



NCPHA President	1
Healthy NC 2020	2
Environmental Health	3
Epidemiology And Laboratory	4
F.A.M.I	5
Health Equity Conference	5
Nursing	6
Dental	7
Social Work	8
WCH Section	9
Adolescent Immunizations	10
NCPHA Spring Conference	11
Crossword	12
Reading List	13

Happy New Year from the NCPHA President

Happy New Year! I hope all of you enjoyed the holidays. The past year was a challenging and eventful year for public health, and 2011 promises to be just as busy. Despite being confronted with such things as a struggling economy, budget constraints, communicable disease outbreaks, health care reform, HIS (Health Information System) frustration, and a variety of other quandaries that our public health family has faced, we have collectively and collaboratively forged ahead.

Your NCPHA leadership team is making a conscientious effort to be innovative and progressive and make improvements that will benefit the membership. For example, a new one-day spring educational conference was successfully introduced in Durham in April 2010. Communication with the membership has been increased through newly instituted e-newsletters to augment the regular Quarterly Newsletters. Concerted efforts have also been initiated to improve the NCPHA website to make it more user-friendly, and there is a continuing move afoot to “clean up” the NCPHA database and implement technological improvements that will enable easier access to desired research and practice information. Additionally, there has been focused NCPHA involvement with the college student public health population, not only to mentor them, but to encourage their interest in our Association

and our activities; this will strengthen our Association by adding some bright young people to our mix of members because these young people are our potential future leaders.

It is important for us to keep our legislators apprised of our concerns and positions with regard to the many issues that impact public health. To that end, a dynamic NCPHA Advocacy Committee has been formed and begun meeting to enhance and support the efforts of other public health legislative groups and committees like the Policy and Planning Committee of the Health Directors Association, for example. The Advocacy Committee is comprised 6 individuals appointed by the President plus section committee chairs or their representatives. This committee is being chaired by Peg O’Connell, who has considerable experience in working with both the state and federal legislatures on both public health and other issues.

The strength of the Association is largely dependent on the commitment and involvement of its membership. Your active participation in our organization will amplify the “voice” that we have and help us continue to be a positive influence that can “make a difference” as we move forward. If you are not currently a member, I invite you to join. If you are a member, please remember, whether you are currently serving on a committee or a leadership



George O’Daniel, President

position or not, we value your input. If you have ideas that you think would improve NCPHA, please let us know. If you want consideration to be given to various conference speakers or have presentation topics that are of particular interest to you, please convey that information to us also.

I have heard many positive comments about our annual fall North Carolina Public Health conference. This newsletter and the previous e-letter in November recap some of the highlights. The theme was *A New Decade for Public Health – A New Century for NCPHA*, and there were approximately 475 registered attendees. The 2011 program planning committee, chaired by President-Elect Gayle Harris, Health Director in Durham, has begun planning for the next fall conference, which will be held at the Charlotte Hilton University Place, September 21st – 23rd, 2011. Included will be the third of three consecutive years of commemoration of NCPHA’s historical roots. Mark your calendars now!



George O’Daniel, New NCPHA President Presents Past President Award to Mike Reavis



Jeffrey Engel, MD
State Health Director

“Successful implementation happens when communities work together to impact change.”

Healthy North Carolina 2020

This year marks the beginning of a new decade and the launch of our Healthy North Carolina 2020 campaign. This effort, co-led with our partners at the NC Institute of Medicine, culminates several years of work with multiple stakeholders with the goal to make North Carolina a healthier place to work, live, learn, and play.

We began the 2020 effort with a logic model approach that explored the leading causes of death and disability in North Carolina, and published the Prevention Action Plan for Health in 2009 that articulated evidence-based strategies to impact the preventable proximal causes of these leading indicators. Across thirteen domains with forty goals, the 2020 objectives are benchmarked to aspirational and achievable levels. Successful implementation happens when communities work together to impact change.

The Healthy North Carolina 2020 goals and objectives hold no single agency accountable; emphasis is on shared responsibility. The methods seek to improve and enhance community partnerships to impact positive change by giving them the tools they need to measure outcomes as evidence-based interventions are applied. Examples include programs in tobacco control, child nutrition, physical activity, and preventing unintended pregnancies. In the clinical setting, the in-

dividual is the patient. In the public health system, the community is the patient. In both, the goal is to prevent sickness and keep the patient well!

