

Alabama's health

A publication of the Alabama Department of Public Health

Begin the Journey Toward Better Health; Scale Back Alabama Seeks a 10 Million Pound Weight Loss

Scale Back Alabama is inspiring Alabamians to lose weight. Most Alabama Department of Public Health employees and all Alabama residents are eligible to win the generous grand prize of \$1,000 per person (donated by Barber Dairies) which will be awarded to the team of three to five members with the greatest percentage weight loss. Environmental Health employees who are involved with inspection of dairies

are not permitted to compete, although they are encouraged to take part in the weight loss and physical activity efforts. The start date of the competition is Monday, Jan. 22, for the eight-week period that concludes with a weigh-in at an official site on March 19.

To kick off the campaign, 2003 American Idol Ruben Studdard held a news conference Jan. 4 at Vulcan Park in Birmingham during which he encouraged Alabamians to lose 10 million pounds over eight weeks through a weight loss program designed to encourage healthy weight reduction and physical activity. Studdard serves as campaign spokesperson and chief weight coach. He will share personal stories and tips on weight loss and physical activity.

"Ten million pounds is basically 10 pounds per person for every person in Alabama

that is estimated to be obese," said Mike Horsley, president of the Alabama Hospital Association. "Currently, Alabama's adults rank as the second most obese in the nation, and this extra weight can be a huge factor in increasing the risk of heart disease, diabetes and other life-altering conditions. We want to do what we can to encourage Alabamians to start the New Year off right by making some healthy lifestyle changes, and we are very grateful that Ruben Studdard is leading the charge."

Studdard, who has recently had his own success in getting healthy, encourages people statewide to form teams of three to five people and compete for a grand prize of \$1,000 per person for the team in the state that has the highest percentage weight loss.

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Spokesperson Ruben Studdard kicks off the Scale Back Alabama competition.

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January **2007**

Area Emergency Preparedness Teams Spread the Word About Pandemic Flu

Pandemic influenza planning became a large part of the department's emergency preparedness activities this past year. In coordination with federal, state and local agencies, the department has taken several steps to ensure that should an influenza pandemic occur, citizens of Alabama will be prepared.

In addition to a satellite program, a new Web page and numerous print materials being distributed to the public, the department's area emergency preparedness teams are also spreading the message about preparedness throughout the state in their local public health areas. These team members are working hard to help citizens become familiar with a subject that can be difficult to understand if not fully explained, and performing activities to learn how to prepare better. The following are just some of the completed and future projects of the area EP teams.

PHA 1 - On Nov. 28, team members initiated an exercise to investigate flu-like symptoms at a local plant and subsequent referral of patients to hospitals. Exercise participants included Eliza Coffee Memorial Hospital and Shoals Hospital.

PHA 3 - Team members made presentations to registered day care workers in Bibb County to help educate the workers on how to relate information to the parents

of children in their day cares.

PHA 4 - On Nov. 28, Jefferson County staff conducted a mass vaccination exercise to comply with the City Readiness Initiative. Future plans include meeting with the Birmingham school system staff.

PHA 6 - Team members are working with the local school system to provide interviews with officials concerning pandemic influenza planning efforts. The interviews will air on local channels as part of an educational project with students in audiovisual classes.

PHA 7 - Team members conducted pandemic influenza informational summits in each county. In conjunction with local partners, the area held a mass influenza vaccination clinic in Dallas County on Nov. 16. During the one-day clinic, 1,840 vaccinations were given to the general public.

PHA 8 - Team members have conducted several table top exercises in Autauga County, including one exercise with the Board of Education.

PHA 9 - In coordination with several local partners, PHA 9 staff conducted a mass influenza clinic in Baldwin County on Nov. 14. Over 4,300 influenza vaccinations were given during a 12-hour period. Partners

involved in the clinic included Baldwin County Emergency Management Agency, City of Daphne, Baldwin County American Red Cross, Faulkner Community College, South Baldwin Hospital, Thomas Hospital, North Baldwin Infirmary, Mercy Medical, Poarch Band of Creek Indians, La Clinica de Baldwin, Daphne Police Department and Daphne Fire Department.

PHA 10 - In Dale and Crenshaw counties, team members conducted a pandemic influenza Strategic National Stockpile drill. Team members worked with local emergency management agencies by setting up PODS (points of distribution) for administering influenza vaccine. One of the scenarios during the drills was avian influenza.

In Crenshaw County participants were actually given vaccine. In Dale County, administration of vaccine was simulated, but instructions for care and kits were still given for home care. Participants were also given a number to call for tracking purposes.

Other areas in PHA 10 included meeting with Geneva County hospitals, Association for Professionals in Infection Control and Epidemiology nurses and the Office Manager's Association to provide guidance on hospital preparedness and planning.

