New Hampshire Public Health Association Annual Report, 2013

Improving Health, Preventing Disease, Reducing Costs for All
A Message from Our President, Marie Mulroy

In 2013, thanks to strong leadership, a dedicated hardworking board of directors, volunteers and our dedicated sponsors, the NH Public Health Association turned a corner. We worked to increase our visibility, and seek ways to be of better service to you – our members. We are not only asking ourselves “how we can get you to become or stay a member” but also asking the more relevant question “why would you become or stay a member.” Successful member organizations have members who feel:

- **Connected:** Members have a place where they can connect with peer in their profession and areas of interest.
- **Protected:** Members have a voice in the legislature that speaks up in defense of their profession, and fought for the issues that affect the communities they serve.
- **Enriched:** Members have educational and professional development opportunities available. Members active in the organization feel they are making a difference, and as a result grew in their respective professions.

Our Membership Committee, under the leadership of Ashley Peters and Sarah Moeckel, is working hard at developing plans to serve the needs of our members. Based on the results our 2013 Member Survey Results, the Membership Committee has begun planning increased networking and outreach activities for members, including a September 2014 Get Your Rear in Gear 5K to benefit colon cancer awareness. Our Communications Committee, under the leadership of Katie Robert and Melissa Whalen, is working on ways to ensure we make better connections with our members and have developed a monthly e-newsletter. The Rising Stars sub-committee, under the leadership of Becky Brown, is building our network with NH public health-related undergraduate and graduate students through special student events. We are trying to reach out to the next generation of public health professionals and the colleges and universities that teach them. NHPHA’s Public Policy Committee, through its Legislative Champions’ program, is working to ensure that your work in public health is high level, protected and advanced.

With our new *Health in All Policies* weekly e-newsletter, the Public Policy Committee is now able to inform members about what is going on at the State House. The Information Technology Committee and our Finance Committee both work to provide the infrastructure and oversight to ensure that all the committees and members can operate at their maximum efficiency.

The last couple of years have not been easy for most organizations, including NHPHA. Out of adversity we see the opportunity for **reflection, reinvention, and refinement.** We know we have a long way to go, but also know that we have come far. NHPHA must learn to fit into the new paradigm of membership organizations and look at ways we can learn from other organizations to be able to offer more value to you, our members.

As I complete my first year as NHPHA President, it is with gratitude that I am able to be part of this organization and in small way contribute to its growth. I look forward to continuing to serve this great organization, and working with all of you to improve public health in NH.

---

2013 NHPHA Board Members

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Marie Mulroy</td>
<td>Treasurer</td>
<td>Amy Newbury</td>
</tr>
<tr>
<td>Past President</td>
<td>Jeanie Holt</td>
<td>Secretary</td>
<td>Becky Brown</td>
</tr>
<tr>
<td>Vice President</td>
<td>Laura Davie</td>
<td>Treasurer</td>
<td>Jaime Hoebekke</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Amy Newbury</td>
<td>Student Liaison</td>
<td>Melissa Whalen</td>
</tr>
<tr>
<td>Secretary</td>
<td>Becky Brown</td>
<td></td>
<td>Student Liaison</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amy Holmes</td>
<td>Kristina Fjeld</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ashley Conley</td>
<td>Laura Holmes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ashley Peters</td>
<td>Malone Cloitre</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jaime Hoebekke</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Katie Robert</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Member Spotlight: Becky Brown, Ed.D.

“I have been teaching at Keene State College for 28 years. About five years ago, I transitioned from primarily Exercise Science to Health Promotion and Community Health. I learned about NHPHA through Rick Rumba, who recruited me to join the Board. I thought it would be a good way to learn about the workings of public health in NH and boy, has it been!

I have been learning about all aspects of public health “on the job”. My passions in public health are primary prevention and workforce development. My newfound connection to public health has created an almost evangelical zeal in getting students in state colleges and universities interested and engaged in the NHPHA. To that end, I joined the Rising Stars initiative previously created by the Board as a subcommittee of Membership. Our group has worked to create opportunities for special sessions at the last two statewide meetings of the NHPHA—the 2013 Annual Meeting and Fall Forum.

My vision for the future of Rising Stars is that every health-related program, not just academic programs called “Public Health”, will have representation at each of our two association meetings and that each program will have at least one faculty member who is a member and active supporter of NHPHA.”

“Thanks to NHPHA’s efforts to connect young professionals with development opportunities, I was able to secure an internship that will help me complete my Master of Public Health degree.”

-Alyson Cobb, NHPHA Rising Star

2014 Board of Directors

Taken at the March Board of Directors meeting, many of 2014’s Board joined for a photo:

Top row, left-right: Malone Cloitre, Becky Brown, Melissa Whalen, Ashley Conley, Laura Davie, Amy Holmes, Meghan Steele, Ashley Peters.