Our challenge in public health is that we are the leaders, promoters, and conveners of efforts to improve population health. This is hard work. Looking to the new decade when resources are limited, we have to be strategic and connect with all corners of society. To impact health disparities, that means seeking input from vulnerable and disenfranchised people. To leverage dollars being spent in health care, we need to reach out to our providers and hospital sectors. And to insure that our communities are environmentally designed to promote health and well-being, we have to be delivering credible health impact assessments to our city and county planners.

That’s why Public Health is Everywhere, Everyday, and Everybody. Thanks for all that you do to improve the health of our state.

Dr. Jeffrey Engel

North Carolina



Division of Environmental Health

Welcome to 2011!

2010-2011 NCPHA Executive Committee



This year is certainly a year of change - changes brought on by ongoing budget woes, new faces and a change of leadership in the General Assembly and reorganization in state government.

The Long Session of the General Assembly begins on January 26th, and with it, there will be lots of new faces and some familiar faces in new roles. Our challenge and our responsibility is to make sure all legislators know the importance of what we do for the citizens and visitors of this state. The Division of Environmental Health has reviewed its laws and rules to ensure they are effective and efficient in accomplishing the desired result. We will continue to scrutinize our enforcement tools and will

“... we must focus on our core mission to protect public health and the environment.”

seek to change the ones which no longer serve their intended purpose.

Last year, legislators instructed the Division of Environmental Health and the Division of Public Health to conduct a study on the feasibility of merging the two divisions. A group of stakeholders convened to consider the desirability of such a merger and the group quickly recognized that there are costs associated with making any change to the current structure. In the end, we had to contemplate the question: Given the State’s financial situation, is this the time for any type of merger?

We don’t need a crystal ball to predict another year of reductions and sacrifices. As resources are reduced, we

must focus on our core mission to protect public health and the environment. It means another year of doing more with less and finding new ways of getting the job done. The Division of Environmental Health is committed to its mission, and I look forward to working with all of our partners to meet the challenges ahead.

Happy New Year!

Terry L. Pierce
State Environmental Health Director



Become a member of NCPHA today!

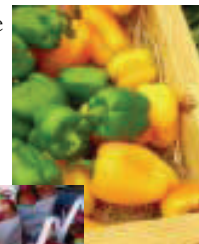
Visit: www.NCPHA.com

Epidemiology Works in North Carolina

The Epidemiology Section has over 70 members from across the state. Epidemiology section members work at the State Health Department, local health departments and universities.

On Wednesday, October 27th, the Epidemiology Section planned and hosted a very successful education session at the Annual Education Conference in Wilmington. The session started with an overview of the health status of NC given by Dr. Megan Davies, the State Epidemiologist. Next was a really interesting presentation by an MPH student from East Carolina, Jared McGuirt. He compared the price of fresh fruits and vegetables at farmers markets and supermarkets and found that the prices were very comparable and many items were cheaper at the farmers

markets. Location of the farmers markets is often a barrier for people who have limited transportation options.



The next presentation was a report of an investigation into a norovirus outbreak linked to oysters in NC. Dr. Edie Alfano-Sobsey, PHRST 4, traced the outbreak from the first to the final reports and answered audience questions on procedures and information collection. The final session of

the day was an interactive case study led by Dr. Janine Dailey, CDC liaison office to the State Health Department. Dr. Dailey divided the audience into small groups and presented an outbreak in steps so that each group had to determine a plan of action as the outbreak developed. It was a great learning experience.

The Epidemiology education session was well attended with between 20 to 40 members in each of the presentations. The Epidemiology planning committee is already making plans for the 2011 AEC and hopes to be able to keep to the high standards these sessions have set.

Penny Padgett
Epidemiology Section Chair



Session at NCPHA Annual Educational Conference

“New members are needed to ensure the viability of the Laboratory Section.”



NCPHA's Laboratory Section

The Laboratory Section of the NCPHA is composed of laboratory professionals and others who recognize and support the laboratory's role in the mission of Public Health in North Carolina.

The Section last met in Wilmington in October during the 2010 NCPHA Annual Educational Conference (AEC). During the business meeting, Section Officers for 2011 were elected and the Laboratorian of the Year

Award was presented to Angela Little Reaves of Brunswick County Health Department. The officers expressed their concern to the group about the continuing drop in the number of members in the Laboratory Section. The Section sponsored two educational presentations during the AEC; “Stock Culture Maintenance: You Learn Something New Every Day” and “Sickle Cell Disease and Trait.” Attendees gained a lot of useful information from both of these presen-

tations and there was a long period of discussion following them.