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Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

Alabama's Health

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Employees Exhibit Generosity and Caring

The true generosity and caring of public health employees is evident throughout the year, especially during the Christmas season. Many employees opted to donate the amount they might normally spend on gifts for one another to benefit those in need through various campaigns. The U.S. Marine Corps Reserve presented the Commander's Award for Outstanding Achievement by the Toys for Tots Foundation to the department's Central Office. Nearly 500 gifts and additional monetary donations were given for needy children in Montgomery and the surrounding areas.

The 2006 State Combined Campaign was outstanding both in percentage of employees contributing and amount of money donated. Chairperson Reginald Strickland stated in an e-mail to employees at the conclusion of the campaign, "Thanks again for helping to make a positive difference in so many lives."

The Bureau of Environmental Services hosted a full house for the annual luncheon, "It's a Karaoke Christmas!" at the RSA Activity Center.



Shown are Trina Griffin, Jim Hatch, Steven McDaniel, "Santa" Chris Haug and Sherry Bradley. Ms. Bradley and Ms. Griffin chaired the fun-filled musical agenda.



This trio of Brent Hatcher, Jim Hatch and Steven McDaniel was later joined by reindeer Sherry Bradley.



Debra Akimie provided beautiful decorations for her colleagues in Radiation Control.



Dianne Sims provided the left hand and Dr. Tom Miller the right hand in this "wrapping" event.



Justin George captivated the audience with his rendition of Elvis Presley's "Blue Christmas."



Greg Lockier encouraged greater participation in the Toys for Tots campaign by riding a donated bicycle.

First Aid Training

RSA Tower - 10th Floor
 Training Room,
 Suite 1042
 Montgomery, Ala

Morning or afternoon
 classes available
 4.5 contact hours will be
 awarded to nurses.

For more information on class dates, times and registration, please contact:
 Kristi Mitchell
 Bureau of Professional & Support Services
 RSA Tower - Suite 1040
 kristimitchell@adph.state.al.us
 (334) 206-5650 • (334) 206-3869 - fax

Preparedness, continued from page 2....

PHA 11 - Team members have developed a mass media campaign to include three different television commercials that will address hand washing, covering coughs and home care. Members are also targeting the Vietnamese population with flyers and posters on hand washing and covering cough etiquette.

In addition, two mass vaccination clinics have been conducted and members have distributed pandemic influenza handbooks.

For more information on pandemic influenza, please visit www.adph.org/pandemicflu.

By Takenya Taylor

Alabama Scores High in Preparedness

Alabama has achieved 8 of the 10 possible key indicators for health disaster preparedness, according to the non-profit Trust for America's Health. The "Ready or Not?" report contains state-by-state health preparedness scores. All 50 states and the District of Columbia were evaluated, and only the states of Oklahoma and Kansas scored higher than Alabama.

Dr. Donald Williamson, state health officer, said, "This is a positive report for Alabama and our department. Our partners, including Alabama hospitals, health care providers, nursing homes, community health centers, the Alabama Emergency Management Agency, local emergency management agencies and the Department of Homeland Security, have worked hard to make this happen. It is impossible to be fully prepared for a disaster, but we strive to plan for what

might come in our changing times, such as biological or chemical attacks. Preparedness is a journey, not a destination."

Public health preparedness is a shared responsibility among federal, state and local governments. The Centers for Disease Control and Prevention and the Health Resources and Services Administration at the U.S. Department of Health and Human Services are in charge of overseeing the use of federal funds devoted to health emergency readiness.

According to the Trust for America's Health, Alabama was one of only 15 states which have achieved "green" status for its Strategic National Stockpile delivery. Other indicators the state has met include the following:

- Has sufficient biohazard safety level 3 laboratories to meet bioterrorism needs as outlined in the state plan

- Has enough laboratory scientists to test for anthrax or plague
- Has year round lab-based influenza surveillance
- Has two weeks' hospital bed surge capacity in a pandemic
- Increased or maintained seasonal flu vaccination rate for adults over age 65
- Is compatible with the CDC's National Electronic Disease Surveillance System

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In the event of a natural or manmade disaster, the department maintains a stock of equipment and supplies. Kent Speigner of the Center for Emergency Preparedness is shown viewing the inventory of supplies available for quick deployment.

Activities Mark Alabama's Observance of Diabetes Month

The Diabetes Branch is working to educate Alabamians who may be at risk of diabetes and to instruct people with the disease about ways to prevent further complications during National Diabetes Month. Alabama is one of three states using the "systems thinking" approach that emphasizes cooperation among the public, private and nonprofit sectors that are addressing diabetes.

Activities for the month began on Nov. 1 as the Alabama Primary Health Care Association in collaboration with the department's Diabetes and Cardiovascular Health branches held the "Redesign for Prevention Conference" in Montgomery.

Gov. Bob Riley officially designated the month by signing a proclamation of November as National Diabetes Month in Alabama.

