



## For Your Information – December 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

#### December 2008

<b>Date</b>	<b>Name and Location</b>
Dec. 9	<b>LIVE Webcast: Today's Topics in Health Disparities</b> For information: <a href="http://www.kaisernetwork.org/health_cast/hcast_index.cfm?display=detail&amp;hc=3080">http://www.kaisernetwork.org/health_cast/hcast_index.cfm?display=detail&amp;hc=3080</a>
Dec. 16-18	<b>The Science of Eliminating Health Disparities</b> Gaylord National Resort and Convention Center National Harbor, Maryland For information: <a href="http://www.blsmeetings.net/2008healthdisparitiessummit/">http://www.blsmeetings.net/2008healthdisparitiessummit/</a>

#### March 2009

<b>Date</b>	<b>Name and Location</b>
March 18	<b>7th Northwest Regional Critical Access Hospital Conference</b> Red Lion Hotel at the Park Spokane, Washington For information: <a href="http://www.ahec.spokane.wsu.edu/">http://www.ahec.spokane.wsu.edu/</a>

March 19-20      **22nd Northwest Regional Rural Health Conference**  
Red Lion Hotel at the Park  
Spokane, Washington  
For information: <http://www.ahec.spokane.wsu.edu/>

## May 2009

<b>Date</b>	<b>Name and Location</b>
May 1-2	<b>26th Annual Conference - Primary Care Update</b> Red Lion Hotel at the Park Spokane, Washington For information: <a href="http://www.ahec.spokane.wsu.edu/">http://www.ahec.spokane.wsu.edu/</a>

## June 2009

<b>Date</b>	<b>Name and Location</b>
Jun. 21-24	<b>National Environmental Health Association (NEHA) 73rd Annual Education Conference</b> Atlanta, Georgia For information: <a href="http://www.neha.org">www.neha.org</a>

## June 2010

<b>Date</b>	<b>Name and Location</b>
Jun. 5-9	<b>National Environmental Health Association (NEHA) 74th Annual Education Conference</b> Albuquerque, New Mexico For information: <a href="http://www.neha.org">www.neha.org</a>

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## Publications - General Media

### **Better Tracking of a Childhood Infection Needed, Officials Say**

*New York Times, November 21, 2008*

Federal officials urged doctors and state health agencies on Thursday to be more vigilant for suspected cases of invasive *Haemophilus influenzae* type B in children under age 5, in part because of a continuing vaccine shortage that is not likely to be resolved until the middle of next year. *Haemophilus influenzae* type B, or Hib, a bacterium that is distinct from the influenza virus, can on rare occasions be deadly, invading the lining of the brain, bloodstream or lungs. Infection can cause meningitis, sepsis or pneumonia, leading to brain damage or death.

### **Chicken pox outbreak quiets school**

*The Everett Herald, November 22, 2008*

MONROE -- A chicken pox outbreak meant a day at home for more than half the students at a Monroe elementary school Friday. The Snohomish Health District ordered students who have chicken pox or had not been properly immunized to stay away from Salem Woods Elementary School. The school has an enrollment of 507 students. On Friday, 205 boys and girls were on campus by late morning. Of those, 160 were properly immunized and 42 others were not or didn't have records at the school, and had to be separated from their peers.

### **Child Obesity Seen as Warning of Heart Disease**

*New York Times, November 12, 2008*

NEW ORLEANS — A new study finds striking evidence that children who are obese or have high cholesterol show early warning signs of heart disease. The study, presented Tuesday at the American Heart Association conference in New Orleans, found that the thickness of artery walls of children and teenagers who are obese or have high cholesterol resembled the thickness of artery walls of an average 45-year-old. The study, which has not yet been published, was small, involving 70 children ages 6 to 19, and several experts said the results would need to be replicated to be considered conclusive. But they said the method used to measure artery wall thickness was considered a reliable indicator of heart disease risk, usually more reliable than cholesterol levels or other measures. The method, which uses ultrasound, has been applied to children in other studies in the last few years, but experts said this appeared to be the first time that results had been correlated to adults.

### **Diabetes cases expected to keep rising**

*Tri-City Herald, November 15, 2008*

The federal Centers for Disease Control and Prevention has found that the rate of adults diagnosed with new cases of diabetes has increased more than 90 percent during the past 10 years. The agency determined that almost five in every 1,000 patients had been diagnosed with the disease between 1995 and 1997, compared with about nine in every 1,000 people between 2005 and 2007 in 33 states.

