Mississippi Public Health Association’s
Official Guide to National Public Health Week
Healthiest Nation 2030
April 4-10, 2016
#NPHWinMS

The Mississippi Public Health Association is planning and coordinating various public health educational activities with partners, sections and members to celebrate 2016 National Public Health Week in Mississippi. In addition to descriptions of those events, this document contains suggested activities for MPHA partners, specifically local MSDH offices.

DAILY FACTS
Facts for the following topics can be found at http://www.nphw.org/tools-and-tips/themes.

Monday, April 4: Build a Nation of Safe, Healthy Communities
Tuesday, April 5: Poverty & Poor Health Go Hand in Hand
Wednesday, April 6: Help All Young People Graduate from High School
Thursday, April 7: Give Everyone a Choice of Healthy Food
Friday, April 8: Strengthen the Public Health Infrastructure

Get involved in National Public Health Week 2016 by signing the American Public Health Association (APHA) pledge to help create the Healthiest Nation in One Generation at www.apha.org/2030.

National Public Health Week (NPHW) Planning Committee
Meg Pearson (MPHA President-Elect) - MPHA Education Committee Chair
Lydia West - MPHA National Public Health Week Committee Chair
Community Partners: Jessica Shappley, Aundria Range, Joni Roberts, Felecia Estes, Candice Bright, Langston Moore, Constance Shelby, Signe Dignan, Brittney Oliver, Murry Harber, Pat Gatewood. MSDH Staff: Lamees El-sadek, Jacquilyn German, Claude Courtney, Monica Stinson, Caryn Womack, Donna Speed. Communications: Agusta Callaway, Melanie Bowman.
Join MPHA in Celebrating NPHW in YOUR District, County, Office, Community! #NPHWinMS

It is through activities with our existing and new partners that we build support for the prevention and public health programs that we know improve health. County Health Departments can draw on resources and contacts they already have to make a fun and educational event happen. The intent is to provide educational information to community partners on services and programs provided by the Public Health Community.

Potential partners include:

- Local schools
- Daycares, Afterschool Programs, Boys and Girls Clubs, YMCA’s
- County Boards of Supervisors/City Councils
- PTA groups/Retired Teachers groups
- Emergency Responders
- American Red Cross
- Local businesses & community members
- MPHA members and public health students.

Our Committee invites you as community/local public health workers to celebrate the week in some way in your local area. We also fully understand the need to do this without interfering with your daily business. Here are a few suggestions that you might wish to consider:

- Take your lunch break at your local Farmers Market (wear your MPHA t-shirt when you go out for more public awareness).
- Meet with a local business or agency to talk about worksite wellness/employee health.
- Have a community lunch and learn to let folks know what public health is and what we do for all Mississipians.
- Celebrate at your own office with a healthy lunch. There are lots of healthy recipes out there (check the MSDH website under Nutrition, then recipes and also on the M drive under nutrition education).
- Have your own Public Health Week Walk in or around your building with as many employees/community members as you can gather.

These are just a few ideas. We’re sure other exciting things might occur to you!

PUT A STICKER ON IT!
National Public Health Week is a time to raise awareness about the importance public health plays in our daily lives. How would you like to put a bright red sticker on things...
like drinking fountains, hand washing stations, and “Tobacco Fee Zone” signs that communicate: “Hey, this is public health!”?

You can! MPHA will be sending “This Is Public Health” stickers to MSDH district and county offices. Please take advantage of this opportunity to show off the hard work that public health professionals do every day to keep Mississippi healthy and safe!

Please take photos of the stickers you place and post them on social media! Be sure to post on our Facebook page, www.facebook.com/mphassoc and tag us on Twitter using the handle @mphassoc and use the hashtag #NPHWinMS.

Take a look at www.ThisIsPublicHealth.org for ideas and to learn more about this campaign and order more stickers.

Have fun! Celebrate!
Take pride in everything you do for Mississippians everywhere!

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**Participate in Statewide #NPHWinMS Events**

**GOVERNOR’S PROCLAMATION**
On Monday, April 4, there will be a special Proclamation from Governor Phil Bryant Recognizing National Public Health Week in Mississippi. Stay tuned to MPHA’s Facebook page at www.facebook.com/mphassoc and Twitter feed at www.twitter.com/mphassoc for pictures and formal announcements.

**PUBLIC HEALTH RECOGNITION AWARD**
Organized by: MPHA & MSDH Districts
Each public health district can select one (1) business, government entity, non-profit, or hospital/community health center to receive a Public Health Community Service award from MPHA for outstanding contributions to improving the health of their workforce or community. Simple guidelines have been established. District leadership will arrange for the presentation of the award during National Public Health Week. MPHA will provide a trophy or plaque.