On Nov. 14 the Diabetes Prevention and Control Program conducted the "State Plan Summit" in which members of the council and other organizations gathered to begin work on various components of Alabama's first Diabetes State Plan. Dr. Kyle King Reynold and Terry Ackley, chairman of the Alabama Diabetes Advisory Council, presented appreciation plaques to Centers for Disease Control and Prevention consultants Chris Arthur, Ph.D., and Kevin Klein who assisted with

the "systems thinking" components of the summit. Summit panelists included Dr. Jack Hataway, who spoke on Networking to Prevent and Manage Diabetes; Paul Morton, director, Alabama Parks and Recreation Association; and Sherry Marbury, State Department of Education.

During the month the Diabetes Branch provided technical assistance to the Alabama Diabetes Advisory Council in order to distribute more than 160 media press packages featuring National Diabetes Education Program announcements. This activity triggered media responses from

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Madison County Formally Dedicates New Health Facility; 26 Years in the Making

Madison County became the fifth county in the State of Alabama to have its own health department. The year was 1918. Over the past 88 years the main health department has been located in only two facilities in Huntsville. The first location was in the old Elks building, which is now a parking lot, and then at the Eustis location which was donated by Dr. William Burritt, a well-known local physician. The move to the Eustis building took place in 1952. By 1980 the building at 304 Eustis had become obsolete. The facility was inadequate for the needs of the community. The main waiting area and intake desk were cramped and dingy, the clinical patient waiting area was in the main hallway,

and the clinic rooms were small and cold. The paint was peeling, the walls and ceiling crumbling, windows leaking and the numerous heating and cooling systems were always breaking down. Staff struggled daily to provide confidential and compassionate medical care.

In 1995, with the donation of \$1.25 million dollars from Huntsville Hospital, the Madison County building odyssey began. The old Madison Academy School property was purchased with the plan to renovate the building for clinic and office space. After considerable time and planning, the building was determined to be unacceptable for the needs of the county health department. The only

feasible option was demolition and new construction.

Nearly 10 years after the purchase of the property, construction finally began. Employees both old and new, watched construction progress with great anticipation and then, finally, at the end of August 2006, 26 years in the making, the Madison County Health Department moved into its new 30,000 plus square foot, state-of-the-art facility. This facility is more than twice the size of the combined space in the old facilities and accommodates 84 local and state employees. Medical services are provided through seven exam and five WIC assessment rooms, three labs and an X-ray room, allowing the staff to provide the best

medical treatment available. The Community Room which will seat over 100 theater style, 80 in lecture mode (at tables) and 70 - 80 for food functions, is available to state/local agencies and community groups for meetings and social events.

On Dec. 18, 2006, the formal dedication of the new facility, located at 301 Max Luther Drive, Huntsville, took place with over 100 honored guests in attendance. Dr. Debra Williams, assistant local health officer, greeted and welcomed local dignitaries including Huntsville Mayor Loretta Spencer, City Council members, County Commission members and local representatives from the

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Lawrence County Life Care Clients Get Visit from Operation Santa Claus for 11th Year

More than 120 clients of the Lawrence County Life Care Medicaid waiver program received Christmas packages delivered by home attendants once again this year. This generous tradition was made possible thanks to the generosity of a local company and the inspiration of a company employee from Moulton.

Medicaid Waiver worker Julie Brewer noted that so many elderly persons enrolled in

the Life Care program have no family or friends and have a difficult time even in meeting the necessities of life. Company donations have enabled the Life Care staff to send boxes of food items, cleaning supplies, televisions, microwave ovens, coats, blankets, sheets, towels, adult diapers, nutritional supplements, paper towels and toilet paper.

"This is a wonderful, wonderful blessing for them and for us to show them somebody cares," Ms. Brewer said. "We are so grateful of their help with these clients. Neither the company nor their local employee is seeking any publicity, but we wanted to let other people know about their donations in making possible this annual event which everyone anticipates."

Clients with the greatest needs and fewest resources are given larger boxes, but everyone enrolled in the program receives something. Almost 20 employees make the deliveries to the recipients.

"Employees get great joy in giving these items, which really come in handy," Ms. Brewer said. "A lot of the clients have to scrounge to get by, and these donations help fill the gaps throughout the year."

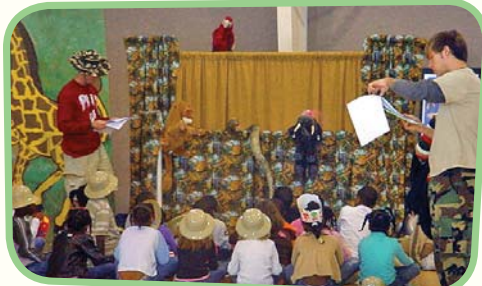
The employee has worked for this company for at least 10 years, and learned about the great needs of the Life Care clients a decade ago, so she requested that the company take on this charitable cause. The company has continued its contributions ever since.



Employees of the Lawrence County Life Care program enjoyed delivering boxes of donated items greatly needed by their clients again this year.