Bottom Row, left-right: Katie Robert, Marie Mulroy

Incoming Board Members, not shown: Abby Shockley, Amy Holmes, Owen David, Lisa Morris, Adelaide Murray
“Volunteer with NHPHA, have fun, get something done!”

-Dennis Holt, NHPHA Member

Member Spotlight: Dennis Holt, MPH

“I have always been interested in improving our community and caring for the world in general. My involvement with public health came as I searched for a retirement career and my wife suggested I take some graduate public health classes with her. Like most people I have an interest in the policies that shape our society but my passion is in understanding the data and what makes public health more efficient. I now have the opportunity to work in environmental and public health as a data analyst. My efforts focus on converting public health data to knowledge and making that available to decision makers and the public. NHPHA is the voice of public health, and I want that voice to tell the stories that will inspire people to get involved. NHPHA is the support organization for those people who are very involved, and the work of the volunteers on the Technology Committee empowers the organization to do that work. It is an honor to be part of that group. Our current focus is on improving the NHPHA website and we could sure use your help. Volunteer with NHPHA, have fun, get something done!”

In Memoriam: James Pilliod, MD

It is with deep sadness that we memorialize one of our former NHPHA board members, and one of our most impactful “Legislative Champions”. Passing away on March 10, 2014, James “Doc” Pilliod, MD was a tireless force in the medical and legislative community fighting for those issues that were of importance to the public health community. While all health related issues were important to him, Dr. Pilliod was a fervent advocate for mental health during his time in the state legislature; he clearly understood the impact of mental illness on family and community and was a voice for a population that often had none. NHPHA extends our deepest condolences to his family and want them to know what a great legacy he has left for our organization by his presence and admirable work.

Public Policy Committee Report, by Marie Mulroy

We are happy to report that the number of our Legislative Champions is now 132 strong. Through their help, we made gains in securing a number of pieces of legislation that benefits the public health in New Hampshire. For those working in public health policy, you never lose sight of your path and your direction, yet recognize that sometimes we need compromise on the time it takes to get there. 2013 was such a year for NHPHA. Not everything went our way, yet we had confidence that our 2013 Legislative Champions were willing to stand up and vote for public health issues, popular or not; for that we are immensely grateful.

Among our many successes in 2013, we were able to raise the age for child restraints in vehicles from 6 years to 7 years and were able to raise the tobacco excise tax back to $1.78. As always despite the help of our Champions, there were many bills that did not make it through. One of the major bills in 2013 that failed was Medicaid Expansion. Yet thanks to the hard work of all involved, Medicaid Expansion came back in 2014 and now 50,000+ adults in New Hampshire will be able to afford health insurance.

Another priority for NHPHA in 2013 was the issue of gun safety. There were at least five bills which dealt with some aspect of guns in NH, but the one where we were most active was the bill to repeal the “stand your ground law”. While we were not able to overturn it, we will continue to work on the issue as well as other bills surrounding gun safety.
NH Oral Health Coalition

To Promote Optimal Oral Health for the People of New Hampshire

NHPHA is honored to be the fiscal agent and home of the NH Oral Health Coalition. “Established in 2002 as a diverse group of organizations, agencies, and individuals concerned about the impact of oral health issues facing New Hampshire. The Coalition, in conjunction with members from the medical and dental community, the legislature, education, advocacy groups, and the insurance industry, continues to address the strategic areas outlined in the NH Oral Health Plan: A Framework for Action.

The Coalition’s mission is to promote optimal oral health for the people of New Hampshire, and we continuously look for opportunities to engage and educate stakeholders on the link between oral health and overall health. It is the vision of the Coalition that the people of New Hampshire attain optimal oral health through access to integrated and comprehensive health services. The NH Oral Health Coalition values collaborative partnerships that will improve the health and wellbeing of New Hampshire through improved public policy.”*

---

NHPHA Convenes Poison Control Partners

The past decade saw an increase in mortality and morbidity in cases of poisoning in NH and throughout the US. Since 2000, the rate of deaths from poisoning has seen a three-fold increase in our state compared to a doubling in the country as a whole. In NH, poisoning deaths now exceed those resulting from motor vehicle crashes. At the same time, poison control for NH has seen challenges in securing full funding.

Thanks to a convening grant from the Endowment for Health, NHPHA is now working with key partners from around the state to explore long-term sustainable sources of funding from both the private and public sector to ensure that the Northern New England Poison Center can continue to provide NH residents’ services.