### **Nutritional sticker shock from restaurants**

*Seattle P-I, November 12, 2008*

Starting Jan. 1, customers at most chain restaurants in King County will get a full plate of information along with their food. They'll be faced with the 1,000 calories (and 85 grams of fat) in their BLT Salads at The Old Spaghetti Factory and the 1,910 calories in the Jack Daniel's Ribs & Shrimp at T.G.I. Friday's. At Starbucks, they'll be able to judge not just whether they're in the mood for a tall latte or a mocha, but whether they want to take in the latte's 150 calories or the mocha's 270. At Taco Bell, they can decide if the benefits of ordering a 600-calorie Border Bowl are outweighed by the 2,120 milligrams of sodium it contains, nearly an entire day's recommended allowance.

### **Making schools a healthy place to be**

*Seattle P-I, November 14, 2008*

In an era of rising academic standards, there is no more fundamental responsibility than moving up today's very low bar for the health and safety of school children, teachers and staff. The upcoming legislative session will be a make-or-break opportunity for intelligent decisions in favor of healthy schools. Legislators must use a school finance reform study to guarantee districts put money into schools' environmental health and buildings, science lab and playground safety. Otherwise, students, their families and teachers will continue to face large, avoidable costs in illness, injury and, in some cases, disability.

### **Menu labeling: An advantage?**

*Seattle P-I, November 12, 2008*

Will having nutritional information on their menus prove a marketing advantage for restaurants? While new King County menu-labeling rules apply to some chains, we wonder if other restaurants will decide to follow suit. As the Seattle P-I's Rebekah Denn recounts, there was much complaining from restaurants about the King County Board of Health's decision to require nutritional information at most chains. The rules go into effect Jan. 1. The finding that overweight U.S. kids have the arteries of 45-year-olds underlines the need for more nutritional awareness. Nearly half of U.S. food dollars are spent in restaurants, so labeling is a matter of basic consumer information. When people become accustomed to the chains' menu labeling, they may want it wherever they go -- to ignore or pay attention to.

### **More health district cuts unlikely in 2009**

*Tri-City Herald, November 12, 2008*

Despite less financial help from the counties than requested, the Benton-Franklin Health District probably will not be cutting more programs or staff than expected next year. But the bad news is that "If things don't change -- if we don't get some funding -- the community will be affected," said Dr. Larry Jecha, the district's health officer. The health district's budget committee drew up a tentative balanced budget this week that will be presented Nov. 21 to the Board of Health, which is made up of Benton and Franklin county commissioners. The district was facing a \$745,000 budget shortfall and had asked Benton and Franklin counties, which fund the district along with state and federal grants, to make up the deficit.

### **Patients Can Join the Fight Against Flu Without Firing a Shot**

*The Washington Post, November 25, 2008*

Last month at a luncheon marking International Infection Prevention Week at the National Press Club, some speakers reminded me of a shameful and frightening statistic: Almost 60 percent of American health-care workers do not receive the flu vaccine. Let me put that in context: Influenza, commonly called the flu, strikes 5 to 20 percent of Americans annually. In an average year, more than 200,000 people are hospitalized with flu complications; nearly 36,000 die, either from the flu itself or from complications such as pneumonia or a heart attack. A flu shot is the best defense.

### **Prescription pill deaths soar: National trend is even more pronounced in Washington**

*Seattle P-I, November 13, 2008*

More people are dying from prescription painkillers than ever before in a national epidemic that's eclipsing past drug scourges, including heroin overdoses in the '70s and crack cocaine deaths in the early '90s. The trend, reported by the Centers for Disease Control and Prevention, is more pronounced in Washington state, health officials said Thursday. Two years ago, local poisonings -- mostly drug overdoses -- surpassed car accidents as the leading cause of death by unintentional injury. The main reason: a skyrocketing number of overdoses by prescription opioids.

### **Some doctors may give up vaccines because of cost**

*The Tri-City Herald, December 1, 2008*

ATLANTA About one in 10 doctors who vaccinate privately insured children are considering dropping that service largely because they are losing money when they do it, according to a new survey. A second survey revealed startling differences between what doctors pay for vaccines and what private health insurers reimburse: For example, one in 10 doctors lost money on one recommended infant vaccine, but others made almost \$40 per dose on the same shot. The survey was revealing even to some doctors. "Many physicians really weren't aware and that they were getting reimbursed so little," said Dr. Gary Freed of the University of Michigan, a co-author of both articles published in the December issue of the journal *Pediatrics*.

