



For Your Information – November 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. 30-31	2009 Prevention Summit Yakima, Washington For information: www.preventionsummit.org

November 2009

Date	Name and Location
Nov. 7-11	137th Annual APHA Meeting & Exposition Philadelphia, Pennsylvania For information: www.neha.org

March 2010

Date	Name and Location
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Mar. 23	Weathering the Perfect Storm: Challenges & Changes—8th NW Regional Critical Access Hospital Conference Spokane, Washington For information: www.ahec.spokane.wsu.edu
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Mar. 24-25	Weathering the Perfect Storm: Challenges & Changes—23rd NW Regional Rural Health Conference Spokane, Washington For information: www.ahec.spokane.wsu.edu
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April 2010

Date	Name and Location
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April 30- May 1	27th Annual Conference: Primary Care Update Spokane, Washington For information: www.ahec.spokane.wsu.edu
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May 2010

Date	Name and Location
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May 27-28	2010 Healthy Schools Summit ~ Engaging Youth in Creating Health Schools SeaTac, Washington For information: http://depts.washington.edu/waschool/summit/
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June 2010

Date	Name and Location
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Jun. 5-9	National Environmental Health Association (NEHA) 74th Annual Education Conference Albuquerque, New Mexico For information: www.neha.org
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August 2010

Date	Name and Location
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Aug. 5-7	18th Annual NALBOH Conference ~ Journey to the Future: Facing Public Health Challenges Today for a Healthier Tomorrow Omaha, Nebraska For information: http://www.nalboh.org/NALBOH_Conference.htm
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Correspondence

Correspondence from the Board

To: Governor's Natural Resources Subcabinet

From: Keith Higman, Chair, Washington State Board of Health, October 28, 2009

Letting commenting on September 2009 report, Ideas to Improve Management of Washington's Natural Resources.

Correspondence to the Board

To: Washington State Board of Health Members, Governor Christine Gregoire, Governor Gregoire's Natural Resources Subcabinet

From: Citizens for Sustainable Development, October 7, 2009

Subcabinet's proposal to consolidate the manner in which dairies are regulated under the Clean Water Act (CWA).

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General Interest

18th Annual NALBOH Conference - Call for Presentations - Due December 18, 2009

NALBOH, October 2009

The National Association of Local Boards of Health (NALBOH) Program Committee invites you to submit a proposal for a workshop or concurrent session presentation at our 18th Annual Conference - Journey to the Future: Facing Public Health Challenges Today for a Healthier Tomorrow. The conference will take place in the heart of the midwest - Omaha, Nebraska from August 5-7, 2010.

2010 Healthy Schools Summit - Call for Presentations, Exhibitors, Sponsors, and Scholarship Applications

Health Schools WA, October 2009

This year's Healthy Schools Summit theme is "Engaging youth in creating healthy schools". Student well being has always been the center of the healthy schools movement, however we sometimes forget to ask youth for their input. This year we will take time to listen to and learn how to partner with youth to create healthier schools.

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Public Health Leadership Positions Available

Director of Community Health

Northeast Tri County Health District

Closes: When Filled

For information:

<http://www.netchd.org/Employment/dir%20comm%20heath%2010%2021%202009.pdf>

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

Children's snacking habits: the role of urban corner stores

RWJF, October 13, 2009

Researchers from Temple University, The Food Trust and the Philadelphia School District found that children in Philadelphia who attended public schools and shopped at corner stores before or after school purchased almost 360 calories of foods and beverages per visit. The study, published in the journal *Pediatrics*, was supported by the Robert Wood Johnson Foundation through its national program Healthy Eating Research.

Does drinking too much soda make you stupid?

The Oregonian, October 28, 2009

A study by education and health leaders in Washington, out today, shows that teens who drink two or more cans of soda per day are twice as likely to fail in school as those who do not. Sure, there's room for debate about the true cause behind that correlation. Maybe getting Ds and Fs makes a kid reach for an ice-cold pop? But I found it interesting that the heavy soda drinkers were more likely to report poor grades than kids who watch more than three hours of TV per day, those who skip breakfast or those who get too little sleep.