New members are needed to ensure the viability of the Laboratory Section. Please consider joining or re-joining, if you were a member previously. The Section gives its members the opportunity to meet peers and discuss issues common to local public health laboratories. Please contact any of the officers listed below for more information.

Submitted by Sherri Felts

2011 Officers: Laboratory Section NCPHA

- Chairperson:** Susan Clark, Toe River District
- Vice-Chair:** Theresa Taylor, Craven County Health Department
- Secretary:** Sherri Felts, NC State Laboratory of Public Health
- Treasurer:** Tina Joyner, Nash County Health Department
- Members-at-Large:** Kim Griffin, Person County Health Department
Tina Blackmon, Harnett County Health Department

Fabulous F.A.M.I Functions

By Trish Belton, F.A.M.I Section Chair

The Finance, Administrative, Management Support, Information Technology (F.A.M.I) Section represents members in the Finance, Administration, Management Support and Information Technology professionals.

This year’s officers for our section are: Trish Belton, Chairperson; Beth Cody Vice Chair (Program Coordinator); Carol Kivett, Secretary/Treasurer; Pam Cook, Member at Large; Vicki Cowan, Member at Large and Wanda East, Past President. There are unfilled positions so we have room and need for everyone!



I personally heard from several of you prior to and during the Annual Educational Conference in Wilmington NC and agree that we need education throughout the year not only at the NCPHA Educational Conference. The Executive Director with NCPHA has stated that the NCPHA staff is committed and supportive in helping us in any capacity that they can to accomplish our educational needs. But it starts with YOU...by emailing and/or calling our officers and letting them know what your needs are.

Our section currently has 56 active members...our section will only be as strong as our voices are loud! We need more members to continue to grow our section and to get our needs met! Because of ONE member we were able to get our section name changed at the Annual Educational Conference in Wilmington. All it took was one

member, that didn’t know there was a section for her to join and was willing to step up and voice her opinion. Imagine what we can accomplish with all of our voices and opinions put together.



I challenge each of you as a New Year’s resolution to bring a minimum of one “new” member into our section this year. I look forward to working with each of you....HAPPY NEW YEAR.



NCPHA Awards Dinner



The Promise of Health Equity

Advancing the Discussion to

Eliminate Disparities in the 21st Century



“The Promise of Health Equity—Advancing the Discussion to Eliminate Disparities in the 21st Century” is the theme of the University of North Carolina’s 32nd Annual Minority Health Conference, Friday, February 25 in Chapel Hill.

Dr. Bonnie Duran, who is nationally known for her studies of Native Americans, will deliver the William T. Small, Jr. Keynote Address. If you cannot attend in person, Dr. Duran’s presentation will be available via the Internet.

Nursing Section News

By Betty Cox, Nursing Section Vice Chair for Communications

The Nursing Section represents Public Health Nurses across the state working hard every day to improve the health and well-being of North Carolina citizens. The Executive Committee of the Nursing Section invites all public health nurses to get involved and address the education needs and priorities of public health nursing.

Chair	Hazel Moore	NC Institute of Public Health	hazel.moore@unc.edu
Chair-Elect	Evelyn Coley	Wayne County Health Department	evelyn.coley@waynegov.com
Past Chair	Wanda Tart	Cumberland County Department of Health	wtart@co.cumberland.nc.us
Vice Chair of Communication	Betty Cox	NC Division of Public Health	betty.a.cox@dhhs.nc.gov
Vice Chair of Education	Cheryl Kegg	Durham County Department of Public Health	ckegg@co.durham.nc.us
Secretary	Diane Boyd	Mecklenburg County Health Department	diane.boyd@carolinashealthcare.org
Treasurer	Brenda Dunn	NC Division of Public Health	brenda.dunn@dhhs.nc

The Executive committee has worked hard to enhance the Nursing Section web information and to expand educational opportunities for Public Health Nurses at the annual NCPHA Conference.

Please go to http://www.ncpha.com/index.php?option=com_content&view=article&id=68&Itemid=81 and view photos from the 2010 conference in Wilmington. Also on the web site is information about section and committee membership, awards, scholarships, quarterly statewide conference calls, applying and posting for employment opportunities.