Applications & further information is being sent to MSDH District Health Educators. **Submit Recipients by March 25, 2015.**

**MPHA MEMBERSHIP DRIVE**
Last year, MPHA came very, very close to reaching its goal of 750 Association members. Let’s beat that goal this year. WE NEED YOU TO RENEW OR JOIN TODAY!
The ultimate goal of the drive is to get a MPHA information and membership applications in front of as many people as possible. This can happen online, on paper, and/or in person. And you can help!

Incentives:

1. MPHA is offering a Special Renewal Discount (only those who were 2015 members) to those who renew their membership by April 8, 2016. **Take advantage of your $5 discount TODAY!**

2. MPHA will also have drawings for prizes for anyone who joins or renews by April 8, 2016.
   **Prizes:**
   - $100 Gift Card
   - Free Conference Registration
   - MPHA Goodies – bag, mug, etc.

Thursday, April 7, MPHA host a membership drive and sales in the lobby of the MSDH central office to help people join. Swing by to say hello, buy a t-shirt or mug, and join!

**HOW CAN YOU HELP?**
- JOIN/RENEW at [www.mspha.org/membership-support/join](http://www.mspha.org/membership-support/join)
- Send an email to your colleagues and friends asking them to join
- Encourage your Facebook Friends & Twitter Followers to join

**THANK YOU FOR YOUR CONTINUED SUPPORT!**

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**Participate in MPHA Special #NPHWinMS Events**

**SPEED MENTORING BY MPHA YP YOUNG PROFESSIONALS**

MPHA YP will be hosting Speed Mentoring events at UMMC and Hattiesburg High School as part of National Public Health Week, April 4-10. Most students don't know what public health is or what careers are available in the public health. The goal is to introduce students to the wide variety of public health professions.

Speed Mentoring goes like this:
MPHA YPs (mentors) sit in various places around a room. Students (mentees) move from one mentor of their choosing to another after several minutes. There will be intro and closing remarks. Both mentors & mentees will receive sample questions and networking tips before hand.

**We are seeking MPHA young professionals (under age 40) to serve as mentors.** Please sign up & encourage your MPHA YP colleagues to do the same!
Together we can recruit the next generation of public health professionals!

**UMMC - Norman C. Nelson Student Union Gym**, Jackson, MS
Thursday, April 7, 11:30 am - 1 pm, Free lunch!
Register For UMMC Speed Mentoring Here: [https://goo.gl/v5bXTU](https://goo.gl/v5bXTU)

**Hattiesburg High School (HHS)**, Hattiesburg, MS
We will be meeting with students enrolled in the HHS Health Academy
Monday, April 4, 11:30 – 2pm (as your schedule allows)
Register for HHS Speed Mentoring Here: [https://goo.gl/A3VEp6](https://goo.gl/A3VEp6)

**DR. ED THOMPSON WALK FOR PUBLIC HEALTH**
This year MPHA along with MSDH, Jackson State University (JSU) are dedicating their annual public health walk event to former MSDH Chief Health Officer, Dr. Ed Thompson, in honor of his dedication to promote public health in Mississippi. Consequently, this year marks the inaugural year for the Dr. Ed Thompson Walk for Public Health.

**Dr. Ed Thompson Walk for Public Health**
April 8, 2016
The event will start and finish at the MSDH Central Office Courtyard.
8:30 am – Visit exhibitor booths
9:00 – Dedication & Presenters
9:30 – Warm Up & walk around the JSU stadium
Everyone is welcome to attend.

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**Participate in Partner #NPHWinMS Events Statewide**

MPHA is proud to partner with the following organizations:
Hope Enterprise Corporation
Jackson State University (JSU)
Mississippi Business Group on Health
Mississippi State Department of Health (MSDH)
Mississippi Public Health Institute
The Partnership for a Healthy MS
University of Mississippi Medical Center (UMMC)
University of Southern Mississippi (USM)

A brief list of #NPHWinMS events taking place as of this writing (March 14, 2016) can be found below. Complete event details can be found [www.nphw.org](http://www.nphw.org) by zooming in on the map and clicking the blue pin at the event’s location. This site is updated frequently, so be sure to explore it frequently. You can submit your NPHW event details at here: [www.nphw.org/events/submit-an-event](http://www.nphw.org/events/submit-an-event).
FRIDAY APRIL 1
Run for Recovery Obstacle 5K Run, 7am, Columbus Air Force Base

Sally Kate Winters-Child Abuse Walk, 9:30am, Downtown West Point

Mississippi University for Women, Music Mania 5K Run, 8pm, Columbus

SATURDAY APRIL 2
University of Southern Mississippi, Health Fair, Hattiesburg

MONDAY APRIL 4
Governors Proclamation
Stay tuned to MPHAA’s Facebook page at www.facebook.com/mphassoc and Twitter feed at www.twitter.com/mphassoc for pictures and formal announcements.

