



BULLETIN

NATIONAL COMMISSION FOR HEALTH EDUCATION CREDENTIALING

Fall 2021

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**Credentialing
Excellence in
Health Education**

Employer Spotlight:



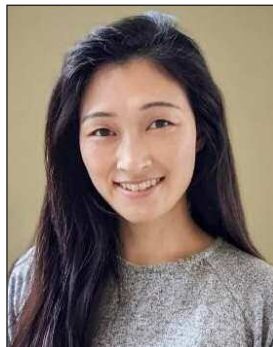
The Parkinson's Foundation is the nation's leading community for people living with Parkinson's, those who love them, and those who are working to end the disease. With the largest presence in Parkinson's communities across the country and globe, it is the mission of the Foundation to make lives better for people with Parkinson's disease by improving care and advancing research toward a cure.

For over half a century, the Parkinson's Foundation has made tangible progress on all fronts, from the largest clinical study of Parkinson's ever, which significantly improved care, to breakthrough treatments. Today the Parkinson's Foundation continues to provide support to people living with Parkinson's and their caregivers, while funding research on treatment and care.

To achieve its mission of helping the community live better with Parkinson's, the Foundation brings together people with Parkinson's, caregivers, medical professionals and researchers to pursue three goals: ensure every person with Parkinson's has access to the best care; support cutting-edge research that leads to breakthroughs in treatments and ultimately a cure; and empower people with Parkinson's and their family with resources and emotional support.

FOCUS ON COMMUNITY

With a strong focus on community, the Parkinson's Foundation is committed to providing education and empowerment activities at all levels from national webinars to local Chapter programs. Community Program Managers at the Foundation work alongside experts from our Parkinson's Foundation Centers of Excellence, local community partners and people with Parkinson's to plan and host education events that provide information and resources on topics that matter most to people with Parkinson's and their families. **Ashley Choi, MPH, CHES®** is a Community Program Manager for the Great Lakes Chapter who finds value in the focus on community. Ashley says, "Parkinson's disease is complex. I am grateful to be part of a Foundation that draws its strength from the community to be part of the interdisciplinary care team for Parkinson's as advocates and educators alongside people living with the disease, caregivers, and clinicians."



"My background with an MPH and CHES® certification enabled me to dive straight into my role as a Community Program Manager, to plan, promote, and implement health education programs for the Parkinson's community on both national and local levels."

Ashley Choi, MPH, CHES®



LEADERSHIP NEWS

Moving Ahead with Our 2020-2022 Strategic Plan

Carolyn D. Rodgers, PhD, MPH, MHS, MCHES®, BOC Chair



As we enter the fall months, NCHEC is charging ahead with the execution of our strategic plan. Over the last few months of 2021, the Board of Commissioners (BOC) were deep in discussions about examining NCHEC's three priority areas as the Covid-19 pandemic created some major revisions for how we move forward in our ever-changing society. We listened to those who actively

hold the CHES® and MCHES® credential to identify the three priority areas, toward which we are making huge leaps and bounds in achieving.

1. Priority I – Reimbursement for health education services.

We are actively working on understanding which codes health education specialists can utilize to bill for the work that they do in the healthcare industry, further demonstrating the need for competent and certified workers, and our efforts in strengthening public health systems.

2. Priority II – Building employer recognition.

We have many employers who recognize that having the CHES® and MCHES® credential is not only advantageous, but a requirement for quality and competent services provided to those seeking health services. At NCHEC, we felt it an important need to highlight and recognize the employers who actively contact us or seek out those who hold the CHES® and MCHES® credential. We choose to recognize these employers for their continued support.

3. Priority III – Diversity in nominations of NCHEC Boards.

As an organization that represents those from various backgrounds and organizations who hold the CHES® and MCHES® credential, it is only fair that our board mirrors this representation. As a result, NCHEC continues to seek diversity in racial and ethnic backgrounds, as well as diversity in sectors to include school health education, business and worksite health education, academia and university health education, government and health departments, and health care. We consider this a

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The Meaning Behind the Accreditation of the CHES® and MCHES® Credentials

Linda Lysoby, MPH, MCHES®, CAE, Executive Director of NCHEC



This spring, the NCHEC office was hustling with preparations for a virtual audit by the International Accreditation Service (IAS). If you have not personally experienced an audit before, it can be quite intense. Every step of the credentialing process is carefully examined, from the initial application and eligibility review, to the exam process, and onward through the maintenance of certifications including continuing education procedures and recertification. It takes days to complete, not hours. This year, due to the COVID-19 pandemic, NCHEC's audit was held via Zoom platform over a period of three days, which certainly added an extra element of challenge to the process!

There is a very good reason behind this incredible flurry of effort. Accreditation provides a formal, independent assessment of competence, and publicly recognizes the quality of an organization's personnel certification services. It is more than just a logo on a website – it is proof of our efforts to be the gold standard in credentialing, with a 30-plus year history of excellence.

One of the most important considerations when selecting a certification is the value and meaningfulness of that credential in your given professional industry. There are very few certifications that are officially accredited by a national certifying body such as NCCA or IAS.

