

August 22, 2013

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August is Breastfeeding Awareness Month

Ohio's Breastfeeding Support System

August is breastfeeding awareness month, and this year's theme acknowledges peer helpers as a cost effective and highly productive way to reach a larger number of mothers more frequently. Ohio is one of the few states in the nation that boasts a peer helper program in each of its 88 counties. Breastfeeding is the preferred method of providing infant nutrition and promoting infant health. The benefits of breastfeeding include:

- Improved developmental & psychosocial outcomes
- Increased mother/infant bonding
- Reduced health care costs
- Reduced infant mortality

Breastfeeding is linked to decreased risk of:

- Sudden Infant Death Syndrome (SIDS)
- Necrotizing Enterocolitis (NEC)
- Ear infections
- GI infections
- Obesity
- Diabetes



For more information, log on to:

http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ns/wic%20nutrition/BFfactsheet_FINAL7_1_13.ashx

August is National Immunization Awareness Month

Vaccines (shots) help prevent dangerous and sometimes deadly diseases. National Immunization Awareness Month is the perfect time to promote vaccines and remind family, friends, and co-workers to get caught up on their shots.

How can National Immunization Awareness Month make a difference?

We can all use this month to raise awareness about vaccines and share what we know with our community.

Ideas:

- Talk to friends and family members about how vaccines aren't just for kids.
- People of all ages can get shots to protect them from serious diseases.
- Encourage people in your community to get the flu shot every year.

How can I help spread the word?

- Add information about immunizations to your newsletter.
- Tweet about National Immunization Awareness Month.
- Host a community event where families can get together and learn about immunizations.



For more information, and tips, visit:

<http://healthfinder.gov/NHO/PDFs/AugustNHOToolkit.pdf>

Cyclospora Outbreak

At least 285 people in 11 states have been sickened by a parasitic infection commonly linked to fresh produce, and the exact cause of the outbreak has yet to be pinpointed, according to the U.S. Centers for Disease Control and Prevention. Most of the cyclospora infections have been clustered in the Midwest region, with 138 cases reported in Iowa and 70 in neighboring Nebraska. The remainder cases have been identified in Texas, Georgia, Wisconsin, Connecticut, Illinois, Kansas, Minnesota, New Jersey and Ohio.

The cause of the illness has not yet been identified, but the parasite is most commonly found in fresh produce, including fruits, vegetables and herbs, grown in tropical and subtropical regions, according to Dr. Barbara Herwaldt, a medical epidemiologist at the CDC.

Cyclosporiasis is caused by ingesting food or water containing a one-celled parasite that is too small to be detected without a microscope. Symptoms include watery diarrhea, vomiting and body aches. The symptoms usually manifest within several days of eating the contaminated food, and include diarrhea, cramps, nausea and fatigue. If not treated, the illness may last from a few days to a month or longer and patients have been known to relapse. As a precaution, CDC recommends people to thoroughly wash produce before it is eaten to minimize the chance of infection. The CDC also recommends that anyone with cyclosporiasis-like symptoms seek medical treatment and ask to be tested for the parasite.

For more information, visit:

<http://www.reuters.com/article/2013/07/26/us-usa-infection-cyclospora-idUSBRE96O17G20130726>



Omega-3 Fatty Acids Linked to Higher Risk of Cancer

What's good for the heart may not be so healthy for other organs. The latest study has linked omega-3 fatty acids to an elevated risk of prostate cancer. Prostate cancer is the most common cancer in men, and the latest statistics show that most men will eventually develop prostate cancer if they live long enough. A quarter of a million Americans are diagnosed with prostate cancer each year, only about 30,000 of those cases are fatal, and almost all of them involve high-grade cancer. The latest research has found an association between omega-3s and prostate cancer in both high- and low-grade prostate cancers. It's not that omega-3s are harmful, but that the fatty acids may have more complex effects on the body than previously thought according to Dr. Theodore Brasky, a research assistant professor at The Ohio State University Comprehensive Cancer Center. The nutrients found in fish may fight potentially damaging inflammation, but they may also increase oxidative damage to the DNA in cells, similar to the effects of stress, that can create fertile ground for cancers to grow. Andrew Vickers, a statistician specializing in prostate cancer at Memorial Sloan-Kettering Cancer Center, agrees, saying that fish oil supplements may pose a relatively higher risk for prostate cancer than fish in the diet.

