

The Vision

Spring / Summer 2015

Get to Know your Secretary and Treasurer!

Inside this issue:

Student Grant Opportunities and Upcoming Events 2

Chapter Highlight: Gamma Rho 3

Advocacy Corner 4

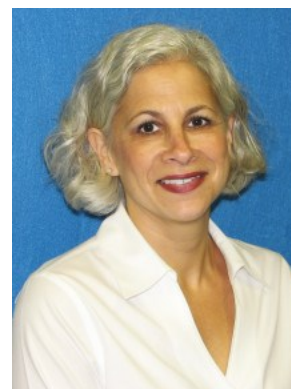
ESG History Corner 6

Updates and Reminders 7

Denise Seabert, PhD, MCHES, FA-SHA, is Professor and Chairperson in the Department of Physiology & Health Science at Ball State University. Her teaching and scholarship focus on the preparation of school health educators, both pre-service and in-service. She is a member of the CDC's Training Tools for Healthy Schools: Promoting Health and Academic Success national training cadre and has served the profession as a member of NCHES's Division Board for Certified Health Education Specialists, past Associate Editor –

Teaching Techniques for the *Journal of School Health*, and the American School Health Association Board of Directors. She recently received ASHA's Distinguished Service Award and the Ball State University Outstanding Faculty Service Award in recognition of these contributions.

Dr. Seabert received her BAEd in School Health Education from Western Washington University, MS in School and College Health from Indiana University, and PhD in Health Behavior with a minor in Curriculum from the University of Florida.



Travel is a priority for Dr. Seabert and her family. In Fall 2010, she and her family spent a semester with Ball State students in London – truly a life-changing experience. Her three boys fill her life with time spent with soccer, swimming, gymnastics, and other fun things growing boys do. Her favorite place to spend time with her husband and boys is their Michigan lake cottage.

Student Grant Opportunities



Alexis Blavos
Eta Sigma Gamma
Student-At-Large

The National Office supports a variety of grants. The purpose of the grants is to provide support to chapters who are engaged in a variety of activities. To be eligible for a grant from the National Office, the chapter must have submitted their annual report with a brief budget overview for the previous academic year and support of the faculty advisor.

Project Grants: Provide financial support for members/chapters to implement student lead health education projects or conduct student research proposals. A funded project should provide for

the advancement of health education as well as the enhancement of the health of the community.

Travel and Professional Grants: Travel and Professional Development Grants are designed to assist with chapters' efforts to provide professional development to their membership. These funds may be used to support travel to and attendance at professional meetings and conferences. State and national professional conferences, invited speakers, and local training workshops are eligible for funding.

UPCOMING MEETINGS!

American School Health Association

October 15-17, 2015

Orlando

American Public Health Association

October 31—November 4, 2015

Chicago

Chapter Highlight: Gamma Rho

Health Education in Practice: Employee workplace emergency planning knowledge and emergency planning strategies

Project/Results:

Emergencies have the potential to disrupt the workplace and cause harm, but many employers have limited time and staff to address it. A brief educational workshop may have a positive effect on emergency planning knowledge and employer awareness of how prepared employees are, which may lead to overall better preparedness for emergencies before they occur in the workplace.

The purpose of this project was to determine if a brief emergency planning workshop improved employee emergency

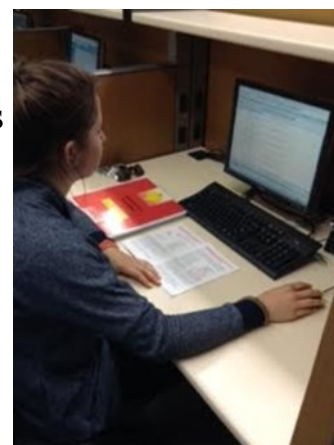
planning knowledge and to examine their preparedness towards crisis and disasters. A pre-test/post-test control group design was used. The majority of participating employees reported general agreement (a score of '3') to three statements on the Crisis Disaster Preparedness Scale: "I know where the nearest fire extinguisher is to my desk/workstation; I know where the nearest emergency exits are to my desk/workstation; My organization's emergency plan has been coordinated with local agencies, such as the fire department, hospitals, etc."

However, the three lowest scoring statements were: "I am very familiar with our building's evac-

uation plan; In the event of an emergency or disaster, I am familiar with my organization's plan to continue operations from another location; My organization has provided each employee with a basic emergency preparedness kit." The results also indicated that the brief educational workshop did not significantly ($p < .05$) increase emergency planning knowledge of participants.

For future studies, a more hands-on approach, including demonstrations and more interactive educational activities, may help in improving emergency planning preparedness.

Does your chapter have a great idea for a community program or are considering conducting research? ESG may be able to help support your work through a program grant which provides financial support for members or chapters to implement student lead health education projects or conduct student research. The application can be found at: <http://etasigmagama.org/documents/awards-grants/#term-19>





Advocacy Corner

Advocacy Brief #6

To learn

How to write an action alert/
advocacy alert/media alert:

From: [http://
www.cthealthpolicy.org/
toolbox/tools/fact_sheets.htm](http://www.cthealthpolicy.org/toolbox/tools/fact_sheets.htm)

- One page is best.
- Make it readable - use at least 12 point font.
- Keep the text brief - no one wants to read tons of information in small font.
- Keep the most important information in the first paragraph - what the issue is, what action is needed, and label the main message(s).
- Give references for more information - in electronic communications you can offer links.
- The fact sheet must be self-contained - do not refer to previous documents or assume that they remember the information.
- Use bullets when you can.
- Leave lots of white space.
- Make it very clear what you want them to do - Bold, text boxes, and graphics add emphasis.

