

ALABAMA'S

A PUBLICATION OF THE ALABAMA DEPARTMENT OF PUBLIC HEALTH

HEALTH

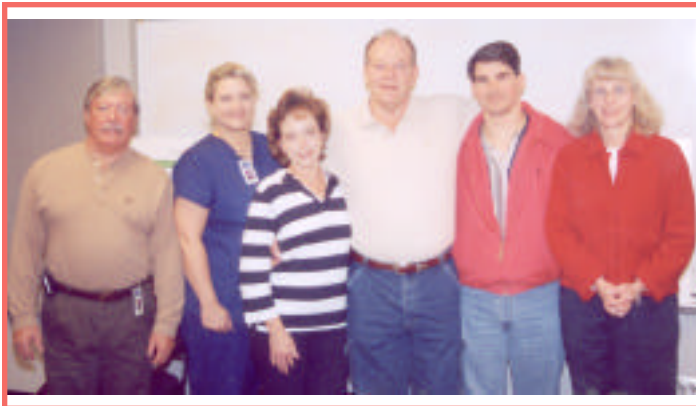
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MARCH 2004

ADPH Community Training Center offers CPR and first aid certification

First responders are key in medical emergencies, and lives are being saved by initiating cardiopulmonary resuscitation in a timely fashion. The Alabama Department of Public Health Community Training Center continues to provide a valuable source for certification for



Instructors shown at a recent training session at the RSA Tower are (left to right) Rick Moody, Bureau of Clinical Laboratories; Susan Wyatt, Autauga County Health Department; Lynn Goodson, Houston County Health Department; Gary Mackey, EMS Division; Chris Hutto, EMS Division, and Donna Pierce, Public Health Area 8.

CPR and first aid which is important for health care professionals, day care providers and the community.

Dr. Karen Landers, health officer for Public Health Area 1, opened the Community Training Center in 1999. In 2002, its central operations were transferred to Montgomery. During 2003, 107 certified instructors provided CPR and first aid training for over 2,000 persons. The more people certified in CPR the better, so the department is continuing its outreach and training activities

in support of this lifesaving technique. During March and April, over 50 ADPH personnel at the RSA Tower and State Laboratory will be trained in CPR.

Carolyn Morgan, assistant director of the Nursing Unit, Office of Professional and Support Services, directs the center. She summarized that CPR is basically the process of getting blood and oxygen circulated to the brain and heart until Advanced Life Support assistance from emergency medical services can arrive on the scene. In order to increase victims' chances of survival, first aid training is taught in selected settings in addition to CPR.

Jamey Durham, director of the Risk Communication Branch of the Bureau of Health Promotion and Chronic Disease, is one of the many department volunteers who is certified to teach the training courses. He said, "Our mission is to expand the knowledge base, because knowledge saves lives and allows individuals to be somewhat more confident in a chaotic situation because they're relying on their subconscious. We train so they don't have to think during this time of anxiety. We advise class participants to phone first, phone fast, to anywhere there is availability of emergency medical services."

Instructors try to make every situation as realistic as possible. In fact, the CPR manikins Ms. Morgan uses are dressed in clothing as were the original Resusci Annies so the hands on training will more closely resemble the real life circumstances responders face.

Trainers are very active in every public health area of the state, Ms. Morgan said. ADPH personnel including home health aides, home attendants, homecare nurses,

CPR.....continued on page 2

clinic nurses, clerks and aides as well as physicians and administrators are being certified in CPR as are members of the general public.

In addition, the Healthy Child Care Alabama program, coordinated by Sharis LeMay of the Bureau of Family Health Services, provides CPR and First Aid in its professional development program for childcare providers.

A recent positive development that has been found to increase survival is the increased availability of automatic external defibrillators or AEDs. These devices which use electric current to restart the heart are now found in malls, many Alabama schools, police stations, sports stadiums, amusement parks, churches, restaurants and other large venues. In fact, three AEDs are even located in the RSA Tower. Since Medicare will now cover a small portion of the cost of an AED if certain parameters are met, interest is increasing among cardiac patients and the department makes available AED training to family members of cardiac patients as resources are available.

