

HEALTH JUSTICE

BE THE CHANGE

- 11TH ANNUAL -

Kansas Community Health Promotion (Virtual) Summit

January 26 & 28, 2021



Conference Agenda

Tuesday, January 26		
9:30-10:30 a.m.	<p>OPENING GENERAL SESSION: What is Health Justice? Kansas Department of Health and Environment</p>	
10:30-11 a.m.	<p><i>Break: 30 minutes</i></p>	
11 a.m.-noon	<p>Concurrent Sessions</p>	
	<p>Policy Approaches for Chronic Disease Prevention: Are We Making Legislation or Sausage? <i>Ross Brownson, PhD, Lipstein Distinguished Professor of Public Health, Washington University in St. Louis</i></p>	<p>Black Butterflyz Then & Now: The metamorphosis of a physical activity intervention targeting Black Womxn <i>Chris Omni, MPH, Founder and Visionary, Kujima Health</i></p>
noon-1:30 p.m.	<p><i>Lunch Break: 90 minutes</i></p>	
1:30-2:30 p.m.	<p>KEYNOTE PRESENTATION: Authentic Community Engagement for Health, Justice, and Racial Equity <i>Xavier Morales, PhD, MRP, Executive Director, The Praxis Project, and Jenna Gaarde, MPH, Program Director - Research & Training, The Praxis Project</i></p>	
2:30-3 p.m.	<p><i>Break: 30 minutes</i></p>	
3-4 p.m.	<p>Concurrent Sessions</p>	
	<p>Framing Thirdhand Smoke As a Social Justice Issue <i>Lydia Greiner, DrPH, APRN, Adjunct Professor in the Department of Psychology San Diego State University, lecturer at Imperial Valley Campus of San Diego State University, Research Scientist at SDSU Research Foundation</i></p>	<p>From Grassroots Engagement to the Statehouse: How to Fight for Health Justice for All <i>Durell Gilmore, Community Organizer, Kansas Appleseed and Haley Kottler, Thriving Campaign Manager, Kansas Appleseed</i></p>

Conference Agenda

Thursday, January 28		
	Concurrent Sessions	
9:30-10:30 a.m.	Youth In Prevention: From Recruitment Through Sustainability <i>Nigel Wrangham, CADDC II, CPS, Geographic Health Equity Alliance</i>	Progress in the Wonderful World of nOZ <i>Jared Tremblay, Project Manager, Flint Hills MPO</i>
10:30-11 a.m.	Break: 30 minutes	
	Concurrent Sessions	
11 a.m.-noon	Reaching and Serving LGBTQ+ Persons <i>Scout, PhD, MA, Executive Director, National LGBT Cancer Network</i>	Food Councils: Advancing Health Justice Through Policy and Programs <i>Karen Bassarab, Senior Program Officer, Johns Hopkins Center for a Livable Future; Milele Kennedy, Food Policy and Program Coordinator, City of Indianapolis, Indiana; and Raychel Santo, Senior Program Coordinator, Johns Hopkins Center for a Livable Future</i>
noon-1:30 p.m.	Lunch Break: 90 minutes	
1:30-2:30 p.m.	Coalition Building: It is a Continuous Process <i>Anita Gaillard, MPH, Director of Community Programs, Tobacco Prevention and Cessation, Indiana Department of Health</i>	
2:30-3 p.m.	Break: 30 minutes	
3-4 p.m.	Kansas Health Champion Awards <i>Kansas Governor's Council on Fitness</i>	

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Featured Speakers



Ross C. Brownson, PhD

PhD, Lipstein Distinguished Professor of Public Health, Washington University in St. Louis

Session

Policy Approaches for Chronic Disease Prevention: Are We Making Legislation or Sausage? | Tuesday, January 26, 11 a.m.-noon

SPEAKER BIO

A leading expert in chronic disease prevention and an expert in the area of applied epidemiology, Ross C. Brownson is regarded as one of the great intellectual, educational and practice leaders in the field of evidence-based public health. Brownson has a joint appointment with the university's School of Medicine in the Department of Surgery and the Siteman Cancer Center.

Brownson directs the Prevention Research Center, a center that develops innovative approaches to chronic disease prevention through translational research. He leads a large number of other research and training projects funded by a broad array of federal and foundation sources, including the National Institutes of Health, the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation.

