



IPHA 79th Annual Conference

Webinar Series

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September 9, 2020: 12:00pm – 1:30pm

Make Your Move: Opportunities to Live the Public Health Messages You Give

- Lynn Herrmann, PhD, MPH, Associate Professor, Northern Illinois University

Move your body. Eat well. Keep stress low. Sleep enough. These are all basic messages we give as public health professionals, but long workdays and the passion to help others may leave us feeling less than healthy. We should engage in the healthy behaviors we purport in order to be living examples of public health. Through small behavior changes that will be practiced in this workshop, public health professionals can live the public health messages they give. Through research-based information and a movement session, this session will focus on opportunities to 1) increase exercise, 2) make better food choices, 3) decrease stress and increase mindfulness, and 4) improve sleep every day.

September 17, 2020: 12:00pm – 1:30pm

The Firearms Restraining Order: A New Tool to Prevent Violence in Illinois

- Peter Contos, BS, Outreach Coordinator, Illinois Council Against Handgun Violence
- Tami Tunnell, MA, Downstate Outreach Coordinator, Illinois Council Against Handgun Violence

This session will focus on Illinois' recently-enacted "Extreme-Risk law" (commonly referred to as "Red-Flag Law"), the Firearms Restraining Order law. This law provides family members and law enforcement with a civil court process allowing them to petition the court to temporarily remove firearms from someone who is at risk of harming themselves or someone else. Amidst the ongoing COVID-19 crisis, there is potential for our communities to experience increased risks of suicide and domestic violence, making these laws even more important. Attendees will hear from experts and discuss how the Illinois law works, what the challenges to implementation are in Illinois, how other states are effectively implementing similar laws, and how individuals working in public health and related areas can support the implementation of this law as a way to reduce gun violence.

September 22, 2020: 12:00pm – 1:30pm

Making Research Actionable: Using Technology to Identify Youth Exposed to ACEs

- Kathleen Kelly, MPA, Founder and CEO, Lifting Up, LLC
- Dr. Lisa Snow, Community Outreach Coordinator, IVDRS Lurie Children's Hospital of Chicago

Across Illinois, and the country, a growing number of communities are recognizing the importance of being "Trauma Informed." Awareness of the impact of Adverse Childhood Experiences (ACEs) and trauma is expanding, and anchor institutions, such as schools and health departments, are taking a lead role in changing the paradigm in

response. However, policy change, training, and increasing resource availability only go so far if those resources are deployed reactively. As communities transition into trauma informed systems, an important component is early identification of trauma exposure for intervention and supports. Learn how one community has done this by using technology to make the body of trauma research actionable and facilitate the cross-sector partnerships necessary for strategic information sharing.

September 30, 2020: 12:00pm – 1:30pm

He Said, She Said: Avoiding Interdisciplinary Communication Pitfalls

- Kelli D. Whittington, PhD, RN, CNE, BSN Program Director & Assistant Professor, Southern Illinois University Carbondale
- Brandon Hirsch, MS, CMD RT(R)(T)(CT), Assistant Professor, Radiology School of Health Sciences, Southern Illinois University Carbondale
- Jennifer Walker, MS Ed, RT(R)(MR)(CT), Clinical Instructor, Radiologic Services CT/MRI, Program Director, School of Health Sciences, Southern Illinois University Carbondale

Members of the health care team come to practice with various ideas on how information should be shared. These personal ideas impact the ability to communicate effectively with individuals outside of their specific discipline. Although talking may be occurring, as so well stated by Captain in Cool Hand Luke, “What we’ve got here is failure to communicate.” Building a culture of effective inter-disciplinary communication and collaboration promotes a venue to support a healthy Illinois. This presentation will examine barriers to communication and present specific skill sets and strategies to foster the development of all team members.

October 6, 2020: 12:00pm – 1:30pm

The Intersection of COVID-19 and Health Equity

- Renslow Sherer, MD, Professor of Medicine, University of Chicago

The COVID-19 pandemic is spotlighting the health inequities that already existed in the United States. What we are seeing play out right now is textbook inequities, racism, institutional and structural racism, and socioeconomic disparities. These are the key factors that have been exacerbating the effects on people of color of this pandemic in terms of infection rates, death rates, hospitalization and testing. This session will explore the disproportionate impact that COVID-19 is having on minority communities and what we can do now to not only combat long-term health impacts, but also engage communities to help them, and to help us, do a better job at preventing further disparities.

October 14, 2020: 12:00pm – 1:30pm

All Roads Lead to ... Healthy Communities

- Lauri DeRuiter-Willems, PhD, Assistant Professor, Eastern Illinois University
- Krystal Lynch, Eastern Illinois University, Department of Nutrition & Dietetics
- Michael Gillespie, Eastern Illinois University, Department of Sociology
- Laura Bollan, Sarah Bush Lincoln Health System, Healthy Communities
- Abby Wallace, Health Administration Student, Eastern Illinois University

Improving the health of community members through partnering with like-minded organizations increases the chances of more residents having health and wellness access, leading to healthier communities. This effort to bring health and wellness programs and services to a community, minimizes gaps in services areas and builds a strong coalition of health promotion providers. This presentation will share how the Community Wellness Collaborative,

in rural East-Central Illinois, was able to identify the types and locations of programs and services available, find community gaps, and determine how to expand or shift resources to more thoroughly provide programming and support to those gap areas.

