**Presidents Message**

By Rob Carper

Wow! What a winter we have had. I can report that the cars and trucks were able to drive on the ice in the northern lakes areas. I certainly hope that it is gone by the time we have our spring conference. I think it’s safe to say there will be open water. And with any luck the grass will be getting green again.

MEHA is one of the best, if not the best, affiliate of NEHA in the nation. This has happened by the dedication of Minnesota Environmental Health Professionals since the beginning of our organization. We should always recognize the brilliant work of our predecessors. They have certainly been responsible for our current national recognition. They have mentored all of our current board and committee members by setting the foundation we operate from. Our History committee has presented their work to us at conferences and other events in the past few years. Thank you all for your contributions and mentoring.

As the current board and committees move us forward, it will be necessary for all of us to help keep the future of our profession in focus. We are currently making adjustments so we can move forward with our marketing efforts. At the same time we are trying to make quality improvements in other already successful programs we have for our members. After all, we are here for all of our members benefit.

At the beginning of my term, I asked all members to do something to help the organization. It appears that most of you have done something and that has been great! Some of you are board or committee members, some have attended conferences or a conference, some have helped out behind the scenes, some have mentored other members and/or potential EH professionals, and some have networked with other members while on the job. All of it is important. Thank you.

Our membership is growing this year and may continue to grow in the next few years. We are improving our technology infrastructure. We have a Registered Sanitarian study group. We post employment opportunities on our newly developed web site. And most of all we have energetic volunteers that care about and are determined to keep our organization the best it can be.
MEHA’s 2012 Gold!

Getting you to NEHA’s AEC in San Diego, CA.

The National Environmental health Association (NEHA) holds an Annual Educational Conference (AEC) which this year is in San Diego, California, June 28-30. And now here is your GOLDEN opportunity because you are a MEHA member! As a MEHA member in good standing and actively involved in the field of environmental health you may apply for a stipend from the Minnesota Environmental Health Association! The stipend will pay for one conference registration, coach-class air fare, ground travel, lodging and meals*.

In order to be considered for this stipend, you must

- complete the application and submit to Solvei Wilmot by May 14, 2012
- be an active member of MEHA,
- attach a letter from your supervisor or agency giving you permission to attend the AEC

Preference will be given to applicants who have participated on MEHA committees or been active in support the organization. Preference will be given to a member that has never attended a NEHA AEC or have not attended in the last five years.

In exchange for this fantastic environmental health travel and educational opportunity MEHA:

- Expects a substantial article, including photos for the MEHA newsletter after the conference.
- Encourages a report about interesting presenters who could be potential speakers for future MEHA conferences.

More information about the NEHA conference can be found at: http://www.neha2012aec.org/
Previous articles can be found at: www.MEHAonline.org in the newsletters.

Applications are due Monday, May 14 by 1:00 p.m. The recipient (and an alternate) will be informed of their selection no later than May 17, 2012 in order to be able to book your conference room before the early bird deadline ends. Submit completed application to Solvei Wilmot (swilmot@EdinaMN.gov) 952-826-0463.

*This is the same level of reimbursement the MEHA President and President-Elect get when they travel to the AEC. Because we are a frugal organization there are some limits:

- The stipend will pay for the conference registration at the early discount, NEHA member rate. This means you must book your lodging at the San Diego Marriott Marquis & Marina May 24 to receive the $50 registration rebate/early discount. If you’re not currently a NEHA member, you need to join at your own expense or be responsible for the difference between the two rates.
- The Board expects the recipient to purchase their airline ticket in a manner and timeframe that minimizes the cost.
- Lodging coverage is for a single accommodation in a standard room, preferably at the San Diego Marriott Marquis & Marina or at a comparable establishment.
- Shuttle-type ground travel between the airport and the hotel is covered, unless it’s provided by the hotel.
- For the meals not included in the Conference registration you will be reimbursed up to the CONUS amount for the meeting location.
BOARD ELECTIONS

Several MEHA board positions will be voted on by members prior to the annual meeting. Candidates have submitted the following biographies for your review.

Erin Gudknecht
Candidate for
Vice President
Minnesota Department of Health

I am truly honored to be running for Vice President of MEHA.
I am a Registered Environmental Health Specialist with the MN Department of Health out of the metro office. I have worked in the Environmental Health Services section forgoing on seven years. I currently inspect the cities of Shakopee and Chaska which means I am out at the Renaissance Fair every year. I also am the main plan reviewer for any mobile food units, seasonal temporary stands and food carts that come through the metro office.

