

Public Health Week in Oregon



In celebration of National Public Health Week, the Oregon Health Authority Public Health Division collaborates with community partners to coordinate Oregon Public Health Week events, including:

- Speaker Series
- Presentations & Trainings
- Contests (Photo, Poster, Video)
- Healthy Activities
- Exhibits & Displays

Activities are intended to raise awareness of public health issues and highlight how Oregon's public health system of state, local and public-private partnerships promotes the health and safety of all Oregonians.

Speaker Series

The 2011 Oregon Public Health Week Speaker Series is an exciting array of dynamic, provocative speakers who present innovative perspectives on public health and challenge audiences to examine critical health issues in new ways.

National Speakers

- Howard Frumkin, MD, MPH
- Lynn Beattie, PT, MPT, MHA
- Elizabeth Miller, MD, PhD
- Thomas LaVeist, PhD
- Ursula Bauer, PhD, MPH

Local Speakers

- Not on Our Watch: Preventing domestic violence murder suicides
- Bike and Pedestrian Safety: Is Portland as safe as we think?
- Public Health - Leading change and advancing Health
- Prescription Opioid Overdose in Oregon: A public health perspective

Presentations and Trainings

In these interactive sessions, professionals discuss their area of expertise and invite audience members to

engage in discussion and other participatory activities.

Safety in Motion

Learn simple techniques to reduce unnecessary strain and sprain on and off the job.



Laurie LaBrosseur, ARM
Safety Management Consultant
SAIF Corporation

Monday, April 4

12:30- 1:30 p.m.

Barbara Roberts Human Services Building
Room 137
500 Summer St., N.E.
Salem, OR 97301

Engaging Men to Prevent Sexual and Domestic Violence

Sexual and domestic violence are major public health concerns that Oregonians must confront. This panel of community members and leaders will address some of the ways that we can engage men in the prevention of violence and the importance of doing so.



Tuesday, April 5

6:30 - 8 p.m

Attend in person at:
Mercy Corps Action Center
45 S.W. Ankeny
Portland, OR 97204

Panelists

Ron Clark

Doctor of Ministry, Pastor, Agape Church of Christ

Tim Logan

Administrator and Lead Facilitator, SOVALTI

Mario Olivares, BA

Youth Advocate, Prevention Specialist, Legal Advocate,
Clackamas Women's Services

Jack Straton, PhD

Associate Professor, Portland State University

Moderator:

Cliff Leek, BA
Prevention Specialist, Oregon Attorney General's Sexual
Assault Task Force

Sponsored by the Oregon Attorney General's Sexual Assault Task Force and Mercy Corps Northwest

Partnering with Interpreters to Promote a Greater Cultural Understanding

Intended audience: health care interpreters and practicing health care providers - nurses, medical assistants, physician assistants and physicians.



David Cardona, MD, MPH

CMI Coordinator, Health Care Interpreter Certification Program,
OHA/DHS Office of Multicultural
Health and Services

Tuesday, April 6

6:30 - 8 p.m.

Attend in person at:
OMEF Conference Center

Oregon Medical Association Headquarters

11740 S.W. 68th Pkwy.
Portland, Oregon 97223-99038

Sponsored by the Oregon Medical Association.

Slips, Trips and Falls

Slips, trips and falls injuries happen suddenly and unexpectedly. Learn practical techniques to lessen your chance of injury.

Wednesday, April 6

12:30-1:30 p.m.

Barbara Roberts Human Services Building
Room 137
500 Summer St., N.E.
Salem, OR 97301



Laurie LaBrosseur, ARM
Safety Management Consultant
SAIF Corporation

QPR - Question, Persuade, Refer Suicide Prevention

QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.



Friday, April 8

Noon- 1 p.m.

Attend in person at:
Portland State Office Building
Room 1A

800 NE Oregon Street

Portland, Oregon 97232

Presenters

Donna Noonan, MPH

Youth Suicide Prevention Coordinator
Oregon Health Authority
Public Health Division

Jason Yarmer

Prevention Specialist/Tribal Liaison
Oregon Department of Human Services
Office of Addictions and Mental Health

Sponsored by the Oregon Health Authority Public Health Division

Home Care Commission

Free classes are available statewide.