He is an associate editor of the Annual Review of Public Health and on the editorial board of six other journals. Brownson is the editor or author of 14 books including: "Chronic Disease Epidemiology, Prevention, and Control," "Evidence-Based Public Health," and "Dissemination and Implementation Research in Health: Translating Science to Practice." He is past-president of the American College of Epidemiology and the National Association of Chronic Disease Directors. Brownson is also active in the American Public Health Association.

SESSION ABSTRACT

Public policy, in the form of laws, guidelines, and regulations, has a profound effect on our daily lives and health status. A goal for practitioners is to identify, foster and adopt evidence-based policy. To improve public health outcomes, evidence-based policy is developed through a continuous process that uses the best available, quantitative and qualitative evidence. In defining evidence-based policy, it is important to consider three key domains: the policy process, content, and outcomes. This presentation examines reasons for a lack of consistent and systematic translation of public health science into evidence-based policy, including differences in decision-making processes and poor timing.

The impact of policy on chronic diseases will be considered both historically and in current times. Impacts on health equity will be reviewed. There are multiple opportunities for practitioners and researchers to play a more active role in the policy process to improve health.

LEARNING OBJECTIVES

1. Describe evidence-based public health policy and practice and why it matters.
2. Describe the impacts of policy on chronic disease prevention and health promotion.
3. Identify better ways to connect science with practice and policy (both Big P and small p).



Chris Omni

MPH, Founder and Visionary, Kujima Health

Session

Black Butterflyz Then & Now: The Metamorphosis of a Physical Activity Intervention Targeting Black Womxn **Tuesday, January 26, 11 a.m.-noon**

SPEAKER BIO

Chris is the founder and visionary behind Kujima Health, a local leader in the health and wellness promotion field. Chris Omni is affectionately known as “The Health Hippie.” Chris educates others on how health disparities disproportionately impact Black women. She has been nominated multiple times for the Kansas Health Champion Award through the Governor’s Council on Fitness and has presented at multiple conferences and workshops including the 2019 Kansas Public Health Association Conference. Chris is a Topeka native but currently pursuing her PhD in Tallahassee, FL.

SESSION ABSTRACT

Black women are BRILLIANT! Black women are BEAUTIFUL! Black women are also the racial/gender demographic group that is significantly impacted by health disparities: 42% more likely to die from cancer, 56% have high blood pressure, 54% are obese, etc.

Join me, Chris “The Health Hippie” Omni, MPH, as we explore the development, implementation, and evaluation of a culturally-tailored intervention designed to increase physical activity engagement among Black women. This session will provide a bold and unapologetic conversation about the importance of making Black women’s health a capital concern.

LEARNING OBJECTIVES

1. To understand key barriers to physical activity engagement impacting Black women and solutions to remedy the barriers.
2. To identify and understand the Kwanzaa principles that were selected to create the Kujima Model of Change-an Afrocentric behavior change model targeting Black women.
3. To gain a better understanding of how to design a culturally-tailored physical activity intervention for Black women.



Xavier Morales

PhD, MRP, Executive Director, The Praxis Project

Jenna Gaarde

*MPH, Program Director - Research & Training,
The Praxis Project*

Keynote Session

Authentic Community Engagement for Health, Justice, and Racial Equity

Tuesday, January 26, 1:30-2:30 p.m.

SPEAKER BIO

Xavier Morales, Ph.D., MRP, is the executive director of Praxis Project, a national organization dedicated to supporting communities building power for health. Xavier is a longtime advocate for community-driven initiatives to achieve health equity and environmental justice. Taking an expansive view of what constitutes good health and community wellness, he works in partnership to enable opportunities across the social determinants of health.

Jenna Gaarde is from the Central Valley of California, and has spent most of her adult life in the Bay Area. Jenna directs Praxis' training, capacity-building, and technical assistance activities to advance health, justice, and racial equity in public health and allied fields. Prior to joining Praxis, she was the Senior Planner for Maternal, Child & Adolescent Health at San Francisco Department of Public Health. In this role, she was deeply engaged in anti-racism and racial equity efforts within local government. Jenna has a strong foundation in the planning, implementation, and evaluation of activities that address the social determinants of health. She strives to integrate a social justice lens throughout her professional and personal life, and is on a continuous journey to recognize and positively leverage her own racial privilege. She received her B.A. in Psychology and Master of Public Health from UC Berkeley. She is a true crime fan, and loves to run (slowly), bike, and craft.

