

WELCOME TO THE CENTER FOR HEALTH PROMOTION NETWORK!

A Monthly Newsletter Compiled By
THE CENTER FOR HEALTH PROMOTION
April 2006



NEWS

LIFESTYLE AFFECTS THE BRAIN AS WELL AS THE HEART

NEW YORK (Reuters Health) - There is growing evidence that what's good for the heart is also a boon for the aging brain, according to a new research review. In a survey of 26 large studies of older adults, an expert panel found that certain heart-health factors -- like high blood pressure, diabetes and exercise habits -- appeared key to study participants' cognitive function as well.

Cognitive function refers to a person's ability to learn, reason and remember, for example, and these skills commonly decline with age. In some cases, the decline is part of a process leading to Alzheimer's disease or other forms of dementia. But a growing number of studies are finding that controllable lifestyle factors such as exercise and intellectual and social engagement throughout life seem to alter a person's risk of cognitive decline and dementia.

Going out for a daily walk might not prevent Alzheimer's, but it might help delay its onset, according to Dr. Hugh C. Hendrie of the Indiana University Center for Aging Research in Indianapolis. The review included 96 analyses of 26 North American and European studies that followed large groups of older adults over time, charting both cognitive and emotional health.

Among the consistent findings were the associations between high blood pressure and poorer cognitive function and between regular exercise and sharper cognitive skills. A number of studies have also implicated diabetes and excess weight in contributing to age-related cognitive decline. The reasons for all these associations are not completely clear, Hendrie said, but damage to blood vessels -- either to large vessels from a major injury like a stroke, or to smaller vessels from the long-term build-up of plaques -- may offer one explanation.

So the same things recommended for heart health -- including moderate exercise, a healthy diet, and preventing or controlling conditions like high blood pressure and diabetes -- may protect mental health as well, according to Hendrie and his colleagues. Mental exercise may also be key, a number of studies show. Older adults who stay intellectually stimulated through reading or other hobbies may slow the onset of cognitive decline, and the same may be true of people who stay socially active.

SOURCE: Alzheimer's & Dementia, February 21, 2006.

HEALTH CENTERS REAUTHORIZATION: AN OVERVIEW OF ACHIEVEMENTS AND CHALLENGES

This report reviews the role of community health centers in the nation's health care safety net. Today, over 1,000 federally funded and "look-alike" health centers serve 14.3 million people, three-quarters of whom are uninsured or covered by Medicaid.

As health centers look toward legislative reauthorization in 2006, they face several policy challenges reviewed in this report, including an increase in the uninsured populations, potential decreases in Medicaid revenue, and a need to increase health centers' workforce.

 [Report](#) (.pdf)

Information provided by the [Kaiser Commission on Medicaid and the Uninsured](#)

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Publish Date: 2006-03-15






EXAMINING THE HEALTH DISPARITIES RESEARCH PLAN OF THE NATIONAL INSTITUTES OF HEALTH: UNFINISHED BUSINESS

Gerald E. Thomson, Faith Mitchell, Monique Williams, *Editors*, Committee on the Review and Assessment of the NIH's Strategic Research Plan and Budget to Reduce and Ultimately Eliminate Health Disparities

386 pages (approximate), 6 x 9, 2006

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MULTIPLE ORIGINS, UNCERTAIN DESTINIES: HISPANICS AND THE AMERICAN FUTURE

Marta Tienda and Faith Mitchell, *Editors*, Committee on Transforming Our Common Destiny: Hispanics in the United States, National Research Council

176 pages, 6 x 9, 2006

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PHYSICAL ACTIVITY UPDATES

NONE TO REPORT THIS MONTH




HIV/AIDS UPDATES

WOMEN AND GIRLS – SAVING OURSELVES, SAVING OUR FAMILIES, SAVING OUR FUTURE

OFFICE ON WOMEN'S HEALTH AND THE OFFICE OF HIV/AIDS POLICY, WASHINGTON, DC

View Webcast  ([video](#))  ([transcript](#))

The first annual [National Women and Girls HIV/AIDS Awareness Day](#) seeks to raise awareness on the increasing impact of HIV/AIDS in the lives of women and girls.