The October 2010 Conference theme was “I Pledge One” to support the 100th anniversary of the NC Public Health Association. Refer to the photo on our web site to see all those who participated. There were presentations from Eileen Kugler, on *Nursing Regulation*; Joy Reed on “*Hot and Simmering Nursing Issues*”; Beth Rowe-West shared an “*Immunization Update*” and finally a presentation from Phoebe Pollitt and LaShanda Penn, Nursing Professors sharing “*Public Health Nursing stories in Their Own Voices*”. There was also an opportunity for attendees to record their stories as part of Public Health history for the future.

The priorities for the Nursing Section this year are:

- Advocate for Nursing priorities
- Expand continued education opportunities by offering more opportunities through the nursing section, merging with other public health sections on important issues and sponsoring quarterly statewide conference calls to address hot topics.
- Increase networking opportunities and collaboration with peer colleagues across the state through the lunchtime quarterly statewide conference calls and inviting Joy Reed, Head of the NC Office of Public Health Nursing to attend and share updates.
- Expand Nursing Section membership and the voices of nurses across the state

Please hold the following dates this coming year from 11:30 a.m., - 1:00 p.m. for statewide conference calls: March 10th, June 9th and August 18th. Also hold the date for this year’s annual education conference September 20-23, 2011 in Charlotte.

The Executive Committee looks forward to hearing from you this year. If you have concerns or topics for discussion, please contact one of the committee members. We encourage you to join the Nursing Section and be part of Public Health history in the future.



Celebrating the “I Pledge One” Campaign

“Public Health Nursing Stories in Their Own Voices” will be posted on the NCPHA site this Spring.

Dental Health On The Move

By Deborah S. Kennedy, RDH, BSDH

The Dental Health Section of the NCPHA was formed to bring together all persons interested in Dental Public Health including official agencies, volunteer agencies, schools, colleges, etc., for the purpose of fostering and stimulating greater opportunities for cooperation with all health personnel, the promotion of joint planning among all agencies and organizations concerned with Dental Public Health and a better understanding, integration and promotion of dental health for all people. Our section currently has 65 members.

The Dental Health Section’s annual business meeting and continuing education workshops were held on Thursday, October 28, 2010 during the 2010 NCPHA Annual Educational Conference in Wilmington. Speakers for this meeting included Sandra Boucher-Bessent, RDH, BS, who presented a two-part program on “Your Mouth, Your Body, Your Health: Redefining the World of Oral Medicine--Part I: Molecular, Bacterial and Genetic DNA Salivary Diagnostics; Part II: Oral Cancer-Oral HPV Program. Rebecca King, DDS, MPH, NC OHS Chief, provided us with a look at how far we’ve come and how far we still need to go with her presentation “Are We There Yet? Trends in Dental Diseases and Dental Health Indicators.” Mark Casey, DDS, MPH presented to us on the “Impact of Healthcare Reform on Dental Medicaid.” We also learned more about the MOM (Missions of Mercy) Projects in North Carolina by the NC Dental Society and had the opportunity to tour the radiology van.

Our officers for 2010-2011 are as follows:

Chair: Debbie Kennedy

Vice Chair: Kelly Diller

Secretary/Treasurer: Doranna Anderson

The following members have agreed to serve as Committee Chairs:

Membership Co-chairs: Peggy Rohleder and Linda Swarts

Awards Committee Co-chairs: Dr. Johanna Irving and Sharon Boger

Legislative Chair: Martha Taylor

Martha Taylor, who is our Legislative Committee Chair, will also represent us on NCPHA’s newly formed Public Advocacy Committee. The Advocacy committee is comprised of 6 members appointed by NCPHA’s President and 1 representative from each section. The Public Advocacy Committee receives input from each section and decides on legislative priorities for NCPHA.



Dental Health Van

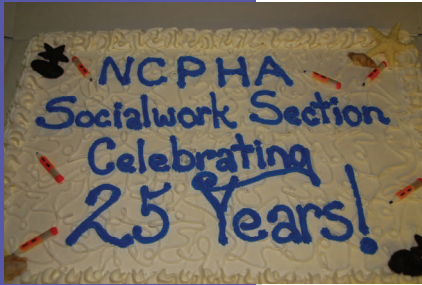
Congratulations are in order for our Section’s award winners for 2010. The George G. Dudney Award was presented to Dr. Rebecca King and also to Dr. Larry Myers. The Becky S. Bowden Outstanding Dental Hygienist Award was presented to Debbie Kennedy. The Ernest A. Branch Award was presented to Doranna Anderson.

