



National Public Health Week April 6-12, 2009

## Building the Foundation for a Healthy America

### Distance Education at Office of Public Health Studies (OPHS)

Nancy Partika, MPH, MCH and HPM faculty member, OPHS



Traditionally, virtually all public health courses have been taught face-to face at the University of Mānoa (UHM). There has been a global, national and local trend over the past few years, however, to move towards online distance education to deliver course content in public health.

Why is this occurring? There are a number of reasons to consider moving towards online courses or at least some hybrid of traditional and online coursework:

- To reach more students and have public health courses more marketable
- To accommodate students who cannot be physically present at UHM for courses, such as those living in rural Hawai'i, the Pacific and beyond
- To add diversity to the class (removes the geographic borders)
- To make the course more accessible to both local students and faculty, who have increasing time demands and commitments
- To provide students with transferable technology skills for lifelong learning

At OPHS, all public health faculty are now moving towards the use of Lulima to support class content online, to allow for easier access to course materials, communicate and upload papers, etc. Grading of assignments can also be done online, lessening the need for manually printing everything. Lulima allows students and faculty to download or upload materials, wherever they are and whenever they wish. This is generally considered the first step towards online course management. [Continued...](#)

### Take it Off Hawaii!

Cecily Nago, American Cancer Society, East Hawai'i Field Office



Hilo, HI – Take It Off Hawai'i, the Island of Hawai'i wellness initiative, has recently announced the dates for this year's event. Collaborative partners for 2009 are excited and encouraged about the results from 2008 and are eagerly looking forward to the start of this year's

event. "We love that the people of the Big Island are being proactive about their health and quality of life. The realization that individuals can take these small steps and make big changes in their lives has been tremendous," says Mitch Roth, County of Hawai'i Deputy Prosecuting Attorney.

Take It Off Hawai'i strives to raise awareness and encourages a healthy lifestyle for Hawai'i island residents. A multiple-organization planning committee stand together in this important effort to reduce the instances of chronic disease, obesity, cancer and tobacco use. Participants are asked to form teams from 5-10 members to earn "lifestyle points" during an eight week period. [Continued...](#)

### Wellness Program Tax Incentives

Deanna Moncrief, MS, CNS, Benchmark Wellness, LLC

Congress acknowledges that the estimated 12 million employers across the country are in a unique position to promote health and wellness to their employees — and employers may soon be financially rewarded for doing just that.

It is well documented that participation in corporate wellness programs reduces the risk of chronic illnesses and enhances employee quality of life. Therefore, a corporate culture of wellness increases profitability, productivity, employee morale and decreases "presenteeism" (losses due to 'present' employees who are distracted because of health issues). [Continued...](#)

### Our Mission

Promoting public health in Hawai'i through leadership, collaboration, education and advocacy.

### Our Vision

Health equity in Hawai'i and the Pacific and a strong public health workforce able to effectively respond to health challenges.



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[www.hawaiipublichealth.org](http://www.hawaiipublichealth.org)

### Delta Omega Inductions



The Gamma Chapter of the Delta Omega Honorary Society in Public Health at the University of Hawai'i at Mānoa is pleased to announce this year's inductees. Each year Delta Omega elects new student, faculty, alumni and honorary members based on high academic standards and outstanding performance in scholarship, teaching, research and community service. Election of membership in Delta Omega is intended to not only recognize merit, but also to encourage and further excellence in and devotion to public health work. This year's Gamma inductees are:

#### Students

Yuka Jokura  
Kristen Mitchell  
Kris Coontz  
Laila Rahman

#### Alumni

Dr. David Derauf  
Joann Tsark  
Dr. Betty Wood

[Continued...](#)

### SOPHE Announces New State Health Promotion Policy Experts

Washington, DC – The Society for Public Health Education (SOPHE) is pleased to announce scholarships to twenty members to participate in the first-ever SOPHE State Health Policy Institute (SHPI). This new cadre of State Health Promotion Policy Experts will receive intensive training and education at the first SHPI, to be held May 6, immediately before SOPHE's Midyear Scientific Meeting, in New Orleans, Louisiana. [Continued...](#)

### Homeless Children in Hawai'i State Report Card on Child Homelessness

Hawai'i ranks third in the nation for child homelessness. This rank is a composite of the number of children currently homeless in the state, an assessment of how children are faring in various domains (i.e., food security, health, education), the risk of children becoming homeless, and the state's planning policy efforts. [Continued...](#)

### HPHA's New Website is Coming Soon!

In April, HPHA will be launching its new website. The site will feature many new menu links to make it user-friendly and interactive. Some of the new features include: forums where a member can post a topic to discuss with others, resources, legislation/advocacy, members-only access to our membership directory, news and events and more! You'll receive an email once the site is up and running so stay tuned!