Currently, the CHES® and MCHES® credentials are the only nationally and internationally accredited health education and promotion certifications on the market. *This distinction is a significant indicator of quality for NCHEC certifications, as it illustrates the highest industry standards for quality and promotes confidence in the capabilities of practicing and actively certified CHES® and MCHES®.*

Accreditation ensures that our certification programs:

- Employ assessment instruments that are derived from a current job/practice analysis and that are consistent with generally accepted psychometric principles.

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Parkinson Foundation continued from page 1

Like many other organizations, in the spring of 2020 the Foundation had to pivot to make their mission programs and fundraising activities accessible during a time of social distancing. It was the Foundation’s community connections along with committed staff and volunteers that helped to ensure the continued delivery of valuable education and ongoing social connections through at-home programming. Early in April 2020, to ease the challenges of physical distancing, the Parkinson’s Foundation launched PD Health @ Home – an interactive series of virtual events designed for the Parkinson’s community. To date, more than 230,800 participants across 22 countries have participated in PD Health @ Home virtual programs. PD Health @ Home currently hosts innovative weekly expert-led educational webinars, guided mindfulness sessions and tailored fitness videos.



Donna Sperlakis, MPH, CHES®, Senior Director of Community Engagement at the Foundation, is responsible for overseeing the development and delivery of all in person and virtual community-based education programs for the Foundation. Donna shares that the development of the PD Health @ Home program drew on many of the things she values as a Health

Educator. “We took our knowledge of the community and their particular challenges, assessed and utilized our available resources, created relevant education in a format that was sustainable and impactful, and through it met an immediate need. I can’t think of a better way our team could have come together at a difficult time to serve our community than with what we accomplished through this program.”

CHES® at the Parkinson’s Foundation

The Parkinson’s Foundation encourages staff to seek job-related training and education for improving and enhancing their skills and knowledge to contribute to the growth of the organization. To support staff in their efforts, dollars are allotted annually to provide opportunities for staff development. While the Parkinson’s Foundation doesn’t require the CHES® certification for any position, Donna Sperlakis says, “when I get an application from a Certified Health Education Specialist, I can be confident the candidate brings a certain set of relevant skills to the role I am looking to fill.” Donna also recognizes that certification brings a level of commitment to one’s profession and continuing education.

“Having the CHES® certification gives me an enhanced sense of confidence in the knowledge, dedication and professionalism that is expected of me to achieve the goals and objectives of my new role at the Parkinson’s Foundation.”

Angela De La Hoya, MS,
CAPM, MCHES®



Angela De La Hoya, MS, CAPM, MCHES® is the Senior Manager of Community Engagement and one of the Foundation’s newest staff members. She feels an organization benefits by hiring CHES® or MCHES®, “it is a cost-effective investment since the mastery of skills required with the certification could increase the likelihood of program effectiveness.”

Get involved

The Parkinson’s Foundation relies on the energy, skills, and passion of all kinds of people to make life better for people with Parkinson’s and advance research toward a cure. That is why the Foundation provides many opportunities for health professionals, people with Parkinson’s, families and friends to support their mission.

The Foundation relies on an army of committed volunteers who each bring a unique perspective and background to share information about the Foundation’s mission to communities, promote hospital safety through our Aware in Care program, or participate in one of our signature fundraising events.

Additionally, the Parkinson’s Foundation awards over \$2 million dollars a year in community grants to organizations that provide programs designed to help people with Parkinson’s live well. If your organization is interested in learning more about community grants, partnering to increase awareness of Parkinson’s disease, connecting with a local Chapter and/or needs educational materials to share with those living with Parkinson’s, please contact the Parkinson’s Foundation Helpline at 1-800-4PD-INFO or helpline@parkinson.org. Visit the Parkinson’s Foundation website at www.parkinson.org for more information about our programs and getting involved.

Moving Ahead with Our 2020-2022 Strategic Plan

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continued effort that has allowed us to remain successful having wisdom of the crowd!

What we have learned is that we were not far off the mark. In fact, we are right on track to continued successes due to the planning and efforts of the BOC and our wonderful Executive Director, Linda Lysoby, and staff at NCHEC. Here are a few of the things I would like to highlight that we worked tirelessly to achieve:

1. During the pandemic we have remained open, although remote work is still ongoing. The CHES® and MCHES® certification exam registration has remained open and the exams have continued to be offered remotely with our partners Prometric who have continued our standards during the testing process. Not only were we able to ensure quality in our remote testing process, we were still able to offer in-person testing too. Consequently, we are proud to state that registration has remained strong, allowing the opportunity to increase the number of credentialed health educators in the field. In the midst of a pandemic, we were able to certify over 1,500 CHES® and more than 135 MCHES® credentials in 2020!
2. As for those currently credentialed seeking continued continuing education credits, our providers were able to meet the need for continued demand. Although in-person events were limited, many of our providers were able to shift to virtual opportunities for those seeking recertification and continuing education credits. There was a significant increase in multiple event providers and self-study providers who offer virtual events. Additionally, in an effort to continue to support those seeking the CHES® and MCHES® credential, we were able to waive late fees to ensure we are still able to provide well prepared, credentialed health education specialists during a time when they are needed the most.
3. Our Marketing team has been busy spreading the word about all of the fabulous things happening here at NCHEC as well as via publications, events, and social media. NCHEC has managed to create our COVID-19 profiles full of interesting interviews highlighting the work of those who hold the CHES® and MCHES® credential to document their work via publishing an article in the American Journal of Health Education. In addition, NCHEC received the Silver Award by the Center of Association Leadership (ASAE) for efforts in providing continuing education

credits for those who hold the CHES® and MCHES® credential via the COVID-19 claim form for COVID-19 related activities. Those are just a few of the notable things that our marketing team has worked on in addition to the Helen Cleary Scholarship program, virtual conferences, digital bulletins, the Infographic Contest, and the Outstanding Service and Leadership Award here at NCHEC.

