



For Your Information – July 2009

At the State Board of Health (SBOH), we believe information is essential. For several years we have been making SBOH and health-related information available through the distribution of our Board meeting agendas with an attached segment simply called, "FYI". To make this information more accessible we have created this Web page. This page will be updated on a regular basis and should be considered the go-to source for current information on correspondence to and from the Board, a selection of health publications, and health-related conferences.

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Events and Conferences

October 2009

Date	Name and Location
Oct. 16-17	Latino Summit & Institute 2009 Bellevue, WA For information: http://www.latinocommunityfund.org/summit09.html

June 2010

Date	Name and Location
Jun. 5-9	National Environmental Health Association (NEHA) 74th Annual Education Conference Albuquerque, New Mexico For information: www.neha.org

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General Interest

State Oral Health Plan Survey

The Department of Health is developing a State Oral Health Plan to improve the oral health of all people in Washington. The Department of Health is surveying health professionals, organizations, community

groups, and members of the general public. The information will be used to identify common concerns and create workgroups to develop the state plan. The due date to participate in the survey is June 19.

You can access the survey through the links below:

- Survey for Health Professionals, Organizations & Community Groups:
<https://fortress.wa.gov/doh/opinio//s?s=4254>
- Survey for the Public (Individuals) – English: <https://fortress.wa.gov/doh/opinio//s?s=4005>
- Encuesta Publica Para el Plan de Salud Dental del Estado de Washington - Español:
<https://fortress.wa.gov/doh/opinio/s?s=4302>

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Public Health Leadership Positions Available

Public Health Nurse II - First Steps Program

Kittitas County Health Department

Closes: When Filled

For information:

<http://www.co.kittitas.wa.us/hr/jobs.asp?jobID=348>

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Publications - General Media

Camps Seeing Outbreaks of Swine Flu, Agency Says

New York Times, June 18, 2009

Although it is fading in much of the nation as warmer weather comes on, swine flu is causing outbreaks in summer camps just as it has in schools, federal officials said Thursday. The illness has hospitalized 1,600 Americans, most of them young, and is blamed in 44 deaths, the officials said. It is most persistent in the Northeast, and nearly 90 percent of the flu cases that are tested nationally are the new swine H1N1, not seasonal flu.

CDC: Shortage of childhood infection vaccine over

Seattle Post-Intelligencer, June 25, 2009

ATLANTA -- The government declared an end to a shortage of a childhood vaccine that protects against bacterial meningitis, pneumonia and other serious infections. The shortage began in late 2007, when vaccine maker Merck & Co. announced a recall of the vaccine after identifying a sterility problem. The vaccine protects against Haemophilus (hehm-ahf-ihl-us) influenza type B, which can cause pneumonia and other infections.

Diabetes treatment tailored to Asians

Seattle Post-Intelligencer, June 8, 2009

After 20 years with Type 2 diabetes, San Francisco resident Andy Chu has become mostly used to the diet restrictions required to manage the disease. He's just never going to stop missing white rice. Chu, 61, gets one tablespoon of brown rice with dinner. A couple of times a year he might attend a formal banquet dinner and allow himself a taste of white rice. Just thinking about it brings a sad, wistful smile to his face. "I'm so happy to just have a spoonful," Chu said. "The feeling is so nice. And brown rice is terrible."

More students on free lunch programs

USA Today, June 11, 2009

WASHINGTON — Nearly 20 million children now receive free or reduced-price lunches in the nation's schools, an all-time high, federal data show, and many school districts are struggling to cover their share of the meals' rising costs. Through February, nationwide enrollment in free school lunch programs was up 6.3% over the same time last year, to 16.5 million students, based on data from the U.S. Food and Nutrition Service (FNS), which subsidizes the programs. Participation in reduced-price lunch programs rose to 3.2 million students, the data show.