I received my BS in Biology/Zoology from Minnesota State University at Mankato with a minor in English. I did a small internship down in Mexico at Xcaret eco-park, training dolphins and manatees and performing in dolphin shows. While not really EH related, it was enormously fun and I can honestly tell you, I am not afraid of a large crowd.

In my spare time, I run around chasing my 4 year old daughter, my Puggle and about 56 grown men as I am the events coordinator for the St Paul Pioneers semi-pro football team. I enjoy live music, am a voracious reader and just discovered my love for the Xbox Kinect and Dance Central.

I would be more than honored to be MEHA’s Vice President. I have enjoyed many conferences and feel I would bring many new ideas to the board.
Jeff Luedeman
City of Bloomington
Candidate for Secretary

Environmental Health Program Coordinator
City of Bloomington Environmental Health

I received a BS (Biology) from NMU in 1989 and an MS (Entomology) from UMN in 1993. I have worked in various fields of Environmental Health since 1994. I have worked for the City of Bloomington for 11 years in the areas of food protection, public pools and recreational water, wells, and foodborne illness outbreak investigations. I have held my RS with the State of Minnesota since April 2000, and I have previously served a three-year term on the MEHA Board of Directors.

Thank you,

Susie West
Wabasha County
Candidate for Director

Susie West is a graduate of the University of Wisconsin Eau Claire in Environmental and Public Health and is Registered Sanitarian in Wisconsin and Minnesota. Her work experience has included working for the WI Department of Natural Resources, City of Appleton, WI, Pierce Co., WI and Wabasha Co., MN. This work included working in Transient Non Community Wells, Environmental Enforcement, Lead Risk Assessment and Radon. Also, the Delegated programs for Department of Health and Department of Agriculture-inspections programs.

She was an active member in the Wisconsin Environmental Health Association serving on the Joint Educational Conference Board (was co-organizer of the scholarship silent auction) and as Vice President and President. She was also in the Region 4 planning committee held in La Crosse WI in Sept 2007.

Susie resides in Eau Claire WI with her husband and has two daughters in college. In her spare time she referees volleyball. Previously she was active in her children’s high school serving as Booster Club President for two years.
Hello,
I am very excited to be running for the Member at Large position on the MEHA board.

A little about myself: I currently work at the Minnesota Department of Health as an Epidemiologist and spend the majority of my time working on a program called EHS-Net (Environmental Health Specialists Network), which is funded through the Center for Disease Control. I help develop research studies and collect and analyze data to identify risk factors contributing to foodborne illness in restaurants. I also conduct outbreak investigations and provide support for the Partnership and Workforce Development Unit at MDH. Before I was an Epidemiologist, I worked at MDH as the Germ City intern providing handwashing education around the state.

My relevant qualifications include: Registered Sanitarian certification in 2011; Masters of Science in Environmental Health at the University of Minnesota in 2010; and a Bachelor of Science in Biology and Psychology from the University of Wisconsin-Eau Claire in 2007.

I am currently on the MEHA scholarship committee and I’m looking forward to getting more involved in the organization. In my free time, I enjoy traveling, reading, and spending time outdoors; fishing, biking, and running. I ran my first half marathon last summer and I am looking forward to attempting another this coming summer. I have a cat and a new puppy which also keep me busy!

I believe MEHA is outstanding professional organization, providing education and networking opportunities to those in the Environmental Health Community, and it would be an honor to serve as a member on the MEHA board. Thank you for your consideration.

Sincerely,
Nicole Koktavy
Mariel Saline
Lake County Public Health
Candidate for Member-At-Large

Mariel Saline is the Environmental Health Specialist for Lake County Public Health with responsibility for the food & beverage, lodging, public swimming pools, and youth camps within the county. She has worked in public health at all levels of government including city, county, and state. Mariel holds a BS degree from the University of Minnesota, as well as an MBA from the College of St. Scholastica. She earned her EHS registration in 2003.

She currently lives in Duluth with her husband and their golden retriever. In her spare time she enjoys hiking, camping, biking, and running.

The presentations from the February 14, 2012 Winter Conference are now available online at www.mehaonline.org/members/library/meha-documents.