As we move into the second half of the year we will continue our efforts to be vigilant and proactive in our strategic plan like the rest of the world navigating the COVID-19 pandemic while preparing the new and active CHES® and MCHES® credential holders to combat the new Delta variant.



**The NCHEC
2022 Leadership
Election Closes
September 30th:
VOTE TODAY**

We want your participation in the process of determining the course of our organization's future leadership!

CHES® and MCHES® can now quickly cast a ballot by logging into Votenet online. It's easy to do, simply log in using the information below:

- Username: Email associated with CHES®/MCHES® account
- Password: CHES®/MCHES® certification number
- Information on each candidate on the 2022 election ballot can be found after logging into the Votenet site.

If you experience any difficulty logging in, first try refreshing your browser, and then email admin@nchec.org for assistance.

The open positions you will be voting on are for: **the Division Board for Professional Preparation and Practice (2 open positions), Division Board for Professional Development (1 open position), and the Division Board for Certified of Health Education Specialists (3 open positions).**



The Meaning Behind the Accreditation of the CHES® and MCHES® Credentials

continued from page 2

- Award certification only after the knowledge and/or skill of individual applicants has been evaluated and determined to be acceptable.
- Establish, publish, apply, and periodically review key certification policies and procedures concerning existing and prospective certificants.
- Demonstrate that recertification requirements measure or enhance the continued competence of certificants.

Our NCHEC leadership continues to uphold the commitment to align with both national and international standards, as well as making the continuous improvement of our certifications an integral priority. I am proud to display our latest achievement of reaccreditation by the IAS.




CERTIFICATE OF ACCREDITATION

NATIONAL COMMISSION FOR HEALTH EDUCATION CREDENTIALING, INC.
 1541 ALTA DRIVE, SUITE 303
 WHITEHALL, PENNSYLVANIA 18052, USA

Personnel Certification Body PCB-109


has met the requirements of AC474, IAS Accreditation Criteria for Bodies Operating Certification of Persons, and has demonstrated compliance with ISO/IEC Standard 17024:2012, Conformity assessment – General Requirements for Bodies Operating Certification of Persons. This organization is accredited to provide the services specified in the scope of accreditation maintained on the following page(s).

This certificate is valid up to June 1, 2022
 Effective Date June 29, 2021





President

Visit www.iasonline.org for current accreditation information.



Have you completed COVID-related work duties in 2020 or 2021?

Last Chance to Fill out the Covid-19 Claim Form



Earn 15 Category 1 CECH toward recertification at NO COST.

FINAL Deadline: December 31, 2021

LEARN MORE AT:
NCHEC.ORG/COVID-19-CLAIM-FORM

APRIL 2022

Sun	Mon	Tues	Wed	Thur	Fri	Sat
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MAY 2022

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OCTOBER 2022

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30	31					

Tell a colleague or student that the CHES® and MCHES® exam dates are

April 21 - May 3, 2022
 and
October 13 - 22, 2022

For more information, visit nchec.org or contact the Exam Coordinator: 888-624-3248, ext 12

Certification Spotlight: An Interview with Jerome Vioria, Certified Health Education Specialist

Name: Jerome Vioria, MPH, CHES®
Job Title: Project Connect Coordinator
Career Sector: Healthcare/Non-profit
Years' Experience: 3.5



NCHEC: What is your current job title and where do you work?

Jerome: My job title is Project Coordinator for the Apicha Community Health Center in New York. I develop and implement programming for the Asian/Pacific Islander (API) LGBTQ+ population of New York City, focusing on health, wellness, and community engagement. This population is historically underserved and otherised. I coordinate social media presence, a mentorship initiative, support groups, health education workshops, youth development (leadership training and advisory board), cultural sensitivity workshops for health providers, and link clients to medical and supportive services.

ally underserved and otherised. I coordinate social media presence, a mentorship initiative, support groups, health education workshops, youth development (leadership training and advisory board), cultural sensitivity workshops for health providers, and link clients to medical and supportive services.

NCHEC: How has your role as Project Connect Coordinator changed as a result of COVID-19?

Jerome: To align with CDC and NYS DOH recommendations, I transitioned all facets of my program to online means, utilising Zoom for live streamed workshops, educational sessions, and client check-ins. A larger emphasis was placed on social media outreach to continuously promote linkage to Apicha CHC services.



NCHEC: Can you give an example of how you and your organization are providing services to your community?