Nothing to fear but the flu itself

The New York Times, October 11, 2009

Public health officials are now battling not only a fast-spreading influenza virus but also unfounded fears about the vaccine that can prevent it. Since April, more than a million Americans have caught H1N1 flu, more than 10,000 have been hospitalized, and about 1,000 have died, including 76 children. And it's only the beginning of October. Yet, in a new survey, 41 percent of adults said they will not get vaccinated.

State report: Health and grades related

KOMO TV, Oct 28, 2009

OLYMPIA, Wash. (AP) - A report based on data from a health survey of the state's young people has found a direct connection between healthy living and good grades. The review of the 2006 Healthy Youth Survey found that the more health risks a student has - such as smoking or not eating enough fruits and vegetables - the more likely he or she is to report grades of C's and below. State education and health officials say about 10 percent of those with a single health risk factor are also at "academic risk." About 50 percent of those with six health risk factors are likely to be in academic trouble.

Study Show Overwhelming Parent Support for Healthier Schools: Survey for the Alliance for a Healthier Generation finds most parents willing to help schools improve food offerings and increase physical activity.

RWJF, October 28, 2009

The vast majority of parents want schools to limit students' access to high-calorie chips, sodas and candy and to offer them opportunities for physical activity throughout the day, a new survey by the

Alliance for a Healthier Generation shows. The national survey, released today, signals the breadth of parents' support for changes to make schools healthier places—and their willingness to help make those changes happen. In fact, nearly eight in 10 parents are ready to get more involved to create a healthier environment in their local schools.

Study suggests neighborhood can impact diabetes risk

RWJF, October 16, 2009

A study published in a recent issue of the Archives of Internal Medicine suggests that living in a neighborhood with ample access to fresh fruits, vegetables and other low-fat foods, and opportunities for exercise can reduce the risk of developing type 2 diabetes, MedPage Today reports. To assess how neighborhood environment impacts diabetes risk, a team led by a Drexel University researcher analyzed data on nearly 2,300 participants at three sites involved in the Multi-Ethnic Study of Atherosclerosis (MESA), including the the Bronx, Baltimore and Forsyth County, N.C., which includes Winston-Salem. Health and sociodemographic data were collected, along with participants' descriptions of their diet and exercise routines.

Wash. report: Health and grades related: A report based on data from a health survey of the state's young people has found a direct connection between healthy living and good grades.

The Seattle Times, October 29, 2009

A report based on data from a health survey of the state's young people has found a direct connection between healthy living and good grades. The review of the 2006 Healthy Youth Survey found that the more health risks a student has - such as smoking or not eating enough fruits and vegetables - the more likely he or she is to report grades of C's and below.

WHO: Nearly 1 in 5 babies still missed by vaccines

The News Tribune, October 21, 2009

WASHINGTON --A record 106 million infants were vaccinated last year against life-threatening diseases, but nearly 1 in 5 babies still aren't fully protected, global health authorities reported Wednesday. To get the full round of first-year vaccinations to children in the poorest countries will take another \$1 billion a year, says the report from the World Health Organization, UNICEF and World Bank.

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Publications - Highlighted Journal Articles

Journals Reviewed

American Journal of Public Health

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

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. 16, October 28, 2009
- Vol. 302, No. 15, October 21, 2009
- Vol. 302, No. 14, October 14, 2009

The Journal of Health Politics, Policy & Law

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

Morbidity and Mortality Weekly Report

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

- Vol. 58, No. 41, October 23, 2009
- Vol. 58, No. 40, October 16, 2009

The New England Journal of Medicine

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

- Vol. 361, No. 17, October 22, 2009
- Vol. 361, No. 16, October 15, 2009

Preventing Chronic Disease

CDC

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

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Publications - Inside this Issue

Advances

RWJF, October 2009

<http://www.rwjf.org/global/email.jsp?nsid=805>

- A Little Money Buys a Lot of Calories at City Corner Stores
- Consumer Confidence in Health Care Rises Slightly in September
- The Cost of Failure to Enact Health Reform
- IOM Report Confirms Smoking Bans Prevent Heart Attacks
- Trust for America's Health Report Finds Many States Could Be Short on Hospital Beds in an H1N1 Outbreak
- Roadmap Posed Key Questions for Advancing Tobacco, Alcohol and Drug Abuse Policy
- Ten Leaders Honored for Working in Hard-to-Reach Communities
- Institute of Medicine Announces 2009 Lienhard Award and Sarnat Prize
- Kaiser Permanente "Biobank" Receives \$25-Million Grant from National Institutes of Health

