



Reflections... TSOPHE's 2011 President

2011 Reflections

Reflecting on my year and a half of serving you as President, I have found my role to be that of a commercial air plane pilot. Seated next to me is my very capable co-pilot, Jasmine Opusunju, who will take the helm of TSOPHE as the 2012 President. Followed by my co-pilot I have been extremely privileged to have a wonderful crew consisting of our Board members.

As a team, we have devoted a lot of time and effort to serve our plane's passengers, the TSOPHE membership. Working alongside each other we have navigated our TSOPHE chapter through this past year's activities that include completing our re-certification process and conducting a successful Fall conference. Now, as we have landed our plane at the close of 2011, we can all say we've stayed course and done our best to serve our membership.

So what's in store for our 2012 flight?

For this year we are planning to launch a webinar series to offer members an opportunity to earn CEUs. Our yearly conference is scheduled for October 11 - 12, 2012. We are seeking to enhance our Web presence and are exploring new ways to connect to our membership. Lastly, we are extending a call to members to get involved. We have several subcommittees that are looking for new faces. Our upcoming newsletter will have more information on how to you can be more active in TSOPHE.



Ninfa Peña-Purcell, PhD, MCHES, 2011 President

With the 2011 year at its final destination, I end my term thanking you for the pleasure to sit in the captain's seat. I looking forward to my new position as Past-President and contributing to advancing the work of TSOPHE.

Healthfully yours,

Ninfa

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Sustainability Planning Guide for Healthy Communities

Check out the Centers for Disease Control and Prevention (CDC) Healthy Communities Program's latest publication. This guide provides science - and practice-based evidence to help that will help facilitate communities, community leaders, and other public and community health professionals to develop a sustainability plan and learn key for healthy lifestyles.

Find out more information about CDC's Healthy Communities Program by visiting www.cdc.gov/healthycommunitiesprogram/tools/

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**Next TSOPHE Times
Newsletter May 2012**

The Many Faces of Health Education

TSOPHE 2011 Conference Highlights

Did you miss the event?

TSOPHE's October 13 -14, 2011 conference held in Houston, Texas at MD Anderson Cancer Center - South Campus Research Building was a great success! There were over 110 attendees who participated. The conference theme, *The Many Faces of Health Education*, focused on various aspects of the Health Education profession.

The conference highlights were two preconference workshops that focused on family history in health education and publishing empirical health research for scholarly publication. The workshops were followed by a social networking reception.



Louise Villejo, MPH,
MCHES Opening Speaker

The opening speaker, Louise Villejo, MPH, MCHES, provided professional insight on how the role of the Health Educator is evolving for the 21st Century.

The four panel session topics consisted of *Leveraging the Power of Collaborations, Qualitative Methods in Real World Applications, Theoretical Approaches in*

Program Planning, and Innovative Uses of Social Media and Technology.

The panel sessions entailed professionals sharing their expertise on the aforementioned.

Texas Recognizes The Costs of Excess Weight...Next Steps Reported by Trust for American's Health

Texas has a reputation for being a pro-business state where there is embracement and encouragement of entrepreneurs. There is a disadvantage for business in Texas. It has been reported by the state comptroller that obesity cost Texas businesses an extra 9.5 billion in 2009: more than \$4 billion for health care, \$5 billion for lost productivity and absenteeism and \$321 million for disability¹.

According to Trust for America's Health, Texas was the 12th most obese state in the country in 2011. This is a huge concern on how obesity may impact the workforce and the cost of health care. There are several initiatives that many Texas cities and towns are working to help residents improve nutrition and improve activity.

There were continuing education hours offered for CHES and MCHES.



Qualitative Methods in Real World Applications
Panel Session

This conference would not have been a success without the attendees and our TSOPHE members. Learn how you can be involve with TSOPHE activities by joining the association and serving on a committee of your

choice.

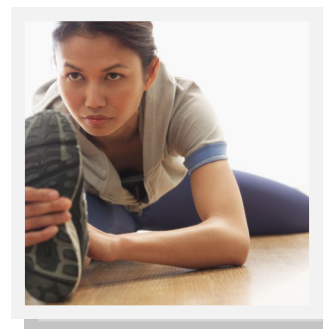
For more information, check out www.tsophe.org.



TSOPHE 2011 Conference Members & Attendees

For a complete report, go to www.healthyamericans.org/report/90/

¹Source: *Gaining Costs, Losing Time: The Obesity Crisis in Texas*. Retrieved from <http://www.window.state.tx.us/specialrpt/obesitycost/index.php>.



- Texas Society of Public Health Education - www.tsophe.org
- Society of Public Health Education - www.sophe.org
- Texas Public Health Association - <http://www.texaspha.org/>
- American Public Health Association - www.apha.org
- American Association for Health Education - <http://www.aahperd.org>
- The Texas School Health Association - <http://www.txschoolhealth.org/>
- The American School Health Association - <http://www.ashaweb.org>

**Upcoming
TSOPHE Webinar
More details, coming soon!**

TSOPHE's 2012 Board Members

Congratulations to the new and returning TSOPHE members who were recently elected to TSOPHE's 2012 Board. The new board members were inducted and began their terms of office at TSOPHE's Board Retreat held on January 28, 2012 in Houston, Texas at the University of Texas Center Tower.