Native American students get glimpse of medical careers

Spokesman Review, June 23, 2009

Growing up on the Warm Springs Reservation in Oregon, Krysten Allen-Alford has seen more than her tribe's share of teenage pregnancies. "Thirteen-year-old girls having babies" is not uncommon, said Allen-Alford, who at 16 is determined to do something about the health care of her people by becoming a pediatric nurse. "I just want to be somebody who helps out," she said, "and going to college will prepare me."

Restaurant Industry Backs Menu-Labeling Legislation

RWJF, Jun 11, 2009

Several U.S. chain restaurant corporations have agreed to support legislation that would establish uniform requirements for calorie and nutrition labeling on restaurant menu boards, Reuters reports. According to the Center for Science in the Public Interest (CSPI), adults and children in the United States consume approximately one-third of their calories from dining out in restaurants, where meals can be unexpectedly high in calories.

Steps to Health: Small movements offer big payoff

Seattle Post-Intelligencer, June 8, 2009

When it comes to your weight, it's the little things that count. So says Dr. James Levine, a researcher and professor of medicine at the Mayo Clinic in Minnesota, who blames the nation's obesity epidemic on our lack of physical activity. Not exercise, but the type of physical activity we used to perform routinely throughout the day 50 years ago -- walking to the store, doing the dishes and washing the car. Levine calls it NEAT, or non-exercise activity thermogenesis. "A patient cannot possibly anticipate success losing weight unless they integrate this NEAT movement into their daily lives," says Levine by phone from his office, where he walks on a treadmill as he talks.

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Publications - Highlighted Journal Articles

Journals Reviewed

American Journal of Public Health

<http://www.ajph.org/current.shtml>

- Vol. 99, No. 7, July 1, 2009

Environmental Health Perspectives

<http://www.ehponline.org/>

Health Affairs

<http://www.healthaffairs.org/>

The Journal of the American Medical Association

<http://jama.ama-assn.org/>

- Vol. 302, No. 1, July 1, 2009
- Vol. 301, No. 24, June 24, 2009
- Vol. 301, No. 23, June 17, 2009
- Vol. 301, No. 22, June 10, 2009
- Vol. 301, No. 21, June 3, 2009

The Journal of Health Politics, Policy & Law

<http://jhpppl.dukejournals.org/archive/>

Morbidity and Mortality Weekly Report

http://www.cdc.gov/mmwr/mmwr_wk.html

- Vol. 58, No. 24, June 26, 2009
- Vol. 58, No. 23, June 19, 2009
- Vol. 58, No. 22, June 12, 2009
- Vol. 58, No. 21, June 5, 2009

The New England Journal of Medicine

<http://content.nejm.org/current.shtml>

- Vol. 361, No. 1, July 2, 2009
- Vol. 360, No. 26, June 25, 2009
- Vol. 360, No. 25, June 18, 2009
- Vol. 360, No. 24, June 11, 2009
- Vol. 360, No. 23, June 4, 2009

Preventing Chronic Disease

CDC

<http://www.cdc.gov/pcd/>

- Vol. 6, No. 3, July 2009

Journal Articles

The Culture, Community, and Science of Type 2 Diabetes Prevention in the US Associated Pacific Islands

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

Background

The type 2 diabetes epidemic is a global health issue, particularly in the US Associated Pacific Islands (USAPI). Population health approaches targeting policy development and environmental transformations can help prevent or delay diabetes and related complications.

Developmental Perspectives on Nutrition and Obesity From Gestation to Adolescence

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

Obesity results from a complex combination of factors that act at many stages throughout a person's life. Therefore, examining childhood nutrition and obesity from a developmental perspective is warranted. A developmental perspective recognizes the cumulative effects of factors that contribute to eating behavior and obesity, including biological and socioenvironmental factors that are relevant at different stages of

development. A developmental perspective considers family, school, and community context. During gestation, risk factors for obesity include maternal diet, overweight, and smoking. In early childhood, feeding practices, taste acquisition, and eating in the absence of hunger must be considered. As children become more independent during middle childhood and adolescence, school nutrition, food marketing, and social networks become focal points for obesity prevention or intervention. Combining a multilevel approach with a developmental perspective can inform more effective and sustainable strategies for obesity prevention.

