Greetings Wildcats!

Dear CWU public health community,

January of each year always feels like a time to reset and renew priorities for the coming year. Despite the challenges of an unprecedented year, 2021 will surely bring opportunities for innovation, hope, and optimism as we see communities around the world eager to build a resilient path forward. We hope this Winter 2021 also presents a chance for our students, faculty, staff, and community partners to collaborate in these efforts, as we consider the role that public health plays not only in the face of crisis, but in becoming a priority in daily initiatives to live healthy, full lives for all. It’s why our vision has and continues to be:

*Public health is central to all people, in all places, at all times*

We’re proud to be working with all of you toward fulfilling that vision.

Dr. Tishra Beeson  
Public Health Program Director  
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Dr. Casey Mace Firebaugh  
Online & Centers Program Director  
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From Your Program Faculty
**Health in All Policies**

If there is any silver lining to a major global pandemic event of the scale and nature of COVID-19, it is that we are forced to reckon with past failures, inequities, and inefficiencies that are under the proverbial microscope.

As we pave the way forward toward recovery and resilience, it’s become clear that the U.S. would be better served by intentional efforts to refocus its efforts through a health-in-all-policies approach.

Health in All Policies is a framework to seek synergy between policymaking at all levels, and across all sectors, that takes into account the interconnected impact of health and all other elements of community and social wellbeing (World Health Organization, Helsinki Statement Framework for Country Action, 2014).

It recognizes that while national governments have a range of priorities – often competing ones at that - health must be accounted for as a core component in policy-making considerations. The framework also promotes the idea that health and economic prosperity are inextricably linked and that they benefit one another, despite current narratives that suggest investments in public health are made at the expense of economic productivity.

Health in All Policies guides decision-makers to consider that many of the social, environmental, and economic issues facing societies today have both origins in and consequences that affect a population's health, and therefore, careful consideration of the health impact of policy choices should be made at all levels of governance (Pan American Health Organization, 2015).

Ultimately, Health in All Policies asks that people with public health knowledge, skills, and expertise sit at the table and have equitable opportunities to lend their voice in making policy decisions, across all sectors. It’s not hard to imagine how the public health perspective can bring value to policy decisions in the middle of a pandemic (although some of us might feel frustrated that public health hasn’t been given even higher priority in the midst of this crisis), but our creativity can be stretched even further to consider public health contributions to policy decisions like:

- Increased public education and safety
- Design and use of parks and green spaces
- International trade and diplomacy
- Wages, workplace, and consumer protections
- Agriculture, forestry, and environmental policies
- Engineering, architecture, design, and building use
- Urban planning, land use, housing and zoning policies
- Investment in infrastructure: roads, bridges, waterways
- Accessibility of information, science, media and technology

**How does one become involved in a Health in All Policies effort?**

**Start local!**

- **Participate** in city council, school board, or county commissioners’ meetings.
- **Write** an op-ed or commentary to your local newspaper.
- **Contact** elected officials who represent you, and share your perspective.

Multi-sectoral collaboration is a key central component to Health in All Policies strategies. We can’t go wrong by consistently working to develop meaningful partnerships with people and organizations to build collective action toward healthier communities, everywhere.
2021 - Washington State Virtual Legislative Education Day

Join public health in Olympia on Thursday March 4, to learn about the legislative process and meet with lawmakers to educate them about the importance of public health.

Share stories about how public health makes a difference in the lives of our clients, friends, family, and neighbors in our local communities.

Registration open through January 31 at www.WSPHA.org

Student Grant: Public Health Advocacy

The American Public Health Association Student Assembly is continuing its scholarship/grant program entitled A.C.T.I.O.N (Advocacy on Campuses That Impacts Our Nation).

This is an opportunity for all public health students on campus to design grassroots advocacy projects. The grant program aims to motivate public health students to create and implement plans for raising public health advocacy on their campuses and in their communities.

The top submission nationally will be granted $500 to implement their project in Spring 2021, preferably during National Public Health Week (April 5-11, 2021)

Application deadline Sunday, February 7th, 2021 at 5:00 pm EST.  Contact action@aphastudents.org

advocacy

noun

Public support for or recommendation of a particular cause or policy.