TSOPHE 2012-2013 Board Members



- President:* Jasmine Opusunju, MEd, CHES, Houston
- Past President:* Ninfa Peña Purcell, PhD, MCHES, College Station
- President-Elect:* Melissa E. Shelton, MPA, MCHES, Houston
- Secretary:* Esther Heimbach, MPH, CHES
- Treasurer:* Cassandra Harris, MS, MCHES, Houston
- National Delegate:* Barbara Hernandez, PhD, MCHES, Beaumont
- Graduate Board Member:* Vera Akinkuotu, BS, Beaumont
- Undergraduate Board Member:* Melody Yee, Houston

- Board Member:* Linda Forys, EdM, MCHES, Houston
- Board Member:* Bridgett Chapital, MEd CHES, CCRP, Houston
- Board Member:* Chesley Cheatham, MEd, MCHES, Houston
- Board Member:* Josepha Peña, MPH, College Station

Committee Chairs

- Continuing Education Chair:* Linda Forys, EdM, MCHES, Houston
- Communications Chair:* Melissa E. Shelton, MPA, MCHES, Houston
- Finance Committee:* Cassandra Harris, MS, MCHES, Houston
- Membership Co-Chair:* Jasmine Opusunju, MEd, CHES, Houston
- Membership Co-Chair:* Cassandra Harris, MS, MCHES, Houston
- Professional Preparation Chair:* Bridgett Chapital, MEd CHES, CCRP, Houston
- Advocacy Chair:* Jila Tanha, BS, CHES, Houston

TSOPHE TIMES
Melissa E. Shelton, MPA, MCHES
 Communications Chair/ Lead Editor
Kristina Kerchief, MS, CHES
 Assistant Editor

**Deadline for article submission is
March 13, 2012.**

TSOPHE 2012 President's Edge...

Greetings TSOPHE Members! It is a privilege to be able to serve as TSOPHE's President for 2012. Furthermore, I am grateful to have such an experienced, passionate, and dedicated group of Board members to work alongside. Although we have just entered a new year, we have great plans ahead of us in 2012 as we continue to fulfill our mission, which is to advocate for the profession and provide stewardship for the discipline of public health education. We are seeking out new and innovative approaches to pursue this mission.

Most importantly, we are excited about increasing opportunities for all of you to be involved and truly experience the many benefits that membership in TSOPHE has to offer.

TSOPHE has such a diverse and experienced membership from various areas of public health. Our goal is to utilize the strengths and experiences within our membership to mobilize partnerships, networking, and expand professional development opportunities to promote the field of public health education and its impact. So, stay tuned as we are "hitting the ground running" and ready for the great things ahead in 2012. We look forward to working with you side by side to continue to progress public health education and make a difference in the lives of others.

Regards,

Jasmine

Jasmine.J.Opusunju@uth.tmc.edu



Jasmine Opusunju, MSEd,
CHES, 2012 President

March 3 - March 5, 2012

15th Annual Health Education Advocacy Summit,
Washington Court House, Washington, D.C. ,
www.sophe.org

March 21 - March 23, 2012

Texas Public Health Association - 88th Annual
Conference, Pitching Public Health: A Home Run for
ALL, Sheraton Arlington Hotel, Arlington, Texas
www.texaspha.org/

April 11 - April 14, 2012

SOPHE Midyear Scientific Conference: Tuning Up
health Promotion: New Lyrics Across the Lifespan,
Sheraton Music City, Nashville, Tennessee,
www.sophe.org

April 28, 2012

CHES/MCHES Exam, www.nchec.org

SAVE THE DATE

TSOPHE CONFERENCE

October 11 - 12, 2012

Houston, Texas

Connect. Share. Join.

Share with TSOPHE Times!

TSOPHE publishes a biannual newsletter. Article submissions are encouraged. This may include a short press release on an upcoming public health event, a program accomplishment, or any news relevant to the interests of our members.

The TSOPHE Board reserves the right to review your entries to determine its appropriateness for our newsletter.

Members are encouraged to submit a 200 - word article highlighting a project or the work of a fellow TSOPHE member. Photos can be included but articles are subject to space restrictions.

Please send article submission to eshelton03@gmail.com - no later than **March 13, 2012**.



Join a Committee!

Do you want to enhance your professional skills?

Do you have an interest or expertise in a particular Health Education Area?

Are you looking to share information and network?

Join a TSOPHE Committee, such as Advocacy, Communication, Continuing Education, or Professional Preparation. For more information, go to www.tstophe.org

The TSOPHE board looks forward to getting connected to its members in 2012.