Morgan said Alabama is fortunate that we have supporters for CPR Training such as Dr. Williamson and State Sen. Tom Butler. Sen. Butler became a strong proponent of the AED Law after his life was saved through emergency services. Her responsibilities include quality assurance and maintenance of American Heart Association standards and department policy for the CPR training including AED training.

Ms. Morgan is a strong believer in CPR training

having had several occasions to use CPR outside of a hospital setting, as well as using the Heimlich maneuver to save more than one person who had been choking on food in restaurants and at family reunion events.

For information about CPR/First Aid classes being offered after April 1 in the RSA Tower, you may contact Michele Jones, Training Coordinator, at 334-206-5665. The classes are offered in the RSA Tower and the state laboratory on a quarterly basis as space is available.

For information about CPR classes being offered in the areas and counties, contact your supervisor.



This family of manikins is fully dressed to simulate real-life situations participants will encounter.

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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Informational materials in alternative formats will be made available upon request.

Alabama recognizes World TB Day

Each year on March 24 the world takes time to focus on the significant progress made and the present challenges still associated with tuberculosis by recognizing World TB Day. The annual event commemorates the date that Robert Koch announced the discovery of the bacillus germ that causes tuberculosis.

“World TB Day is the one day set aside each year to reflect on how far we’ve come in the fight against this disease. We only have to look at our own state to see the extraordinary reductions in the number of reported cases and in the number of deaths caused by TB that has been achieved,” said Nancy Keenon, director of the Tuberculosis Control Division.

The historical trend of tuberculosis cases in Alabama has been impressive as the Tuberculosis Control Division strives to reduce the burden of this curable disease throughout the state. In 1963 there were 1,349 tuberculosis cases in the state as compared to 258 cases in 2003.

“This reduction in tuberculosis cases and resulting improvement in Alabama’s public health has been accomplished through the hard work and dedication of our public health staff, supported by our laboratories and our physicians. We should also take this time to express our appreciation to public health leaders such as Dr. Williamson for their consistent support, and community partners who continue to work with us to reach towards the goal of TB elimination in Alabama,” said Keenon.

In Alabama and around the world TB advocates take advantage of the increased interest World TB Day generates to describe TB-related problems and solutions to support TB control. The Tuberculosis Control staff in Alabama wants to encourage citizens and medical staff to “Think TB.”

“We want people to think TB when symptoms such as a productive cough last more than two weeks, or they experience night sweats, loss of appetite and fatigue. We’re asking that people go to their local health department or get a TB skin test from their physician,” said Anic Lopez, Tuberculosis Nurse Consultant for the Tuberculosis Control Division.

This year’s activities in Alabama to recognize World TB Day include:

- * A proclamation signing by the governor declaring March 24, 2004, World Tuberculosis Awareness Day in Alabama.
- * An interview segment on Montgomery news station WAKA to explain the importance of World TB Day and how important it is not to forget that tuberculosis is still

a disease occurring today. Questions will be answered during the segment.

- * World TB Day displays in individual health departments across the state. The displays will feature the annual specially designed World TB Day posters, free TB literature and staff on hand to answer questions.
- * Large outdoor World TB Day banners providing the telephone numbers of the local health departments.
- * An Alabama Public Radio interview on March 24.
- * A two-hour satellite conference titled “TB in the Past, the Present, the Future” featuring Dr. John Bass, Jr, chairman of the Department of Medicine, University of South Alabama Medical Center, and Dr. Ed Kahn, Instructor of Medicine, Division of Pulmonary Allergy and Critical Care, University of Alabama at Birmingham.

For more information on tuberculosis please visit the Alabama Department of Public Health’s Web site at www.adph.org/tb.