Most health experts recommend that people try to eat a healthy, balanced diet to protect against diseases and most cancers, and turn to supplements only if that's not possible, since supplements may provide only partial benefits.

For more information, visit:

<http://healthland.time.com/2013/07/11/hold-the-salmon-omega-3-fatty-acids-linked-to-higher-risk-of-cancer/>



H7N9 Bird Flu

Researchers say they believe a woman in the eastern Chinese city of Wuxi caught the H7N9 virus from her father. The woman had no known exposure to poultry.

Researches stated that the transmissibility was limited and non-sustainable. The 32 year old woman became infected while caring for her father at his bedside in the hospital in March. Both patients eventually died.

For additional information, go to: <http://www.cnn.com/2013/08/07/health/china-bird-flu-transmission/index.html?iref=allsearch>



Caring for Aging Parents: Should There be a Law?



In China, a new law that went into effect this month requires children to provide for the emotional and physical needs of their parents, which includes visiting them often or facing fines and potential jail time. One woman who was found negligent in visiting her 77-year-old mother has already been charged under the Law on Protection of the Rights and Interests of the Elderly and was ordered to visit her mother at least once every two months, and on at least two national holidays a year. Enforcing the law will certainly be challenging and critics have raised the very real possibility that in an effort to alleviate some of the impending burden that 200 million people over the age of 60 represent for the Chinese government, the law may end up causing more family strife and resentment toward elderly parents. While no government can legislate loyalty or love, more legislatures are finding it necessary to mandate responsibilities, especially those of the financial kind.

Much closer to home, laws in 20 U.S. states require family members, for the most part adult children, to support their financially needy relatives, which can include elderly parents who no longer have an income or disabled adult children who are unable to support themselves.

For more information, visit: <http://healthland.time.com/2013/07/22/caring-for-aging-parents-should-there-be-a-law/>

More Kids Diagnosed with Adult Diseases



Diabetes, obesity and elevated blood pressure typically emerge in middle-age, but more young children are showing signs of chronic conditions that may take a toll on their health. The latest report on the trend, from researchers at Harvard Medical School found that children and adolescents are increasingly suffering from elevated blood pressure. A study published in the American Heart Association journal of Hypertension showed a 27% increase in the proportion of children aged 8 years to 17 years with elevated blood pressure over a thirteen-year period. The question is what's driving today's children to develop these diseases before their time? Obesity may play a major role in many of these conditions, from diabetes to blood pressure and joint problems, according to experts. To treat these conditions, more young children are taking medications for longer periods of time, and the long term health consequences of that trend is starting to worry many pediatricians.

Eating a healthy diet is not just about food itself but the food environment, which is constructed around cultural, social and economic factors that determine the diversity of food choices and the accessibility of these options. In June, the agency announced that by next school year, schools nationwide will provide healthier snacks in vending machines that are low in fat, sodium and salt.

For more information, visit:

<http://healthland.time.com/2013/07/16/sick-before-their-time-more-kids-diagnosed-with-adult-diseases/>

Insurance Premiums for Smokers



A glitch involving President Barack Obama's health care law means smokers may get at least some relief next year from tobacco-use penalties that could have made their premiums unaffordable. Older smokers are more likely to benefit from the glitch, experts say. But depending on how insurers respond to it, it's also possible that younger smokers could wind up facing higher penalties than they otherwise would have. Starting in 2014, the law requires insurance companies to accept all applicants regardless of pre-existing medical problems. But it also allows them to charge smokers up to 50 percent higher premiums, a way for insurers to ward off bad risks. For an older smoker, the cost of the full penalty could be prohibitive. Premiums for a standard "silver" insurance plan would be about \$9,000 a year for a 64-year-old non-smoker, and for a smoker of the same age, the full 50 percent penalty would add more than \$4,500 to the cost of the policy, bringing it to nearly \$13,600. And new tax credits available to help pay premiums cannot be used to offset the penalty. The underlying reason for the glitch is another provision in the health care law that says insurers can't charge older customers more than three times what they charge the youngest adults in the pool.