The Program Planning Committee is already beginning to plan our 2011 NCPHA Annual Educational Conference. Dates for the conference are September 21-23, 2011 and the meeting will be in Charlotte. If you were unable to attend the 2010 annual meeting in Wilmington, please know that you were missed. We look forward to seeing everyone this year in Charlotte.



Social Work Section Celebrates 25th Anniversary

The Social Work Section of NCPHA had a highly successful educational session at the recent NCPHA Conference in Wilmington. The Social Work Section and the Health Information Management Section co-sponsored a session entitled, "Personality Types to Lead Public Health in the 21st Century" presented by Sheryl Pacelli, MEd, Director of Mental Health Education for the South East Area



Social Work Section Luncheon

Health Education Center. Over 50 persons from a variety of public health disciplines attended the session. The SW Section celebrated its 25th anniversary during its annual business luncheon/meeting. To commemorate our Section's 25th anniversary a drawing was held and Connie Kelley-Sidberry was the winner of \$250. A slide show of public health social workers from around the state was presented and the occasion was celebrated with a huge cake. The annual Social Work Awards were presented to Sylvia Wagoner, Assistant Director for the Concord CDSA for "Outstanding Achievements in Public Health Social Work" and Belinda Pettiford, Perinatal Health and Family Support Unit Manager with the Division of Public Health Women's

Health Branch for "Outstanding Contributions in Public Health Social Work". Sylvia was also presented with a plaque for her leadership of the Social Work Section this past year. New officers for the section were elected as well. Tracy Hamilton, who has served as the Social Work Section's Treasurer for the past 4 years will now be serving as the new Secretary/Treasurer for NCPHA. The section is looking forward to continuing to increase its membership over the next year and promoting increased involvement from its members in public health social work activities.

By Kelly Sprangler,
Social Work Section Chair

Meet the Public Advocacy Committee

Peg O'Connell (chair), Chris Hoke, Terry Pierce, Beth Lovette, John Rouse, Sue Ledford, Fred Michael, Joanne Rinker, Cheryl Kegg, Martha Taylor, Wanda East, Penny Padgett, Susan Clark, Mary Jane Sauls, Pamela Klein, Betsy Vetter, Gloria Brooks, Jaymin Patel, Perry Solice, and Kelly Sprangler.

The NC Public Health Association's Public Advocacy Committee met on Thursday, January 20th to discuss their 2011 Legislative Priorities. This year's top priorities include supporting an increase in NC's cigarette excise tax by at least \$1.00, funding/reimbursement for evidence based obesity prevention programs, and funding for Healthy People 2020 initiatives and objectives. The state legislature is gearing up for some difficult budget cuts. Now is the time to educate new legislators on the importance of public health in the current state of our economy.

Women’s and Children’s Health Section Policy Priorities

Licensure of Certified Professional Midwives

Women’s and children’s health cuts across all disciplines and our section’s membership represents this diversity.

In December, the WCH Chair solicited input from members

regarding suggested legislative priorities for inclusion in the NCPHA Legislative Priorities for 2011. The following priorities were presented and accepted by the NCPHA Public Advocacy Committee for consideration by Governing Council:

1. Support for increasing NC cigarette tax to promote other health and safety efforts
2. Support of early childhood intervention and readiness programs and child care facility regulation of care givers
3. Support of obesity prevention initiatives
4. Considering support of Certified Professional Midwives’ licensure

The first three priorities are familiar and other organizations have established leadership roles which we would support. The licensure of Certified Professional Midwives (CPMs) seems less well known; therefore, we are using this newsletter as an

introduction. This licensure initiative has received support from a myriad of professional organizations, so the WCH Section would be taking a supportive role likely in the form of a Letter of Support.

North Carolina stands out in the southeastern U.S. as having the worst access to licensed and credentialed midwives to serve women who choose midwifery care and the home setting for birth. This has negative implications for both safety and quality of care. The CDC recently reported accelerated rates of planned home birth in the U.S., with North Carolina experiencing one of the largest. Public health reasons for regulating CPMs follow:

- Home births are on the rise with CPMs performing over 70%.
- Evidence supports similar safety records for low-risk women giving birth at home with credentialed CPMs as in the hospital.
- CPMs are accredited by the Midwifery Education Accreditation Council, must pass the certification exam of the North American Registry of Midwives and follow national core competencies of the Midwives Alliance of North America.
- The APHA and the American College of Nurse-

Midwives have supported CPMs legalization.