Jackson State University
Grand Opening for JSU Recycling & Sustainability, 3pm, Jackson Medical Mall, Jackson

NPHW 2016 Kick-Off: Community-wide Line Dance, 4pm, Jackson Medical Mall, Jackson

UMMC, “This is Public Health!” NPHW Kickoff, Jackson

American Public Health Association, NPHW Forum; Conversation with national public health leaders, Webcast, 11am – 12pm CST

TUESDAY APRIL 5
JSU, Panel Discussion on Physical Activity, 6pm, Jackson Medical Mall, JSU Room 148

USM, Managing Stress and Anxiety, 10am -3pm, Long Beach Campus

University of Mississippi School of Pharmacy, Grand Rounds, Jackson

University of Mississippi Medical Center, Mental Health Awareness, Jackson

WEDNESDAY APRIL 6
Jackson State University
Fitness Activity: “Proper Way to Exercise,” 8am JSU Recreation Center, Jackson
Seminar: The Future of Health Disparities, 1pm, Jackson Medical Mall, JSU Room 148

UMMC, Healthy Food and Farm Stand with recipes and food samples, Jackson

APHA Webinar, “Public Health Authority over Drinking Water Quality” 11:00-12:00 CST
APHA NPHW Twitter Chat, hosted by @nphw, Use the hashtag: #NPHWChat
vite.io/NPHWchat, 1pm CST

THURSDAY APRIL 7
MPHA Membership Drive & Sale, MSDH Central Office Jackson AND online at
www.mspha.org/member-support/join

USM, Alcoholism Awareness and Screening, Hattiesburg

MSDH, Central Office, Farmers Market and Lunch and Learn, Jackson

JSU, Health Disparities Research Symposium, 10am, Jackson Medical Mall, JSU
Room 148

UMMC, Young Professionals Speed Mentoring Event, 11:30am – 1pm, UMMC Student Union
Gym, Register: https://goo.gl/v5bXTU

UMMC, Women’s Luncheon with cooking demo and free gym membership drawing, Jackson

FRIDAY APRIL 8
Dr. Ed Thompson Walk for Public Health, 8:30am -10:30am, MSDH Central Office
Courtyard, Jackson

UMMC, Health Care and Social Justice with a documentary and discussion on the Medicare
Gap, Jackson

University of Mississippi School of Pharmacy, Pharmstand – Farmer’s Market
showcasing unusual produce, Jackson

APHA
National Public Health Week Student Day!

SATURDAY APRIL 9
Columbus Wellness Day, Baptist Memorial Hospital/Baptist Memorial Outpatient
Pavilion, 7-11am, Columbus

Sally Kate Winters 5K Family Fun Run, 8AM, Sally Kate Winters Park, West Point

Chadwick Lake-Mississippi State University, Battle at the Lake, 8-11am

University of Southern Mississippi, On-site farmers market, Hattiesburg
University of Mississippi School of Pharmacy, Pharmstand – Farmer’s Market showcasing unusual produce, Jackson

SUNDAY APRIL 10
University of Mississippi School of Pharmacy, Pharmstand – Farmer’s Market showcasing unusual produce, Jackson

TUESDAY APRIL 12
Chadwick Lake-Mississippi State University, Take Back the Night Glow Walk, 8pm

THURSDAY APRIL 14
MSDH Central Office, Grand Rounds discussion on Minority Health, 10 am-12 pm, MSDH Central Office Osborne Auditorium, Jackson

HELP SPREAD THE WORD ABOUT #NPHWINMS

Let’s show off the great celebrations of #NPHWinMS! Please take photos of all your #NPHWinMS events and post them on social media! In addition to your personal pages, be sure to post on our Facebook page, www.facebook.com/mphassoc and tag us on Twitter using the handle @mphassoc. Use the hashtag #NPHWinMS so that we can easily search for your posts & share them as well.

To make it easy for folks to find your event AND to show off your event to the nation, submit your NPHWinMS event details on APHA’s National Public Health Week website at: www.nphw.org/events/submit-an-event.

You can also share pictures and any other information with to the MPHA Communications Coordinator, Agusta Callaway at communications@mspha.org.

Please copy, post and share this document, as well.

MOST OF ALL, THANK YOU FOR WHAT YOU DO FOR PUBLIC HEALTH in MS EVERY WEEK!