



For Your Information – August 2008

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

August 2008

Date	Name and Location
Aug. 2	Complimentary Reception & Luncheon - United for Life Mt. Zion Baptist Church Seattle, Washington For information: datintern@lcnw.org or 425-201-6619
Aug. 4	2008 Washington State Diversity Fair: Discover the World in Our Own Backyard Labor and Industries Tumwater, Washington For information: http://hr.dop.wa.gov/DiversityFair2008/default.asp

September 2008

Date	Name and Location
Sep. 9-12	ASTHO-NACCHO 2008 Joint Conference Sacramento, California For information: http://www.naccho.org/conferences/NACCHOannual06/

Sep. 21-24 **Sixth National Conference on Quality Health Care for Culturally Diverse Populations**
Minneapolis, Minnesota
For information: <http://www.diversityrxconference.com/>

Sep. 28 - Oct. 1 **ESRI Health GIS Conference: Shaping Global Health**
Washington, DC
For information: www.esri.com/healthgis

October 2008

Date	Name and Location
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Oct. 17-18	2008 Washington State Prevention Summit Yakima Convention Center Yakima, Washington For information: http://dasa.casat.org
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Oct. 25-29	Public Health without Borders - APHA 136th Annual Meeting and Exposition San Diego, California For information: http://www.apha.org/meetings/
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November 2008

Date	Name and Location
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Nov. 6-7, 2008	American Indian Health Commission's Bi-annual Tribal Leaders Health Summit Little Creek Casino-Resort Shelton, WA For information: slowe@aihc-wa.org
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December 2008

Date	Name and Location
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Dec. 16-18, 2008	The Science of Eliminating Health Disparities Gaylord National Resort and Convention Center National Harbor, Maryland For information: http://www.blsm meetings.net/2008healthdisparitiessummit/
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June 2009

Date	Name and Location
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Jun. 21-24	National Environmental Health Association (NEHA) 73rd Annual Education Conference Atlanta, Georgia For information: www.neha.org
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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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Correspondence

Correspondence from the Board

None.

Correspondence to the Board

To: Mr. Treuman Katz, Chair

From: Washington State House of Representatives

- **The Honorable Kathy Haigh**, Chair, Appropriations Subcommittee on Education;
- **The Honorable Pat Sullivan**, Vice Chair, Appropriations Subcommittee on Education;
- **The Honorable Skip Priest**, Ranking Minority, Appropriations Subcommittee on Education;
- **The Honorable Glenn Anderson**, Assistant Ranking Minority, Appropriations Subcommittee on Education;
- **The Honorable Ross Hunter**
- **The Honorable Fred Jarrett**

Letter requesting the Board delay the adoption of the school environmental health and safety rule until the Joint Task Force on Basic Education Finance completes its final report (due December 2008) and until the Legislature has an opportunity to address the costs associated with Rule implementation and to consider the costs in the context of other budget decisions.

To: Mr. Treuman Katz, Chair

From: Washington State Senate

- **The Honorable Rosemary McAuliffe**, Chair, Senate Education;
- **The Honorable Rodney Tom, Vice-Chair**, Senate Education;
- **The Honorable Dale Brandland**, Ranking Minority member, Senate Ways & Means, Co-Chair, Joint Legislative Committee on School Construction Funding;
- **The Honorable Curtis King**, Ranking Member Senate Education, July 28, 2008

Letter requesting the Board delay the adoption of the school environmental health and safety rule until the Legislature has the opportunity to review the final cost estimates and determines a funding mechanism.

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General Interest

Fact Sheets on Rural-Urban Disparities

- Rural Washington: Closing Health Disparities
- Rural Disparities in Mortality
- Profile of a Typical Rural Resident
- Age Matters: Who Lives in Rural Washington?
- Closing the Gap in Health Care Coverage Washington State

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Public Health Leadership Positions Available

Director

Washington State Department of Health, Public Health Systems Planning and Development
Closes: When Filled

Environmental Health Director

Island County Health Department
Closes: June 10, 2008

Health Officer

Spokane Regional Health District
Closes: When filled
For information: Contact Barbara Lorang, 509-324-1502, blorang@spokanecounty.org

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>

Secretary Senior

Washington State Board of Health
Closes: August 7, 2008
For information: http://www.doh.wa.gov/job_ann/DOH789.doc

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Publications - General Media

California bans restaurants from using trans fats

AP, July 26, 2008

SACRAMENTO, Calif. (AP) — California on Friday became the first state to ban trans fats from restaurant food, following several cities and major fast-food chains in erasing the notorious artery-clogger from menus. Gov. Arnold Schwarzenegger signed legislation that will ban restaurants and other retail food establishments from using oil, margarine and shortening containing trans fats. In a statement,

Schwarzenegger noted that consuming trans fat is linked to coronary heart disease. "Today we are taking a strong step toward creating a healthier future for California," he said.