Health Disparities Across the Lifespan: Where Are the Children?

JAMA, Vol. 301, No. 23, June 17, 2009

A 2003 publication by the Institute of Medicine raised awareness regarding persistent disparities in health care in the United States.¹ However, of the 103 studies reviewed in the report, only 5 focused on disparities for children. Based on the expectation of a significantly more diverse child population by 2020,² and the large number of children living in poverty, greater attention is needed on vulnerable children and their potential for a healthy and productive adulthood. Much research has documented persistent or increasing child health disparities by population, disease, risk factors, and geography, but there is a paucity of research on successful interventions. Life-course research demonstrates the power of early childhood health and experiences influencing adult health such as cardiovascular disease, type 2 diabetes, hypertension, and mental health.³

A Health Disparities Perspective on Obesity Research

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

Obesity is a major risk factor for chronic disease and can decrease longevity, quality of life, and economic productivity. Compelling ethical, human rights, and practical reasons exist for addressing social disparities in obesity, which requires systematically applying a disparities perspective to obesity research and relevant policy. A disparities perspective guides us to consider multiple dimensions and levels of social advantage and disadvantage and how those advantages and disadvantages produce disparities in obesity and its consequences.

Neuroscience, Molecular Biology, and the Childhood Roots of Health Disparities: Building a New Framework for Health Promotion and Disease Prevention

JAMA, Vol. 301, No. 22, June 10, 2009

A scientific consensus is emerging that the origins of adult disease are often found among developmental and biological disruptions occurring during the early years of life. These early experiences can affect adult health in 2 ways—either by cumulative damage over time or by the biological embedding of adversities during sensitive developmental periods. In both cases, there can be a lag of many years, even decades, before early adverse experiences are expressed in the form of disease. From both basic research and policy perspectives, confronting the origins of disparities in physical and mental health early in life may produce greater effects than attempting to modify health-related behaviors or improve access to health care in adulthood.

Price, Availability, and Youth Obesity: Evidence From Bridging the Gap

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

After a decade of analyzing environmental influences on substance use and its consequences among youth in the United States, the Robert Wood Johnson Foundation's Bridging the Gap program has begun studying the effect of environmental factors on youth physical activity, diet, and weight outcomes. Much of this research has focused on access to food, as reflected by availability and price. Program researchers have documented disparities in access to healthy foods and opportunities for physical activity; healthier food outlets and opportunities for physical activity are relatively less available in communities with lower income and larger proportions of racial/ethnic minority populations. They also have found that

healthier environments are associated with more fruit and vegetable consumption, more physical activity, lower body mass index, and reduced likelihood of obesity among youth.

Reversing the Trend of Childhood Obesity

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

In March 2008, a group of experts in anthropology, law, epidemiology, ethics, and social networking met to share their diverse perspectives on preventing childhood obesity. In meeting their charge to identify innovative ways to lower the prevalence of childhood obesity, they asked several questions: What has succeeded and what has not? What are the barriers to success? Whose job is it to address these barriers? We provide a brief background on childhood obesity and highlight some of the ideas generated at the Symposium on Epidemiologic, Ethical, and Anthropologic Issues in Childhood Overweight and Obesity, which took place in March 2008 at Saint George's University, Saint George, Grenada.