AHA offers seminar “Generations and Diversity in the Workplace”

Since most health care organizations are faced with staffing shortages, creating a more diverse workforce is suggested as one solution, this according to a recent Institute of Medicine report. The report’s authors claim diversity among health care workers is associated with improved access to care for racial and ethnic minority patients, greater patient choice and satisfaction, and better educational experiences for health professions students, among many other benefits. The report is available on-line at www.nationalacademies.org/morenews.

The Alabama Hospital Association is hosting a management training seminar on this issue in the next few weeks and is opening the meetings to other types of health care managers, such as Health Department employees. “Generations and Diversity in the Workplace” will be offered in Mobile on April 6. This seminar is just one of four workshops being offered in four regions of the state. For more information, contact Lacy Gibson at lgibson@alaha.org or (800) 489-2542.

Conecuh Home Health program honored for helping patients suffering with pain

The Alabama Quality Assurance Foundation presented an honorable mention award to the Conecuh County Health Department's home health office on Feb. 28.

The award was given for the unique plan of care developed by the county home health staff for patients with pain that interfered with activity.

Home health patients who experienced pain that interfered with their activity improved by 38.7 percent. The staff developed a pain-specific plan of care that enhanced the clinician's assessment of the patient's level of pain. With the enhanced assessment information, nurses were able to improve and customize the education patients and caregivers received on how to relieve and measure pain. This increased the ability of patients to better manage their oral pain medications.

The staff also developed a comprehensive patient education packet on pain and methods to relieve it. According to AQAF, the Conecuh County office of the Alabama Department of Public Health was instrumental in improving the quality of life for those patients experiencing pain that interfered with activity.



Pauline Lowery (left) and Jean Brawner are shown receiving the award from the Alabama Quality Assurance Foundation in Birmingham.

Groups partner to educate jail inmates on breast and cervical cancer

The Alabama Breast and Cervical Cancer Early Detection Program and the Avon Breast Care Foundation have joined together with the Alabama Sheriff's Association to present educational programs on breast and cervical cancer to female jail inmates.

Lucille Latham, Coffee County educator; Stacey Adams, Alabama Department of Public Health outreach coordinator; and Jora Thomas, health



Pictured are Lucille Latham, Bryce Paul, Jora Thomas and Stacey Adams.

educator coordinator have traveled to Morgan, Dallas, Houston and Madison counties along with Bryce Paul, director of Jail Services for the state of Alabama.

Paul has extended an invitation to these public health employees to attend the National Sheriffs Association Conference to be held April 25-27 in Birmingham. "This will be a great opportunity to share with other states what we are accomplishing through partnership," said Mrs. Latham.

Once this outreach program is established, community volunteers will be trained to implement this educational intervention. In addition, some county jails have medical facilities where screening can be performed and other prisoners can be transported to county health departments where the screenings can be performed by nurse practitioners.

One drawback to offsite screening is the limited number of women who can be screened because only one inmate at a time can be transported because there must be a correctional officer present to guard her at all times.

ABCCEDP partners with academic institutions, community groups and organizations. "Successful partnerships have definitely increased awareness about breast and cervical cancers," said Viki Brant, Director of the Cancer Prevention Division, Bureau of Health Promotion and Chronic Disease.

In Memoriam

Joe Bob Andrews

Long-time public health employee Joe Bob Andrews Jr. died Feb. 8 in Montgomery.

Mr. Andrews began his public health career in April 1972 as a federal public health advisor with the Montgomery County Health Department. He was later transferred to North Carolina and after a short tour of duty there he resigned his federal position and accepted a position with the Alabama Department of Public Health as a supervisor.

He held leadership positions in Russell, Tuscaloosa, Morgan, Jefferson, Mobile and Baldwin counties. He held the distinction of being the only STD Disease Control employee who worked in every county in the state before being assigned to a state level position. He held a number of positions with the former area VI (now Public Health Area 9), with the sexually transmitted disease program of the Central Office and later with Public Health Area 10. At the time of his death he was employed with Public Health Area 2 in Decatur.