CDC Campaign Hopes to Make USA Healthier Nation

USA Today, July 7, 2008

Julie Gerberding, director of the Centers for Disease Control and Prevention, wants to get this message out to Americans:

Health care isn't only what takes place in a doctor's office, a clinic or a hospital. "We put way too much emphasis on treating disease rather than protecting health in the first place," Gerberding said in an interview. As a result, the United States doesn't even muster a spot in the top 10 on rankings of nations' health. On one list it's 26th, the CDC says; on another, 47th. To tackle the problem, the CDC has launched the "Healthiest Nation Campaign," and Gerberding is speaking about it at "Shaping Policy for a Healthier Nation," a conference today and Wednesday in Washington, D.C. More than 300 leaders from a variety of fields, including business, non-profit groups, health care, sports and entertainment, are expected to attend.

Fourteen new tests for newborn babies in Washington State

Local Health Guide/Seattle, July 26, 2008

Babies born in Washington state will now be tested for 24 inherited diseases before they leave the hospital. The state has had a screening program to test newborns for rare genetic disorders since 1977. The new rules add 14 new tests to the state's newborn screening program. Another test will be added in August, making the total number of disorders being tested for to 25. The tests are performed from a small drop of blood collected with a prick of the baby's heel shortly after birth. The tests are mandatory.

Genetic testing of kids could pose a dilemma

Seattle Post-Intelligencer, July 29, 2008

Would you want to know if condition is incurable? Would you want to know if your toddler is more likely to develop Alzheimer's? In the next two decades, parents are expected to have new options to test their children for genetic traits that raise the odds they will contract any number of conditions, such type 2 diabetes, depression and possibly autism, experts suggested last week. Those breakthroughs are expected to push parents deeper into the ethically fuzzy world of genetic testing, where there appear to be more questions than answers.

LA blocks new fast-food outlets from poor areas

San Francisco Chronicle, July 30, 2008

City officials are putting South Los Angeles on a diet. The City Council voted unanimously Tuesday to place a moratorium on new fast food restaurants in an impoverished swath of the city with a proliferation of such eateries and above average rates of obesity. The yearlong moratorium is intended to give the city time to attract restaurants that serve healthier food. The action, which the mayor must still sign into law, is believed to be the first of its kind by a major city to protect public health.

Measles outbreak in suburbs worries health officials

Daily Herald, July 1, 2008

Northwest suburban Cook County has been hit by 11 cases of measles in the last two months - 11 more than it's seen in the last 13 years combined, the Cook County Department of Public Health announced Monday. All 11 Cook cases involved home-schooled children age 18 months to 14 years old whose parents chose not to have them vaccinated, said Sean McDermott, spokesman for the department. Cook is mirroring DuPage County, which has had 14 cases so far this year, said DuPage health department spokesman David Hass.

Most Americans could be too fat by 2030, study says

The Examiner, July 29, 2008

BALTIMORE - More than 86 percent of Americans could be overweight or obese by 2030, researchers found. If current trends continue, heavy Americans will get heavier and be at greater risk for health conditions such as hypertension, diabetes and heart disease, according to researchers at the Johns Hopkins Bloomberg School of Public Health, the Agency for Healthcare Research and Quality, and the University of Pennsylvania School of Medicine. Researchers conducted projection analysis based on data from the past three decades. The results are published in the July 2008 online issue of Obesity. More than 66 percent of adults ages 20 and older are overweight or obese, according to the Centers for Disease Control and Prevention. Seventeen percent of people ages 12 to 19 and 19 percent of children ages 6 to 11 are overweight.

