in the community can help guide proper antibiotic use to what’s sensitive in the population. A challenge posed is acquiring data from a third-party organization that could breech HIPPA regulations regarding sensitive information being shared. (4)

Engaging nurses and physicians can play a significant role in creating awareness to relay accurate information to patients. Misconceptions regarding the proper use of antibiotics are rampant throughout the community; and healthcare providers have a role in debunking these myths. Experts in this field can conduct seminars training sessions to educate the staff on the most effective methods of tackling this issue. Public health professionals are essential in delivering and guiding the community in such practices. (1, 4)

Antibiotics are considered a miracle drug and have advanced modern medicine into a new era of infection disease management. The creation and development of new antibiotics are slow, and not many have been introduced into the market in recent decades. Developing medications that will become resistant and not be effective in a few years does not represent a good profitable business model. Incentives for pharmaceutical development companies are outlined in President’s Obama executive order, and will be crucial to stimulate production of new and more effective types of antibiotics. If we want to stay ahead of the curve, stewardship programs are an essential component to solve this crisis. (5)

References


Check out these pics from our Brown Bag Lunch hosted in Tampa.

If you are interested in hosting a networking event or a gathering in your area of FPHA members please reach out to us!

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Upcoming Events

**National Public Health Week April**

**DOH-Hillsborough** will be participating in two events for National Public Health Week.

- **USF Bull Market**—April 4
- **Coalition of Community Gardens Conference**—April 7

**Other Events**

- **USF Social Marketing Conference early bird registration closes** Saturday, March 31
- **Design + Health: Health for All** is Thursday, April 5
- **Chiles Lecture on Maternal and Child Health** is Friday, April 6
- **7th Annual FPQC Conference** is April 19-20
NATIONAL PUBLIC HEALTH WEEK
2018

FEATURING
Senator René García
(R) - District 36

A CRITICAL DISCUSSION OF
FIREARM SAFETY LAWS & HIV PREVENTION

Tuesday, April 3rd
3:30PM | FIU-MMC
PG-5 | Room134
FPHA and SHA Annual Education Conference

CALL FOR POSTERS & PRESENTERS

FPHA AND SHA’S 2018 ANNUAL EDUCATIONAL CONFERENCE

JULY 24th-25th 2018 “STRIVING FOR EXCELLENCE IN PUBLIC HEALTH”

The Florida Hotel and Conference Center 1500 Sand Lake Rd. Orlando, FL 32809

Calling all FPHA & SHA Members, Public Health Students and Faculty, and Public Health Organizations. FPHA is inviting you to submit a proposal for posters and/or presentations on public health research, innovative programs or policies with a focus on STRIVING FOR EXCELLENCE.

Important Dates

April 30th, 2018: Abstract Submission are due by 5:00 PM.

July 1st, 2018: Registration Deadline

Focus Areas

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<td>Disaster Preparedness</td>
<td>Evidence Based Hot Topics</td>
<td>Public Health Leadership</td>
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How to submit your application

Click links below to complete the online applications:

Submit your Call for Posters Here: http://bit.ly/2DzCDtJ
Submit your Call for Presenters Here: http://bit.ly/2DCokno

More information on registration and awards can be found at

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

Interested in reviewing poster and presentation applications? FPHA is seeking poster abstract and oral presentations reviewers for its 2018 Annual Educational Conference (AEC). Reviewers must be FPHA members who have not submitted (and do not plant to submit) an abstract for FPHA’s 2018 AEC. Given FPHA’s diverse membership which is comprised of students and professionals in a variety of fields including academic and non-academic, reviewers should expect to review abstracts on a wide variety of topics and methodologies/best practices. Reviewers will be needed between May 7, 2018 and May 25, 2018. The expected time commitment is approximately 5 hours. If you are interested in serving as an abstract reviewer please email us at fpha@srahec.org
Opportunities in Public Health

Applications Are Now Open for Kresge’s Emerging Leaders in Public Health Initiative

The Kresge Foundation’s Emerging Leaders in Public Health (ELPH) initiative is now accepting applications for the third cohort. Kresge is partnering with the University of North Carolina Gillings School of Global Public Health (UNC) to recruit 20 teams of local, governmental health department leaders and provide them with the knowledge and skills to lead in today’s changing health care environment. The health officer and a second leader from the same agency team up for an 18-month, action-oriented experience designed to enhance skills and competencies in communications, business planning and leading organizational change. Each team will focus on the development and implementation of a “transformative concept” that shifts or expands the role of their local health department in the community and translates into sustainable change. Leadership teams will receive coaching and a grant up to $125,000 from The Kresge Foundation to apply their leadership training while leading their department towards assuming this new, transformative role.

The Kresge Foundation will be accepting ELPH applications from 12 a.m. ET on April 2, 2018 through 5 p.m. ET on April 30, 2018. To learn more about the selection criteria, application process, and stories of previous participants, visit [http://kresge.org/elph](http://kresge.org/elph) and download the informational packet.

The National Program Office will host two informational webinars to share more information about the third ELPH cohort. Interested applicants should register in advance for the webinar. Webinars will be held on April 5 at 3 p.m. ET and on April 11 at 2 p.m. ET.