He is survived by one daughter, Cori Andrews of Mobile; his mother, Zada T. Andrews of Athens; one

brother, two sisters, nieces and great-nephews.

Friends commented on his love for his daughter Cori and his avid turkey hunting. He was a graduate of Auburn University, held a master's degree in public health from the University of Alabama at Birmingham, was a member of the Baptist Church and the National Turkey Association.



Another of his many friends said, "Joe also loved his work with the Health Department. He was a vocal advocate for public health and a loyal member of the Alabama Public Health Association for his entire 30 year-career."

Memorials may be made to the American Heart Association.

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*.

Barbara Hurst, R.N.

Ann White, R.N.

Health Provider Standards

from Linda U..Jordan

Donna Glenn, R.N.

Ashland, Ala.

Pat Schloeder, R.N.

Montgomery County Health Department

from Jeanne Charbonneau

Karen Ehrhard

Montgomery, Ala.

Takenya Stokes

Health Promotion and Chronic Disease

from Miriam Gaines
Montgomery, Ala.

Survey findings show national campaign is motivating youth to get active

The Centers for Disease Control and Prevention released results from a survey that indicate physical activity among the nation's youth is increasing as a result of a national youth media campaign launched by the agency in 2002. The award-winning multicultural campaign known as VERB* had one of the largest effects, a 34 percent increase, in weekly free-time physical activity sessions among 8.6 million children ages 9-10 in the United States.

A telephone survey of 6,000 youth and their parents was conducted in 2002 prior to launching the VERB* campaign and it was repeated among the same families in 2003. A rigorous analysis of the data collected made it possible to measure changes in physical activity attributed to the VERB* campaign among youth ages 9-13 in the U.S. population.

"The results of this evaluation are impressive and substantiate that the VERB* campaign has surpassed expectations and is responsible for improving physical activity levels among youth," said CDC Director Dr. Julie L. Gerberding. "Our national, multicultural efforts are helping young people to realize that physical activity is fun, cool and can be a part of everyday life. This is critical to reducing the epidemic of overweight among today's youth."

The Youth Media Campaign Longitudinal Survey, conducted by an independent research company, also showed that the VERB* campaign was especially effective in shrinking the gap in physical activity levels between boys and girls. There was a 27 percent increase in free-time physical activity sessions among U.S. girls in the entire 9-13 age range. Likewise, 6 million children from lower-middle income households registered a 25 percent increase in free-time physical activity sessions despite the barriers they faced including transportation issues, safety concerns and less access to physical activity resources.

In communities that received higher levels of VERB* marketing activity, the increases in physical activity were even more dramatic. The CDC found that the number of least active 9-10 year olds was reduced by 33 percent as a result of the VERB* campaign. The number of least active 9-13 year old girls decreased even more, by 37 percent, in these communities. There was a 38 percent decline among least active 9-13 year olds from lower-middle income households.

"Obesity costs the country \$117 billion dollars a year in medical expenses," said Dr. James Marks, director,

CDC's National Center for Chronic Disease Prevention and Health Promotion. "Marketing programs like this one are proving to be successful in reducing the health and economic impact of this disease and are encouraging us to adopt similar strategies to address other priority health problems."

Alabama children lack even moderate physical activity

According to Anita Sanford, R.N., physical activity specialist of the department's Nutrition and Physical Activity Unit, Office of Professional and Support Services, "It is significant that a 2001 Alabama survey showed that more than two-thirds of high school students did not attend physical education class daily and 80 percent did not participate in even moderate physical activity in five days of the previous week."

A survey was also conducted in 2003, but the results have not been released. These are the 2001 survey findings for Alabama ninth through twelfth grade students:

- 42%** did not participate in vigorous physical activity on 3 or more of the past 7 days
- 80%** did not participate in moderate physical activity on 5 or more of the past 7 days
- 61%** were not enrolled in physical education class
- 68%** did not attend physical education class daily
- 38%** did not participate in vigorous physical activity (on 3 or more of the past 7 days) and did not participate in moderate physical activity (on 5 or more of the past 7 days)

Source: www.cdc.gov/nccdphp/dash/2001

For more information on the VERB* campaign, log on to www.cdc.gov/VERB. Also, check out www.VERBnow.com (for tweens) and www.VERBparents.com.