Jerome: I've hosted virtual health education workshops focused on the mental health burden imposed by COVID-19,

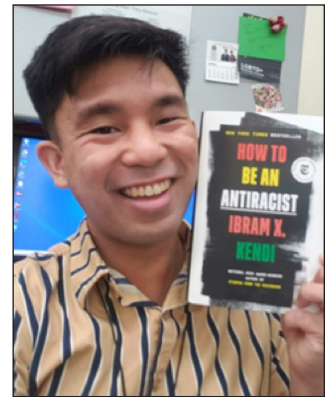
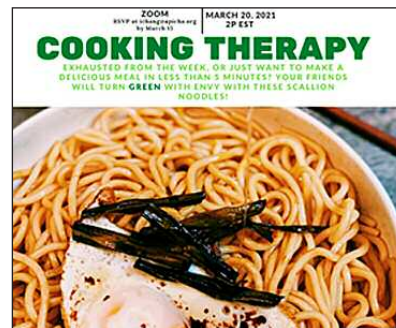
as well as support groups and healing spaces to address racial justice, particular to anti-Asian violence, anti-Blackness, and how API folks can engage in the fight for equity.

We have produced livestreamed webinars on health benefits such as pandemic unemployment assistance, health insurance enrollment, and SNAP enrollment for folks who lost their jobs due to COVID-19.

To foster a deeper sense of community, my program (Project Connect) hosted cooking therapy sessions to explore racial/ethnic identity through food. In our mentorship initiative called GAYME, we engaged in discussions surrounding coming out, queer identity, relationship dynamics, and mental health stigma using Zoom as a safe space away within non-affirming home environments. This is especially important during a time of social and physical isolation.

At the agency level, I have facilitated COVID-19 testing and vaccination events in tandem with HIV/STI screenings based on community need.

NCHEC: Have you experienced positive change or strides made in public health/community health over the past year?



Jerome: Yes, with the increase of social media as a vehicle to promote ongoing medical and supportive services at Apicha CHC and at other healthcare organisations. Social media has largely contributed to the increase in COVID-19 vaccination

rates, and has driven forward the conversation on eliminating stigma against mental and sexual health.

NCHEC: Have you seen an increased recognition of the role of the health education specialist since the onset of the pandemic?

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Certification Spotlight *continued from page 6*

Jerome: My director has specifically looked to me for inspiration in revamping our community outreach strategy and new program ideas, as I am a CHES® and an MPH graduate. More opportunities to grow at my agency have arrived, in which I am creating educational material for patients and staff regarding Pre-Exposure Prophylaxis (PrEP), and reconceptualising an LGBT center.



NCHEC: What advice do you have for newly certified health education specialists ready to enter the current workforce?

Jerome: There has never been a better time to uphold and promote the profession of being a Certified Health Education Specialist. It is our responsibility to provide evidence-based information to the people and dispel baseless claims against science.

To the emerging young professionals: this is OUR time to utilize our skills and take to social media to continuously educate the masses on accessing human resource benefits like rental assistance, health insurance, and SNAP. Using platforms like Canva and Hubspot to curate social media campaigns is an



excellent way to deliver bite-sized information without drowning our audience in jargon. Create attention-grabbing Tiktok and Instagram posts that will generate curiosity in learning more. To the seasoned professionals: let us, the youth, amplify your work with our technical skillsets. In turn,

Top Five Reasons to Network in a Digital World (and How to Do It)

Written by:



Monica Lathan-Dye, CHES®,
Director, NCHEC Division Board
for Professional Development



Brittany Chambers, MPH, MCHES®,
Vice-chair and Director,
NCHEC Division Board for
Professional Development

Pre-COVID-19 networking was done in a variety of ways, through face-to-face conferences, seminars, meetings, and even in the grocery line or at your local Starbucks. They say necessity is the mother of invention. With that said, the emergence of COVID-19 has required us to explore different ways to make connections in a socially distanced world. It has also become increasingly evident that we need some form of interaction – outside of our standard Zoom meetings – and that it is an important aspect of mental health and wellness. We want to share some exciting and more creative virtual ways to network as CHES® and MCHES® in this new post-pandemic era, and why it’s so vitally important both professionally and personally.

The Top 5: Why Is Networking So Important?

Networking allows you to:

- 1. Exchange ideas:** It creates a space for dialogue and innovation. If you are working on a project and want to get another perspective it opens the doors for new ideas.
- 2. Establish partnerships:** It allows you to build collaborations with others. We cannot make big differences alone. For instance, you may formulate a new partnership through the chance to co-author or co-present with someone you admire or desire to work with.
- 3. Promote Diversity:** Broadening your scope through networking gives great opportunities to welcome diverse

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HELEN P. CLEARY SCHOLARSHIP

Opportunity for the Certified Health Education Specialist Credential: Fall 2021

The Helen P. Cleary Scholarship was created to assist full-time undergraduate or graduate students with the fees associated with the examination. Three outstanding students have been selected to receive registration fees and study materials for the October 2021 CHES® examination. These students have demonstrated both financial need and a passion for their chosen field of Health Education and Promotion during their academic careers. NCHEC sponsors this scholarship opportunity, which is offered twice yearly, and the awards process is administered by the SOPHE Awards Committee.

The names of the October 2021 scholarship recipients are: Jason Kolodziej; Rebecca Lynn Ehrlich; and Meaghan Hurley.



