

Health Educator in new position

News from CARL M. HILD
Former Health Educator
Present Deputy Director
Social Health Services

You are responsible for your own well-being. If you want to

be healthy you must . . . oops!

I have to remember that I have a new position in the Agency. Leaving Health Education is hard. It has been my baby for over four years and

preventative health care will always hold a priority in my mind.

I thought my new position would tie me more to a chair, but this first month has had me hopping all over the place trying to find out about my job and the programs I administer. I appreciate the support and cooperation that all my program heads and their staff have provided.

There are ties with Health Education that will continue for a while. I will complete the writing of the "If" and "When" Arctic Survival Manuals as the research is close to being outlined in my head. The production and distribution will be turned over to the new Health Educator. Also work I started on an Arctic Health Policy will continue through the next month.

I have been invited to attend the American Public Health Association meeting in Montreal, Canada, where there will be a major workshop on developing the American Arctic Health Policy and also the Canadian Arctic Health Policy. The state chapter, Alaska Public Health Association, will be spearheading the effort and at the same time putting their Arctic Health Policy together.

The Circumpolar Health Society is also looking at the development of a Policy. If it all works the North Slope Borough's Health Policy will fit within all of the others and the others will be acceptable to the plans of our region. There will be updates in future Newsletters by the Health Educator.

I am looking forward to my new position. There will be much activity as the programs grow and expand to meet the growing needs of all of the North Slope Borough communities. In many ways I am happy to see the programs filling the needs. However, it makes me sad to see the growing need for these services. People first need to take care of themselves. Once they can do that well, the person can then try to help others.

"This above all: to thine own self be true, and it must follow, as night the day, thou canst not then be false to any man." (Polonius' advice to his son Laertes - Hamlet Act I Scene III by William Shakespeare.

Be true to yourself.