Steps to a Healthier Alabama, Southeast Region, Hosts Asthma Safari for Kids

The Asthma Safari is a fun filled and educational day for children with asthma. All school children pre-kindergarten through second grade within Pike County are bused to the safari to see health professionals and numerous volunteers empower kids through skits, demonstrations and play. Jungle puppets interact with the children to teach them how to manage their asthmatic episodes, recognize their triggers, and manage their medications. Although it might be



Young children with asthma learn about managing their condition through an Asthma Safari educational program.

assumed that children who have been diagnosed with asthma would know all about triggers and medications, that is not always the case. There is widespread community support which allows everyone to participate in improving the health of children in the area. This even serves a dual purpose, providing both physician and patient interaction.

In 2006, the Asthma Safari was the biggest success yet with 144 asthmatic children and 140 volunteers. Bullock County asthmatic children (total of 4) were among those in attendance. Some of the volunteers were from Charles Henderson Child Health Center, Troy University, Charles Henderson High School Future Business Leaders Association members, Troy Charity League, Alpha Delta Pi sorority, Alabama Department of Public Health, Alabama Cooperative

Extension, Troy Regional Medical Center, and ALL Kids. These volunteers assisted with stuffing goodie bags (items donated from pharmaceutical companies), puppets, set-up, break-down, Safari Guides, serving lunch, media/marketing, as well as entertaining the children in between stations.

According to Brock Davis, a kindergarten student from Troy Elementary, his favorite part was Sneezy Snake. When asked why he replied, "I like him because he sneezes all the time." He also said, "Lay down to breathe and don't run too fast." Brock was referring to the Belly Breathing Station where the children learned the proper technique for addressing breathing during an asthmatic episode.

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Retirees

The following employees have retired recently from the department:

November -

Mary Adams - Montgomery County Health Department

December -

Sandra Best - Public Health Area I

Janet Blanton - Houston County Health Department

Shirley Bowman - Health Promotion and Chronic Disease

Bobby Bryan - Public Health Area VIII

Dannie Greene - Montgomery County Health Department

Mattie Hand - Marshall County Health Department

Martha Jackson - Immunization Division

William Jarrell - Health Promotion and Chronic Disease

Patricia Jordan - Walker County Health Department

Russell Killingsworth - Public Health Area X

Linda Milford - Chambers County Health Department

Delora Morgan - Jackson County Health Department

Rhoda Plain - Colbert County Health Department

Gisele Rudder - Colbert County Health Department

Gwynne Simmons - Public Health Area I

Linda Wheeler - Coosa County Health Department

Tony Williams, M.D. - Morgan County Health Department

Heartsaver Adult, Child & Infant CPR Class

This class is designed for anyone that wishes to be certified in CPR. (Nurses will need to take the BLS CPR class which will be offered at a later date).

Location:

Montgomery County Health Department Auditorium
3060 Mobile Highway
Montgomery, Ala.

Morning or afternoon classes available.

For more information on class dates, times and registration, please contact:

Kristi Mitchell

Bureau of Professional and Support Services

RSA Tower, Suite 1040

kristimitchell@adph.state.al.us

(334) 206-5650

(334) 206-3869 - fax

Commendations

Health department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to *Alabama's Health*.

Stacey Adams

Public Health Area 7

Ricky Elliott

Escambia County Health Department

Diana Fendley

Public Health Area 7

Jenni Guerry

Public Health Area 9

from Lynn Williams

Montgomery, Ala.

Alan Agin

Computer Systems Center

Evan Brown

Computer Systems Center

Keith Higginbotham

Computer Systems Center

Steve Hill

Computer Systems Center

Linda Hinton

Computer Systems Center

Daniel Opichka

Bureau of Financial Services

Sajjjan Rajendra, CPA, CIA

Bureau of Financial Services

from Wendy Blackmon

Montgomery, Ala.

Twanna M. Brown

Christine Long

Monique Perkins

Pat Vick

WIC Training Center

from Sheila R. Milburn

Atlanta, Ga.

Lee Ann Eddins, LBSW

Marengo County Health Department

Stacy C. Hill, LBSW

Sumter County Health Department

Mary E. Holmes, LGSW

Dallas County Health Department

Elvira Phillips, LBSW

Wilcox County Health Department

Teresa Pope, LBSW

Perry County Health Department

Natalie Quinney, LGSW

Marengo County Health Department

Faye Sheffield, LBSW

Wilcox County Health Department

Sheila Young, LBSW

Dallas County Health Department

from Glenda D. Harris, ACSW, LCSW

Montgomery, Ala.

Fran Edwards

Nick Moss

Michael Smith

Takenya Taylor

Danny Williams

Keith Wright

Health Promotion and Chronic Disease

from Stacey Adams

Selma, Ala.

Marilyn Knight

Public Health Area 3

from Jim Lynch

Tuscaloosa, Ala.