October 22, 2020: 12:00pm – 1:30pm

Vaccine Information in Social Media: Thoughts, Emotions, and Previous Behaviors Matter

- Jorge Villegas, PhD, Associate Dean, University of Illinois at Springfield
- Cheng-Chia (Brian) Chen, PhD, Assistant Professor of Public Health, University of Illinois at Springfield
- Jennifer Lemanski, PhD, Professor and Chair, University of Texas Rio Grande Valley

Social media has become fertile ground for unwarranted debates on the safety of vaccinations. An approach to reduce misinformation online is to have social media users engage in the defense of vaccination. A possible mechanism to increase the willingness to engage in this debate is to ensure that community members take part in the decision-making process of their vaccinations. This presentation will focus on an online experiment where participants were exposed to social media messages that varied in several post-vaccination adverse effects (VAEs), as well as appeals based on “personal narratives” or “presentation of statistics”. Learn how public health professionals can use social media to communicate health messaging by applying system thinking in designing effective health information posts.

October 28, 2020: 12:00pm – 1:30pm

An Overview of the Illinois Project for Local Assessment of Needs (IPLAN): Requirements, Compliance, and Certification

- Nelson Agbodo, MS, MPH, DPA, Acting Chief, Division of Health Data and Policy, Office of Policy, Planning, and Statistics, Illinois Department of Public Health

The Illinois Administrative Code requires local health departments (LHD) in Illinois to complete a community health needs assessment and health plan to fulfill the provisions for certification at least every five years. The Illinois Project for Local Assessment of Needs (IPLAN) is grounded in the core functions of public health and addresses public health practice standards. The essential elements of IPLAN are an organizational capacity assessment; a community health needs assessment; and a community health plan, focusing on a minimum of three priority health problems. This session will provide information and updates from IDPH about the IPLAN process.

November 5, 2020: 12:00pm – 1:30pm

Small Bites of Big Data: State Analyses of BRFSS and EHR Data

- Karen Mancera-Cuevas, DrPH, MS, MPH, CHES, Deputy Director, Office of Health Promotion, Illinois Department of Public Health
- Mona Van Kanegan, DDS, MS, MPH, Chief, Division of Oral Health, Office of Health Promotion, Illinois Department of Public Health
- Samantha Saini, MPH, BRFSS Research Scientist, Office of Policy Planning & Statistics, Illinois Department of Public Health
- Theresa Walunas, PhD, Associate Director, Center for Health Information Partnerships, Northwestern University Feinberg School of Medicine

Big data and chronic disease surveillance drive population health. In this panel presentation, the Illinois Department of Public Health and partners from Northwestern University's Feinberg School of Medicine, will present data from recent projects involving analysis of Behavioral Risk Factor Surveillance System (BRFSS) and electronic health record (EHR) data. Specific topics include oral health and prediabetes risk, vision care and diabetes, and EHR-based chronic disease surveillance. The session will conclude with an open forum question and answer period.

November 10, 2020: 12:00pm – 1:30pm

Does a Footprint Really Make a Difference?

- Sharon K. Bard, PhD, MS, Consultant, Sharon K. Bard Consulting

Radioactive radon is found in every place across the world. It is the leading cause of lung cancer in non-smokers. In Illinois, radon is found in 1 out of 3 homes, whether newly constructed or historical. In each Illinois home, testing a footprint may require up to three different samples. Illinois is the only state that requires this conservative protocol. Other states require the radon sampling in only one location, and this one sample is the basis for decision making to install a radon mitigation system. Licensed measurement professionals have provided over 441,000 individual sample results in a span of 16 years to the State. Does this conservative protocol minimize risk and is it protective of human health, or is only one sample enough to decide for mitigation?

November 18, 2020: 12:00pm – 1:30pm

Community Health Worker (CHW) Model for Health Care Delivery and Environment Programs

- Muskaan Chhibber, Research Associate, UI Health, Department of Pediatrics
- Pranav Selvan, Research Associate, UI Health
- Akram Alnounou, Research Associate, UI Health

Community Health Workers are equipped with the tools and resources necessary to bring about a change in the form of a rapid chain reaction. This session will introduce a model, using collaboratively collected data between the USA and India, which can assist CHWs to engage with each other, organize campaigns and events and, also, successfully showcase their results and data. The CHW Model focuses on the practices, strategies, plans and implementation techniques needed to organize a community health event based on diverse agendas: health, environment and minorities. This session will include past successful events, change in impact numbers globally and assistance in public health emergencies, such as COVID-19 or environmental catastrophes, such as hurricanes and tornados.