 A press conference discussing the findings is also available http://www.kaisernetwork.org/health_cast/hcast_index.cfm?display=detail&hc=1460#press726

PREVENTION OF MOTHER-TO-CHILD TRANSMISSION OF HIV INFECTION GENERIC TRAINING PACKAGE



Welcome to the PMTCT Generic Training Package dedicated area, which contains resources to assist trainers and managers with adapting the Generic Training Package and implementing national PMTCT programmes. Resources available in this area include the following:

- Full text copies of the [Generic Training Package in English](#),

Spanish, and Russian

- Adapting the Package: [information and guidance](#)
- Regional adaptation workshops: [presentations and reports](#)
- Training Exchanges: [presentations and transcripts](#)
- [Lessons learned and answers to frequently asked questions](#)
- A space where users can [pose questions and give feedback](#) to the Package developers and [subscribe to the Package listserv](#)

CANCER UPDATES



FDA APPROVES NEW IMAGING SYSTEM TO HELP DETECT CERVICAL PRE-CANCER

The Food and Drug Administration approved a new imaging system that can help detect a cervical cancer precursor, an indication of possible cancer development, by identifying sites on the cervix that may contain pre-cancerous cells.

The LUMA Cervical Imaging System, manufactured by MediSpectra, Inc. of Lexington, Mass., is intended to be used along with colposcopy, a high magnification evaluation of the cervix for women who have recently had an abnormal Pap test. The firm's study showed that the new device can detect additional cancer precursors missed by colposcopy. Of the 50 cases of pre-cancer detected in the study, colposcopy caught 41 cases of cervical pre-cancer and LUMA caught an additional 9 cases of cervical pre-cancer that colposcopy had missed.

The LUMA Cervical Imaging System shines a light on the cervix and analyzes how different areas of the cervix respond to this light. The LUMA Systems assigns a score to tiny areas of the cervix and produces a color map that helps the doctor decide where to biopsy. The colors and patterns on the map help the doctor distinguish between healthy tissue, and potentially diseased tissue.

A doctor will first perform a colposcopy and identify areas on the cervix to biopsy. The doctor will then evaluate the LUMA image to see whether or not there are additional areas of the cervix that should be biopsied. Only after both the colposcopy and LUMA procedures are completed does the doctor perform the biopsies.

FDA's approval was based on data from the firm's clinical study of 193 women who underwent colposcopy, followed by LUMA. FDA's analysis showed that the device is safe and effective and that -- when used along with colposcopy -- LUMA will help detect additional cervical cancer

precursors. Use of the LUMA device is not a substitute for a colposcopic exam.



CHILD HEALTH UPDATES

CALCIUM SUPPLEMENTS FAIL TO REDUCE BODY WEIGHT IN TEEN GIRLS

Recent studies indicate that eating foods rich in [calcium](#) helps lower body fat levels. But do calcium supplements work just as well as dietary sources of dairy, such as milk, yogurt, and cheese? Researchers from Denmark randomly divided 110 12-year-old girls into two groups. For 1 year, one group took 500 milligrams of chewable calcium tablets daily; the other group took a look-alike inactive placebo pill. Prior to the start of the study, the girls reported how much calcium they consumed in food, on average, per day. Sixty of the girls averaged between 1,000 and 1,304 milligrams a day, whereas 50 consumed less than 713 milligrams a day. At the beginning of the study, researchers noticed that girls who ate the most calcium from dietary sources tended to have lower body fat levels. But taking calcium supplements seemed to have no effect on the girls' height, body weight, or percentage of body fat, even after a year. The study researchers suggest that the timing of dietary calcium intake or other ingredients in dairy products (such as protein) might affect calcium's impact on body weight.

What This Means to You. The results of this study support previous research that eating calcium-rich foods is linked to a lower percentage of body fat, but didn't show that calcium supplements had the same effect. For kids under 9 who get about 30 minutes of activity a day, the U.S. Department of Agriculture (USDA) recommends 2 cups of dairy products a day. For kids and teens 9 or older who get 30 minutes of exercise daily, 3 cups of dairy is recommended. If possible, choose skim or reduced-fat varieties of dairy products for your family — they provide plenty of calcium without added fat or calories.

CONTROLLING DIABETES IMPROVES KIDS' ATTENTIVENESS

NEW YORK (Reuters Health) - The attention span of diabetic children in the classroom appears to improve when their blood sugar levels are stabilized, researchers from Arizona State University in Tempe report.