Christina Norris, LBSW

Audra Wilson, BSN, CM

Monroe County Health Department

from Renae Carpenter, LCSW, PIP

Grove Hill, Ala.

Jemekia Walker

Home and Community Services

from Barbara Davis, RPT

Montgomery, Ala.

Preparedness, cont'd from page 4....

- Increased or maintained its level of funding for public health services

The two areas in which Alabama was found to be lacking are being at or above the national median for the number of adults over age 65 who have ever received a pneumonia vaccination and having a nursing workforce shortage. The national median for seniors who receive pneumonia vaccinations is 65.7 percent; 61.9 percent of Alabamians over 65 were vaccinated.

Since 2004, more than \$90 million have been cut from the CDC's preparedness funds that are allocated to states, and over \$23 million have been cut from HRSA funds allocated for state hospital preparedness. The report also offers recommendations for preparedness.

Other states receiving a score of 8 were Kentucky, Michigan, Missouri, Montana, Nebraska, South Dakota, Texas, Virginia, Washington, West Virginia and Wyoming. The report of Trust for America's Health is available at www.healthyamericans.org.

Facility, cont'd from page 5....

state government along with local community leaders, and current and retired health department employees. Dr. Lawrence Robey, local health officer since 1981, gave a short history of the health department in Madison County and acknowledged all those who had worked hard and/or provided financing to enable the new facility to become a reality. Dr. Robey was followed by comments from Mayor Spencer, Commissioner Jerry Craig and State Health Officer Dr. Donald Williamson. The final speaker was Father Kevin Bazzel, Chaplain for Catholic High School, who completed the ceremonies with blessings for the building, for those who provide care, and for those who receive care within its walls. The ceremony was followed by a reception and tours of the facility.

By Kathie Limbach

Award Presentations Highlight 2006 Annual WIC Training Conference

Auburn University Montgomery was the host for the Nineteenth Annual WIC Training Conference again this year. The three-day conference, Oct. 18-20, 2006, was a tremendous success from every standpoint. Representatives from every WIC area and county were in attendance. The conference theme, "WIC – Leading the Way to Better Health" reiterates the prevailing mission of the WIC program in Alabama—to provide nutritious foods and nutrition education to all eligible women, infants and children for healthier eating, plus provide breastfeeding counseling to new mothers, expounding on the rewards which include giving their babies an early advantage for better current health and a happy, healthy future.

Each year a significant part of the WIC Training Conference is devoted to an event that is very special to the staff at the State WIC office—the awards presentations: The Diana Segars WIC Clerical Excellence Award, the Public Health Nutrition Associate Award, the Public Health Nutritionist of the Year



Lisa Bowman

Award, the James M. Richard Excellence Award, and the Best Fit WIC Team Award. The State WIC office takes great pleasure in acknowledging the outstanding efforts of both individual clinic staff and group clinic staff efforts.

Diana Segars WIC Clerical Excellence Award

The Diana Segars WIC Clerical Excellence Award was originated in 1991. This award was organized and established in memory of one of the Alabama WIC Program's very first clerks, Diana Segars. Diana was a person who always had a smile on her face. She would go "beyond the call of duty" to help anyone. The award is presented annually to the clerk who exemplifies exceptional performance in his/her duties and who furthers the goals of the WIC program just as Diana Segars did.

The recipient of this year's award is Lisa Bowman of Baldwin County. Lisa is described as always maintaining a very professional and positive attitude. She is an individual who is very conscientious and does not allow the stress of the job to get the best of her. She does an excellent job of keeping the special formula closet that has approximately 32 different types of formula organized and ordered as needed. She is also responsible for a WIC caseload of approximately

2,800 participants which includes a significant number of Hispanic participants. She is so well thought of by her co-workers that they set aside a special day in her honor to show how much they loved and appreciated her.

Public Health Nutrition Associate Award

The Public Health Nutrition Associate Award is given annually to the nutrition associate that practices excellence as well as exhibits leadership, commitment to the mission of the department, and performs outstanding contributions appropriate to the level of practice. The Public Health Nutrition Associate Award winner was nominated by her Area Nutrition Director. This year's recipient, Sara McCurry of the Russell County Health Department, was described in a nomination letter as being very involved in her community by participating in local health fairs, by holding interviews with the local television station promoting WIC, and by petitioning the community to get a local town on the map.

Sara is also described as having "a wonderfully creative mind." For example, she and her mother made breastfeeding cover-up blankets for each breastfeeding mom who attended a breastfeeding shower she had in the clinic. She creates her own pamphlets with low-



Sara McCurry

calorie recipes and education packets with information on the importance of physical activity. She also does creative bulletin boards on physical activity and other subjects. She is praised by her Area Nutrition Director for being a team player in the clinic, for helping with immunization and flu clinics, for being ready to answer questions regarding WIC issues, and being very receptive to mentoring other providers and students. She is an excellent counselor and is always receptive to allowing other providers and students to observe her counseling techniques.