A Socioeconomic Analysis of Obesity and Diabetes in New York City

Preventing Chronic Disease, Vol. 6, No. 3, July 2009

According to New York City Health Commissioner Thomas R. Frieden, MD, MPH, "Of all diseases New Yorkers suffer, diabetes and HIV have the greatest disparities of race and class" (1). Indeed, throughout the United States, poorer people are more likely to become obese because of factors such as less healthy nutritional habits (healthy foods tend to be more expensive) and lack of time to exercise. They are thus more likely to develop not only obesity but also type 2 diabetes, following a predictable pathway in which poverty leads to obesity, and obesity in turn leads to type 2 diabetes. Furthermore, poorer people are more likely to have severe, uncontrolled disease because of their limited access to health care and health education; regular monitoring and patient self-management reduce diabetes-related morbidity and mortality. Wide income disparities exist in New York City, and the poorest areas (which include the South Bronx, northern Manhattan, and the Brooklyn/Queens border) have the highest levels of obesity and diabetes (Figure 1).

Underserved Communities Have the Highest Need for Built Environment Interventions Targeting Obesity

American Journal of Public Health, Vol. 99, No. 7, July 1, 2009

Grafova et al. provide insightful analysis on the relationship between neighborhoods and obesity in older adults in the United States. According to them, neighborhood economic advantage protected against overweight and obesity, and economic disadvantage increased the likelihood of overweight and obesity in older men and women.¹ Recently, there is increased interest in how the built environment² influences both sides of the energy balance equation: food intake and energy expenditure. New research underscores the effect the built environment has on health outcomes such as access to healthful foods and physical activity.

Universal Voluntary Testing and Treatment for Prevention of HIV Transmission

JAMA, Vol. 301, No. 22, June 10, 2009

Antiretroviral therapy (ART) can suppress the level of human immunodeficiency virus (HIV) viremia (or "viral load") to undetectable levels in the plasma of a substantial proportion of individuals infected with HIV and has greatly reduced HIV-related morbidity and mortality.¹ In addition, the efficiency of HIV transmission is directly proportional to the viral load in the transmitting individual.² Given the dramatic effect of ART on viral load, it is reasonable to consider using treatment of individuals infected with HIV as a means of preventing HIV transmission. The notion of treating individuals who are infected in the general population as a means of controlling the HIV/AIDS pandemic by decreasing the rate of HIV transmission—and thus lessening the societal spread of HIV—is not new.³

Updated Recommendations for Use of Haemophilus influenzae Type b (Hib) Vaccine: Reinstatement of the Booster Dose at Ages 12--15 Months

MMWR, Vol. 58, No. 24, June 26, 2009

On December 13, 2007, certain lots of Haemophilus influenzae type b (Hib) vaccine marketed as PedvaxHIB (monovalent Hib vaccine) and Comvax (Hib-HepB vaccine), and manufactured by Merck & Co., Inc., were recalled voluntarily, and the company temporarily suspended production of these vaccines. To conserve the limited supply of Hib-containing vaccines, CDC, in consultation with the Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP), on December 18, 2007, recommended that vaccination providers temporarily defer the routine Hib vaccine booster dose administered to most healthy children at age 12--15 months (1--5).

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Publications - Inside this Issue

Advances

RWJF, June 2009

<http://www.rwjf.org/global/email.jsp?nsid=665>

- Vote for the Most Influential Research in Childhood Obesity
- Consumer Confidence in Health Care Drops 1.3 Points in May
- President Barack Obama Gives FDA Tobacco Authority
- Former Senate Majority Leaders Daschle, Dole and Baker Promote Bipartisan Health Care Plan
- Poll: Prevention Top Health Reform Priority for Americans
- All Roads Lead To Payment: Squeezing Value from Health Reform
- Ten Lessons from the Pandemic Flu Frontlines
- Moving PHRs from Static Repositories of Information to Dynamic, Interactive Applications

Alliance

Western Washington Area Health Education Center

Elaborations

Department of Health

http://www.doh.wa.gov/hsqa/fsl/lqa_newsletters.htm

EpiLog

Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/communicable/epilog.aspx>

EpiTrends

Department of Health

http://ww2.doh.wa.gov/EHSPHL/epitrends/08-epitrends/2008_trend.htm

The Nation's Health

American Public Health Association, June/July 2009

<http://www.apha.org/publications/tnh/>

- Nation
 - Global public health mobilizes to confront H1N1 flu outbreak: Disease brings preparedness to forefront