Arthritis partnerships create award winning progress for the state

Through coordinated efforts and effective collaborations, the Arthritis Prevention Branch has become the model program for other states to follow. Recently, the Centers for Disease Control and Prevention recognized the Arthritis Branch for outstanding partnership efforts to address arthritis in Alabama.

“Our program is successful because of our partners and what they’ve done, and what we’re all trying to do to extend our reach of evidence-based self management programs,” said Linda Austin, director of the Arthritis Prevention Branch at the Alabama Department of Public Health.

The Arthritis program began in October 1999 after Alabama became one of eight states to receive a higher level of funding from CDC. The Alabama Department of Public Health developed the Arthritis Prevention Branch and placed it in its Chronic Disease Prevention Division. Austin, a registered nurse, was hired as arthritis program manager to direct and oversee the program’s activities and promote arthritis in the state. In January 2003, the program hired two nurses, Leslie Lowe and Virginia Jackson, who reside in Public Health Areas 3 and 7, serving a total of 14 counties and establishing local arthritis partnerships by enlisting volunteer instructors and participants for the Arthritis Self Help Course (ASHC) and People with Arthritis Can Exercise (PACE) classes.

Since its inception the program has made significant strides. Austin has presented abstracts at the National Conference on Chronic Disease Prevention and Control on two occasions, provided presentations at the CDC Arthritis Grantee Meetings on four occasions, presented once at the 3rd Biennial National Osteoporosis Foundation Public Policy Leadership Forum, and presented before the U.S. Congress in June of 1999. And in 2002, Ms. Austin served as Chair for the Association of State and Territorial Chronic Disease Directors’ Arthritis Council.

The success of the Arthritis program lies largely in the partnerships that it has established within and outside of the health department. The goal of the program was to create a multidisciplinary infrastructure that would facilitate effective and efficient development of innovative, targeted arthritis strategies. To reach this goal the Alabama Arthritis Prevention and Treatment Coalition was also established in 1999 and has grown to include 80 agencies with over 200 representative members. The coalition would coordinate efforts, expand resources and develop

and implement the state plan to reach persons with arthritis, their family members and those who provide services for persons with arthritis.

“The statewide partners allow the state arthritis program to reach people at the community level and provide avenues for distribution of arthritis information. They also help enlist persons with arthritis to participate or become instructors in the ASHC and PACE programs and the new CDC health communications campaign ‘Physical Activity the Arthritis Pain Reliever’,” said Austin.

One of the program’s major partners is the Arthritis Foundation, Alabama Chapter. Their work in the dissemination of evidence-based self-management programs such as PACE, ASCH and Aquatics has led to significant increased participation. Reflecting the growth of the program, comparison between 1999 and 2003 show an almost seven fold increase in the number of self-help courses taught, and an almost 12 fold increase in the number of participants in the course.

In February 2001 an Alabama Control state plan was developed by the four workgroups in the Arthritis Coalition: Patient and Family Education, Professional Education, Mass Communication and Surveillance and Evaluation. Each group specifically outlined and completed projects that would directly target the arthritis burden in the state.

The Coalition Professional Education Work Group saw a need to educate a multidisciplinary team of professionals (nurses, pharmacists, and health care providers) on early diagnosis and appropriate management of arthritis and inclusion of referral to evidence-based self-management programs (ASHC, PACE or Aquatics) as part of routine care. This group obtained unrestricted private funding for this project. Training modules were developed by

Arthritis.....continued on page 8



Linda Austin holds CDC award.

rheumatologist Dr. Richard Jones from the University of Alabama, Dr. Winn Chatum from UAB, Dr. Keith Campagna from Auburn University School of Pharmacy, Linda Austin from ADPH and other work group members. Additionally, a privately funded monthly clinic in Pine Apple was established by Dr. Richard Jones.