Protecting Against Sprains and Strains (PASS)

PASS provides the participant with the basics of good body mechanics; how to minimize risks by avoiding and/or preventing sprain and strain injuries; best practices in workplace activities; and review of assistive equipment.

Preventing Disease Transmission (PDT)

PDT provides participants with the causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping; and caregiving to prevent the spread of disease.

Taking Responsibility in Personal Safety (TRIPS)

TRIPS participants learn about practical ways for preventing injuries from slips and trips in the home and assessing risk factors; assisting some in planning and preparing for emergencies including the role of the homecare

Healthy Activities

This year's healthy activities provide opportunities to explore holistic approaches to physical and mental well-being. Activities will be accessible to participants of varying fitness levels. All activities are designed to promote health and safety in and outside of the workplace and are open to the public and free of charge.

"Tai Chi: Moving For Better Balance"



Monday, April 4
1 - 2 p.m.

Portland State Office Building
800 N.E. Oregon St., Portland, OR 97232

[Google Map](#)

Room 1D

Jim Dalton, MAT

Tai Chi and Meditation Instructor

Jim Dalton has been practicing and teaching Tai Chi in the Yang tradition for more than ten years. He teaches the Tai Chi for Better Balance program in various facilities focused on the elder population.

This modified 8-form Tai Chi has been found to decrease the risk of falls in older adults. Class

includes warm ups, good body alignment and coordinated movements conducted in a continuous, circular and flowing motion. This evidence-based program, developed at the Oregon Research Institute has been approved by the Centers for Disease Control and Prevention as an effective community based intervention to prevent falls in older adults.

"Gravity Is Your Friend! Good posture made easy"



Tuesday, April 5
Noon - 1 p.m.

Portland State Office Building
800 N.E. Oregon St., Portland, OR 97232

[Google Map](#)

Room 1C

Claudia Holderegger, DC
Chiropractor and Body Mechanics Specialist

Dr. Holderegger helps her patients re-discover natural and anatomically correct movement patterns. She is the only US practitioner of Spiraldynamik, a Swiss therapy based on anatomically correct movement.

This class explores the anatomical foundation of good posture. Participants will practice simple stretches and exercises to correct faulty patterns. Participants will gain a new physical sense of posture and tools to bring more ease to work and recreational activities.

"Work Happy: Moving in the workplace"



Wednesday, April 6
Noon - 1 p.m.

Portland State Office Building
800 N.E., Oregon St., Portland, OR 97232

[Google Map](#)

Room 1C

Beverly Burke, RN, MPH

Certified Movement Analyst, Certified Industrial Ergonomist

Beverly Burke is a Registered Nurse and public health professional who has practiced ergonomics for twenty years. She has consulted on numerous workstation assessments in office and industrial environments.

This interactive presentation will include a mini-lecture about the importance of moving at work. Participants will practice techniques designed to maximize their moving experience in the workplace, both sitting in chairs and standing.

"Stress Relief Using a Mindfulness-Based Approach"



Thursday, April 7

Noon - 1 p.m.

Portland State Office Building
800 N.E. Oregon St., Portland, OR 97232

[Google Map](#)

Room 1D

Michael Wilson, MSW

Public Health Project Coordinator, Oregon Health Authority Office of Disease Prevention and Epidemiology, Multnomah County Health Department, Portland Communities of Mindful Living

Michael has been meditating for over forty years and is a member of Karma Changchub Chuling, a Vajrayana Buddhist center in NE Portland (www.kcc.org).

Participants will learn and practice practical techniques for being more present and aware with themselves and others and in the process learn to be more relaxed and released from stress.

"Nia"



Thursday, April 7
1 - 2 p.m.