Students march across campus to honor Martin Luther King Jr.
ALUMNI SPOTLIGHT:
KATE GOTTLIEB ’10,
ADVOCATE FOR SUSTAINABILITY

EDUCATION
Central Washington University, Bachelor of Science in Public Health, Specialization in Community Health, 2010
Idaho State University, Master of Health Education, 2012

ADDITIONAL CERTIFICATIONS
Certified Health Education Specialist, 2011
Worksite Wellness Certification, 2015
Health Coach Certification, 2015

CURRENT POSITION
Member Engagement Manager, Practice Greenhealth.
With my membership portfolio I help my members plan, implement and evaluate their environmental sustainability programs at their healthcare facilities as well as provide resources and support for existing programing. In my role, I support and provide resources for engaged leadership, less waste, leaner energy, safer chemicals, sustainable procurement, transportation, healthy food, less water, greening the OR (operating room), green building and climate.

HOW DID YOUR DEGREE FROM CWU PREPARE YOU FOR ADVOCACY?
My undergrad degree in Public Health provided me with a variety of topic exposure for specializing in a topic that I was passionate about. The program planning process was key coursework that I have used throughout my career in public health. I also greatly appreciate my professors approach to food access; it still applies to my work today.

HOW HAS YOUR PERCEPTION OF ADVOCACY IN PUBLIC HEALTH CHANGED?
I have learned so much! I focus more on in-depth research about the advocacy topic before backing it. I have also learned that you may not see the effects of your advocacy immediately; it could take years before you know you had an impact on an organization or individual. But when it happens; it feels so good to know that you were that influencer.

ADVICE FOR CURRENT AND POTENTIAL STUDENTS REGARDING ADVOCACY?
We have one planet; we need a healthy planet to have healthy people. You can make a difference; you can have an impact. What will it be? The topics are endless, choose something your passionate about, a topic that resonates with you and pursue advocacy in that area. It will all make a difference for our planet, our world, your community, your family, and yourself.
The COVID-19 pandemic has provided ample opportunities for leaders to lead, and people to follow. It has also provided an opportunity for failed leadership with many people unsure of how to respond in this time of crisis and work together as a team across agencies or communities.

Jolene Rios has been working with the Yakima Health District’s COVID-19 Outbreak Response Team’s agricultural and warehouse unit since August of 2020. She has seen first hand how hard it can be to organize and lead multiple agencies in a public health crisis situation. The experience gives her plenty of chances to reflect on and practice the principles discussed within the virtual classroom. "It is important to know when to lead and also when to allow others an opportunity for leadership," she shares, "understanding that balance is critical to successful teamwork." Although she never expected to work on a crisis response team during a pandemic, especially during her second year of graduate school, she appreciates the opportunity to bridge leadership and teamwork to meet the challenges of Covid-19 in her community.

According to Rios, "As a member of the Covid-19 Outbreak Mitigation Team; I get to work with a diverse team with unique skillsets. This helps me gain additional insight regarding what I already know about my leadership style and where I have opportunity to grow as a leader."

What is leadership?

Leadership is the art of motivating a group of people to act toward achieving a common goal.
(Ward, S.)

Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal.
(Kruse, K.)

How do you increase your leadership skills?

If you examine the common themes of leadership, you see that it is a process, or art, and not an event. Leadership involves working with, and for others, usually groups of people. And finally, it involves a shared goal or a shared vision as outcome.

Public Health leaders have similar attributes of vision, values, influence, and passion. Leaders see a healthier future that surpasses current status. They are grounded in both personal and professional values that embrace autonomy, diversity, and ethics. Public Health leaders have the social skills and political courage to motivate and inspire others to embrace change. Public Health leaders lead out of passion to serve others and communities.

Now more than ever, Public Health needs leaders. What are your skills? Have you assessed and developed these attributes? Getting to know yourself is the first step to becoming a wise leader. Take the How Good Are Your Leadership Skills? assessment at MindTools.com to reveal your strengths and areas for growth.

Public health alumni: leadership in action

Several Central Washington University Public Health alumni were featured in a recent front page article in the Yakima Herald Republic. Josina Bickel '14, Shanna Chua, '20 and Jolene Rios '96, are part of the Yakima Health Districts COVID-19 outbreak response team. Chua is lead coordinator for community based testing sites and also collaborates with other community partners and the state Department of Health. Bickel works with schools and congregate (transitional) housing in Yakima County. Rios works with agricultural and warehouse mitigation efforts, including investigation of a recent outbreak at Costco that made national headlines.

Read the full article here: **Yakima Health District team provides sharp focus on COVID outbreaks and prevention**
HEALTH SCIENCES BUILDING ON SCHEDULE FOR 2022

The Health Sciences building will become the capstone project for the university’s “Science Neighborhood” that includes Science Hall, Discovery Hall, and Samuelson Hall.