Jason Kolodziej is a graduate student at the University of Southern California seeking a master's degree in Public Health within the Department of Population and Public Health Sciences. Jason's extensive military background, including 20 years of experiences both abroad and domestic, has served to develop his enthusiasm

for informing and improving the health outcomes of others. His Army National Guard service in both Massachusetts and California included three overseas tours in support of the Global War on Terrorism earned him a Defense Meritorious Service Medal and two Bronze Star Metals. "Whether assisting projects digging water wells in Afghanistan, teaching soldiers about proper diet and physical training, or participating in a volunteer program to increase social and emotional learning in underserved Los Angeles sixth-grade classes," said Jason, "the idea of finding the best way to deliver a health message is one that very much resonates with me."

As an older Public Health graduate student, Jason has returned to academia with the purpose of transitioning to a career in Public Health. "I believe that the opportunity to achieve the CHES® credential would be a way to fortify the foundation of my formal public health educational experience."

In addition to his many achievements, Jason is a member of the American Public Health Association and the U.S. Green Building Council of Los Angeles, and the USC Student Alumni Society. He also volunteers with the Beach Cities Health District and regularly coaches functional fitness classes at an athletics facility in El Segundo, CA.

Rebecca "Lynn" Ehrlich

recently received her undergraduate degree in Community Health, with high honors, from Tacoma Community College in the state of Washington, with a focus on trauma and health education. Her career goal is to acquire the clinical skills necessary to teach domestic violence prevention education and help



women and children escape the bonds of violence and create aftercare programs that support families in need. Lynn is a survivor of domestic violence herself, and knows firsthand about the emotional fallout that can happen after escaping violence, as well as the need for both compassionate and informed guidance from professionals to begin again.

According to Lynn, "In researching CHES® certification, I found that it fits hand-in-glove with a career in advocacy. Whether through employment or philanthropy, the CHES® would provide the credential needed to work with members of my community in building a strategic prevention framework that addresses the needs of domestic violence survivors." Lynn has completed a series of intensive internships that have allowed her to work with women in re-entry and students fighting systemic racism. "It is my belief that clinical skills plus a significant life experience can make a monumental difference in outcomes," said Lynn.

Lynn is a member of Phi Theta Kappa, has maintained a 4.0 GPA, and volunteers time with the Tacoma-Pierce County Public Health Department.



Meaghan Hurley is an undergraduate at Bridgewater State University in Massachusetts, and is currently pursuing a degree in Health Studies with the Department of Health and Kinesiology. She believes that a career in health education and promotion will allow her to focus not only on the physical, but the emotional, spiritual, and mental elements of health. During her time as an undergraduate,

Meaghan has traveled to Cambodia to serve those lacking basic health necessities, and studied the rich relational health of the communities there. In addition, she gained classroom experience as an Instructional Mentor within the Cardinal Spellman High School in the midst of the COVID-19 pandemic, working with a diverse group of students to manage behavior and promote health.

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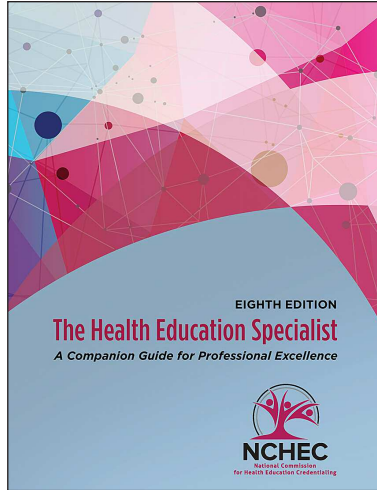


The 8th Edition New Study Companion is Now Available

It's finally here! NCHEC has released *The Health Education Specialist: A Companion Guide for Professional Excellence*, 8th edition, in both print and ebook format. This newly revised guidebook contains revised Responsibilities, Competencies, and Sub-competencies from the latest Health Education Specialist Practice Analysis (HESPA II 2020) model.

This updated edition includes revisions to this previous work and now includes eight distinct chapters that correlate to the expanded Eight Areas of Responsibility for Health Education Specialists. The companion guide includes both entry- and advanced-level Competencies and Sub-competencies, and will serve as the latest study tool for health education specialists preparing for the April 2022 MCHES® and October 2022 CHES® examinations.

In addition to exam preparation, the publication can also be used to assess the health education knowledge of both certified and non-certified practitioners. Instructors in professional preparation programs may find the format and organization of this book to be a useful supplement to textbooks and classroom lectures. Employers can encourage their staff to utilize this guide as a tool to determine whether additional professional development in specific areas is needed in order to keep up with emerging trends and new developments in the field of Health Education and Promotion. The Eighth



Edition of this Companion Guide is available through the NCHEC Website at www.nchec.org/publications.

NCHEC would like to extend sincere gratitude to the following editors, contributing authors and copy editor for their hard work and dedication to the publication. Contributors to the eighth edition of *Health Education Specialist: A Companion Guide for Professional Excellence*, 8th edition, are listed below.

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HELEN P. CLEARY SCHOLARSHIP cont'd from page 9



Helen R. Cleary

"I believe that health education specialists work to affirm the purpose of all lives through advocating for and empowering individuals," said Meaghan, "and that every human life deserves the utmost healthcare, regardless of socio-economics, race, ethnicity, or gender. CHES® certification will indicate that I have successfully met the Competencies and Responsibilities needed to promote and advocate for health."

Meaghan is a Dean's List student, has been published in Simmons University's *MindScope Magazine*, and is a member of the Curriculum Committee for the Department of Health and Kinesiology.