Newborns to be tested for 14 more genetic disorders

Seattle Times, July 26, 2008

Since 1977, newborns in Washington have had a few drops of blood drawn from their heels to test for serious congenital disorders that can often be lessened or prevented by prompt treatment. Starting this week, babies will be tested for 14 more metabolic disorders, bringing the total to 24. One more will be added in about a month. Many parents know their babies will be tested for phenylketonuria, also known as PKU, a protein-processing disorder that can cause mental impairment if babies aren't given a special diet. Over the years, nine other disorders have been added to the mandatory test. Most require early treatment or are serious enough that parents need to be alerted, as with sickle-cell disease.

Schwarzenegger signs law banning trans fats in restaurants: Most California eateries must stop cooking with all but small amounts of the substances by 2010. A trade group opposed the legislation but voices confidence that members will meet the deadline.

Los Angeles Times, July 26, 2008

SACRAMENTO -- California became the first state to require restaurants to cook without artery-clogging trans fats, such as those in many oils and margarines, under restrictions signed into law Friday by the health-conscious governor. Gov. Arnold Schwarzenegger, a physical-fitness advocate and crusader against obesity, sided with legislators who said the measure would help get the fat out of Californians who are too dependent on fast food. Trans fats can preserve flavor and add to the shelf life of foods but have been linked to heart disease, stroke and diabetes.

Study says restaurant kids' meals loaded with fat, salt and calories

Chicago Tribune, August 4, 2008

WASHINGTON (AP) _ Parents looking for healthy meal choices for their children are likely to find slim pickings on the menus of the nation's top restaurant chains, according to a report released Monday by a nonprofit public health group. Nearly every possible combination of the children's meals at Kentucky Fried Chicken, Taco Bell, Sonic, Jack in the Box, and Chick-fil-A are too high in calories, the report by the Center for Science in the Public Interest said. The report looked into the nutritional quality of kids' meals at 13 major restaurant chains. The center found 93 percent of 1,474 possible choices at the 13 chains exceed 430 calories — an amount that is one-third of what the National Institute of Medicine recommends that children ages 4 through 8 should consume in a day.

Sweetened beverages will pack on the pounds

Everett Herald, July 29, 2008

Now that the weather is warmer, I'm drinking more water. Occasionally, I'll sip a cup of tea or enjoy 100 percent fruit juice. But I stay away from regular and diet sodas and sweetened fruit drinks. I have a theory that drinking sodas and fruit drinks leads to weight gain. Support for my theory comes in a recently published paper in the journal Obesity. In it, Barry Popkin's research shows that our national

habit of drinking sweetened beverages plays a major role in making us fat. Popkin is a beverage researcher at the University of North Carolina, Chapel Hill.

Weight issues can affect kids' performance at school: A study in Philadelphia finds that overweight children have lower scores in certain tests and are less inclined to join sports.

Los Angeles Times, July 28, 2008

OVERWEIGHT kids are at risk for a host of health complications, including elevated cholesterol, diabetes and high blood pressure. They also may do more poorly in school. When grade point averages were compared among 566 middle school students in a suburb of Philadelphia, overweight students came in at about half a grade point lower than normal-weight kids. The study, published in the July issue of the journal *Obesity*, also found that overweight students had lower reading comprehension scores on a nationally standardized test, ranking in the 66th percentile; normal-weight kids ranked in the 75th percentile. Heavier kids were also five times more likely to have six or more detentions than their normal-weight peers, had more school absences and lower physical fitness test scores, and were less inclined to participate on athletic teams -- 37% compared with 75% of normal-weight students.

What's it Mean to Be Trans Fat Free?

Capital Public Radio, July 31, 2008

California is the first state to pass a law that will ban trans fat in restaurants. We're taking a look at what this new restriction could mean for people's health and their dining out experience. It's a buzz word these days, from the Capitol to your Crisco can. Trans fat. So what is it exactly? It's an artificial fat found in certain oils and shortenings. Doughnuts, baked goods, French fries...all usually come in contact with trans fat. And we've definitely heard it's not good for us.