Finally, the Area Nutrition Director stated that she is always willing to go the extra mile for WIC or ADPH and her time is not based on the clock; she works until the job is done. Also, she often gives up part of her lunch hour to see WIC patients that cannot come back at any other time. Accordingly, another co-worker describes Sara as a caring and kind person who is always willing to help a fellow employee if the need

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Awards, cont'd from page 8....

arises. Congratulations to Sara McCurry, 2006 Public Health Associate Award winner, for going above and beyond in her contributions to the WIC Program in Russell County!

Public Health Nutritionist of the Year Award

This year's winner of the Public Health Nutritionist of the Year Award, Sharon Eiland, RD, LD, of the Baldwin County Health Department, has many outstanding qualities and attributes as outlined in her area nutrition director's nomination letter. She is described as having excellent case management skills. Her director also listed her dedication to her patients, especially her high risk patients. She has a large number of very high risk patients, often with very complicated formula requirements.

Sharon does an excellent job with following up and following through with these patients which requires frequent communication with physicians, hospitals and agencies. She keeps a calendar book of when her high risk patients and newborn breastfeeding infants are to



Sharon Eiland

return for follow-up WIC visits. All of this is accomplished while serving as WIC coordinator for both the Baldwin County WIC clinic sites which encompasses a caseload of approximately 2,800.

In addition, she does not hesitate to get involved to help resolve the medical and nutritional needs of her patients. She has an excellent rapport with the medical community and with the Department of Human Resources. Sharon's work with children and infants gives the WIC Program a positive image. She is also a member of the county Child Death Review Team. She is active in the community by being on the committee that writes a quarterly newspaper article about the health department and/or nutrition topics for the Sunday edition of a major newspaper. Her community participation also includes being involved with the numerous health fairs in her county on Saturdays.

Sharon is also described as being creative with her participants and her co-workers. Sharon's bulletin board of breastfeeding infants that is displayed in the front lobby sparks more than just casual interest from WIC participants as well all other visitors of the Health Department. She was instrumental in promoting the Fit WIC philosophy with her co-workers by having a monthly pot luck luncheon, exercising to an exercise video, and creating a bulletin board

with tips for increasing physical activity, weight loss and healthy recipes. She works to try and improve clinic efficiency. She is heralded by both supervisor and co-workers as being extremely dedicated even to the point of calling the clinic from a cruise ship while on vacation to follow up on a patient.

James M. Richard Excellence Award

The award was established in 1997 by the USDA Southeast Region in memory of and to honor James M. Richard, who served as Alabama's WIC Program Director from 1981 to 1997. The award is given annually to the WIC clinic that goes above and beyond every day duties to fulfill the goals and ideals of the WIC Program. This year's recipient of the James M. Richard Excellence Award, Shelby County Health Department, is described as an asset to the Alabama Department of Public Health.

Staff do an excellent job in meeting their in-need numbers. They met 93.9 percent of the in-need population whereas the state average is 71.8 percent. The Shelby County Health Department has an excellent direct cost rate. Their breastfeeding rate was 46.5 percent for the quarter ending June 2006 whereas the state average is 37.6 percent. They had a zero percent exception rate on their audit for eligibility determination. The clinic staff at Shelby County Health



Shelby County Health Department Health Department has worked hard to improve clinic efficiency by having the providers print their own food instruments which has decreased wait time in the clinic and improved patient satisfaction making the patients more receptive to listening to the provider.

The clinic has three contract interpreters and one nutritionist that speak a little Spanish; therefore, enabling the clinic to accommodate 230 more Hispanic patients in 2006 than in 2005. The clinic is now sending out appointment reminders in Spanish and is working with local the Children's Policy Council to further address the needs of their Hispanic patients for doctors who provide interpreter services. The clinic also relocated a satellite clinic to a larger facility with more privacy and faster service this past year. The area administrator stated that because of this move, a greater number of the citizens in this county have more convenient access to the department. The area nutrition director stated that all staff worked together as a team in making this move. The area clerical director stated that the staff of Shelby County

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Awards, cont'd from page 9....

Health Department goes out of its way to provide exceptional customer service.

She said caseload has increased tremendously and the clinic staff is always willing to work hard and work in patients that miss appointments. The patients are greeted with a smile, treated with kindness, concern, and politeness at every visit. All of this was accomplished because each member of the staff truly is a team player.

Fit WIC Teams All Winners

The Madison County WIC program was the winner of the Best Fit WIC Team award presented Oct. 18. Assistant State WIC Director Carolyn Battle presented clinic representatives with a Best Fit Team plaque and a check

for \$1,000. The money is to go for purchasing nutrition education materials to use with WIC participants. "The money came from maternal and child health funds," Ms. Battle said, "and we are very appreciative to Dr. (Tom) Miller, Assistant State Health Officer for Personal and Community Health, for making it available to our Best Fit WIC Team."