The Helen P. Cleary Scholarship was launched in March of 2019, in conjunction with NCHEC's 30th Anniversary celebration, and continues on a bi-annual basis. The next application period for the Helen P. Cleary Scholarship will run from September 20 – 24, 2021, for the April 2022 CHES® examination. For more information about the Helen P. Cleary Scholarship, please visit www.nchec.org/scholarships, or www.sophe.org.

NCHEC WELCOMES NEW CHES® - SPRING 2021

The following is a list of those who earned the title of Certified Health Education Specialist (CHES®) in the Spring 2021 examination. Those who opted not to be published are excluded from the list.

Nena Abernathy	Katelyn Batson	Jennifer Browning	Kristina Craig	Glorianne Dziuba
Loren Abraham	Alesha Battee	Lene Bruheim	Abigail Crampton	Raullo Eanes
Jaclyn Abramson	Eva Bauer	Lilly Brumfield	Sharon Crawford	Vichhay Eang-kim
Deborah Aceto	Riley Bayer	Mikayla Bryan	Jennifer Crooker	Rachel Eckert
Sherae Adams	Amanda Beem-Miller	Marissa Brzyski	Kylie Crosby	Mary Edwards
Tamilia Adhiningrat	Lamaa Beidas	Virginia Burcham	Alexandra Crowley	Katelyn Eldridge
Dania Alas	Alana Beiman	Lauren Buscarino	Avery Cruz	Averia Ellenburg
Omolade Alawode	Kyiah Bell	Sarah Buschling	Odan Cruz	Taylor Ellsworth
Nancy Aleccia	Chelsea Belton	Haley Bylina	Alison Culp	Sierra Elston
Brandon Allen	Ana Maria Benitez	Jeramin Cablay	Caleigh Curley	Emily Emerson
Matthew Allen	Rebekah Bensley	Amanda Cadieux	Melissa Czechowski	Emily Emmons
Renee Allen	Sari Berger	Christi Cahoon	Leah Daly	Elizabeth England-Kennedy
Hannah Allen	Judith Berne	Giana Calabrese	Dominique D'Angelo	Vanessa Ermilio
Joseph Alli	Andrea Berry	Michelle Callahan	Jah'Nea Darby	Brenda Esquivel
Angela Alonzo	Blaike Berry	Kierriah Callier Dortch	Sana Datar	Rebecca Estevez
Casey Altmannsberger	Lisa Bessard	Matthew Campbell	Kiana Davis	Uwemedimo Etteyit
Vanessa Alvary	Jude Betancourt	Brandon Canales	Ashley Davis	Evan Ewing
Meron Amare	Shamen Bex	Giannina Cardenti	Enjoli Davis	Victoria Faccini
Yasmin Amini	Amina Bhutta	Jami Carlson	Austin Day	Danielle Farington
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 Mali Turner
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 Uwem Ukpah
 Emma Uridge

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Marissa Gubler, MPH, CHES® • CHES® High Scorer, April 2021



Marissa Gubler earned her master's degree in Public Health with a concentration in Health Promotion and Education from Eastern Virginia Medical School and Old Dominion University in 2020. While pursuing her degree, she worked as a health insurance customer service representative and interned with the diabetes and cancer education teams at Sentara Virginia Beach General Hospital.

One of Marissa's most rewarding projects at the hospital was creating a lifestyle management booklet for people living with cancer in honor of her father, who died from pancreatic cancer. Marissa's booklet includes various topics, such as healthy diet, physical activity, blood glucose management, and community resources, and it continues to be distributed to patients to help support them through their battles with cancer and diabetes. Shortly before graduation, Marissa was inducted into the Alpha Kappa Chapter of Delta Omega Honorary Society in Public Health. Prior to her graduate studies, Marissa graduated cum laude with a bachelor's degree in biology and an environmental studies minor from Washington and Lee University in 2015. While pursuing undergraduate studies, she served as a peer health educator and studied global and public health at Manipal University in India for a semester. Marissa currently works as a health educator for Anthem Blue Cross Blue Shield, helping patients to manage chronic conditions. She enjoys partnering with her patients and using motivational interviewing to help them overcome barriers and work towards their health-related goals to achieve better health and quality of life.

Why CHES® Certification?

"I chose to take the CHES® exam to distinguish myself as a competent health education professional and exemplify my dedication to empowering people to make healthy decisions. I am especially thankful to my mother and family who supported me throughout my public health studies. My CHES® credential illustrates my ongoing commitment to professional development in the public health field. I am dedicated to staying up to date with the latest evidence-based strategies to help people improve their quality of life and reduce suffering from disease."



Denita Utami
Isabelle Valdez
Jenna Valentine
Logan Valentine
Patrick Valentine
Rachel Van Gilder
Stephanie Velazquez
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Mikayla Zook

NCHEC WELCOMES SPRING 2021 NEW MCHES®

The following is a list of those who earned the title of Master Certified Health Education Specialist (MCHES®) in Spring 2021 examination. Those who opted not to be published are excluded from the list.