---

2013 Financial Summary

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Dues</td>
<td>$12,859.69</td>
</tr>
<tr>
<td>Grants</td>
<td>$29,975.00</td>
</tr>
<tr>
<td>Program Fees</td>
<td>$11,825.29</td>
</tr>
<tr>
<td>Other</td>
<td>$22,358.80</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$77,018.78</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>$21,454.16</td>
</tr>
<tr>
<td>Office Operations</td>
<td>$10,075.34</td>
</tr>
<tr>
<td>Program Expenses</td>
<td>$10,344.57</td>
</tr>
<tr>
<td>Insurance and Professional Fees</td>
<td>$9,926.94</td>
</tr>
<tr>
<td>Other</td>
<td>$2,728.25</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$54,529.26</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$22,489.52</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Board Designated Operating Reserve</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$22,224.00</td>
<td></td>
</tr>
</tbody>
</table>

---

*Language provided by the NH OHC
NHPHA | 2013
BY THE NUMBERS

✓ Legislative Victories

- Helped increase tobacco tax by $1.78
- Legislative Champions: 132
- Helped raise the age for child restraints in vehicles from 6 to 7

✓ Can You Hear Us Now?

- Facebook Impressions: 80,000
- E-mail subscribers: 897
- Facebook Fans: 187

✓ 2013 Networking Events

- Legislative Breakfast: 100+ Attendees
- Fisher Cats Game: 100 Tickets Sold
- APHA Meet Up: 12 Attendees
- Annual Meeting: 80 Attendees
- Fall Forum: 100+ Attendees
- Open House: 40 Attendees

www.nhpha.org | facebook.com/NHPHA
THANK YOU to our 2013 Organizational Members and Funders

- American Lung Association of the Northeast
- Ammonoosuc Community Health Services
- Bi-state Primary Care Association
- Dartmouth-Hitchcock Leadership Preventive Medicine Residency Program
- Foundation for Healthy Communities
- Harvard Pilgrim Health Care Foundation
- HNHFoundation
- Keene State College
- Lakes Region Partnership for Public Health
- Mid-State Health Center
- New Futures
- NH Area Health Education Center - Dartmouth
- NH Businesses for Social Responsibility
- NH Coalition for Occupational Safety and Health
- NH Dental Society
- NH Optometric Association
- North Country Health Consortium
- Northeast Health Care Quality Foundation
- Endowment for Health
- Northeast Delta Dental
- Cheshire Medical Center
- Community Health Institute/JSI
- NH Institute for Health Policy and Practice
A special thank you to 2013’s President’s Awardees—a personal message from Marie

I would like to recognize two exceptional women as this year’s President’s Award recipients. First, Laura Davie – outgoing Vice President. I cannot thank her enough for continuing as Vice President despite her busy schedule job as Project Director at the New Hampshire Institute for Health Policy and Practice, and co-director of the Center on Aging and Community Living. NHPHA’s Vice President serves in a similar capacity to that of CEO – making sure all the wheels in the organization are turning. She ensured that the program planning committee has what it needs to run events smoothly; that membership rates are on target; our finances make sense, and financial reports are filed in a timely manner, and made sure the organization has the technical capacity to support its work and stay in touch with our members.

Laura made the job as Vice President look easy when, in fact, it involved a great deal of work, much of it going unnoticed. There are those who are effective at what they do and there are those who are efficient. Laura is that rare person who is both. I am grateful for her presence through my first year as President, and I am very happy that she is going to stay on in other capacities.

This year’s second President’s Award goes to Jeanie Holt — my NHPHA President predecessor. For the last several years, Jeanie has been a tireless leader and ambassador for NHPHA. Her devotion to the organization and her desire to make it succeed is evident in everything she does. This past year, she has gone out of her way to help ensure the success of NHPHA by being available to listen, advice, and help any Board member or Committee in need of assistance.

I am indebted to both Jeanie and Laura, and know that as the organization grows and evolves, it is in large measure due to the hard work of both, Laura and Jeanie. Their passion to make NHPHA the best is what inspires others and I can tell you it is has been a great inspiration for me. Thank you both.

In Fall 2013, NHPHA began planning its first 5K run/walk to raise money for a good cause, and to help address members’ desires for more networking and gathering opportunities. NHPHA decided to work with the national Colon Cancer Coalition to bring NH its first Get Your Rear in Gear 5K run/walk. Slated for September 27, 2014, the race will take place at the beautiful Gould Hill Farm in Hopkinton, NH. Participants can expect to enjoy classic New England foliage as the race route takes them through Gould Hill apple orchard and local roads and trails. All funds raised will benefit the NH Colorectal Cancer Screening Program (administered by Mary Hitchcock Hospital).

Nationally, Get Your Rear in Gear® began as a tribute to Susie Lindquist Mjelde who passed away in 2002 at the age of 46. In 2005, her sister, Kristin Lindquist, an avid runner, recruited her running club to plan an awareness-building, fundraising race in her memory. Eight years later, Get Your Rear in Gear has expanded and grown to nearly 40 events nationwide. In 2013, Get Your Rear in Gear events will draw over 30,000 runners and walkers. Since 2005, the organization has distributed over $1.5 million for colon cancer education and screening programs.

Colon cancer is the 3rd most common form of diagnosed cancer, and the 2nd leading cause of cancer death in the US.

For race information and updates, find our race page on Facebook as “Get Your Rear in Gear—NH”!