SESSION ABSTRACT

We know that engaging our community is important, yet we are often challenged with not gaining the trust of our community. How do we honor, respect, value, and leverage community wisdom for meaningful change in public health? Learn about Praxis' Principles for Health Justice & Racial Equity, identify opportunities to apply them to your organization's community engagement approaches, and build community power to advance health and racial justice.

LEARNING OBJECTIVES

1. Develop a shared understanding of the concept "health justice."
2. Describe principles for authentic community engagement.
3. Identify opportunities to apply community engagement principles to their own work.



Lydia Greiner, DrPH, APRN
Thirdhand Smoke Resource Center

Session

Framing Thirdhand Smoke As a Social Justice Issue **Tuesday, January 26, 3-4 p.m.**

SPEAKER BIO

Lydia Greiner, DrPH, is an Adjunct Professor in the Department of Psychology San Diego State University, a lecturer at Imperial Valley Campus of San Diego State University, and a Research Scientist at SDSU Research Foundation. Over the past 25 years, her interdisciplinary community-based research has focused on relationships among environmental exposures and health outcomes. She has more than 20 years of experience working with underserved communities in the US and abroad, to address community-identified environmental and health concerns including exposure to lead and hydraulic fracking in US communities and pesticides in Nicaraguan communities. She has expertise in qualitative methods and extensive experience in program evaluation, particularly for at-risk groups.

SESSION ABSTRACT

Thirdhand smoke is the chemical residue left behind on clothes, skin, furniture, walls, and other surfaces after smoking stops. The gases and particles in thirdhand smoke are toxic to humans, especially children. The chemical residue can linger indoors for a long time – months to years. People can be exposed to thirdhand smoke by touching contaminated surfaces (absorption through the skin), by eating contaminated objects or dust, and by breathing in air and re-suspended thirdhand smoke components.

Thirdhand smoke exposure disproportionately affects low income communities and ethnic, racial, and sexual minorities. Social, economic, and health inequities so common in these populations increase vulnerability to the effects of thirdhand smoke exposure. Babies and young children are especially vulnerable.

This presentation will examine thirdhand smoke as a social justice issue, with critical examination of community engagement, promising prevention strategies, and equitable policies.

LEARNING OBJECTIVES

1. Identify factors that increase risk of exposure to thirdhand smoke.
2. Describe effective community engagement to reduce exposure to thirdhand smoke.
3. Discuss promising prevention strategies to reduce exposure to thirdhand smoke.



Durell Gilmore

Community Organizer, Kansas Appleseed

Haley Kottler

Thriving Campaign Manager, Kansas Appleseed

Session

From Grassroots Engagement to the Statehouse: How to Fight for Health Justice for All | Tuesday, January 26, 3-4 p.m.

SPEAKER BIO

Durell Gilmore is the Community Organizer for Kansas Appleseed, where he engages with Kansans on using their voices to create change. Based in Wichita, Durell draws on his own life experience to organize people of all backgrounds to advocate for anti-racist, anti-hunger, and anti-poverty policy and legislation. Through organizing, Durell wants to see Kansans truly thrive and have their needs met.

Haley Kottler is the Thriving Campaign Director for Kansas Appleseed. Haley engages with Kansans across the state in anti-hunger advocacy, conducting (and building!) grassroots campaigns, as well as making the case for change through policy and legislative action. Haley's fight for justice is rooted in a devotion to equity and fairness for all.

SESSION ABSTRACT

In this presentation, we will discuss how grassroots engagement of public policy may lead to better overall public health. We know that individual and community health are greatly impacted by our agency to meet our basic needs, such as access to healthy housing, clean water, and healthy and nutritious food. People respond to and prioritize the immediate pressures of life over their long term health when public policy creates conditions that cause inequities. We will provide the audience with practical strategies and tactics to start conversations at the local level and how to use their knowledge and power to affect change with policy makers.

LEARNING OBJECTIVES

1. Learn how grassroots engagement of public policy can lead to better overall public health.
2. Develop practical strategies and tactics to start conversations at the local level.
3. Obtain strategies to use your knowledge and power to affect change with policy makers.