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Publications - Highlighted Journal Articles

Journals Reviewed

American Journal of Preventive Medicine

<http://www.ajpm-online.net/>

- Vol. 35, No. 2, August 2008

American Journal of Public Health

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

- Vol. 98, No. 8, August 1, 2008

Environmental Health Perspectives

<http://www.ehponline.org/docs/2008/116-8/toc.html>

- Vol. 116, No. 8, August 2008
- Vol. 116, No. 7, July 2008

Health Affairs

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

- Vol. 27, No. 4, July/August 2008

The Journal of the American Medical Association

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

- Vol. 300, No. 4, July 23/30, 2008
- Vol. 300, No. 3, July 16, 2008
- Vol. 300, No. 2, July 9, 2008

The Journal of Health Politics, Policy & Law

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

- Vol. 33, No. 4, August 2008

Morbidity and Mortality Weekly Report

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

- Vol. 57, No. 29, July 25, 2008
- Vol. 57, No. 28, July 18, 2008
- Vol. 57, No. 27, July 11, 2008
- Vol. 57, No. 26, July 4, 2008

The New England Journal of Medicine

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

- Vol. 359, No. 5, July 31, 2008
- Vol. 359, No. 4, July 24, 2008
- Vol. 359, No. 3, July 17, 2008
- Vol. 359, No. 2, July 10, 2008
- Vol. 359, No. 1, July 3, 2008

Preventing Chronic Disease

CDC

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

Highlighted Journal Articles

Mandates for Adolescent Immunizations: Recommendations from the National Vaccine Advisory Committee

American Journal of Preventive Medicine, Vol. 35, No. 2,

Introduction: Compulsory or mandated vaccinations for school entry are credited with helping the U.S. achieve high childhood vaccination coverage rates and subsequently low rates of vaccine-preventable diseases among young children.^{1,2} While school mandates have proven to be a valuable public health tool, they have also generated concern and debate regarding their ability to balance the public's health and individual/parental rights.³ An increasingly complex immunization schedule and broader focus on vaccinating older age groups have led most states to adopt at least one school vaccine mandate directed at adolescents (Table 1). (Washington State Board of Health mentioned on page 150 under Support section and footnote 47)

Shuffling toward Parity — Bringing Mental Health Care under the Umbrella

New England Journal of Medicine, Vol. 359, No. 2, July 10, 2008

For half a century, advocates and reformers have sought to ensure that mental illnesses are addressed in the same way as all other illnesses. Considerable progress has been made, and today treatment of mental disorders is increasingly part of the medical mainstream. But some glaring exceptions remain. One of the most visible and troubling manifestations of continuing unequal treatment of mental health conditions can be found in the structure of health insurance contracts. For a mental illness, most private

health insurance contracts impose special limits on the amount of treatment they will pay for. The federal Medicare program and many private insurers impose much higher cost sharing for mental health treatment than for physical health treatment. Continued calls for parity — equal insurance coverage of mental and other medical conditions — seek to redress this inequity.

State-Specific Prevalence of Obesity Among Adults -- United States, 2007

MMWR, Vol. 57, No. 28, July 18, 2008

Obesity is associated with reduced quality of life, development of serious chronic conditions such as heart disease and diabetes, increased medical care costs, and premature death (1,2). A Healthy People 2010 objective is to reduce to 15% the proportion of adults who are obese (3). In 2005, no state met this target, and (based on self-reported height and weight) 23.9% of adults in the United States were obese (4). To update 2005 estimates of the prevalence of obesity in adults, CDC analyzed data from the 2007 Behavioral Risk Factor Surveillance System (BRFSS) survey. The results of that analysis indicated that 25.6% of respondents overall in 2007 were obese; the prevalence of obesity among adults remained above 15% in all states and was above 30% in Alabama, Mississippi, and Tennessee. Enhanced collaborative efforts among national, state, and community groups are needed to establish, evaluate, and sustain effective programs and policies to reduce the prevalence of obesity in the United States.

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Publications - Inside this Issue

Advances

RWJF, July 2008

- Report: Investing in Disease Prevention Could Save America More than \$16 Billion in Five Years
- Using Quality Improvement Methods to Improve Public Health Emergency Preparedness
- Connecting Policy Needs to the Priorities of Researchers
- U.S. Secondary Schools Serving Up Unhealthy Foods
- The Power of Personal Health Records
- A 36-Hospital Time and Motion Study
- Comprehensive Report on Financing Health Reform
- Helping Teens Caught in the Cycle of Drugs, Alcohol and Crime

Elaborations

Department of Health

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

EpiLog

Public Health Seattle & King County

<http://www.metrokc.gov/health/epilog/>

EpiTrends

Department of Health, Vol. 13, No. 7, July 2008

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

- Cryptosporidiosis

Healthy GIS

Health & Human Services Solutions Group of ESRI

http://www.esri.com/industries/health/news_community/healthy_gis.html

The Nation's Health

American Public Health Association

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

NewsBrief

National Association of Local Boards of Health

State Health Notes

Forum for State Health Policy Leadership, Volume 29, Issue 520, July 21, 2008

- **State News**
 - New Tool Looks to Help States Measure Costs and Savings
 - Mandating Sick Leave: Will it Make the Economy Ill?
 - Wellness Plans: Do They Save States Money?
- **Highlights**
 - Federal public health campaign...Under-treating addiction can end up costing millions...The costs of mandated benefits
- **Graphically Speaking**
 - Substance abuse and mental health problems can vary to great degrees within a state. A new report examines behavioral health problems at this level, often finding differing results within the same area.

