
Minutes

Present: Cates, Choma, Dzewaltowski, Freeman, Larson, McElroy, Procter, Retzlaff,
Rosenkranz, Stevenson

Absent: Barrett, Fung

1. Dr. Cates called the meeting to order at 1:00 pm.
2. The minutes from October 9, 2009 were approved.
3. A student progress report was distributed to all present. A reminder will be sent to major professors/students that need to submit their POS.
4. MPH Student FINAL Assessment rubric and Graduate Exit Survey form.
 - Discussion centered round the fact that each emphasis area needs to develop its own competencies. This is needed for both the Student FINAL Assessment and CEPH accreditation. The competencies need to be distinctly different and unique for each emphasis area. For instance, the Physical Activity national organization has competencies that could be adapted and used.
 - Suggestion was made that the MPH program office sends the forms to the major professor and student once the "final" exam date is set.
5. Procedure for coordinating committee members' transition out/transition was discussed. The procedure outlined in the agreement for the dean's to sign (proposed) is that the dean or their designee will appoint that person from the respective colleges. DMP suggested that their faculty be surveyed as to interest and then those names are sent forward to the Dean via the Department Head for appointment to the committee.
6. 2010 Excellence in Public Health. An event similar to last year's will be held. Faculty/students will be surveyed to determine date, time and location for the event. Recognition awards will be similar to last year's. Dr. Larson suggested we contact the *Kansas State Collegian* to see if they would run a series of stories about the MPH program the week leading up to the event.
7. Suggestions for use of Foundation funds were discussed. Ideas on how to use them to get additional funds for students/faculty were brainstormed and included: Travel awards for field experience travel; Some type of award for research, maybe paying a portion of a graduate student's assistantship; Scholarships, need to be careful with how it is handled so that a student doesn't lose some of their financial aid because of the scholarship.
8. CEPH update:
 - One day consultation will be scheduled for Fall 2010.
 - **CEPH site visit is set: Tuesday, November 8 and Wednesday, November 9, 2011.**
 - Discussion on data gathering and how to determine faculty time for public health. We are in the process of getting data from Planning and Analysis but we will still have to survey faculty. Suggestion was made to see if "percent of time allocated" on federal

grants might help, or at least be a better measure of effort. This figure is reported to the federal government and audited.

9. Review of Information / Updates.

- Nine students have been admitted for Spring 2010. We will need to wait and see if they all enroll.
- Twenty-three applications for Summer 2010 and beyond are in various stages of completion.
- Dr. Freeman mention two items of interest:
 - 2010 APHA Call for Abstracts Now Open! (announcement below)
 - K-State Media Relations release on exercising with your dog to prevent obesity available at: <http://www.k-state.edu/media/newsreleases/sept09/petexercise90809.html> and reproduced below.

10. Dates and location of future meetings (below). Meetings are held on the second Thursday of each month. Time will be 1:00 to 2:30 pm.

- February 11 – 112 Trotter Hall
- March 11 – 209 Union
- April 8 – 112 Trotter Hall
- May 13 – 209 Union
- June 10 – 112 Trotter Hall
- July 8 – 209 Union

11. The meeting was adjourned at 2:30 pm.



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How to Become a Presenter

Program Development and Abstract Submission

The APHA Scientific Program is developed from abstracts that are submitted to APHA Sections, SPIGs, Caucuses, Forums and the Student Assembly during the abstract submission process.

Call for Abstracts

Scientific Session - Now Open.

The deadline for abstract submissions is February 1-5, 2010. Those who submit an abstract will be notified via email of their **abstract status** on **June 1, 2010**.

Learning Institutes - Now Open.

Click here to view instructions and to submit a proposal. The deadline for proposal submissions is February 5, 2010. Those who submit a proposal will be notified via email of their proposal status by March 31, 2010.

2010 Annual Meeting Theme - "Social Justice: Public Health Imperative."

The 2010 theme will explore how to advance human well-being by improving health, focusing on the needs of the most disadvantaged. Ten years into the new millennium, this theme celebrates the spirit and practice of public health.

Annual Meeting Papers

Papers must present new information or viewpoints not previously published or presented. The acknowledged author must be listed or, in the case of a group, the chairperson must be listed as the author. Papers presented at the Annual Meeting remain the property of the author.

Presenters must be individual members of APHA to present their paper(s) at this meeting. Session organizers, moderators and presenters are required to pay the appropriate registration fee (full or one-day). **All presenters must be registered by the August 27 early-bird deadline.**

Scientific Session Formats

- [Oral Presentations](#)
- [Roundtable Presentations](#)
- [Poster Presentations](#)

Notification of Abstract Status

Notification of **abstract status** will be sent via email on June 1, 2010.

Continuing Education - Scientific sessions are reviewed for continuing education credits in CNE, CHES and CME for physicians and non-physicians.

2010 Presenter Time Line

Feb. 1-5, 2010	Deadline for Abstract submission
June 1, 2010	Email Notification of status sent to Abstract submitters
July 23, 2010	Speaker confirmation letters emailed to all accepted session presenters confirming presentation date, time and location
August 6, 2010	Deadline to withdraw an abstract without penalty
August 27, 2010	Registration Deadline
October 1, 2010	Final Advance Registration Deadline
October 8, 2010	APHA Housing Services Reservation Deadline
November 2, 2010	Deadline for Oral Session Presenters to upload their presentations
November 6-10, 2010	APHA Annual Meeting in Denver, CO

Source: Susan Nelson, 785-532-5690, snelson@vet.k-state.edu
<http://www.k-state.edu/media/mediaguide/bios/nelsonbio.html>

News release prepared by: Kristin Hodges, 785-532-6415, khodges2@k-state.edu

Tuesday, Sept. 8, 2009

K-STATE VETERINARIAN SAYS OWNERS SHOULD DO PHYSICAL ACTIVITIES WITH THEIR DOGS BASED ON SPECIFIC NEEDS, INTERESTS OF PET TO PREVENT OBESITY

MANHATTAN -- People and their dogs both need physical activity to fight obesity, and there are many exercises that owner and pet can do together that can improve their health and their relationship, according to a Kansas State University expert.