Nigel Wrangham, CADDC II, CPS
Geographic Health Alliance

Session

Youth In Prevention: From Recruitment Through Sustainability **Thursday, January 28, 9:30-10:30 a.m.**

SPEAKER BIO

Nigel Wrangham, Certified Alcohol and Drug Counselor Level II and Certified Prevention Specialist, has developed and delivered unique, customized prevention trainings to staff, volunteers and youth from community-based organizations throughout the United States since 1999. He has taught upper-division courses in psychopharmacology, media studies, substance abuse prevention and community organizing at the University of Oregon and Portland Community College.

Nigel works with groups of young people and their allies to influence policy, advocate for social change, build leadership skills and summon the courage to act consciously from their core principles. He served as a mentor for local teens in the TEDx speakers' program and works with grassroots prevention coalitions around the United States as they develop strategic plans for supporting and engaging youth.

Nigel has been a preschool teacher, counselor for federal inmates, Project Director of a statewide prevention coalition, National Youth Coordinator for Mothers Against Drunk Driving (MADD), and an outreach worker for homeless families. He has also developed and taught forest conservation programs for local youth in rural Uganda, where he served on a team of researchers studying the behavior of wild chimpanzees.

SESSION ABSTRACT

In this interactive, dynamic workshop, we will explore the most equitable, just, and effective strategies for recruiting young people to be leaders and catalysts for population-level change in our substance abuse prevention and mental wellness promotion efforts. We will challenge and deconstruct several key societal misconceptions about the roles, value, and potential of young people.

LEARNING OBJECTIVES

1. Participants will learn how youth engagement in prevention has evolved and developed in several key phases (Education, Involvement, Engagement) over the past four decades.
2. Participants will learn at least three key principles to make authentic youth recruitment more effective.
3. Participants will gain knowledge of how the cultural phenomenon of adultism has hindered youth engagement, and how to identify and overcome adultist practices in their coalitions and projects.
4. Participants will learn and understand documented Best Practices in youth engagement, from the successful history of tobacco control and from substance abuse prevention efforts generally.
5. Participants will identify and learn how to meet challenges related to equity, access, and power dynamics when recruiting young people from all walks of life.



Jared Tremblay

Flint Hills Metropolitan Planning Organization

Session

Progress in the Wonderful World of nOZ

Thursday, January 28, 9:30-10:30 a.m.

SPEAKER BIO

Jared Tremblay is the Project Manager for the Flint Hills MPO located in Manhattan, KS. As a GIS professional, Jared has experience in aerial mapping, municipal government GIS departments, and utility modeling. At the MPO, the focus on transportation planning allows him to combine his professional requirements with personal interests; specifically, in non-vehicular transportation. Jared rides his bike as much as he can, whether riding with his daughter to school on his 1960's Schwinn Speedster or gravel riding in the beautiful Flint Hills. In addition, he enjoys mountain biking and snow skiing.

SESSION ABSTRACT

With deaths rising for people walking and cycling despite drastic reductions for those in vehicles, a new approach is needed. But in this World of Oz, those trying to create change often hear nothing but No's (nOZ). This presentation will take a look at the many faceted efforts ongoing to shift this paradigm, including demo projects, evaluation, community support and advocacy, health justice, and COVID-19 opportunities. Progress is slow and non-linear, and this presentation will examine the pros and cons, successes and failures of these efforts, in an attempt to aid others in their own efforts.

LEARNING OBJECTIVES

1. How to get projects done quickly & cheaply using demo projects to test big ideas
2. Learn how to evaluate projects to show the need and the impact
3. How to be ready for opportunities (planning) and that progress is non-linear



Scout, MA, PhD
National LGBT Cancer Network

Session
Reaching and Serving LGBTQ+ Persons
Thursday, January 28, 11 a.m.-noon

SPEAKER BIO

Scout is the Executive Director of the National LGBT Cancer Network and the principal investigator of the CDC-funded LGBTQ tobacco-related cancer disparity network. In this capacity he spends much of his time providing technical assistance for governmental tobacco and cancer focusing agencies expanding their reach and engagement with LGBTQ+ populations. He leads a team of specialists in the Rhode Island office who focus especially on building tools and sharing strategies across state departments of health. Scout is also a senior cultural competency trainer and sought after public speaker. He has a long history in health policy analysis and a particular interest in expanding LGBTQ+ surveillance and research. His work has won him recognition from the U.S. House of Representatives, two state governments, and many city governments. Scout is an openly transgender father of three, a vegetarian, an avid hiker and runner. His opinions are his own and do not reflect those of any funders.