November 24, 2020: 12:00pm – 1:30pm

Community Development in the Age of COVID and Systemic Racism

- Christian Perry, State Director of Community Development, Illinois Criminal Justice Information, Founder, Black Millennial Renaissance

The wake of the current COVID-19 pandemic laid bare our country's deep inequities. Return to business as usual is not exactly feasible. The existing systems and structures must evolve. Community development and the public health sectors no longer have to convince people that health is a byproduct of our social and physical environments. COVID-19 has made that abundantly clear. Likewise, recent injustices experienced in our nation have shone a light on the structural racism that leads directly to the health and economic inequities the

coronavirus has exposed. This session will take a look at the new opportunity for community development to address structural racism and bring greater focus and intention to our work.

December 2, 2020: 12:00pm – 1:30pm

Asthma Policy to Support Children in Schools: Toward a Healthy Illinois

- Anna Volerman, MD, Associate Program Director, University of Chicago, Department of Medicine
- Andrea Pappalardo, MD, Division of Pediatric Allergy-Immunology, UI Health
- Erica Salem, MPH, Senior Director, Strategy, Programs and Policy at Respiratory Health Association

In Illinois, only 25% of people with asthma are controlled, making this a serious public health issue for the state. Further, significant asthma disparities exist as minority and low-income children are disproportionately affected in terms of prevalence, quality of life, healthcare utilization, and academic outcomes. Policies are critical to support optimal health and reduce disparities. This session will explore current asthma policies and their implementation to identify best practices and opportunities, and share the collaborative processes that made these policies successful. Presenters will also review current research and practices related to asthma policy implementation in schools that best support health equity and share future directions for asthma policy, nationally and in Illinois, to support optimal health among children.

December 10, 2020: 12:00pm – 1:30pm

Racism and Public Health

- Representative Camille Y. Lilly (D), 78th District, Illinois General Assembly

Recent events, including the COVID-19 pandemic and persistent police killings, have highlighted staggering disparities that have made it clear that comprehensive reform is crucial to end systemic racism. The Illinois Legislative Black Caucus (ILBC) is developing a legislative agenda to help Black communities in Illinois overcome centuries of oppression. Their efforts are based on four pillars: 1) Criminal justice reform, violence reduction and police accountability; 2) Education and workforce development; 3) Economic access, equity and opportunity and 4) Health care and human services. This session will feature Representative Camille Lilly (D-Chicago), the House ILBC Chair, who will share information about the current efforts underway to secure safety and justice in our communities, and provide a forum for attendees to engage in further discussion of systemic racism through a Q&A session.

December 16, 2020: 12:00pm – 1:30pm

Whole-Body Approach: Utilizing Whatsapp to Deliver a Lifestyle Intervention to Latina Mothers

- Aishwarya Balakrishna, BS, Master of Public Health candidate, Benedictine University
- Krishna Bhagat, PhD, MPH, MCHES, Assistant Professor, Benedictine University

With a high prevalence of chronic diseases in the United States, interventions focused solely on weight loss to improve health outcomes do not prove to be effective. The Whole-Body Approach to health is a lifestyle intervention that is based on participants modifying health behaviors for overall health and well-being, without the focus on weight loss. This presentation will cover the conception of the Whole-Body Approach project, the importance of and tips for adopting this weight-inclusive approach to improving population health, and the process of creating culturally-tailored, virtually delivered intervention materials. Learn how we can use our own public health knowledge and creativity to address community-based health issues.

December 22, 2020: 12:00pm – 1:30pm

Building Your Staff Through Student Networking!

- Lauri DeRuiter-Willems, PhD, Assistant Professor, Eastern Illinois University
- Nikki Hillier, PhD, Associate Professor, Public Health, Eastern Illinois University

It's not only what you know, it's who you know! This is true for employers and employees. Building a strong pipeline of future employees through networking events, offers an opportunity to share your story about getting into the field by explaining "If I knew then what I know now" and getting the word out about your organization. This session will discuss how employers can identify their own possible networks of employees, create and practice their own story/elevator pitch, and consider how they could join a university's career event or develop one of their own.

CONTINUING EDUCATION CREDITS

The IDHS/DDD, as licensed by the Illinois Department of Financial and Professional Regulation to sponsor continuing education units (CEUs) for training events, is reviewing the each webinar for approval for the following licensed attendees: Licensed Social Workers (LSW), Licensed Clinical Social Workers (LCSW), Registered Nurses (RN) and Licensed Practical Nurses (LPN).

The Illinois Public Health Association is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. Each webinar is approved for CHES to receive 1.5 Category I CECH in health education.

Continuing Education Certificates will be emailed to attendees within 2-4 weeks of each webinar event.

WEBINAR INSTRUCTIONS

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1. **Make sure you have Adobe Connect downloaded on your computer.** If you have never attended an Adobe Connect meeting before, test your connection: https://ipha.adobeconnect.com/common/help/en/support/meeting_test.htm
2. **You will be able to log-in to the training 10 minutes before the scheduled start time.** While you may login to the meeting early, the webinar will not be active until the presenter begins the presentation. All webinars will be recorded. Please use the chat function to submit any questions.
3. **Turn on your computer speakers and make sure the volume is up. There is no audio call in #.** You will hear the presentation through your speakers and can ask questions or make comments in the chat box on the webinar.