State Health Notes

Forum for State Health Policy Leadership, Volume 29, Issue 519, July 7, 2008

- **State News**
 - Connecticut Trying to Insure Everybody
 - States Refusing to Pay for Hospital Errors
 - Vermont Launches Its Blueprint for Chronic Care Management
- **Highlights**
 - Uninsured highest in Southwest...Using lottery winnings to improve health ...Mapping cancer rates
- **Graphically Speaking**
 - A new CDC report finds that falls and the traumatic head injuries that often result from them are the leading cause of injury-related deaths and emergency department visits for U.S. adults aged 65 and older.

Thrive!

Washington Health Foundation

<http://www.whf.org/News/ThriveMagazine.aspx>

WSMA Reports

Washington State Medical Association

Zoonotic Disease Newsletter

Washington State Department of Health, Vol. 2, Issue 3, Summer 2008

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

- Early mosquito sample tests positive for West Nile virus
- Fairs, petting zoos, and preventing disease outbreaks
- Rabies imported through “Operation Baghdad Pup”
- Effective repellents approved by CDC update

- Aerial spraying of mosquito adulticides proves effective at reducing West Nile virus disease

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Publications - Reports

Demographic, Education, and Practice Characteristics of Registered Nurses in Washington State: Results of a 2007 Survey

Center for Health Workforce Studies, June 2008

In 2007, Washington State surveyed all of the licensed registered nurses (RNs) in the state to obtain basic demographic, education, and practice information. This reports describes RNs in Washington using the 2007 survey responses, weighted to reflect the overall population. Most of the descriptive statistics reflect RNs who live in-state, and some sub-state analyses are provided.

Department of Environmental and Occupational Health Sciences Biennial Report 2005-2007

School of Public Health and Community Medicine, University of Washington, July 2008

Report includes:

- Acknowledgments
- Who we are...people and programs
- What we do...and whom we serve
- Where we've been...and where we're going
- Measures...of accomplishments

Secondhand Smoke: What it means to you

Centers for Disease Control and Prevention, June 2008

Provides practical information about the dangers of secondhand smoke as well as steps people can take to protect themselves. This easy-to-read publication summarizes *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*, which is a 790-page scientific report that concludes there is no risk-free level of exposure to secondhand smoke. (This publication is also available in Spanish: *Humo de Segunda Mano, Lo que Significa para Usted*.)

Available at: http://www.cdc.gov/tobacco/secondhand_smoke/index.htm

Washington State Injury and Violence Prevention Guide

Washington State Department of Health, June 2008

"Each year more than 3,000 people in Washington die because of injury. It's the leading cause of death and disability for people in our state between the ages of 1 and 44. Many of these injuries are predictable and preventable. Since starting in 1989, the injury and Violence Prevention Program has made great strides to improve health. The Washington State Injury and Violence Prevention Guide is a wonderful tool to help individuals, communities, and organizations throughout our state. This guide is the hard work of many who are committed to reducing injury and violence."

Available at: <http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/icpg/default.htm>

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Rule Development

Proposed Rule Making (CR-102)

- **Chapter 246-366A WAC - Primary and secondary schools**

CR-102 filed: 7/23/08

CR-102 filed as: WSR 08-15-174

The purpose of the proposal is to update the current chapter 246-366 WAC to include provisions for water quality sampling, indoor air quality, and safety in areas such as playgrounds, labs, and shops. The proposal repeals the former chapter 246-366 and recodifies it into a new chapter 246-366A WAC. The entire new chapter is organized to provide clarity for those provisions that are construction related and those provisions that are operation and maintenance related.

More information available at:

<https://fortress.wa.gov/doh/policyreview/Documents/0815174schoorules102.pdf> or

<http://www.sboh.wa.gov/Rules/SchoolEH/index.htm>

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