Angeli Acosta
Yasmine Adem
Joi Alexander
Petula Alvaradous-Phillander
Carmen Ashley
Janice Bailiff
Vera Bartasavich
Lauren Bartoszek
Kim Beam
VaShawn Bussey
Anissa Castillo
Brittani Coore
Dena Cox
Kaitlyn Creager
Jill Crouch
Summer Davis
Kelly Davis Martin
Devi Davis-Strong
Katherine Dent
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Tiffany Frieze
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Janelle Garcia
Leah Gutermuth
Kanathy Haney
Tannis Hargrove
Casie Higginbotham
Latoya Johnson

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Kerry Krell
Antonia Landels
Rebecca Langford
Lauren Lauridsen
Vivian Lockstead
Margarita Maldonado-Barragan
Tiffany Martinez-Durant
Nicholas Mercado
Deborah Messina-Kleinman

Stephanie Mitchell
Baraka Muvuka
Bethaney Myers
Kaamel Nuhu
Olawunmi Obisesan
Genevieve O'Keefe
Basil Omonyia
Nicole Pelligrino
Ericka Peterson
Emily Posadas

Carrie Rainville-Collins
Nydia Rodriguez Diggs
Stephanie Rovito
Julian Sacdalan
Maria Santos
Katherine Schlatter
Rebecca Scott
Tekeyah Sears
Zainab Shipchandler
Michael Sormrude

Katelin Thivener
Ramon Torres
Keliane Totten
Anna Treacy
Sarah Valenza
Lucia Vides
Emily Walker
Mari Walsh
Gayle Walter
Kristie Wyatt

Baraka Muvuka, PhD, MPH, MCHES® • MCHES® High Scorer, April 2021

Baraka Muvuka obtained her PhD in Public Health Sciences with a concentration in Health Promotion and Behavioral Sciences from the University of Louisville. She is currently an Assistant Professor of Family Medicine and Director of Research at Indiana University School of Medicine-Northwest. Her research is focused on utilizing participatory and translational research frameworks to address socio-structural determinants of health in communities facing inequities. She took the MCHES® exam while working as an Assistant Professor at Liberty University, where she taught undergraduate and graduate-level Public Health courses.



Why MCHES® Certification?

According to Baraka, her motivation to take the MCHES® exam grew out of the interactions with her colleagues and students, many of whom expressed a strong interest in the CHES® and MCHES® exams given their wide recognition by employers. "As an educator, taking the MCHES® exam has enabled me to lead by example and to enhance my teaching. I encourage my students to take the CHES® exam as it demonstrates their competencies in foundational areas of Public Health and promotes a pursuit for professional development throughout their careers."

Networking in a Digital World continued from page 7

ideas and provides exposure to diverse people and communities. Diversity is power.

4. Create and leverage opportunities: It exposes you to people and events that can lead to professional growth and a wide range of opportunities.

5. Build confidence: It allows you to connect with others and express your authentic self. Sometimes it takes practice, but the more you network the better and more confident you will become. You can also take courses or read up on ways to network or become a more effective networker. Then network, network, network!!!

The Top 5: What are the Best Ways to Network in a Virtual World?

1. Widen Your Network by Utilizing Social Media:

Social media is an ideal way to broaden your network and learn more about professional opportunities that might interest you. Social media is not just for entertainment, but can be beneficial to your professional advancement in several ways. First, networking using social media provides the opportunity to connect to groups and stay tuned with upcoming events. Next, it allows you to broaden your network exponentially. You'll be surprised how vast your primary, secondary, and tertiary networks can be, how many mutual colleagues you have, and common interests you share with those within and outside of your inner circle. Speaking of the inner circle, another key attribute of social media is the ability to connect to people around the world at your fingertips.

- ✓ Join groups on LinkedIn (e.g., NCHEC)
- ✓ Follow/connect with fellow MCHES® and their network (e.g. #CHES® #MCHES®).
- ✓ Participate in Health Education Twitter chats or conversations (e.g. #HealthEdCareers)

2. Listen and Get Your Voice Heard – Engage in Professional Forums:

Another great way to network is to join professional organization forums. Professional organization forums provide various opportunities to be seen and heard virtually. Being part of online forums fosters the sharing of thoughts on interesting topics in health education. These forums also can raise awareness of other learning

opportunities that can potentially be used to fulfill your CHES® or MCHES® certification requirements. So stay tuned and stay connected.

- ✓ APHA Connect - Online Community:
<https://www.apha.org/APHA-Communities/APHA-Connect>
- ✓ SOPHE Communities of Practice:
<https://www.sophe.org/membership/communities-of-practice/>
- ✓ Virtual Community Health Education Forum:
<https://care2healthequitycenter.org/virtual-community-health-education-forum-reducing-pancreatic-disparities-in-our-communities/>

3. You've Got Mail – Join Listservs:

Listsers are not a thing of the past, but they have now been reinvigorated, especially when used strategically. Listsers can be leveraged to share the latest news, events, or opportunities. Being part of relevant listsers can allow you to stay connected with your alma mater, get the latest job listings, newsletters, or even free educational opportunities. Take the time to maximize your networking capacity through the dissemination of information. In addition, if you are hiring, listsers allow you to share vacancies on a wider platform and in many cases being part of a listserv is free.