Portland State Office Building
800 N.E. Oregon St., Portland, OR 97232

[Google Map](#)

Room 1D

Cessa Karson-Whitethorn, MPH

Nia White Belt, HIV Counseling, Testing and Referral Services Program Analyst

Alessandra (Cessa) Karson-Whitethorn has practiced Nia since 2003 and completed her Nia White Belt in 2010. She believes Nia has changed her life by changing her relationship with her body. Cessa is dedicated to sharing the experience of the 'Joy of Movement', the foundation of Nia.

Nia is a somatic (body centered) practice developed in Portland, Oregon in the 1980s. Nia incorporates dance, healing arts and martial arts in an experience that emphasizes the 'Joy of Movement' as a way to connect with athleticism and self-healing. Nia can be done by anyone, of any fitness level. For more information, go to www.Nianow.com.

"Introduction to Tulen Self Defense"



Friday, April 8
Noon - 1 p.m.

Portland State Office Building
800 N.E. Oregon St., Portland, OR 97232

[Google Map](#)

Room 1D

Kari Greene, MPH

Senior Research Analyst and certified Tulen self-defense instructor

Kari Greene is a second-degree black belt in Poekoelan Tjimindie Tulen, an Indonesian martial art. Teaching self- defense has given her the opportunity to see people transforming fear into confidence while learning valuable skills they will use in many areas of their lives.

Tulen self-defense is a dynamic program that trains practical skills to respond to real-life situations. In this interactive class, participants learn to recognize pre-assaultive behavior, and calmly de-escalate aggressive interactions. Participants will focus on developing strong, confident body language and using their voice to set effective boundaries.

Exhibits and Displays

April 4 - 8 Portland State Office Building Lobby	
<ul style="list-style-type: none">• Youth Photo Contest• Injury and Violence Prevention Program (Youth Suicide Prevention and National Violent Death Reporting System)• Alliance Working for Antibiotic Resistance Education• DHS/OHA Office of Multicultural Health and Services• Emergency Preparedness• Immunization• Oral Injury Prevention• Oregon Public Health Association• Oregon Health Authority Public Health Division• Sexual Violence Prevention	<p>8 a.m. - 5 p.m.</p> <p>800 N.E. Oregon St. Portland, OR 97232</p> <p>Safe Kids Fundraiser</p> <p><i>Information on unintentional injury prevention and safety products available for purchase</i></p> <p>11 a.m. - 1 p.m.</p> <p>These days:</p> <p>Monday, April 4</p> <p>Tuesday, April 6</p> <p>Thursday, April 7</p>

April 4 - 8 Barbara Roberts Human Services Building Lobby	
<ul style="list-style-type: none">• AARP• DHS/OHA Domestic Violence Council• Employee Assistance Program• Keizer Fire Department• Marion County Public Health• Marion County Sheriff	<p>8 a.m. - 5 p.m.</p> <p>500 Summer Street N.E., Salem, OR 97301</p>

<ul style="list-style-type: none"> • Oregon Health and Science University • Oregon Health Authority Addictions and Mental Health Division • Oregon Health Authority Public Health Division • Oregon Home Care Commission • Public Employees Benefit Board • Safe Kids Oregon • Sexual Assault Awareness Month • SAIF Corporation • Tobacco Cessation 	
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April 4 - 8 Capitol Galleria Lobby	
<ul style="list-style-type: none"> • American Heart Association • Conference of Local Health Officials • Northwest Health Foundation • Oregon Public Health Association • Oregon Public Health Institute • Upstream Public Health • Attorney General's Sexual Assault Task Force • Mid-Valley Women's Crisis Service • Northwest Area Indian Health Board • Oregon Department of Transportation • Oregon State University - Oregon Master of Public Health Program • County Health Rankings • Central Oregon Health Authority • Linn County Public Health • Marion County Public Health • Oregon Public Health Division • Injury & Violence Prevention Program • Sexual Violence Prevention 	<p>8 a.m. - 2 p.m.</p> <p>900 Court Street N.E., Salem, OR 97301</p>