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, Vol. 14, No. 10, October 2009

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

- Reporting Adverse Events from Vaccines
 - The Vaccine Adverse Event Reporting System (VAERS)
 - Influenza Vaccination Cards
 - Reporting to VAERS

The Nation's Health

American Public Health Association, October 2009

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

- Nation
 - Access to safe water a growing concern around the globe: APHA Annual Meeting focuses on water
 - Fight for reform of U.S. drug policies slowly making headway: Treatment favored over harsh sentences
 - Uninsurance numbers show need for U.S. health reform: Poverty rate grows
 - Debate continues as new findings make case for U.S. health reform
 - Group calls for strengthened law regulating toxic chemicals
 - Public health officials readying for increase in H1N1 influenza cases
 - Q&A with ocean advocate Celine Cousteau: 'Healthier planet means a healthier human': Cousteau to keynote opening session at APHA Annual Meeting
 - Nation In Brief
- State/Local
 - States in Brief
 - Prescription Trails links New Mexico patients with walking tips
- Globe
 - Report: Millions of women in Asia at risk of contracting HIV
 - Globe in Brief
- Healthy You
 - Baby on the way? Let nutrition guide your day
- Health Findings
- APHA News
 - APHA's 2009 award winners to be honored for public health work: Ceremonies to be held at Annual Meeting
 - Winners announced for APHA's 2009 member group elections
 - Share your APHA, Annual Meeting photos via Association's Flickr pool
 - APHA meeting closing session to feature top health leaders
 - APHA Annual Meeting attendees encouraged to drink tap water
 - APHA: Set Your Clocks, Check Your Stocks with November time change
 - APHA Advocates
 - APHA welcomes five new staff members
- Affiliates
 - Maine Public Health Association creates legislative education guide
 - Arizona Affiliate helping state's employers prepare for H1N1 flu
- Journal Watch

- President's Column
 - Recommitting to health, human rights in honor of Sen. Kennedy
- Job Openings
- Web Exclusive
 - Telephone counseling can help teen smokers kick the habit
 - Cocaine vaccine shows promise for treating addicts
 - Flu can trigger heart attacks, but vaccination may offer protection
 - Exercise improves body image for fit and unfit alike
 - Working after retirement improves health
 - Heart defects more common in babies born to overweight mothers
- Newsmakers
- Resources

Zoonotic Disease Newsletter

Washington State Department of Health

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

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Publications - Reports

Research Review: School Based Health Interventions and Academic Achievement

Washington State Board of Health, Office of Superintendent of Public Instruction, Washington State Department of Health, October 2009

The report analyzes data from Washington's 2006 Healthy Youth Survey. The report looks at 13 health risk factors and cross-references them with self-reported grades. It confirms what educators and parents have suspected for a long time: healthier kids get better grades. The more health risks students have, the more likely they will do poorly in school. Each health risk has an independent effect, so eliminating even one can improve a student's success in school. The report also shows a similar pattern between health and achievement gaps based on race and poverty.

The report lists evidence-based health interventions that can improve academic performance. It also makes a strong case for delivering health programs in a comprehensive way that addresses the school environment, instruction, and supportive services.

This report was issued jointly with the Office of Superintendent of Public Instruction and the Department of Health.

School Meals: Building Blocks for Healthy Children

Institute of Medicine, October 20, 2009

The National School Lunch Program and the School Breakfast Program play key roles in supporting the nutrition and health of schoolchildren in the United States by providing nutritionally balanced, low-cost or free lunches each school day. While school meals must meet standards established in 1995, advances have been made in dietary guidance in the years since. At the request of the United States Department of Agriculture (USDA), the Institute of Medicine convened a committee to provide recommendations to revise standards and requirements so that school meals are more healthful.

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