The Mass Communication workgroup has placed articles in local newspapers and newsletters, participated in television interviews to speak about arthritis, placed brochures in local clinics, shops and doctors' offices and helped launched campaigns such as the recent campaign "Physical Activity. The Pain Reliever." An ADPH arthritis Web site was developed by the University of Alabama at Birmingham, which has provided guidance and expertise in evaluation and Web site development under the direction of Dr. Kenneth Saag, Associate Professor The University of Alabama at Birmingham, Division of Clinical Immunology and Rheumatology. There was also an interactive Internet-based intervention program titled *Taking Care of Yourself With Arthritis* designed to help persons with arthritis feel better, experience less pain and be more active. Resources to help those living with arthritis are located on the Web site at www.adph.org/arthritis. The site also provides information about the Alabama Arthritis Control Program and its activities, arthritis facts and figures, tips on self-management, directions on how to locate evidence-based programs and arthritis-related resources.

Other communication activities included a six-minute arthritis educational video, *Taking Control of Arthritis*, created in a joint effort between the Public Health and the Arthritis Foundation for persons age 60 and older. Arrangements were made for viewing of the video at 350 nutrition centers that provide meals to 40,000 persons age 60 or older. Another video was created which provided testimonies from ASHC, PACE and Aquatics participants and instructors, as well as brochures created by Public Health staff and distributed throughout the state.

The Surveillance and Evaluation Workgroup has provided guidance in heading up surveillance and Behavioral Risk Factor Surveillance Survey data and Burden Report. Surveillance data is a very useful tool in monitoring the frequency, distribution and potential risk factors for arthritis. The BRFSS data reflects where the greatest risk of arthritis exists. This information is crucial for program planning and targeting of those at risk groups for intervention.

Armed with an ever growing and diverse group of members and partners, the coalition continues to generate more ideas as they gather together each year. With their aim on a brighter future for those living with arthritis in Alabama, the Alabama Arthritis Prevention Coalition will continue to strive to provide programs and services that will lead to even more positive change in the state for years to come.

By TAKENYA STOKES

Claude A. Allen to keynote combined annual conference

Claude A. Allen, Deputy Secretary of the U.S. Department of Health and Human Services, will be one of the keynote speakers at the Fifth Annual Rural Health Conference and AIPHA's 48th Annual Meeting and Health Education Conference.

The event is being jointly hosted by the University of Alabama Institute for Rural Health Research and the Alabama Public Health Association, Inc.

The conference will be held April 29-30 at the Bryant Conference Center on the University's campus in Tuscaloosa. Pre-conference workshops will be held at the conference center on April 28.

Allen will speak on Wednesday, April 28, at 11 a.m. in the conference center's Sellers Auditorium.

Each year, the Rural Health Conference draws hundreds of attendees, including health care professionals, community leaders, government officials, academic researchers, representatives of faith-based organizations and others who come together to find comprehensive and creative solutions to the health issues that impact our rural citizens.

For more information, or to register, visit the Rural

Health Conference Web site at <http://rhc.ua.edu>, or call the Institute for Rural Health Research at (205) 348-0025.

What about the AIPHA educational conference?

Yes, the Alabama Public Health Association will hold its 48th Annual Meeting and Health Education Conference in conjunction with the Fifth Annual Rural Health Conference at the Bryant Conference Center. AIPHA's business session and awards presentation are on the agenda for Friday morning, April 30.

How do I register?

You can register now by visiting the AIPHA Web site at www.alphassoc.org. Click on "Conference" (which is at the left and second from the top). Under Conference click on "Registration" and you can either print the registration form "Registration" (Print Form) or register online. Be sure to check that you are registering with AIPHA.