SESSION ABSTRACT

Participants will be introduced to a series of best strategies they can use to do health related outreach to LGBTQ+ persons in Kansas. The presenter will interject these tested strategies with stories about what has and has not worked in his several decades of providing technical assistance on this topic to health projects across the country. This presentation is a safe space for all levels of questions, from “what in the world those letters mean?” all the way to feedback on existing health promotion materials or strategies.

LEARNING OBJECTIVES

1. Identify at least four tested best strategies for health promotion to the LGBTQ+ communities.
2. Enumerate at least one method to cultivate a local LGBTQ+ partnership.
3. Name at least two strategies to avoid in doing outreach to this population.



Karen Bassarab

Senior Program Officer, Johns Hopkins Center for a Livable Future

Raychel Santo

Senior Program Coordinator, Johns Hopkins Center for a Livable Future

Milele P. Kennedy

Food Policy and Program Coordinator, City of Indianapolis, Indiana

Session

Food Councils: Advancing Health Justice Through Policy and Programs **Thursday, January 28, 11 a.m.-noon**

SPEAKER BIOS

Karen Bassarab is a senior program officer with the Food Communities and Public Health Program, primarily responsible for managing the Food Policy Network project, a national resource hub for local and regional councils from across the United States and Canada.

Raychel Santo is a Senior Research Program Coordinator with two programs: the Food Production and Public Health program and the Food Communities and Public Health program. In this role, she works on a variety of projects related to local/regional food policy councils and governance (through the Food Policy Networks project), the relationship between diet and climate change, urban agriculture, and institutional food procurement.

Milele P. Kennedy is the Food Policy and Program Coordinator for the City of Indianapolis. She also represents the Indy Food Council, which works to connect food system stakeholders, catalyze ideas, and advance initiatives to grow a sustainable food system that improves the health and quality of life for all.

SESSION ABSTRACT

Food councils are stepping up to address disparities in health by confronting injustices in food access and their approach to food systems challenges. Join representatives from the Johns Hopkins Center for a Livable Future's Food Policy Networks project and the City of Indianapolis, Indy Food Council for a workshop on how food councils are advancing health justice through policy, programs, and their internal practices. Learn about how the growing network of food councils across the US are increasing food access, using data, and transforming their practices to ensure health justice.

LEARNING OBJECTIVES

1. Understand what food councils are and how they work to advance health justice
2. Have tangible examples of how food councils work to address food access through policy and programs
3. Understand strategies and challenges in elevating justice and community leadership in food policy spaces



Anita Gaillard
ISDH Tobacco Prevention

Session
Coalition Building: It is a Continuous Process
Thursday, January 28, 1:30-2:30 p.m.

SPEAKER BIO

Anita Gaillard joined the staff of the Tobacco Prevention and Cessation (TPC) of the Indiana Department of Health in July 2001 as the Director of Community Programs. The Community-Based Programs are implemented through local community-based partnerships, minority-based partnerships, capacity-building partnerships, and state and regional partnerships. Anita has been active in establishing the infrastructure for commercial tobacco control in most counties in Indiana. She is responsible for training, technical assistance and most of the day-to-day activities of the TPC staff and coalitions in Indiana.

Mrs. Gaillard holds a Master of Science in Public Health degree from Meharry Medical College and a B.A. from Fisk University, both in Nashville, Tennessee.

SESSION ABSTRACT

This session will acknowledge that coalition building and maintenance is hard work! Learn more about the advantages of working in coalition in commercial tobacco control. The session will explore the disadvantages of coalitions and offer suggested essential elements and detailed examples of what usually works for coalitions. There will be an opportunity to explore specific ideas for coalition building and maintenance in your community.

LEARNING OBJECTIVES

1. Identify essential elements of effective coalitions that address commercial tobacco control interventions.
2. Apply lessons learned from Indiana that have successfully created environmental change to reduce commercial tobacco use through coalition engagement and explore what may work in your community.
3. Identify solutions to common barriers when working with coalitions.