### **Study puts a total on diabetes cost: \$218 billion**

*The Tri-City Herald, November 18, 2008*

TRENTON, N.J. As diabetes is rapidly becoming one of the world's most common diseases, its financial cost is mounting, too, to well over \$200 billion a year in the U.S. alone, according to a new study. The study, released Tuesday, puts the total at \$218 billion last year - the first comprehensive estimate of the financial toll diabetes takes, according to Danish drugmaker Novo Nordisk A/S, which paid for the study. That figure includes direct medical care costs, from insulin and pills for controlling patients' blood sugar to amputations and hospitalizations, plus indirect costs such as lost productivity, disability and early retirement.

### **Teaching moment springs from school's shared sadness**

*Seattle Times, November 21, 2008*

Half the kids in her second grade had been out that winter. But no one imagined Marija Alumbaugh would never come back to Laurelhurst Elementary over something as simple as the flu. It happened, though. The influenza led to heart inflammation called myocarditis, and in a matter of days in February 2007, the 8-year-old girl was gone. Nearly two years later, Marija's death remains, understandably, a tender topic. But the lesson that came from it? That, the folks at Laurelhurst feel better about. Parents have started a series of after-school clinics to ensure that the Laurelhurst Elementary community is immunized. Students. Teachers. Parents.

### **U.S. Diabetes Rate Doubled Over 10 Years**

*The Wall Street Journal, October 30, 2008*

ATLANTA -- The rate of new diabetes cases nearly doubled in the U.S. in the past 10 years, with the highest levels in the South, the government said Thursday in its first state-by-state review of new diagnoses. The highest rate was in West Virginia, where about 13 in 1,000 adults were diagnosed with the disease. The lowest was in Minnesota, where the rate is 5 in 1,000. About 90% of the cases are Type 2 diabetes, the form linked to obesity. The findings echo geographic trends seen with obesity and physical inactivity, which are also tied to heart disease. Southern states rank worst in those measures, too.

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## **Publications - Highlighted Journal Articles**

### **Journals Reviewed**

#### **American Journal of Public Health**

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

- Vol. 98, No. 12, December 1, 2008

#### **Environmental Health Perspectives**

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

- Vol. 116, No. 12, December 2008

#### **Health Affairs**

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

## **The Journal of the American Medical Association**

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

- Vol. 300, No. 21, December 3, 2008
- Vol. 300, No. 20, November 26, 2008
- Vol. 300, No. 19, November 19, 2008
- Vol. 300, No. 18, November 12, 2008

## **The Journal of Health Politics, Policy & Law**

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

- Vol. 33, No. 6, December 2008

## **Morbidity and Mortality Weekly Report**

[http://www.cdc.gov/mmwr/mmwr\\_wk.html](http://www.cdc.gov/mmwr/mmwr_wk.html)

- Vol. 57, No. 47, November 28, 2008
- Vol. 57, No. 46, November 21, 2008
- Vol. 57, No. 45, November 14, 2008

## **The New England Journal of Medicine**

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

- Vol. 359, No. 22, November 27, 2008
- Vol. 359, No. 21, November 20, 2008
- Vol. 359, No. 20, November 13, 2008

## **Preventing Chronic Disease**

*CDC*

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

## **Highlighted Journal Articles**

### **Continued Shortage of Haemophilus influenzae Type b (Hib) Conjugate Vaccines and Potential Implications for Hib Surveillance --- United States, 2008**

*MMWR, Vol. 57, No. 46, November 21, 2008*

In December 2007, Merck & Co., Inc. (West Point, Pennsylvania) announced a voluntary recall of certain lots of two Haemophilus influenzae type b (Hib) conjugate vaccines, PedvaxHIB® (monovalent Hib vaccine) and Comvax® (Hib-HepB vaccine) and suspended production of both vaccines, disrupting the U.S. supply of Hib vaccine (1). When the recall was announced, Merck projected restoration of these vaccines to the U.S. market in late 2008. To ensure that enough vaccine would be available for all U.S. children to complete the primary Hib vaccination series, on December 18, 2007, CDC recommended that providers defer the booster dose of Hib vaccine (scheduled for administration at age 12--15 months) for all children except those at increased risk for invasive Hib **disease (1)**.