Dr. David L. Wodrich and colleagues observed four boys with type 1 diabetes for 10 days while they were in the classroom, to assess their attentiveness. After that, the children were fitted with an insulin pump, which kept their blood sugar levels on an even keel. They were then observed again for 10 days. The researchers found all of the boys showed improvements in behavior while they were performing learning tasks and when they were "off-task". Improvements in the two categories of behavior averaged 20 percent and 34 percent, respectively, according to findings published in the *Journal of Pediatrics*.



WOMENS' HEALTH UPDATES

WOMEN, MINORITIES LESS LIKELY TO GET BEST HEART ATTACK CARE WHITE MALE PATIENTS ARE MOST OFTEN TRANSFERRED TO HIGH- QUALITY MEDICAL CENTERS, STUDY FINDS



(HealthDay News) -- When it comes to receiving the best care after heart attack, the deck is stacked against women, minority populations and older people, new research suggests. Thirty-five percent of patients over age 64 who are rushed to local community hospitals with acute heart attacks are then transferred to larger hospitals for more aggressive interventions -- procedures known to improve survival rates, the researchers said. But the study found that, in many cases, a person's medical condition has little to do with the decision of who gets to go to the larger hospitals.

Besides health concerns, "age, gender and race are predictive of whether or not patients are transferred after a heart attack from a community hospital to a larger hospital," said lead researcher Dr. Jeffrey Berger, a cardiology fellow at Duke University Medical Center. His team found that younger, white males were significantly more likely to be sent to high-quality care at larger centers, compared to women or minority patients.

Treatment at larger centers, which have the technology and staff to perform angioplasty and bypass surgery, does make a difference in terms of patient outcomes, Berger said. In their analysis of nearly 400,000 cases involving patients over the age of 64, the researchers found post-heart attack mortality rates of 8.7 percent for patients transferred to larger centers vs. 18.5 percent for those treated at smaller community centers.

Heart attack treatment at community hospitals includes giving the patient powerful clot-busting drugs, Berger said. But he noted that research has shown that, even with the added transfer time to another hospital, surgical interventions tend to have a better outcome than using drugs when it comes to treating a heart attack.

In the study, the Duke team looked at 2001-2003 data from the U.S. Centers for Medicare and Medicaid Services. During that time period, a total of 399,775 patients over 64 were admitted to hospitals without the resources to perform angioplasty or bypass surgery. Just over one-third of these patients were subsequently transferred to a larger facility where these procedures were performed. According to the data, younger, white men with less serious heart attacks were more likely to be transferred to the larger hospitals, Berger said.

Women were 16 percent less likely to be transferred compared to men, the study found. Compared to white patients, African-Americans were 31 percent less likely to be transferred, and Hispanics, 47 percent less likely to be transferred. Age was another deciding factor. As age increased, so too did the likelihood that patients would be kept at a community hospital.

Societal reasons could include the fact that people from poorer socioeconomic backgrounds have fewer options for transfers, Berger said. Some patients might also refuse to be transferred because they feel more comfortable closer to home, he said. Health-care factors, such as the assumption that older patients are less likely to benefit from more aggressive interventions, might also play a role.



CONFERENCES

17TH ANNUAL PACIFIC NORTHWEST AMBULATORY CARE NURSING CONFERENCE

April 26-27, 2006

Seattle Washington, United States

Website: <http://www.son.washington.edu/cne/secure/display3.asp?SKU=06117-C&customerid=>

Contact name: Hamida Moly

This conference is an educational forum for those who practice in a wide variety of settings, including large and small clinics, physician offices, home health, public health, community health, occupational health, schools, college health,

16TH ANNUAL CITYMATCH URBAN MATERNAL AND CHILD HEALTH LEADERSHIP CONFERENCE

August 19-22, 2006

Providence, Rhode Island, United States

Website: <http://www.citymatch.org>

Contact name: Kathleen Kock

Providence 2006: Where Obstacles Become Opportunities

6TH INTERNATIONAL CONFERENCE ON PRIORITIES IN HEALTH CARE

September 20-22, 2006

Toronto, Ontario, Canada

Website: <http://www.healthcarepriorities.org>

Contact name: Carolyn Farrell

Conference Announcement / Call for papers

6th International Conference on Priorities in
Health Care
20 to 22 September 2006
Toronto, Canada

Theme: Real World Priority Setting – Shaping
priority setting around real life innovative
practices.