At the conclusion of the Fit WIC Team award presentation, members of the Madison County Fit WIC Team led the audience

in a choreographed rendition of its original Fit WIC cheer.

Fit WIC Teams are made up of WIC staff and other health department staff. The purpose of the teams is to lend support to the staff as they strive to reach their personal fitness goals and to provide positive modeling of healthy behaviors to WIC participants.

Although the Fit WIC Teams focus more on healthy behaviors than weight loss, four teams reported total pounds lost.

Together these four teams - with a combined 53 members - lost 293 pounds. That's the weight of two whole people!

All of the Fit WIC Teams were recognized at the WIC Conference with a certificate honoring their achievement for going above and beyond their normal work duties to form a team and to participate in team activities. "We are so proud of the five clinics that formed Fit WIC Teams this year" Ms Battle said. "They are all winners. In addition to the many health benefits, these teams boost staff morale and promote teamwork."



Madison County WIC Program

Certificates were awarded to the following clinics:

**Autauga County
Crenshaw County
Dale County
Hale County
Madison County
Pike County**

Asthma Safari, cont'd from page 6.....

With the increase of asthmatic children in Pike County, the Asthma Safari will continue yearly; with hopes of expanding to other counties. Steps Southeast Alabama Region is currently in the process of securing Barbour County to attend the Asthma Safari in 2007. Steps SAR is in the process of planning new sessions to "step off" the New Year. The Healthy Steps Challenge with Goshen High School will be completed soon. Upcoming or current campaigns spilling over to 2007 include: Young Lungs at Play, Stairwell Campaign, Mission Melt-away, Healthy Steps Challenge, Lunch-n-Learn, Worksite Wellness Campaign, School Health Index, Asthma & Healthy Heart traveling exhibits, VERB summer card program, and more educational classes.

By Adam Dubose and Brandi Baker

The Pap Test Can Save Your Life!

A pap test is the best way to detect cervical cancer early and find abnormal cells before they become cancer. A woman should begin having pap tests at age 21 or 3 years after beginning sexual intercourse. January is National Cervical Cancer Awareness Month - give yourself the gift of a lifetime and start getting your pap tests on a regular basis. For more information, contact the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org. To find out if you may be eligible to receive a free cervical cancer screening through the Alabama Breast and Cervical Cancer Early Detection Program (ABCCEDP), please call 1-877-252-3324.

Breastfeeding Facts Did you know....

- Breastfeeding helps mothers lose weight after their baby is born?
- The American Academy of Pediatrics recommends breastfeeding for at least the first year of life and beyond? (AAP, Breastfeeding Policy Statement: Breastfeeding and the Use of Human Milk, 2005)

Scale Back, cont'd from page 1....

"I'm not where I want to be, but I'm on the right track, and I'm excited about encouraging other Alabamians to begin their own weight loss journeys," said Studdard. "If I can lose nearly 100 pounds in six months, I truly believe that others can be as successful in reaching their goals."

The competition is sponsored by the Alabama Hospital Association, the Alabama Department of Public Health and Barber Dairies.

"Anyone can sign up and begin the journey toward better health," said

Dr. Donald Williamson, state health officer, Alabama Department of Public Health. "Information, such as facts on obesity, resources for losing weight and information on how people can sign up to compete, is available on the Web site, at www.scalebackalabama.com. Even entire 'do-it-yourself' campaign kits for businesses are available online."

The RSA Tower in Montgomery, many county health departments and Alabama hospitals will be official sites so that you can easily get involved in the program. Team captains will be asked to e-mail the collective weight loss of teams each week via e-mails. As an added bonus, Scale Back

classes will be also be offered once per week in the Tower. Participation in the classes is not mandatory to participating in Scale Back Alabama, but the sessions will provide very beneficial information and support.

A toolkit for businesses provides plenty of information and assistance as well.

According to the Web site, a national magazine is interested in this campaign and would like to have "before" and "after" photos of the winning team. Even if your team is not the winner, it will be a good record of the weight loss effort. The winning team will be announced on April 2.

Diabetes, cont'd from page 4....

WATV, WTBF and WYEA radio stations that used the press packets. On Nov. 21, the live, half-hour Alabama Public Television program "For the Record" was aired featuring Dr. Donald Williamson, state health officer, and Terry Ackley.

The Diabetes Branch designed ABC's of diabetes displays, which were placed at 22 sites during Diabetes Month. Individuals at the display sites signed up to receive the "Take Charge of Your Diabetes" Self Management Guide.

A message read to Prattville-Millbrook Sunrise Rotary Club members noted that diabetes placed people at risk for blindness, kidney failure and amputations. Diabetics are twice as likely to have heart attacks and three times as likely to have strokes as the rest of the population. Members were also warned that diabetes can happen to anyone and were

advised to see their physician if they have not had a blood sugar test in the past year. The West End Lions Club in Altoona read the proclamation and the Alabama Diabetes Advisory Council's editorial to its members.