- ✓ Extension for Community Health Care Outcomes (ECHO) <https://hsc.unm.edu/echo/get-involved/join-an-echo/>
- ✓ CDC Learning Connection:
<https://www.cdc.gov/training/learning/index.html>
- ✓ Comprehensive Health Education Network (CHEN) <https://netforum.avectra.com/eweb/DynamicPage.aspx?Site=asha1&WebCode=CHENlistserv>

4. "Getting to Know You" Schedule Informational Interviews:

Have you been interested in a particular organization and want to know more? Perhaps you are interested in making a career change where you can maximize your health education skills? Now is a great time to take the initiative to reach out to leaders in the companies or professions you wish to learn more about. Informational

continued on next page



interviews can give you a chance to explore and better understand what others do. It also offers another great way to share information and resources by building reciprocal relationships. If you are actively seeking new networking opportunity, your goal should be to schedule 2-3 informational interviews per year.

✓ Read more about motivational interviews here: <https://www.nchec.org/news/posts/utilizing-informational-interviews-to-augment-your-health-education-career-goals>

5. Stay Connected-Attend Virtual Networking Events or Conferences

You don't have to be 'there' to be present. Many organizations are offering a safe and easy way to stay connected and network through virtual conferences. The virtual events give you the benefits of seeing some headliners in public health and health education from the comfort of your home. For larger conferences, you can view recordings of sessions you may have missed and

the virtual platform in some cases allows organizations to offer more sessions without the overhead. This can translate to more CHES® and MCHES® credit opportunities.

- ✓ **Virtual conferences** (e.g., Navigate and Network: APHA 2021 Virtual/Hybrid Meeting, Health Literacy Conference, Advocacy Summit)
- ✓ **Alumni or current students** - search for offerings to connect (e.g., Drexel Alumni Mentoring program)
- ✓ **Virtual Learning**- By enrolling in a virtual training you can learn a new skill or information and meet new people at the same time. Check out the NCHEC training portal to 'sharpen the saw' and get Category I credits at the same time.

****Remember it's really all about making human connections and staying connected!****



NCHEC
National Commission
on Health Education Credentialing
nchec.org

CHES® & MCHES®

Infographic Contest

2021



\$\$\$ Cash Prizes in two categories!!!

Opens Oct. 1st!

Category 1: Are you a current CHES® or MCHES®?

Category 2: Are you a student passionate about certification?



LEARN HOW TO ENTER @
WWW.NCHEC.ORG/CONTESTS
DEADLINE: DECEMBER 1ST, 2021

The Eight Areas of Responsibility for Health Education Specialists in the US: Changes to Contemporary Practice

To pursue a profession in the field of health education and promotion, there are certain skills and competencies that constitute the term: health education specialist. To put it simply, a nation-wide survey of practitioners from all career sectors of health education and promotion has been carefully executed by a special task force of subject matter experts devoted to creating a 'framework' for those in the field as well as students completing academic degree programs at both the undergraduate and graduate level. This framework, or blueprint, goes a step further to delineate what is defined as an **entry-level competency**, and what constitutes an **advanced-level skill** utilized by experienced practitioners.



The HESPA II 2020 Technical Advisory Group (TAG) Team

And it's about to all change. The most recent practice analysis study, known as the Health Education Practice Analysis (or HESPA II 2020) has identified new Responsibilities and Competencies that are being utilized by specialists across the country. And it will change the material on both the CHES® and MCHES® certification examinations beginning in the year 2022.

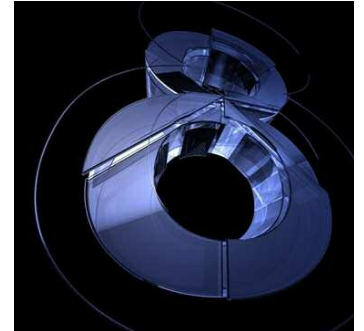
How Have the Responsibilities and Competencies changed?

There are now Eight Areas of Responsibility for Health Education Specialists – up from seven identified in the previous job analysis (the HESPA 2015). Enter the essential skill of effective communication techniques, across many different demographics, and new platforms and modes of delivery as well as emerging accessibility options... our world of

technology is expanding daily, as well as how we present health information to patients, clients, and students. Add in ethics, professionalism, leadership, and advocacy into the mix, and the matrix keeps evolving.

What are the new Eight Areas of Responsibility?

In a nutshell, the Eight Areas of Responsibility incorporate, in some fashion, the older 7 Areas of Responsibility, with some new additions. Here is the updated list:



Area I: Assessment of Needs and Capacity

Area II: Planning

Area III: Implementation

Area IV: Evaluation and Research

Area V: Advocacy

Area VI: Communication

Area VII: Leadership and Management

Area VIII: Ethics and Professionalism

Practice analyses are undertaken about every five years by NCHEC and SOPHE to identify changes in health education practice, and to inform professional preparation and continuing education programs of these changes. It is also an essential component of both our national and international accreditations through the NCCA and IAS.

NCHEC's mission is to uphold the highest quality standards in the certification of health education specialists, and this means that exam content must reflect what specialists are truly practicing in their varied jobs across the country. It's a complex process, but it has been the basis of NCHEC's quality, accredited certification program since 1989, with a solid foundation of continuous improvement.

To read an in-depth list of the 2020 Areas of Responsibility, Competencies, and Sub-competencies, visit: https://assets.speakcdn.com/assets/2251/hespa_competencies_and_sub-competencies_052020.pdf.



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