For more information, visit:

<http://healthland.time.com/2013/07/09/loophole-may-spare-smokers-higher-insurance-premiums-for-at-least-a-year/>

Public Health Accreditation

Accreditation is a process ensuring that a public health agency is committed to self-study and external review by peers in meeting standards and continuously enhancing the quality of services offered. The Public Health Accreditation Board (PHAB) is a not-for-profit agency formed to develop and implement the voluntary national accreditation program for state, local, Tribal and territorial health departments. The following benefits have been realized by accredited local health departments in states with state-based accreditation programs:

- The accreditation assessment process provides valuable, measurable feedback to health departments on their strengths and areas for improvement.
- Engaging in the accreditation process provides an opportunity for health departments to learn quality and performance improvement techniques that are applicable to multiple programs.
- Gaining accreditation status has resulted in increased credibility among elected officials, governing bodies and the public.
- The recognition of excellence brought on by meeting accreditation standards has positively impacted staff morale and enhanced the visibility of the health departments.
- Accreditation is a means of demonstrating accountability to elected officials and the community as a whole.

The ultimate goal of accreditation program is to improve the public's health through improved quality and performance of public health departments. To date, however, there is little research supporting the outcomes correlated with public health interventions. This is a primary research question that PHAB's Research & Evaluation Committee will pursue as the accreditation program is developed and implemented.

For more information, log on to: www.phaboard.org



Public Health
Prevent. Promote. Protect.

FDA Warns: One Brand of Vitamin B Supplement contains Dangerous Steroids

Federal regulators have warned consumers to avoid "Healthy Life Chemistry By Purity First B-50" brand of vitamin B dietary supplement because it contains potentially harmful anabolic steroids. The product is manufactured by New-York based Mira Health Products Ltd is sold online and in stores.

According to the Food and Drug Administration, the vitamin contains methasterone, a controlled substance, and dimethazine. Regulators have received 29 complaints associated with Healthy Life Chemistry By Purity First B-50" vitamin, including fatigue, muscle pain and cramps, and liver and thyroid problems, the FDA said. Some patients were hospitalized, but no deaths were reported.

Women are also reporting unusual hair growth and missed menstruation, and men reported impotence and low testosterone.

Anyone who has used this product and has symptoms should seek medical care and report the case to the FDA, regulators said.



For more information, visit:

http://www.cnn.com/2013/07/27/health/fda-steroid-warning/index.html?hpt=he_c2

**Questions, comments,
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We Want Your Input

Holding a training and want others to know about it? Have something you want to share – information from a conference, a presentation you will be conducting, or an interesting article? Send us the details and we will be happy to include it in the next issue of the newsletter. Your feedback is also welcomed!



Don't Forget to Like Us on Facebook at www.facebook.com/tlchd

A screenshot of the Facebook profile page for the Toledo-Lucas County Health Department. The profile picture shows a map of the county with the text 'TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT'. The page shows a 'Wall' section with 'Hidden Posts', 'Info', 'Photos', and an 'EDIT' button. Below this, it indicates '64 like this' and '4 talking about this'. A 'Likes' section lists several entities: CDC, Toledo-Lucas County Advanced Practice Center, CDC Emergency Preparedness and Response, Ohio Department of Health, and Healthy Ohio.

A screenshot of a Facebook post from the Toledo-Lucas County Health Department. The post is titled 'Toledo-Lucas County Health Department via CDC' and contains the text: 'Who said learning isn't fun? Check out CDC's graphic novel "Preparedness 101: Zombie Pandemic." Follow Todd, Julie, and Max as they try to avoid a strange new disease turning everyone into zombies. A surprise ending reminds everyone why it's important to be prepared for all emergencies. Use the checklist included in the novel to get your family ready before disaster strikes.' The post includes a link to 'CDC - Office of Public Health Preparedness and Response: Zombies' with the URL 'www.cdc.gov'. It also shows engagement metrics: 'Like · Comment · Share · 7 hours ago' and 'Candice Harrison likes this.' Below the post, there is a 'View 1 share' button and a 'Write a comment...' input field.



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