Visit our website
www.MEHAonline.org

MEHA is on Facebook! Visit our page and join the group! Please “Like” us so we can share MEHA news and other interesting Environmental Health info with you in a timely manner.
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Full schedule, registration and details at www.cposeminars.com
This year’s recipient of the Mary Lauren Olson scholarship is Anna Briggs. Anna is a 3rd year doctoral student working on a PhD in the Occupational Health Services Research and Policy (OHSRP) Program at the U of M School of Public Health. Her research focuses on injury surveillance and evaluation of health and safety policies in the workplace. Anna received her MPH in Occupational and Environmental Health from the University of Iowa College of Public Health in 2006, and in 2003 received her undergraduate degree from Iowa State University College of Liberal Arts and Sciences with a Biology major and a Health Studies minor.

Anna’s background consists of a variety of professional experiences, leadership and volunteer activities, and also a number of publications. She is currently working as a Tobacco Research Counselor at the U of M Department of Medicine, and has also been a Research Study Coordinator and Project Coordinator on projects related to tobacco cessation, as well as a Research Assistant on Obesity Prevention. In addition, Anna spent many volunteer hours on an occupational health and safety project developing Occupational Health Indicators in North Dakota. She presented this research at the 2011 National Occupational Research Agenda Symposium, and there is now a pilot project being pursued by the North Dakota Department of Health in relation to non-fatal injuries in oil and gas workers.

Currently, Anna is working with Health Partners to develop her dissertation, which will use secondary data from a wellness survey of State of MN employees and will address: 1) risk factors for back pain, and 2) the association between employee knowledge of their biomarkers for heart disease and diabetes with health outcomes and productivity.

Anna was enthusiastically recommended for this scholarship by her academic advisor who stated, “Anna would be an excellent candidate for and ambassador of the Mary Lauren Olson scholarship given her commitment to injury prevention and health promotion”.

Anna Briggs is, and will continue to be a leader in the field of Environmental Health. The Mary Lauren Olson Scholarship is well deserved.
'Breakfast to Go' Cause Allergens to Stay

Student Swabs Desks for Proteins as Science Fair Project

A 7th grade student at Murray Junior High School in St. Paul knew exactly what he wanted to work on for his school science fair project. Max Narvaez wanted to see if "Breakfast to Go" - a new federal breakfast program that his district implements by allowing children to eat in classrooms - was a risk to children with severe food allergies. He used specialized protein detection swabs from 3M to swab desks in several classrooms.

"The main reason I chose it was because kids are having to eat in classrooms now. That can really affect people with food allergies. It leaves food behind or you have to miraculously wipe off the tables all the time," Max said.

The result? Seven of the eight desks he tested had detectable amounts of protein on them, an indication that food residue, which could endanger students with severe food allergies, was present on the desks.

"I learned that having kids eat in classrooms does spread allergens," said Max, who has multiple food allergies and is personally affected by the Breakfast to Go program, which provides free food and beverages that students eat at their desks.

"It was a very cool project," said his science teacher, Erin Dooley. "Max is great at explaining it to others who don't understand the ins and outs."

Max, the older son of AFAA co-founders Jeff Shaefer and Nona Narvaez, scored 91.5 out of a possible 100 points. Students are judged on creativity, scientific method and how well they knew the project. Judges included Hamline University instructors, graduate students and other community leaders. Another project poster displayed at science fair studied delayed gratification with rewards of cookies: the astute student pointed out that it was important to use cookies that did not contain allergens for food allergic research participants or results would be skewed.

AFAA has been actively speaking with school district officials to educate about the hazards of the "Breakfast to Go" program, and Max has kept current with developments since he is directly affected by the program. Dooley has her own reasons why some teachers aren't happy with the breakfast program.

"There's just a lot that can go wrong. There can be spills on carpeting which require more cleanup than the average 12-year-old wants to do," Dooley added.
April 26, 2012
Sanitarian/EHS Exam

May 1-2, 2012
FDA Food Related
Emergency Exercise
MDH-St. Paul

May 9-11, 2012
MEHA
Annual Spring
Conference
Ruttger’s
Deerwood, MN

May 17-18, 2012
U of M HACCP, Sanitation & Auditing Workshop: St. Paul Campus

June 28-30, 2012
NEHA AEC
San Diego, CA

October 11, 2012
MEHA Fall Conference
Chase on the Lake
Walker, MN

For the latest information and educational materials about Food Irradiation, Beef Safety, Modern Beef Production, and Consumer Topics relating to Beef contact:

www.mnbeef.org
www.beeffoodservice.com

Colleen Zenk
Director of Consumer Information
Minnesota Beef Council
2950 Metro Drive, Suite 102
Minneapolis, MN 55425
952-934-4468
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Candice Carmichael introducing the Mary Lauren Olson Scholarship Recipient.

President-Elect Dan Disrud addressing the MEHA membership.