Give them all the tools they need to take the action - do not say "call your legislator" instead give them the numbers; give legislators the bill number you want them to vote for.

Examples:

- [http://www.csupomona.edu/
~jvgrizzell/heasummit/
nccdphpfactsheet2011.pdf](http://www.csupomona.edu/~jvgrizzell/heasummit/nccdphpfactsheet2011.pdf)
- [http://www.csupomona.edu/
~jvgrizzell/heasummit/
dashfactsheet2011.pdf](http://www.csupomona.edu/~jvgrizzell/heasummit/dashfactsheet2011.pdf)
- [http://www.csupomona.edu/
~jvgrizzell/heasummit/
patientprotectionafford-
ablecareactfactsheet2011.pdf](http://www.csupomona.edu/~jvgrizzell/heasummit/patientprotectionaffordablecareactfactsheet2011.pdf)

To do

Check-out these sites/links and use them to create your own action alert!

Examples

- [http://www.cthealthpolicy.org/
toolbox/tools/fact_sheets.htm](http://www.cthealthpolicy.org/toolbox/tools/fact_sheets.htm)

Tips

- [http://www.iowapha.org/
resources/Documents/APHA%
20Legislative%20Advocacy%
20Handbook1.pdf](http://www.iowapha.org/resources/Documents/APHA%20Legislative%20Advocacy%20Handbook1.pdf)

Advocacy Corner (continued)

Advocacy Brief #7

To learn

Learn about some of the professional organizations that conduct health education advocacy efforts:

- <http://www.healthpaconline.net/health-care-advocacy.htm>
- <http://www.cthealthpolicy.org/toolbox/advocacy/tips.htm>
- www.nysarh.org/NYSARHTips.doc
- <http://www.advocatesforyouth.org/sercadv/964?task=view>

From:

- <http://www.aahperd.org/aahe/proDevelopment/relatedOrgs.cfm>
- American College Health Association
- American Public Health Association
- Public Health Education and Health Promotion Section
- School Health Education and Services Section
- American School Health Association
- Directors of Health Promotion and Public Health Education
- Eta Sigma Gamma Health Education Honorary
- Society for Public Health Education
- Society of State Directors of Health, Physical Education, and Recreation

To do

Explore the following links:

- <http://www.apha.org/advocacy/tips/>



SHSU Gammans sponsor campus wide recruitment for Be the Match Bone Marrow Donor Registry.



ESG History Corner



Dr. Rick Eberst
Eta Sigma Gamma
Historian

Future contributions to this column will address the actual development and growth of our beloved honorary over the last 48 years.

1967--1968

The idea of a health education honorary was conceived in the minds of Robert Synovitz, HSD, William Bock, PhD, and Warren Schaller, HSD, professors of Physiology and Health Science at Ball State University. Dr. Schaller's and Dr. Synovitz's membership in a professional honorary in the 1950's at the University of Wisconsin at La-crosse, and Dr. Bock's experience in an honorary in education, influenced their vision for a similar organization for health educators. This vision led to the reality of Eta Sigma Gamma, a national honorary for the profession of health education, when the Articles of Incorporation were filed with the State of Indiana on August 14, 1967.

1969--1977

In 1969, the first issue of *The Eta Sigma Gamman*, the official newsletter of the organization, was published. Over the years this has evolved into a professional journal called *The Health Educator* which is a refereed publication with its own editorial staff.

In 1973, the first annual meeting took place in conjunction with

the American School Health Association convention in Chicago. It was also the year the first *A National Directory of College and University School and Public Health Educators*, was published.

During 1975--76, emphasis was directed toward recognition of chapters and their members. The [Chapter of the Year](#) and [Gamman of the Year](#) awards were established. Cash awards were made available to the recipients by the generosity of the [John P. McGovern Foundation](#). Dr. McGovern also provided funding for the [John P. McGovern Scholarship](#) award, which is given annually to a Gamman graduate student demonstrating high scholastic achievement and participation in chapter activities.

Significant growth continued with active members increasing to 1770 in 1977. During 1976 and 1977, fifteen new chapters were added to make a total of 40 chapters at the completion of the honorary's 10th year, which was celebrated at the annual conference of the American School health Association in Atlanta, Georgia.

ETA SIGMA GAMMA

<http://www.etasigmagamma.org/>

UPDATE YOUR INFORMATION!



If your contact information has changed, please contact the National Office at:

Eta Sigma Gamma
2000 University Avenue
Muncie, IN 47306
800-715-2559

GRADUATING IN DECEMBER OR MAY?



Don't forget to order your Eta Sigma Gamma Honor Cords at the Online Store!
FREE shipping for all purchases!
<http://etasigmagamma.org/store/>

LIKE us on Facebook
"National Eta Sigma Gamma"

FOLLOW us on Twitter
@NationalESG

Become a member on
LinkedIn
Eta Sigma Gamma -
National Office