The Dothan Diabetes Today Site Coordinators assisted with its program held annually in November. The Clanton Seventh-day Adventist Church, Women's Ministry Department, with the help of local nurses, conducted a free glucose and blood pressure screening along with a viewing of an educational video. Dr. Reynold also presented information on the burden of diabetes at that event.

For additional information contact the Diabetes Branch, Bureau of Health Promotion and Chronic Disease, RSA Tower, Suite 900, P.O. Box 303017, Montgomery, Ala. 36130-3017, (334) 206-2062, e-mail kreynold@adph.state.al.us.

Birmingham HIV/AIDS Leader Recognized

The HIV/AIDS Division of the Central Office and Public Health Area IV recently honored Kelly Ross-Davis for her outstanding service as chair of the HIV/AIDS Prevention Network Subcommittee, formerly called the Jefferson County Community Planning Group in Birmingham.

On World AIDS Day, Dec. 1, the division presented Ms. Ross-Davis a plaque in honor and recognition of her "relentless fortitude in serving your community as an esteemed committee co-chair" and thanking her for her continued willingness to serve in HIV/AIDS prevention planning.


Bridget Byrd, Public Health Area IV HIV program coordinator, said, "In the absence of a state co-chair for three years, she kept the HIV/AIDS prevention message in the forefront, maintained the position, and kept a group of 20 consumers and health professionals going. She also served on the state prevention council and coordinated with the AIDS service organization and community-based organizations."


Ms. Ross-Davis serves as project coordinator for the University of Alabama at Birmingham's 1917 Clinic. The presentation was made at a meeting at Miles College.





Calendar of Events



January 25
 Satellite Conf & Web Cast
**Expanding Health
 Care Preparedness**
 9 to 10:15 a.m.
 For more information contact
 Video Communications, (334) 206-5618.


January 25
 Satellite Conf & Web Cast
**Principles of Vaccination,
 part 1 of 4, Epidemiology
 and Prevention of Vaccine-
 Preventable Diseases 2007**
 11 a.m. to 3 p.m.
 For more information
 contact Video Communications,
 (334) 206-5618.



February 1
 Satellite Conf & Web Cast
**Pertussis, pneumococcal
 disease (childhood), polio,
 rotavirus and Hib, part 2 of 4,
 Epidemiology and Prevention of
 Vaccine-Preventable Diseases
 2007, 11 a.m. to 3 p.m.**
 For more information
 contact Video Communications,
 (334) 206-5618.



February 7
 Satellite Conf & Web Cast
**Home Care Patients with
 Chronic Obstructive
 Pulmonary Disease (COPD) or
 Congestive Heart Failure (CHF)**
 2 to 4 p.m.
 For more information
 contact Video Communications,
 (334) 206-5618.


February 8
 Satellite Conf & Web Cast
**Measles, rubella, varicella
 zoster and meningococcal
 disease, part 3 of 4, Epidemiology
 and Prevention of Vaccine-
 Preventable Diseases 2007**
 11 a.m. to 3 p.m.
 For more information
 contact Video Communications,
 (334) 206-5618.



February 8
 Satellite Conf & Web Cast
**ADPH Statewide
 Staff Meeting, 3 to 4 p.m.**
 This is a general meeting to update
 employees concerning current
 public health issues. If you have
 questions, please fax or e-mail
 them to Jim McVay, Dr.P.A., at
 334-206-5609 or 334-206-5534
 or e-mail jmcvay@adph.state.al.us.


February 14
 Satellite Conf & Web Cast
**Abnormal Pap Smears
 (Title X Family
 Planning Training)**
 2 to 4 p.m.
 For more information
 contact Video Communications,
 (334) 206-5618.


February 15
 Satellite Conf & Web Cast
**Hepatitis B, hepatitis A,
 influenza, HPV and
 pneumococcal disease
 (adult), part 4 of 4,
 Epidemiology and Prevention
 of Vaccine-Preventable Diseases
 2007, 11 a.m. to 3 p.m.**
 For more information
 contact Video Communications,
 (334) 206-5618.


February 27
 Satellite Conf & Web Cast
**When the System is
 Overwhelmed: Protecting
 the Provider During
 Biodisaster**
 12 noon to 1:30 p.m.
 For more information
 contact Video Communications,
 (334) 206-5618.


February 28
 Satellite Conf & Web Cast
**Pandemic Influenza Law
 Enforcement Summit**
 8:30 a.m. to 12 noon
 For more information
 contact Video Communications,
 (334) 206-5618.


March 7
 Satellite Conf & Web Cast
**Diabetes and
 Hypertension: How to
 Prevent and Treat Chronic
 Kidney Disease, 2 to 4 p.m.**
 For more information
 contact Video Communications,
 (334) 206-5618.

May 16-18
 Leadership Day and Alabama
 Public Health Association
 51st Annual Health
 Education Conference/
 Alabama Environmental
 Health Association
 Conference, Riverview
 Plaza Hotel, Mobile