Program Committee members Sharon Smith, Laura Schmidt and Jessica Jutz
MEHA Winter Conference
University of Minnesota
February 16, 2012

Speakers at the conference

Networking time at the break
2nd Annual Healthy Swimming Workshop

Swimmers share the water—and the germs in it—with every person who enters the pool. Join us at this FREE workshop to learn how to keep swimmers healthy!

Who
Everyone who works in the aquatics industry is encouraged to attend!

What
- Healthy swimming tips
- Lessons learned
- Practical interventions
- Ask the experts panel

Where
Snelling Office Park
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1645 Energy Park Drive
Saint Paul, Minnesota

When
Friday, April 20th
9:30 a.m. to 12:00 p.m.

Register online at:
www.health.state.mn.us/registration/nocharge

For more information contact Trisha Robinson at 651-201-5639 or trisha.robinson@state.mn.us
News from the U...

University of Minnesota Extension launches food allergen course for food handlers

Joe is allergic to peanuts, milk, and shrimp. He travels for his job, so eating out is a necessity. Joe counts on employees at grocery stores, delis, cafes and restaurants to provide a safe meal and prevent an allergic reaction. Research conducted by the Elliot and Roslyn Jaffe Food Allergy Institute (Ahuja, Sicherers, 2011) found deficits in food allergen knowledge amongst retail food handlers that could be harmful to diners like Joe.

University of Minnesota Extension food safety educators also find a lack of knowledge and misinformation of food handlers attending classes. To address this training need, the team launched the Food Allergen Training for Food Service Employees course. This interactive web-based course teaches food handlers about food allergies and the important role they have to protect the health of their customers, clients or students. Throughout the course, food handlers hear Joe’s food allergen story.

Food allergens are recognized as a public health concern. The Food Allergy & Anaphylaxis Network reports, 1 in 25 adults and 1 in 17 children have food allergies in the United States. Each year, 30,000 people go to the emergency room due to a severe food allergy reaction. 2010 estimates compiled by the National Restaurant Association estimates up to half of these reactions occur from food served in food service establishments.

The Minnesota Food Code Rule Revision Committee agreed to adopt language requiring training on food allergy awareness for food handlers. The Food Allergen Training for Food Service Employees created by the University of Minnesota Extension food safety team satisfies this training requirement. Visit extension.umn.edu/food-safety/ for more information and to register for the course. Or contact course authors, Suzanne Driessen, 320-203-6057, driessen@umn.edu; or Kathy Brandt, 507-337-2820, brand030@umn.edu
University of Minnesota Extension Food Safety Team
dishes up a web-based training course:
Food Allergen Training for Food Service Employees

Ingredients:
- What is a food allergy?
- Preparing and serving an allergen safe meal
- Food handlers role to prevent a food allergic reaction
- Emergency response to a reaction

Special Features:
- Joe’s story of living and eating out with food allergies
- Engaging activities, quizzes and videos
- Certificate of completion
- Meets food training requirement for all food handlers
- Approved for 1 hour of continuing education credit for certified food managers

Order:
- extension.umn.edu/food-safety/
- Individual or group viewing

$10/person

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Happy Birthday MDH!

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MDH Communications Office

March 4, 2012

Greetings,

On Marcy 4, 1872, a bill establishing the Minnesota State Board of Health (BOH) became law. Thus, today is the 140th birthday of the Minnesota Department of Health. Minnesota’s BOH was the fourth in the country (after Massachusetts, Virginia, and California). The first President of the Board was Dr. A.B. Stuart of Winona. Dr. Charles Hewitt of Red Wing, the leading force in establishing the BOH, was named Secretary of the Board. Pictures of both of these men are on the walls leading to my office on the 5th floor of the Freeman Building.

The “powers and duties” given to the Board by the legislature stemmed from the police powers of the state. The law stipulated that the board should place itself “in touch with local boards of health and talk with hospitals, asylums, and public institutions” and that it should “take cognizance of the interests of health and life among the citizens generally”. It went on to say that “They (the Board) shall make sanitary investigations and inquiries respecting mortality and the effects of localities, employments, conditions and circumstances on the public health; and they shall gather such information in respect to these matters as they may deem proper for diffusion among the people.”