Dr. Susan Nelson, K-State veterinarian and assistant professor of clinical sciences, said dogs, like people, reap many benefits from exercise. She said there are physical and mental health advantages for the dog owner and the dog when they exercise together.

"Obesity is a big problem in pets, just as it is with people, and exercising helps keep the dog's weight down," Nelson said. "Dogs also need an outlet to relieve their energy or else they may develop destructive behavior. Your dog is going to be happier and more content if it receives adequate exercise.

"Exercising with your pet also promotes the human-animal bond," she said. "People like dogs because of their unconditional love, and dogs are going to be very pleased to have their owners do something with them."

Nelson said exercise is important, but dogs differ in the amount and types of exercise they should be doing to maintain good health. A blanket recommendation for exercise time amounts can't be given as exercise needs vary vastly between individuals, and factors such as age, breed, weather and general health all influence the amounts of exercise your dog will need. Nelson said to consider these guidelines:

- * In general, larger and working dogs have higher energy needs, and smaller/toy breeds need less exercise.

- * Ideally, dogs should get out twice daily for exercise. Times may vary from 15-60 minutes, depending on your individual pet.

- * Turning the dog loose in the backyard isn't enough -- aerobic exercise should be continuous with few breaks. Most dogs are content to lie in the sun and only get up for short periods of activity. If the dog has another dog it can run around with outside, that could be sufficient if they spend long periods of continuous play, but don't rely upon that in most circumstances.

Nelson said there are many generalities when it comes to exercising with dogs, but they are just generalities. For example, though many small dogs prefer lighter activities, Jack Russell terriers tend to be very high-energy pets. Here are some generalities for activities to do with your dog depending on its needs and interests:

* Medium and large dogs typically make better long-distance running partners. If your dog can run longer than you are able, you may want to consider biking while having your dog run beside you on leash. Pay careful attention to safety if you choose this option. Smaller dogs are better suited for shorter distance running or walking.

* While many dogs like catching flying discs, be careful to keep the throws low to avoid injury to joints from higher leaps. Herding breeds, such as border collies and Australian shepherds, are dogs that perform well competitively, but there are many other pure and mixed breed dogs that perform equally well.

* Medium dogs, especially herding breeds, are good at agility activities. "That's not to say that big or small dogs can't do agility activities, but the herding breeds, overall, are at the top in these competitions," Nelson said.

* If you like playing fetch with a dog, then a retrieving breed such as a Labrador or golden retriever may be your best candidate. While retrievers are usually best at activities like fetch, many dogs enjoy playing fetch with tennis balls, racquetballs, toys or sticks. Playing fetch indoors with your small breed dog is often a viable option; you could run the risk, though, of enthusiastic, unintentional damage to the inside of your house if you try this with a larger dog.

* Swimming is a non-joint stressing exercise for dogs, just as it is for people. It is a great option during the hot summer months when heat exhaustion is a concern. Retrievers are at the top of the pack for this activity.

* Dogs also need mental exercise. Breeds such as border collies need a lot of mental stimulation to keep them happy. Activities to consider are searching for hidden items, laser light chasing or completing special tasks.

According to Nelson, health concerns to be aware of when exercising with your dog include:

* Make sure your dog is in shape before doing long or intense workouts. If you want to do a longer distance run, you need to build your dog up gradually to the longer mileage.

* Dogs need to get acclimated to hard surfaces, whether they are going out to walk, run or go hunting with their owners. "If they have been on soft grass in the yard for an extended period of time, and then run on gravel or cement, they may tear up their pads," Nelson said. "Be mindful also in hot weather that your dog may suffer from burns to the pads from hot cement or asphalt."

* All dogs are at risk for overheating. When it's hot, the heat, especially combined with humidity, makes it easier for the dog to succumb to heat exhaustion. Be especially cautious with dogs with short noses, like bulldogs and Boston terriers, because they can't cool themselves as effectively as other dogs due to the conformation of their noses. Dark-haired and long-coated dogs also are at higher risk. If during exercise your dog starts acting woozy, gets a dark red-colored tongue or gets thick ropy saliva, you should stop immediately and get it in a shaded area. Offer water and hose it down with cool water if necessary. For more severely effected dogs, wet them down with water and then take them to a veterinarian immediately.

* Give your dog frequent water breaks while exercising, especially if it is hot out. Limit exercise times to early morning and later in the evenings, and be cognizant of daytime temperatures and humidity.

* Conversely, cold weather also poses special risks to your pet. Frostbite to the feet, nose and ears is possible along with irritation to the feet by ice melts. Do not allow your pet to drink from puddles in

the street as they may be contaminated with antifreeze. Short-coated and smaller breed dogs may require a jacket for extra warmth.

* Young dogs, particularly large breed growing puppies, shouldn't go on long runs until around 12-15 months of age. Up to that time their bones are still growing and elongating. Prolonged, pounding exercise on hard surfaces can potentially cause early damage to their joints.

* Don't feed your dog right before or right after intense exercise. This may predispose the dog's stomach to bloat or twist, especially for large breed or deep-chested dogs. A general rule of thumb is to not feed dogs an hour before or after exercising.