- CPMs are legally authorized to practice in 27 states including our neighbor states of Virginia, Tennessee and South Carolina.
- CPMs are an important resource for disaster preparedness should hospitals become unavailable or unsafe during a natural disaster, as they are credentialed care providers who are explicitly trained to attend birth out of hospital, emulating a mobile primary care facility for pregnant women and newborns.

Kimberly R. Dehler, MS, DSS
Chair, Women’s and Children’s Health Section



North Carolina General Assembly

“North Carolina stands out in the southeast U.S. as having the worst access to licensed and credentialed midwives to serve women who choose midwifery care and the home setting for birth.”

Adolescent Immunizations

By Lynette Tolson

As many of you are aware, the adolescent immunization rates in NC are below the national average. As a result, in order to educate more parents and raise awareness, April is being designated as Adolescent Immunization month in conjunction with Public Health month. This was an outcome of the Triangle Adolescent Task Force. The four CDC routine recommended vaccines for adolescents 11 to 18 are: Tdap, MCV4 (meningococcal vaccine), HPV, and influenza. The Tdap vaccine is required by law for all rising sixth graders; however, it is just as important that these adolescents are vaccinated against all of these diseases.

The goal of this April 2011 month is to increase adolescent immunization rates for all of the CDC recommended vaccines. Last year, the winning health department was Brunswick County Health Department. They were able to increase their immunization rates due to their strong partnership with the county school nurses as well as really digging deep into their data on the NCIR to see which adolescents 11 to 18 years of age needed their age appropriate vaccines. Additionally, this county sent out adolescent brochures to their adolescent parents and even updated their facebook account to inform parents and adolescents.

There were 18 participating health departments in this "challenge" in 2010, and the association's goal is to be at least 30 health departments for this year. We hope to exceed this goal. The winner will be announced at our May conference. Some of examples of other Best Demonstrated Practices include the following (although many of these health departments did MUCH more than listed here):

- Cumberland County sent out a letter using <http://www.vaccinemanager.com> to 7500 parents promoting all of the recommended vaccines.
 - Orange County sent a notice to providers in the community advertising April as Adolescent month and informing them of the vaccines at the health department. They also posted materials at the local YMCA and other places, and sent out a phone message informing parents of the vaccines their children may need.
 - Bladen County and Wilson County did an adolescent bulletin board in one of the clinic areas.
 - Wake County hung banners in the health department, held a door competition for employees, and did a trifold in English and Spanish with the vaccine information (although they were not one of the health departments who participated in the "challenge" piece, they still work VERY hard to focus on their adolescents year round!).
- Columbus County ran a WellConnect broadcast, did a bulletin board, and even published an ad in the local newspaper to raise awareness drive adolescents into the health department to get immunized.

Here are some other examples of things that you can do:

- Press Release or news article focusing on importance of all of the recommended vaccines
 - Scheduled After School or Evening Adolescent Clinics at the health department (where all of the recommended vaccines are offered, not just Tdap and for all 11 to 18 year olds)
 - Partnership with School Nurses (ex. Report card notice or school newspaper article or Voices of Meningitis at PTA meetings, student orientations or morning video announcements) Voices of Meningitis (<http://www.VoicesofMeningitis.com>) shown at sporting events and through other avenues
 - Health Department Newsletter
 - Community Outreach Activities
- Providing snacks/support for adolescents during clinics or having office put adolescent names in for a drawing

If you need assistance or have questions related to April as Adolescent month, please contact the NCPHA office.



Wilmington Sunset



Henrietta III Riverboat



5K Run and Urban Hike

NC Public Health Association's Annual Spring Conference

DATE: TUESDAY
MAY 17TH, 2011

Save
the
Date!