In September of 1872, the St. Paul Daily Press published a “Letter from the Secretary of the State Board of Health to the Public” about the creation of the BOH which stated: “The Governor has selected seven physicians, residents of different parts of the State, not for personal, local, or partisan ends, but honestly and sincerely in the spirit and path of science, to search out the causes of disease among us, and to warn us how much easier and better it is to prevent disease than to await its onslaught before attending to it. Their purpose is to diffuse information to this end among the people to stimulate the practical study of the science of health in the colleges and schools of the State to investigate carefully and thoughtfully, the sanitary conditions of our public institutions, our cities, towns and villages; to ward off the attacks of epidemics and pestilence, and (if they receive, for their work’s sake, the cordial assistance and support of thinking citizens), to vindicate to and for us ... the wisdom and necessity of their organization.”
One of the major challenges of the BOH was to establish a functional and effective relationship with the hundreds of local boards of health that existed throughout the state and with an even greater number of local health officers, many of whom had no background in medicine or health. That was no easy task, but in 1873 Dr. Hewitt persuaded the legislature to pass a bill that required that physicians be appointed as health officers and that "all local boards of health and health officers shall make such investigations and reports, and obey such direction as to infectious diseases as shall be directed by the state board of health." This laid the groundwork for the state and local partnership that has continued to the present; one that has not always been smooth.

Of particular interest to me was that fact that Dr. Hewitt was a close friend of William Watts Folwell, the first president of the University of Minnesota. With encouragement from Dr. Hewitt, President Folwell worked to get the Board of Regents to create a "department of instruction in Public Health ...(and that the) department be put in charge of the Secretary of the State Board of Health.” Among other things, this led to the first health services for students at the University.

Given my desire to better integrate medicine and public health, this event is still quite relevant today because it was the intention of both Folwell and Hewitt to establish a medical school within the University’s department of Public Health. Establishing the department was meant to be the first step in that process. As Professor of Public Health, Dr. Hewitt was able to create the first medical examination for health officers which set the stage for the ultimate development of the Board of Medical Practice. Quality standards for public health practice pre-dated standards for clinical practice.

When Dr. Hewitt made his pitch to create a department of medicine to the second president of the University, Cyrus Northrop in 1886, he said: “The matter of medical and associated work at the University is constantly on my mind as it has been for years. If we can develop (medical education) systematically and as proper occasion offers, a grand future is before us. My plan includes not only medical higher education, but the resting of that and all other associated work on development in the Department of Public Health which is more and more the admitted foundation of Practical Medicine. ‘Prevention first, cure if you must; capacity to do in both directions.’”
The history of the Minnesota Department of Health is a fascinating one. As I learn more about this history, I learn more about not only the triumphs and successes but also about some of the obstacles and struggles of the Department. From the vantage point of 140 years, it’s evident that the advances of public health supported and fostered by MDH have continued and grown despite the frequent appearance of barriers and critics.

That gives me comfort and hope as we work through a difficult time for public health. The need for public health is as crucial now as it has ever been. Without a public health framework, health reform will not be successful. Without functional public health services, people in Minnesota will not achieve their potential. Without a strong public health infrastructure, Minnesota’s economy will not thrive. One hundred forty years of history have proven that a strong state health department is essential for Minnesota to be a healthy and productive state.

Your work has been crucial in helping make and keep MDH a premier public health agency. I am confident that together, we can make it even better.

Happy Birthday, MDH. Best wishes on the next 140 years.

Ed

Edward P. Ehlinger, MD, MSPH
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Congratulations to Dave Boberg, City of Bloomington, on the birth of his son.

Congratulations to Mindy Lang, MDH, on the birth of her daughter.

On the Move... Mike Nordos, MDH Partnership & Workforce Development Unit, to Sanitarian Supervisor, MDH Rochester District Office.

On the Move... Kim Carlton, City of St. Paul, to Minnesota Department of Health Partnership & Workforce Development Unit.

Congratulations to retiree, Petrona Lee, on earning her PhD!

Congratulations to Kathy Brandt, University of Minnesota Extension Food Safety Educator on receiving First Place Regional and Second Place National Newsletter awards. The National Extension Association of Family & Consumer Sciences recognized the Food Safety eNews as an outstanding communication tool providing updates to over 1200 food service professionals on emerging issues and trends.

Thank you to the following people who contributed to this newsletter:
Angie Cyr, Kim Carlton, Manny Camilon, Nicole Koktavy, Susie West, Jeff Luedeman, Mariel Saline, Erin Gutnecht, Solvei Wilmot, Jessica Jutz, Jill Debrito and Joe Hibberd.

Request From The Editor
An important part of the newsletter is the human element—what is going on with MEHA members. Please let the editor know about any comings and goings, births, weddings, honors...
Deadline for the next issue is

June 1, 2012.

Send to:
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