

February 21, 2014

Special Interest Articles:

- **Agriculture Dept. Faces Shortages of Inspectors**
- **CVS Will Remove All Tobacco Products**
- **February is American Heart month**

Individual Highlights:

February is African American History month

1

Reduce Workplace Stress with Meditation

2

Save The Date!! APIC Conference

3

Public Health Accrediation & Quality Improvement

4

February is American Heart Month

Heart disease is the leading cause of death for both men and women. According to the CDC, every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. There is good news...Heart disease is preventable and controllable.

Tips for lowering your risk of developing heart disease:

- **Eat a healthy diet. Eat plenty of fresh fruits and vegetables.** Choose foods low in saturated fat, Trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting sodium in your diet can lower your blood pressure.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease.
- **Exercise regularly.** The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.



For more tips to a healthier heart visit:

<http://www.cdc.gov/Features/HeartMonth/>

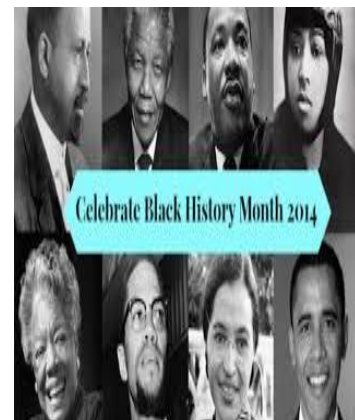
February is African American History Month

Despite great improvements in the overall health of the nation, health disparities remain widespread among members of racial and ethnic minority populations. Structural inequalities from disparities in education and health care to the vicious cycle of poverty-still pose enormous hurdles for black communities across America. We're all at risk for heart disease and stroke. People of all ages, genders, races, and ethnicities are affected. However, certain groups include African Americans and older individuals are at higher risk than others. African American adults are much more likely to suffer from high blood pressure (hypertension), high cholesterol, and heart attack and stroke deaths than White adults. Million Hearts is an initiative that aims to prevent 1 million heart attacks and strokes by 2017 using clinical and community prevention to improve what is known as ABCS.

- **Aspirin** as appropriate
- **Blood pressure control**
- **Cholesterol management**
- **Smoking cessation**

For more information, visit:

<http://www.cdc.gov/Features/AfricanAmericanHistory/>



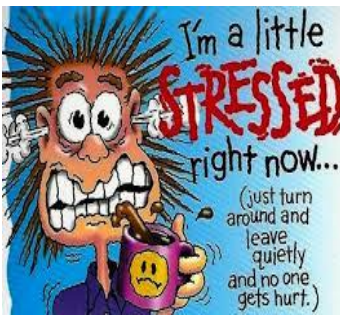
Agriculture Dept. Face Shortages of Inspectors



A top inspectors' union official and a food safety group stated that the Agriculture Department is facing a shortage of inspectors, raising the possibility that contaminated products could reach consumers. The lack of inspectors most likely played a role in the recall for nearly nine million pounds of beef processed at the Rancho Feeding Corporation in Petaluma, Calif. Stan Painter, president of the National Flint Council of Food Inspection Locals, stated that in many places, managers and veterinarians are being asked to help with inspections. The lack of inspectors in some areas could be attributed to a new poultry inspection program at the Agriculture Department. Under the new program the department is allowing poultry plant employees to do inspections on the processing line. Agriculture Department inspectors are stationed only at the end of the processing line for a final check on meat before it is shipped. The new program is expected to eliminate the positions of about 800 inspectors.

To read further, log on to: http://www.nytimes.com/2014/02/21/us/american-meat-plants-said-to-face-shortages-of-inspectors.html?ref=health&_r=0

Reduce Workplace Stress with Meditation



A U.S. study conducted by author Sanford Nidich of Maharishi University's Institute for Natural Medicine and Prevention in Fairfield, Iowa showed that practicing 20 minutes of Transcendental Meditation twice a day for four months helped teachers and support staff working at a school for children with behavior problems feel less stressed. Pre-stress levels among the participants had averaged 39 on a 40-point scale and fell 5 points by the end of the study period. In comparison, 20 school staffers who did not meditate started with stress levels around 37 on the same scale and those rose 2 points during the same period.

For additional information on this study, log on to: <http://www.reuters.com/article/2014/02/13/us-meditation-stress-idUSBREA1C1VP20140213>

California Senator Proposes Warning Labels for Sodas, Sugary Drinks



Northern California state senator, Bill Monning (D-Carmel), is introducing a bill to put warning labels on sodas and other sugary drinks sold in the state. If passed, the bill would place a warning on the front of all beverages containers with added sugar that have 75 or more calories per 12 ounces. The label would read: STATE OF CALIFORNIA SAFETY WARNING: Drinking beverages with added sugars contributes to obesity, diabetes, and tooth decay. The American Beverage Association has said such restrictions will not necessarily lead to a healthier population and consumers should be able to decide for themselves their sugar intake.