### **Impact of Expanded Newborn Screening—United States, 2006**

*JAMA, Vol. 300, No. 19, November 19, 2008*

Universal newborn screening for selected metabolic, endocrine, hematologic, and functional disorders is a well-established practice of state public health programs. Recent developments in tandem mass spectrometry (MS/MS), which is now capable of multi-analyte analysis in a high throughput capacity, has enabled newborn screening to include many more disorders detectable from a newborn blood spot.<sup>1</sup> In 2006, to address the substantial variation that existed from state to state in the number of disorders included in newborn screening panels, the American College of Medical Genetics (ACMG), under guidance from the Health Resources and Services Administration, recommended a uniform panel of 29

disorders, which was subsequently endorsed by the federal Advisory Committee on Heritable Disorders in Newborns and Children.<sup>2</sup> After 2006, most states began to expand their panels to include all 29 disorders; currently, 21 states and the District of Columbia have fully implemented the ACMG panel.\*

### **Implementation of Newborn Hepatitis B Vaccination --- Worldwide, 2006**

*MMWR, Vol. 57, No. 46, November 21, 2008*

Globally, hepatitis B virus (HBV) infections are a major cause of cirrhosis and liver cancer and result in an estimated 620,000 deaths annually (1). In 1992, the World Health Organization (WHO) set a goal for all countries to introduce hepatitis B (HepB) vaccine into national routine infant immunization programs by 1997 (2). In countries where a high percentage of HBV infections are acquired perinatally (where general population prevalence of chronic HBV infection is >8%), WHO recommends administering the first HepB vaccine dose <24 hours after birth to prevent perinatal HBV transmission (3). To assess implementation of newborn HepB vaccination, the most recently available data were examined from the Joint Reporting Form used by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to track worldwide vaccine coverage for WHO-recommended infant immunizations (4).

### **Pediatric Obesity Guidelines Released**

*JAMA, Vol. 300, No. 19, November 19, 2008*

In light of the ever-increasing prevalence of obesity in children, a task force formed by the Endocrine Society—an organization devoted to research on hormones and the clinical practice of endocrinology—has issued new clinical practice guidelines to help clinicians focus on prevention and early intervention in children—a strategy they hope will also help stem the rising tide of obesity in adults.

### **QuickStats: Health Status\* Among Persons Aged >25 Years, by Education Level --- National Health Interview Survey, United States, 2007†**

*MMWR, Vol. 57, No. 47, November 28, 2008*

The percentage of adults aged >25 years whose health was reported as excellent or very good increased with increased levels of education. Persons with a bachelor's degree or higher (73.1%) were nearly twice as likely to be reported as being in excellent or very good health as persons with less than a high school diploma (37.9%). Persons with less than a high school diploma were most likely to be reported as being in fair or poor health.

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## **Publications - Inside this Issue**

### **Advances**

*RWJF, November 2008*

- On 10th Anniversary of Tobacco Settlement, Report Finds Most States Fail to Adequately Fund Tobacco Prevention Programs
- Food and Beverage Marketing to Children and Adolescents: What Changes are Needed to Promote Healthy Eating Habits?
- RWJF Commission Hosts Final Field Hearing in Denver
- Increasing Quality, Reducing Disparities in Heart Care
- RWJF Announces Grant Recipients for Initiative to Prevent Intimate Partner Violence
- New Report Shows How to Reform the Expensive and Dangerous Way We Pay for Health Care

## **Elaborations**

*Department of Health*

[http://www.doh.wa.gov/hsqa/fsl/lqa\\_newsletters.htm](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/08-11-epitrends.pdf>

## **Healthy GIS**

*Health & Human Services Solutions Group of ESRI*

[http://www.esri.com/industries/health/news\\_community/healthy\\_gis.html](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 528, November 24, 2008*

- State News
  - Health Care on the Ballot: Voters Have Their Say
  - The Plusses and Minuses of Medicaid Reform in Florida
  - States Looking to Telepsychiatry to Improve Access and Cut Costs
- Highlights
  - Maryland unveils plan for universal coverage...Judge dismisses New Jersey's lawsuit over SCHIP...New York pharmacies to employ more translators...Gulf War Syndrome
- Graphically Speaking
  - Smoking continues to fall among the adult population, as now fewer than 20 percent of Americans light up, finds the CDC. Still, the habit costs the United States nearly \$200 billion a year in health care costs and productivity losses.

## **State Health Notes**

*Forum for State Health Policy Leadership, Vol. 29, No. 527, November 10, 2008*

- State News
  - The federal outlook on Medicaid, SCHIP and national health reform
  - Wisconsin looks to cooperative approach for expanding coverage
  - States "going green" to improve public health
- Highlights
  - Citizenship requirements interfere with Medicaid enrollment...MRSA becoming more difficult to treat...DC delays launch of new public coverage initiative...Women pay more for health insurance
- Graphically Speaking

- Treatment alternatives to sentencing have helped turn lives around and save California money on corrections. However, a new report finds that treatment services are lacking and may be contributing to an increase in minor crimes.

### **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*

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

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## **Publications - Reports**

### **Income, Education and Obesity: A Closer Look at Inequities in Colorado's Obesity Problem**

*The Colorado Health Foundation, 2008*

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