A Note from a WPHRN Translating Evidence to Practice in Public Health Intern

Hello WPHRN members. My name is Neil Ortmann, and I am one of the Translating Evidence to Practice in Public Health Interns working for the WPHRN. I am currently in my second year of my master’s in public health candidacy at UW–Madison. A lot of my interest in public health focuses around the development of public health policies to improve the delivery of health services and the prioritization of health interventions based off of the health needs of the community. Much of my work at WPHRN involves working with the local public health systems assessment team over at the Department of Health Services on the roll out and analysis of the local public health systems survey. I am incredibly grateful that my work also allows to share important resources and research to the practicing members of our community. I hope you find the contents of this newsletter to be enjoyable and beneficial to your work.

Thank you so much and please enjoy the newsletter,
Neil Ortmann

Member Publication - Cross-Sectional Associations between Food Insecurity and Cigarette and Alcohol Use

Network member Kristen Malecki, PhD, MPH of the University of Wisconsin-Madison is the director for the Survey of the Health of Wisconsin (SHOW) program. She was the faculty mentor for UW-Madison graduate Rachel Bergmans, PhD who is lead author on a recent publication examining the associations of food insecurity with cigarette smoking and heavy alcohol use in Wisconsin. They found Wisconsin residents who are food insecure were 3 times as likely to be a current cigarette smoker. Food insecurity was also positively correlated with heavy alcohol use and dual substance use, particularly among men. Socially and economically disadvantaged populations are disproportionately affected by smoking cigarettes and alcohol disorders. However, how food insecurity relates to cigarette and alcohol use is not well understood. The relationship among these factors could have policy and intervention implications for addressing substance use with food insecurity programs. While these findings demonstrate food insecurity and substance usage often co-exist, future research is needed to further understand these complex relationships and how these multiple risk factors are related. Findings are also important for informing interventions and policies that could target multiple risk factors at once including food insecurity, cigarette smoking and alcohol use. The full article, ‘Cross-sectional associations of food insecurity with smoking cigarettes and heavy alcohol use in a population-based sample of adults,’ was published in the October 2019 issue of Drug and Alcohol Dependence.
A New Toolkit for Rural Health Research

The Rural Health Research Gateway recently announced a new toolkit created to assist researchers with knowledge translation for rural audiences. The emphasis of knowledge translation is to ensure health providers, consumers, researchers, advocates, and policymakers are aware of, can access, and are able to use health research findings to inform decision-making. This toolkit aims to assist researchers with step four in the knowledge translation process, reaching target audiences. With appropriate, timely, accessible, and applicable messaging and products, research can inform step five in the knowledge translation process—a change in policy or practice.

Member Publication- Associations between Physical Activity and Mental Health among College Students

Network member Traci R. Snedden, PHD, RN, CPNP, CNE, of the University of Wisconsin – Madison’s School of Nursing, is the lead author of a study examining the role of sports and physical activity on the quality of life among college students. This study was a cross-sectional survey that utilized the Veterans Rand 12-Item Health Survey, a patient-reported global health measure that assesses the patient’s overall perspective of their health, to examine the relationship between physical activity and mental health. Participants were categorized as Division I athletes, club athletes, intramural players, students who work out regularly, and students who are physically inactive. Overall the study found a significant positive relationship between their reported mental health scores and levels of physical activity. This indicates that increased levels of physical activity could help promote mental health within these populations. The full article, Sport and Physical Activity Level Impacts Health-Related Quality of Life Among Collegiate Students, was published in the American Journal of Health Promotion. Please contact Dr. Snedden for more information.

Member Spotlight

Traci R. Snedden, PhD, RN, CPNP, CNE, is an Assistant Professor at the University of Wisconsin – Madison’s School of Nursing. Dr. A number of Dr. Snedden’s studies have examined post-concussion effects in children and how medical follow-up and academic support may differ among individuals. Her findings
Snedden’s clinical background includes the role of inpatient nurse in the Pediatric Intensive Care Unit and pediatric nurse practitioner in Emergency Departments of children’s hospitals in Milwaukee, Seattle and Denver. She also worked as a school nurse. These diverse clinical experiences exposed Dr. Snedden to a number of public health concerns related to preventable injuries in children and adolescents that were then amplified by her personal experiences. As a mother of three hockey and soccer student athletes, she learned firsthand the inherent risks of sports participation as concussion injuries and their subsequent effects arose in her own children. Now as both a researcher and clinical practitioner at UW-Madison, she focuses her work on how sport and non-sport related concussion can impact academic performance and overall quality of life.

Events & Professional Development

**Bloomberg Fellows Program**
The Bloomberg Fellows Program is an initiative to provide world-class public health training to individuals engaged with organizations tackling critical challenges facing the United States. Fellows receive a full scholarship to earn an MPH or DrPH degree from the Johns Hopkins Bloomberg School of Public Health. The application deadline is December 1, 2019.

**Annual Native Nations Nursing Summit**
November 15, 2019
Ho-Chunk Gaming Wisconsin Dells Hotel & Conference Center, Baraboo, Wisconsin

**Wisconsin Health Professionals for Climate Action: Climate and Health Kick-Off Conference**
This statewide conference will feature speakers from across the health care spectrum and will help attendees learn about how the climate crisis is affecting the health of their patients.
Saturday, November 16th, 7:30 am–3:30 pm
Aurora Congerence Center, 2920 W Dakota St., Milwaukee, WI

**Tiny Earth in Titletown 2019**
Friday, December 6, Tiny Earth in Titletown 2019 will bring together hundreds of students, parents, faculty, and interested community members from Wisconsin to showcase students’ research, discoveries, and community partnerships. The evening will include a student poster review and a conversation discussing efforts by Wisconsin’s students to harness the full potential of the state’s soil to tackle the looming public health crisis, antibiotic resistance. Registration, which also includes the option to tour Lambeau Field, is free.

**Green Bag Lunch/Green Tea Webinar Series**
The Alliance of Nurses for Healthy Environments is hosting the Green Bag Lunch/Green Tea webinar series dedicated to discussing the health implications of food and agriculture. The next webinar is December 2 and will focus on institutional food purchasing. Register here.

**RWJF Research-in-Progress Webinar Series**
This ongoing webinar series enables investigators whose awards are in-process or completed to share
their work and disseminate findings more rapidly. Investigators report on research on systems and services to build a culture that enables all in our society to lead healthier lives.

**CARE U Training**
The Center for Aging Research and Education (CARE) is offering a 2-day train-the-trainer session (June 2\textsuperscript{nd} and 3\textsuperscript{rd}, 2019) for those interested in supporting the education of direct care staff who work with older adults. Applications for the training are being accepted through February 1, 2020.

**Funding Opportunities**
The WPHRN regularly reviews funding opportunities and compiles a list of those that may be relevant to public health practice research. Use the funding opportunities to develop a research project for WPHRN sponsorship or consider collaborating with the network on a research study or dissemination project. Click [here](#) to review our list of funding opportunities.