To read further, go to: <http://healthland.time.com/2014/02/13/california-lawmaker-proposes-warning-labels-for-sugary-drinks/>

CVS to Remove All Tobacco Products



CVS announced that it will remove cigarettes and all tobacco products from its 7,600 pharmacies nationwide, costing the retailer an estimated \$41.5 billion in annual revenue. The American Medical Association (AMA) supported the decision, noting that reducing access to tobacco products is one part of a multi-pronged approach to lowering smoking rates in the U.S. In 2009, the Association urged pharmacies to stop selling tobacco products, a position echoed by the American Heart Association, the American Cancer Society, the American Lung Association, and the American Pharmacists Associations. Other aspects of the anti-smoking effort includes taxes on tobacco products and increased education and awareness about the dangers of smoking, a strategy that began 50 years ago with the first Surgeon General Report on Tobacco, which linked smoking to lung disease, including cancer. Tobacco and smoking causes nearly 500,000 deaths each year in the U.S. and costs \$132 billion in medical expenses, according to the latest Surgeon General Report.

For further information, log on to: <http://healthland.time.com/2014/02/05/cvs-to-ditch-all-tobacco-products/>

Ohio Senate: Ban on sale of electronic cigarettes to minors



A bill to keep electronic cigarettes out of the hands of minors cleared the Ohio Senate. The proposal prohibits those under the age of 18 from obtaining, possessing and using e-cigarettes. E-cigarettes are battery-powered devices that provide users with aerosol puffs that typically contain nicotine, and sometimes flavorings like fruit, mint or chocolate. "Today, any child with a few bucks can walk into a retail establishment in Ohio and buy one," said state senator John Eklund, R-Chardon. Ohio's bill defines e-cigarettes as "alternative nicotine products" rather than tobacco-derived products. Few studies have explored exactly what chemicals are in them, and in what concentrations, and whether those levels are harmful.

For additional information, go to: <http://www.daytondailynews.com/news/news/local/ohio-may-be-e-cigarette-sales-to-minors/ndL6s/>

Association for Professionals in Infection Control and Epidemiology



SAVE THE DATE!!

The Northwest Ohio APIC Chapter 93 Spring Infection Prevention Symposium will be held on April 23, 2014 at St. Luke's Hospital @ 5901 Monclova Road, Maumee, OH 43537. Registration information will be forthcoming.



Public Health Accreditation & Quality Improvement

The Toledo-Lucas County Health Department has embarked on the journey to obtain national public health accreditation. A voluntary program overseen by the Public Health Accreditation Board (PHAB), Public Health Accreditation requires that health departments meet or exceed the requirements set forth across 12 Domains of criteria, with the ultimate goal of improving *how* we do *what* we do for Lucas County residents. We are committed to upholding the highest standards and of health and safety for our community and view Public Health Accreditation as a promise to Lucas County that we will continually strive to improve the health and safety of all residents.

In addition to meeting the rigorous standards and measures of PHAB, the Health Department was awarded the Accreditation Support Initiative grant sponsored by the National Association of County & City Health Officials (NACCHO) in December, 2013. This grant is driving the creation and implementation of a robust Quality Improvement Plan as well as quality improvement training and development for all staff. These efforts will help instill a culture of quality improvement across all facets of the organization as we move towards accreditation and a higher standard of service for all Lucas county residents.

For more information, visit:

<http://www.lucascountyhealth.com/#/about-us/accreditation>

<http://www.naccho.org/topics/infrastructure/accreditation/asi-2013-2014.cfm>
(Category 5)



Prolonged Sitting Puts People Over 60 at a Risk for Disabilities

New research published in the Journal of Physical Activity and Health reports that prolonged sitting puts people over 60 at a risk for disabilities.

- Disabilities are more common among sedentary people.
- Sitting too long makes us overweight.
- You're more likely to have a heart attack.
- It impacts your mental health.
- You're at a greater risk for chronic disease.
- Life expectancy is shorter
- There's a greater risk for kidney disease.
- Your risk of dying from colorectal cancer is greater.



To read further, please log on to: <http://healthland.time.com/2014/02/19/now-theres-another-reason-sitting-will-kill-you/?iid=hl-main-lead>



**Questions, comments,
article suggestions,
inquire to:**

Tanika Carter, MPH
Epidemiologist
635 North Erie Street
Toledo, OH 43604

PHONE:
(419) 213-4274

FAX:
(419) 213-4546

E-MAIL:
CarterT@co.lucas.oh.us

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



Facebook page navigation and likes section:

- Wall
- Hidden Posts
- Info
- Photos
- EDIT
- 64 like this
- 4 talking about this
- Likes See All
- CDC
- Toledo-Lucas County Advanced Practice Center
- CDC Emergency Preparedness and Response
- Ohio Department of Health
- Healthy Ohio

Toledo-Lucas County Health Department

Facebook post content:

Government Organization · Toledo, Ohio · Edit Info

Wall Toledo-Lucas County Health... · Everyone (Most Recent)

Share: Status Photo Link Video Question

What's on your mind?

Toledo-Lucas County Health Department via CDC
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.

CDC - Office of Public Health Preparedness and Response: Zombies
www.cdc.gov
Office of Public Health Preparedness and Response

Like · Comment · Share · 7 hours ago

Candice Harrison likes this.

View 1 share

Write a comment...

Toledo-Lucas County Health Department
Help prevent the spread of infection and illness by washing your hands!

CDC Features - Wash Your Hands



Public Health
Prevent. Promote. Protect.

You Can Now Follow Us on Twitter! Follow Us at [@ToledoLucasHD](https://twitter.com/ToledoLucasHD)

