

Join us for...



Workshops



Speakers



Presentations

Thank you to all of the staff, students, community members, and agencies for making this event possible!



Visit our website for more information and to register for the event.

Registration closes April 12, 2024

SUNY Potsdam Public Health Department presents

PUBLIC HEALTH DAY

FRIDAY, APRIL 26, 2024

The goal of this event is to celebrate public health in St. Lawrence County and energize the next generation of public health practitioners.

Breakout Sessions

Sugar on the Brain

Americans love to eat/drink sweet foods and beverages. The trouble is that too much added sugar from these foods and drinks increases our risk of getting sick. How do we know how much is ok? How much added sugar is actually in our food and drinks? Join Registered Dietitian Jennifer Pfoth to learn how to read food labels and measure out how much added sugar is in what we consume. You will be surprised!

In Her Shoes: Living With Domestic Violence

Step into the shoes of those impacted by domestic violence with NAHEC's immersive classroom simulation! Experience powerful narratives inspired by real women, shedding light on the complexities of intersectional identities and the challenges they face in seeking help. Walk through their stories and gain invaluable insights into their struggles. Engage in meaningful discussions led by NAHEC experts, aimed at breaking down stereotypes, reducing victim-blaming, and dismantling barriers to care.

Tobacco Toll

From cartoon characters to bright colors, Big Tobacco has spent big bucks on getting kids hooked. The marketing tactics of tobacco conglomerates are grossly deceptive. Take their word for it: teens are their "Replacement Smokers." Dive into the manipulative and deceptive marketing tactics of the tobacco industry that continue to successfully exploit vulnerable populations.

Early Childhood Intervention in Rural Areas & Why it's an Important Health Issue

The health department presents an overview of the importance of the Early Intervention program and how it positively impacts children and families, especially in Rural Communities. Discover how our resources can pave the way for brighter futures and empower families to thrive independently through personalized support and guidance. Join us in shaping a healthier, happier tomorrow for all. Learn more about our Early Intervention Program today!

and others will be offered!

Event Schedule

Session 1 - *The Power of Public Health in the North Country*

8:30 - 9:00 AM

Registration

9:00 - 9:15 AM

Welcome with Dean Grant

9:15 - 10:00 AM

Keynote with Missi Wooldridge

10:15 - 10:45 AM

Breakout sessions

11:00 - 12:00 PM

Lunch (provided)

12:00 - 12:30 PM

Student presentations

12:30 - 1:00 PM

Awards and ending remarks

Session Two - *"The After Party" Safe Vibes Only; Party Drugs & Harm Reduction*

1:30 - 1:45 PM

Welcome with NAHEC

1:45 - 3:00 PM

Documentary Viewing - "What's in My Baggie?"

3:00 - 3:15 PM

Q & A with Missi Wooldridge

3:15 - 4:00 PM

Workshops (NARCAN, Drug Testing & more!)

***snack & drink provided*

"The After Party"

Safe Vibes Only; Party Drugs & Harm Reduction

Join us for an engaging and eye-opening session that delves into the world of "party" drugs! The session will screen, "What's in My Baggie?" – A documentary film that follows partygoers across America to different music festivals and tests their drugs. Learn about current drug trends, common adulterants found in "party" drugs, and how to best protect yourself and friends from overdose and/or death. The screening will be followed by a Q&A with Missi Wooldridge, MPH, a thought leader in the field of nightlife harm reduction, interviewee in the film, and alum and adjunct professor of Public Health & Human Performance at SUNY Potsdam.

Be part of the movement that empowers responsible choices, informed-decision making, and a lifestyle that prioritizes access to life saving tools over stigma and punishment.

Walk away with a free Fentanyl test strip, Narcan to reverse an opioid overdose, and the knowledge and skills needed to party proper(ly)/ensure safe vibes only/dose with caution (dependent on chosen title)!

Hosted by the Northern Area Health Education Center, SUNY Potsdam Department of Public Health & Human Performance, Healthy Nightlife, and Seaway Valley Prevention Center