30TH AMERSA NATIONAL CONFERENCE

November 2-4, 2006

Washington, DC, District of Columbia, United States

Website: <http://amersa.org>

Contact name: Isabel Vieira

The annual meeting will reflect AMERSA's interdisciplinary strengths and its commitment to disseminate the latest developments in substance abuse education, prevention, treatment and research.

Organized by: Association for Medical Education and Research in Substance Abuse
Deadline for abstracts/proposals: **1 June 2006**



CALENDAR OF EVENTS

April 2006

1 - 30

Counseling Awareness Month

American Counseling Association
5999 Stevenson Avenue
Alexandria, VA 22304-3300
(800) 347-6647
(800) 473-2329 Fax
jgaskins@counseling.org
www.counseling.org
Materials available
Contact: Jean Gaskins

1 - 30

National Autism Awareness Month

Autism Society of America
7910 Woodmont Avenue, Suite 300
Bethesda, MD 20814-3067
(800) 3-AUTISM (328-8476)
(301) 657-0881
Kranta@autism-society.org
www.autism-society.org
Materials available
Contact: Kate Ranta

1 - 30

IBS (Irritable Bowel Syndrome) Awareness Month

International Foundation for Functional
Gastrointestinal Disorders
P.O. Box 170864
Milwaukee, WI 53217
(888) 964-2001
(414) 964-1799
iffgd@iffgd.org
www.aboutibs.org
Materials available
Contact: Audra Baade

1 - 30

National Occupational Therapy Month

The American Occupational Therapy Association,
Inc.
4720 Montgomery Lane
P.O. Box 31220
Bethesda, MD 20824-1220
(301) 652-6611 x2012
(800) 377-8555 TDD
(301) 652-7711 Fax
cmetzler@aota.org
www.aota.org
Materials available
Contact: Christine Metzler

1 - 30**National Youth Sports Safety Month**

National Youth Sports Safety Foundation
 One Beacon Street, Suite 3333
 Boston, MA 02108
 (617) 367-6677
 (617) 722-9999 Fax
nyssf@aol.com
www.nyssf.org
 Materials available
 Contact: Rita Glassman

1 - 30**National Donate Life Month**

Division of Transplantation, OSP, HRSA
 U.S. Department of Health and Human Services
 Parklawn Building, Room 16C-17
 5600 Fishers Lane
 Rockville, MD 20857
 (301) 443-7577
ask@hrsa.gov
www.organdonor.gov/donatelife.htm
 Materials available
 Contact: none available

1 - 30**Sports Eye Safety Month**

American Academy of Ophthalmology
 P.O. Box 7424
 San Francisco, CA 94120-7424
 (415) 447-0213
 (415) 561-8533 Fax
eyemd@aao.org
www.aao.org
 Materials available
 Contact: Georgia Alward

1 - 30**Cesarean Awareness Month**

International Cesarean Awareness Network, Inc.
 757 Poppy Road
 San Marcos, CA 90278
 (800) 686-ICAN (4226)
info@ican-online.org
www.ican-online.org
 Materials available
 Contact: Tonya Jamois

1 - 30**Women's Eye Health and Safety Month**

Prevent Blindness America
 211 West Wacker Drive, Suite 1700
 Chicago, IL 60606
 (800) 331-2020
 (847) 843-8458 Fax
info@preventblindness.org
www.preventblindness.org
 Materials available
 Contact: PBA Consumer and Patient Hotline

1 - 30**Sexual Assault Awareness Month**

National Sexual Violence Resource Center
 123 North Enola Drive
 Enola, PA 17025
 (877) 739-3895
 (717) 909-0714 Fax
resources@nsvrc.org
www.nsvrc.org
 Materials available
 Contact: Eboni Braxton

1 - 30**National Facial Protection Month**

American Association of Oral and Maxillofacial Surgeons
 American Academy of Pediatric Dentistry
 American Association of Orthodontists
 9700 West Bryn Mawr Avenue
 Rosemont, IL 60018
 (847) 678-6200
inquiries@aaoms.org
www.aaoms.org
 Materials available
 Contact: AAMS Communications