- Food safety reform moves closer to becoming a reality: Legislation now under consideration
- President's 2010 budget plan lays groundwork for health reform
- New federal campaign to refocus attention on HIV crisis
- Healthy Monday helps Americans get back on track: Monday described as 'The Day All Health Breaks Loose'
- EPA submits proposal to reduce shipping pollution at U.S. ports
- EPA proposes greenhouse gases a threat to human health, welfare
- HRSA playing critical role in national health reform dialogue
- Nation in Brief
- Study finds more than one-fifth of private wells are contaminated
- State/Local
 - Delaware, Hawaii top-ranked in report linking health, education
 - States in Brief
- Globe
 - TB infection among HIV patients higher than expected, reports WHO
 - Globe in Brief
- General
 - Rocket fuel chemical found in powdered baby formula, CDC finds
 - In memoriam
- Healthy You
 - Be on the team to support the health of your teen
- Health Findings
- APHA News
 - National Public Health Week marked nationwide: Event honors 'Building the Foundation for a Healthy America'
 - National Public Health Week celebrated nationwide: Health departments, schools, communities hold events
 - Celine Cousteau to keynote APHA Annual Meeting: Registration now open for this year's meeting in Philadelphia
 - APHA releases principles for health reform in United States
 - Winners named in APHA Get Ready Scholarship competition
 - APHA video: Healthiest nation in one generation a possibility
 - New features make Public Health CareerMart better for job seekers
 - APHA Executive Board gathers in D.C.
 - Article on public health brings award to The Nation's Health
 - APHA Advocates
 - APHA Student Assembly photo contest spotlights advocacy
 - Cleveland Chiropractic College zeroes in on healthy weights
 - Collaborations key at University of South Florida
 - Cumberland County, Tenn., builds a healthy foundation
 - Maine health association shows how public health shapes lives
 - North Carolina forum spotlights health reform
 - Santa Barbara, Calif., report provides health snapshot
 - Tennessee high school raises awareness of public health
 - UCLA students take to the streets to support health
 - Walden webinars show public health role in healthy nation
 - Workers in North Dakota focus on healthy behaviors
 - APHA policy, publications, convention departments add new staff

- Student Focus
- New Web site illuminates public health career paths for students
- Occupational health, hazards focus of internship program
- Journal Watch
- President's Column
 - The health of the world's children: An international responsibility
- Letters
- Job Openings
- Web Exclusive
 - World Health Day focuses on making hospitals safe during emergencies
 - Health reform must include needs of small businesses
 - Study finds unexpected bacterial diversity on human skin
 - Study says colorectal cancer increasing in young adults
 - Older cardiac patients benefit equally from cardiac rehab
 - Most U.S. bankruptcies linked to medical problems
 - Heart-healthy, reduced-calorie diets promote long-term weight loss
 - Three in every 1,000 U.S. kids diagnosed with Tourette syndrome
 - Soap-sniffing technology encourages handwashing
 - Risks of sharing personal genetic information online need more study
 - Breastfeeding linked to reduced risk of relapse in women with multiple sclerosis
 - Whole-grain claims in school lunches spark confusion
- Newsmakers
- Resources

State Health Notes

National Conference of State Legislators, Vol. 30, No. 541, June 22, 2009

- Express Lanes, Premium Assistance and Contingency Funds: The New Provisions in CHIPRA
- Vermont to Doctors: No More Free Restaurant Lunches
- Some States Telling Restaurants to Count the Calories
- Infection Control...Covering Autism...Medical Bankruptcy...Adolescent Substance Use
- Alcohol and Suicide

Zoonotic Disease Newsletter

Washington State Department of Health

<http://www.doh.wa.gov/ehp/ts/Zoo/zdnewsletter.html>

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