With an eye on sustainability, the building is also being built “green,” with several innovative, energy-saving features, such as solar preheat air intake and heating and cooling recovery systems. Construction will allow CWU to achieve a Leadership in Energy and Environmental Design (LEED) gold certification.

The facility will house the university’s Exercise Sciences, Clinical Physiology, Nutrition, Paramedicine, and Public Health programs. The facility will be able to simultaneously accommodate up to 630 students in classrooms and lab spaces while incorporating technology that also supports virtual instruction.

Access the full story [https://www.cwu.edu/cwu-health-sciences-facility-reaches-halfway-point-completion](https://www.cwu.edu/cwu-health-sciences-facility-reaches-halfway-point-completion)


ACADEMIC ADVISING

Recent changes to the advisory structure in the Department of Health Sciences have expanded the role of academic advisor **Pat Coffey** to include all majors in the department.

Students interested in majors in Foods and Nutrition, Dietetics, Exercise Science, Clinical Physiology, Paramedicine and Public Health and are welcome to make an appointment to meet with him. He is also an advisor for those students interested in Pre-Nursing, Pre-Occupational Therapy, Pre-Physical Therapy, and Pre-Physician Assistant programs. He will work with undergraduate Majors in Public Health, and public health minors will continue to utilize their faculty advisors. Students are encouraged to continue to meet with their faculty advisor if they prefer. Academic and faculty advisors will continue to work close together to help students reach their educational goals. Email to: Patrick.Coffey@cwu.edu

"I have been working with Public Health students on the Ellensburg campus for over 5 years, so I want to ensure those Public Health students in our online program that the service they receive from me will be as good or better than the service they received from their former staff advisor. I’m excited to be working with each and every one of you!" - Pat

Take a deep dive into the science of fast-tracked vaccine development, COVID-19 clinical trial data, and rural community health concerns.

Each session may be attended independently. The final session is a panel discussion with all series speakers along with additional health experts.

**Community Connections Series**

- **February 18:** What does the data show us?
- **March 11:** Three months in review and 3 months into the future
- **April 15:** Community Health Panel Discussion

FACULTY & STUDENT ACHIEVEMENT

Tishra Beeson, DrPH, MPH, and colleagues presented:

Jill Hoxmeier, PhD, MPH, and colleagues published and presented:
- Life course and socioecological influences on gender equitable attitudes among men: A scoping review. Trauma, Violence, & Abuse.

Casey Mace Firebaugh, MPH, PhD and colleagues published:
- A Systematic Review on the Psychological Effects of Perfectionism and Accompanying Treatment. Psychology
- Population Levels of Climate Change Fear in the US. American Journal of Climate Change

Debra Rich, B.S. Public Health '19 presented:

STUDENT OPPORTUNITIES

APHA 2021
ANNUAL MEETING & EXPO
DENVER | OCT. 23 – 27


CWU Office of Undergraduate Research

Symposium for University Research & Creative Expression (SOURCE)

Online presentations May 16 - 22
Abstract acceptance will begin in February 2021
Due by April 9 @ 5 pm cwu.edu/undergrad-research

Employment *

Benton-Franklin Health District (Tri-Cities area) bfhd.wa.gov/about_us/human_resources
Grant County Health District granthealth.org/careers
Kittitas County Public Health co.kittitas.wa.us/hr/jobs/default.aspx
Spokane Regional Health District srhd.org/careers-volunteers-1
Washington State Department of Health governmentjobs.com/careers/washington/doh
Yakima County Health District yakimacounty.wd5.myworkdayjobs.com

*Employment opportunities change rapidly and may not be accepting application. List is not representative of all Public Health related positions.
Application Deadline for Admission to Graduate Programs in Public Health
February 1, 2021

Spring Schedule goes live
February 1, 2021

Presidents Day Holiday
February 15, 2021

Registration for Spring Classes
February 16 to March 12, 2021

Spring Break
March 19 - 29, 2021

National Public Health Week
April 5 - 11, 2021

Abstracts due for Symposium for University Research & Creative Expression (SOURCE)
April 9, 2021 @ 5 pm.

Save the Date!

Symposium for University Research & Creative Expression (SOURCE)
May 19 - 20, 2021 virtual

Summer Registration
May 3 - June 23, 2021

Commencement Ceremonies
June 12 - 13, 2021

Do you have an idea for a great story, or article related to Public Health?
Are you an employer looking to recruit students for employment, internship, or fellowship?
Are you alumni? Let us know where your CWU PUBH degree as taken you.
Want more information about events, opportunities, or activities?

Let us know! Our goal is to provide relevant and useful content for you!

Contact: debra.rich@cwu.edu