1 - 30**National Child Abuse Prevention Month**

Children's Bureau
 Administration for Children and Families
 330 C Street, SW
 Washington, DC 20447
 (800) 394-3366
 (703) 385-7565
nccanch@caliber.com
nccanch.acf.hhs.gov/topics/prevention/index.cfm
 Materials available
 Contact: Customer Services Department

1 - 30**Alcohol Awareness Month**SAMHSA's National Clearinghouse for Alcohol
and Drug Information

P.O. Box 2345

Rockville, MD 20015

(800) 729-6686

(301) 468-2600

(301) 468-7394 Fax

info@health.orgwww.health.org

Materials available

Contact: none available

3 - 9**National Public Health Week**

American Public Health Association

800 I Street, NW

Washington, DC 20001-3710

(202) 777-APHA (2742)

(202) 777-2500 TTY

nphw@apha.orgwww.apha.org/nphw

Materials available

Contact: Lakitia Mayo

6**National Alcohol Screening Day**

Screening for Mental Health, Inc.

1 Washington Street, Suite 304

Wellesley Hills, MA 02481

(781) 239-0071

(781) 431-7447 Fax

info@mentalhealthscreening.orgwww.NationalAlcoholScreeningDay.org

Materials available

Contact: none available

1 - 30**Foot Health Awareness Month**

American Podiatric Medical Association

9312 Old Georgetown Road

Bethesda, MD 20814

(301) 581-9200

(301) 530-2752 Fax

jescherer@apma.orgwww.apma.org

Materials available

Contact: Julia Scherer

3 - 7**National Youth Violence Prevention Week**

National Association of Students Against Violence

Everywhere

P.O. Box 9120

Plainview, NY 11803-9020

(800) 999-6884 x3037

(516) 349-5521 Fax

jenb@sunburstvm.comwww.violencepreventionweek.org

Materials available

Contact: Customer Service

6**A Day to End Sexual Violence**

National Sexual Violence Resource Center

123 North Enola Drive

Enola, PA 17025

(877) 739-3895

(717) 909-0714 Fax

resources@nsvrc.orgwww.nsvrc.org

Materials available

Contact: Eboni Braxton

7

World Health Day

WHO Regional Office for the Americas
Pan American Health Organization
525 23rd Street, NW
Washington, DC 20037-2895
(202) 974-3000
(202) 974-3663 Fax
www.who.int/world-health-day/
Materials available
Contact: none available

22 - 29

National Infant Immunization Week

National Immunization Program
Centers for Disease Control and Prevention
1600 Clifton Road, NE, MS E-05
Atlanta, GA 30333
(800) 232-4636 English/Spanish
(888) CDC-FAXX Free fax-back (232-3299)
nipinfo@cdc.gov
www.cdc.gov/nip/events/niiw/
Materials available
Contact: Community Outreach and Planning
Branch

29 - 30

2006 WalkAmerica

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(888) M-O-DIMES (663-4637)
(800) 525-WALK (9255)
(914) 997- 4617
walkamerica@modimes.org
www.walkamerica.org
Materials available
Contact: Katrina Edwards

16

World Voice Day

American Academy of Otolaryngology–Head and
Neck Surgery
One Prince Street
Alexandria, VA 22314-3357
(703) 836-4444
voiceday@entnet.org
www.entnet.org/news/voiceday.cfm
Materials available
Contact: Desiree Voinche

23 - 29

National Volunteer Week

Points of Light Foundation
The Volunteer Centers National Network
1400 I Street, NW, Suite 800
Washington, DC 20005
(202) 729-8168
(202) 729-8105 Fax
info@pointsoflight.org
www.pointsoflight.org/programs/seasons/nvw
Materials available
Contact: Kisha James

30 - May 6

North American Occupational Safety and Health Week

American Society of Safety Engineers
Canadian Society of Safety Engineering
ASSE Public Relations Department
1800 East Oakton Street
Des Plaines, IL 60018-2187
(847) 699-2929
dhurns@asse.org
www.asse.org/naosh
Materials available
Contact: Diane Hurns

We welcome your participation. If you have news to share about publications, workshops, conferences, or know of others that would like to join the network, please e-mail

Irene Felicetti (ilf@umich.edu).
The Center for Health Promotion
<http://www.nursing.umich.edu/chp/>

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