

## **The Editor's Corner**

*Welcome to the Californian Journal of Health Promotion!*

### **WHERE IS CHICO?**

Where is Chico, California? Chico is the home of the California State University, Chico Wildcats, the award-winning college student newspaper The Orion, Bidwell Park, one of the largest municipal parks in the USA, and now the home of the Californian Journal of Health Promotion (CJHP). Chico is 90 miles north of Sacramento, halfway between Sacramento and Redding, and nestled in the heart of almond and walnut country. Seventy percent of the world's almonds are produced in this region. Chico is located, according to native Chicoans, in the "North State" and in the "North Valley" (Northern Sacramento Valley), and is not in the "boonies" as some might say in the South State. There is one commuter airline to San Francisco (SFO), a cute suburban mall, a lot of heat and sunshine, recreational spots, summer dorm space, conference rooms, computer labs, and many hotels and restaurants to accommodate a summer national or state health education conference.

### **THIS ISSUE**

This CJHP Inaugural Issue has a Californian mix of manuscripts that will peak one's interest, and will be delightful reading. Dr. Mary Portis and others lead this issue with the outcome of the TEAM Chapman Project. Drs. Diana Flannery, Mary Portis, and others discuss the outcome of the Outdoor School. The adorable little girl on the journal front cover and the boy on the back cover participated in the Outdoor School. See the video clips from the TEAM Chapman and Outdoor School articles. You will need QuickTime® or Real Player® to view the clips. Dr. Lyndall Ellingson reports the outcome of Operation Teddy, an innovative program to educate children about HIV/AIDS. CJHP readers are encouraged to submit similar evaluation manuscripts of local health education and health promotion projects, including service-learning projects.

Dr. Roland Lamarine was invited to address the issue and challenge current practices regarding the prescribed amount of water a person needs to drink every day to be healthy. The 8 X 8 Rule, promoted by some health professions, may or may not have any validity to such a prescription, even though many Americans actually believe in the rule. Dr. Lamarine challenges current nutrition beliefs about the 8 X 8 Rule. Readers are highly encouraged to respond with scholarly manuscripts (especially review articles) that address the issue of human water consumption and the scientific rationale (or lack thereof) for the 8 X 8 Rule. Also, readers are encouraged to respond to related psychosocial health issues such as carrying water bottles while out in public, water addiction/obsession, the notion of "keep your urine running clear", and the physiologic effect of plastic chemicals from water bottles.

Dr. Mark Kittleson, Founder and Editor of the International Electronic Journal of Health Education, an official journal of the American Association for Health Education (AAHE), provides a vision of where health education is headed in the information technology age. His manuscript could have been alternately titled, "Technologically Healthy Profession 2023."

In this first issue of the CJHP, we begin a series entitled, "Reflections on the Health Educator Experience," from students, health educators, and our retired colleagues. We will gain insight into who and what is a health educator and who and what is a health education student. Health educators and students are encouraged to submit manuscripts on the health educator experience, especially leadership positions held. Health educators, who are contemplating enhancing their career opportunities, may find these articles very useful in making the decision to accept leadership roles. Also, academics who research the health education profession may find these papers useful to explain the professional role of a health educator.

For those who are retired, we will gain insight into the process of letting go of a lifetime of health education and health promotion service to the people of California and Beyond California. Such qualitative information is vital to understand the health educator and health education profession. We will learn about the process of moving on to the adventures of a retiree, and for some, having continuing bonds with the life they loved as a health educator. Do health educators ever retire? In this issue, Dr. Muzza Eaton, Professor Emeritus, gives us a light-hearted view of what life is like as a “retired” health educator.

### **PROFESSIONAL NEWS**

Stay up-to-date on professional news from the American School Health Association (ASHA) and the Society for Public Health Education (SOPHE). CJHP Associate Editor Mary Cheryl B. Nacionales begins an important professional news column from the Society for Public Health Education (SOPHE), *SOPHE Corner*. The CJHP Editorial Board welcomes national ASHA and SOPHE to the CJHP!

### **CJHP ISSUE 2**

The second issue of the CJHP is themed and will be released June 1, 2003. The issue will be devoted to Mexican American Health and Mexican American Health Education in California. We will also be including manuscripts about Mexican-USA Border Health, and Migrant/Farm Worker Health. Mexicans and Mexican Americans contribute greatly to the lifeblood of this multicultural state, for California is their Home, and Californians are Family. We are all Family in California. Please join us this summer for the second issue of the Californian Journal of Health Promotion, *Somos la Familias en California*.

### **SPECIAL ISSUES ON CALIFORNIA'S NEIGHBORS**

Stay tuned to this year's line-up of Special Issues by visiting our web site at <http://www.cjhp.org>. The CJHP begins a series of Special Issues on the health status of and health education programs in California's neighbors.

The 2004 Special Issues will be on Hawaii, the Aloha State, and on **Oregon**, the Beaver State. Calls for Manuscripts (2003-2004) and other information will be released through the CJHP web site and the Health Education Directory (HEDIR) professional discussion group.

### **CJHP WRITING WORKSHOPS**

The CJHP Editorial Board will be conducting professional writing workshops throughout California this year for health educators who are interested in submitting manuscripts/multimedia presentations to the CJHP. Health educators interested in these hands-on workshops should contact their local professional associations and arrange the events with the CJHP.

We are all on a wonderful journey together. I hope you will enjoy reading, contributing to, and experiencing the *Californian Journal of Health Promotion*.

See you in Chico!

Mark Tomita  
Editor

*“The expanse of the unknown is broad enough for all voyagers to pursue their way without collision....”*

*Louis Pasteur*