



Newsletter

A MESSAGE FROM YOUR WYOMING PUBLIC HEALTH ASSOCIATION PRESIDENT.

Jacquelin Wells, MSN, RN, PHNA-BC, CLC, ANLC, LCCE



Hello Wyoming Public Health Advocates,

I am so very excited to start this year off as your newest Wyoming Public Health Association President. We have already hit the ground running and have a very exciting year ahead. Some of our priorities and goals for this year are to get the Website fully functioning and up-to-date, increase our Social Media presence, work with local governments through outreach and education, host a fabulous conference, and increase our membership. We also hope to participate in a time honored tradition of purchasing "tennis" shoes for our newest Governor, Mark Gordon. The tennis shoes will be presented during National Public Health week as a statewide initiative. We hope it will help our Governor "hit the ground running." I am so proud of the work our organization does to improve the overall health and well-being of all Wyoming residents. Thank you for your continued commitment!

It's a New Year, What are your New Year's Resolutions? By Melanie Pearce, DNP, RN, PHNA-BC

It's a tradition for a lot of us to come up with a new goal(s), which we call New Year's Resolutions. They are a resolve to change a behavior or trait that you don't like anymore with



the end goal of improving your life. Did you come up with any this month and if you did, have you been successful so far? If you haven't, you are not alone. A lot of individuals do not accomplish their New Year's resolution, over 80% of people fail New Year's resolutions by February¹. So what are some things you can do to help you accomplish your goals? The American Psychological Association recommends that you do the following²:

1. Start Small and don't make resolutions you know will be hard to keep.
2. Change one behavior at a time. Unhealthy behaviors do not happen overnight so pick one and focus on it.
3. Talk about it and ask for support. Find someone that will support you and keep you accountable; or someone to join you.
4. Don't beat yourself up. Remember that it is okay when you make mistakes. If it happens, try to get back on track.

If you haven't decided what you want to work on for a healthier new year, check out this article from the [American Medical Association](#) for some ideas.

American Public Health Association News



APHA adopted 12 [new policy statements](#) at the 2018 Annual Meeting and Expo

¹ <https://www.businessinsider.com/how-long-to-keep-a-new-years-resolution-2018-12>

² <https://www.apa.org/helpcenter/resolution.aspx>

Free January Health tip sheet from *The Nation's Health Healthy You* "[Eat the rainbow!](#) Bringing color, nutrition to your plate"

For more information on Joining APHA: [membership](#)

Healthcare Awareness



February is American Heart Month

Here is one source to help you or your agency promote this important month:

[Promotional Tools](#)

Flu is on the rise in Wyoming

Seasonal influenza activity continues to rise nationally and Wyoming is not immune with [widespread activity](#). An annual flu vaccine is the best way to protect yourself against influenza. Call your local [Public Health Nursing](#) office, primary provider, or pharmacy to obtain one.

Public Health Nursing Section News

New Positions include: Lori Bickford is the New Chair with Candice Frude as the New Vice Chair

Amanda Brown will be the new Secretary for a two year term and Karen Meyer will sit as the treasurer for a one year term.

The section met on January 25th and discussed goals for 2019. These include to increase participation and membership. Will be removing policy as a committee with

goal to reduce barriers so that more Public Health Nurses can participate actively in the section. Look for possible promotions in the future to also increase awareness of Public Health Nursing.

If you would like more information on how to be involved in this section you can do so by reaching out to Lori Bickford lori.bickford@wyo.gov or Candice Frude candice.frude1@wyo.gov.

2019 Legislative Session

The 2019 Wyoming Legislative Session is in full swing and there are many bills still alive that impact public health in the Equality State. Bills on [pay equity](#), [opioid prescription limits](#), and [Medicaid expansion](#) have all been introduced this session. You can track the progress of these bills and others by using the Legislative Service Office [website](#). We can be a voice for public health in Wyoming.

As we all know there is a fine line for many of us in our work between education and advocacy and when we can do each. The American Public Health Association provides an excellent [slide deck](#) to help you determine your role in advancing public health policy here in Wyoming.

Membership

If you are not a member please consider joining today. We are working on updating our website but for now you can fill out an [application](#) and send it to PO Box 21457, Cheyenne, WY 82003. For questions or more information please contact Melanie Pearce at melpearce77@gmail.com.



2019 Wyoming Public Health Association Board of Directors

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