DURHAM, NC

Hilton Raleigh-Durham Airport
at Research Triangle Park
4810 Page Creek Lane
Durham, NC 27703

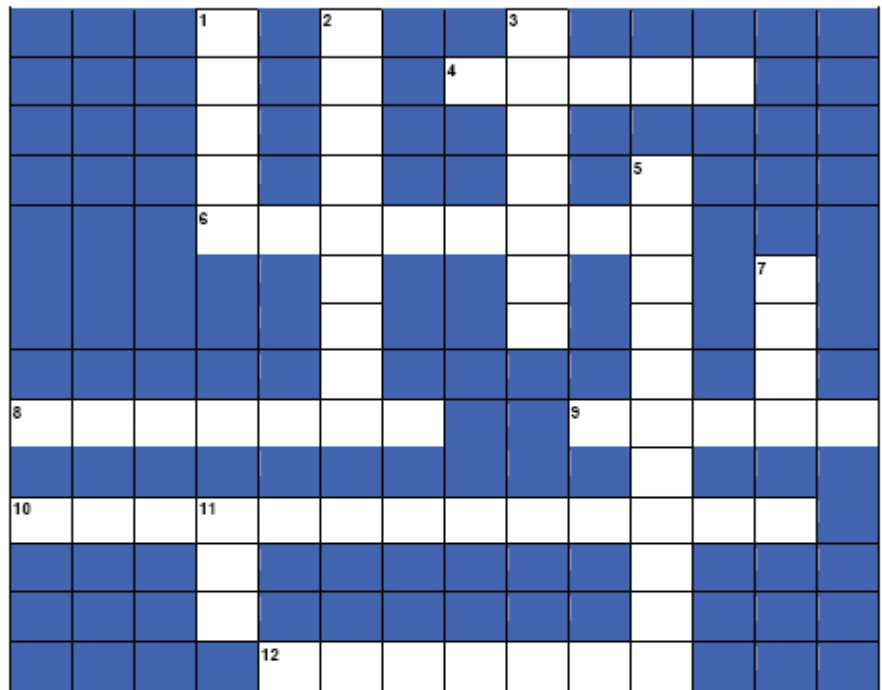
We Invite
You to
Attend the
2nd Annual
Spring
Conference



NCPHA 2010
Public Health All Star
Award Winners



Health & Nutrition Crossword Puzzle



Students at NCPHA Conference

ACROSS

- 4 Represents two-thirds of our body weight
- 6 Physical activity
- 8 Sugar found in milk and dairy products
- 9 Common place to feel your pulse
- 10 Whole grain bread and cereals: complex
- 12 Builds and repairs body tissues

DOWN

- 1 Milk with 3.5% fat
- 2 Tiny bumps on your tongue
- 3 Found in tea leaves, coffee beans and soft drinks
- 5 Not enough water in the body
- 7 Vitamin A keeps these healthy
- 11 Calculation that estimates body fat

www.schooltimefoods.com

*Answers will be posted in next month's newsletter.



North Carolina Public Health Association

Phone: 919-828-6205
 Fax: 919-828-6203
 E-mail: jpark@ncapha.org

Choral Infection Singers



Photos of 2010 Annual Educational Conference
<http://www.charlesmckenziephotography.com/>
 Click "NCPHA 2010" Password: NCPHA10

Public Health Reading List

<http://www.globalhealthhub.org/2010/10/21/my-public-health-reading-list/>

The Coming Plague by Laurie Garrett is a HUGE book that describes the discovery of many new diseases in the 20th century, including Ebola, Legionnaire’s disease and HIV. Something I found interesting was learning how many of today’s global health leaders like Peter Piot started their careers.

The Invisible Cure by Helen Epstein examines why so little progress was made to slow the AIDS epidemic in Africa.

Mountains Beyond Mountains by Tracy Kidder chronicles Paul Farmer’s journey to create Partners in Health. It provides a lot of context and history about Haiti, which could be interesting now as we watch the country try to rebuild.

Sick by Jonathan Cohn is a very readable history of how the U.S. health care system developed as it did. He uses the stories of real people to illustrate how the gaps in the “system.” Cohn is a fantastic reporter at The New Republic who provided some of the best play-by-play coverage of the recent battle for health reform.

Overtreated by Shannon Brownlee describes why more treatment doesn’t necessarily lead to better health. It’s a great history of Jack Wennberg and the Dartmouth Atlas of Healthcare. Matthew Holt gave me the book when we first met and said it was a must read. I pass on his advice.

The Social Transformation of American Medicine by Paul Starr is the Pulitzer-prize winning treatise on the U.S. medical system. It’s an epic but worth the effort.

Diabetes by Fran Kaufman explores the relationship between obesity and diabetes. Kaufman is a pediatric endocrinologist in Los Angeles and had made it her passion to turn the tide on type 2 diabetes among children.