Public health employees should secure their supervisor's permission and enter the budget element to which the

Keynote.....continued on page 10

SPEAKING OF RETIREMENT

Announcements Regarding Your Retirement

ERS - March 2004

Legislative Update

With the legislature now in session, the quickest way to find out which bills have been proposed that affect your retirement and healthcare benefits is to log onto the RSA Web site at www.rsa.state.al.us. Click on Legislation and then click on Current Legislation. There is a link to the State Legislature where you can read the bill in full, and links on how to get in touch with your State Representative and Senator. The RSA newsletter, *The Advisor*, also has updates on legislation affecting our members.

Employee Updates

- * The new schedule of dates and locations and registration forms for the ERS Retirement Preparation Seminars were mailed to every agency on March 1. Anyone within four years of retirement eligibility is encouraged to attend a free, full-day seminar designed to help plan your retirement. Spouses are welcome. Topics to be covered are health insurance, RSA-1, Social Security, Medicare, retirement benefits, DROP and other important retirement issues. Registration is required. The schedule and registration form can also be downloaded from our Web site. Just click on the Retirement Planning, Seminars and Counseling Services button.
- * If you are planning on applying for retirement this year, **all** of your paper work must be received by the ERS at least 30 days and not more than 90 days prior to the effective date of retirement. The RETIREMENT APPLICATIONPACKET is in two parts. Part I includes the Form 10, Application for Retirement; Form 12,

Insurance Authorization Form (for state employees only); Direct Deposit Authorization Form; and Insurance Premiums and Coverage information. You may receive Part I by contacting your payroll officer, the ERS, or downloading the form from our Web site.

Once the ERS receives Part I, they will send you Part II which includes your retirement benefit calculation, Retirement Benefit Option Election Form, Withholding Certificate for Pension or Annuity Payments, and Postretirement Employment Options. **Remember**, if you do not select a retirement option prior to your effective date of retirement, you will, by law, automatically receive the Maximum Retirement Allowance.

Employer Update

The ERS sent out to each agency in February a new FORM 7, NOTICE OF FINAL DEPOSIT AND REQUEST FOR REFUND, and a new FORM SB, APPLICATION FOR SURVIVOR BENEFIT. The SPECIAL TAX NOTICE REGARDING PLAN PAYMENTS accompanies both of these forms. It is imperative that your employees receive this tax notice prior to completing one of these forms to be in compliance with the IRS and to make educated decisions concerning their taxes.

Please contact the ERS with any questions you may have about your retirement benefits at 1-800-214-2158, extension 399 or e-mail the ERS at ersinfo@state.al.us.

Prepared by the Communications staff of the Retirement Systems of Alabama. To have your questions answered in "Speaking of Retirement" please address them to Mike Pegues, Communications, Retirement Systems of Alabama, 135 South Union St., P. O. Box 302150, Montgomery, Ala. 36130-2150.

Retirees

The following employees retired from service on Feb. 1:

Carlton McCombs - Public Health Area IX
Dorothy Strickland - Health Care Facilities

These employees retired on March 1:

Carol Bassett - Pike County Health Department
Leoda Cantwell - Coffee County Health Department

Gloria Darrington - Home and Community Services
Lou Fomby - Professional and Support Services
Beverly McLaughlin - Lauderdale County Health Department

Brenda Marler - Marengo County Health Department
Mary Massengale - Perry County Health Department
Alice Morriss - Health Care Facilities
Bonnie Stapp - Sumter County Health Department
Shirley Taylor - Tuscaloosa County Health Department
Janice Terrell - Professional and Support Services

Obesity and inactivity increase the risks for some of the top U.S. killers: heart disease, cancer, stroke and diabetes

The following information is excerpted from the *Lighten Up Alabama* newsletter. For more information visit www.LightenUpAlabama.org. *Lighten Up Alabama* is an educational health program sponsored by the Alabama Sports Festival and partnered with the department.

Nutrition Tips

Calcium, not only good for your bone but good for your waist?

Most people know that calcium is important in building strong bones and in preventing osteoporosis. But calcium may have a role in weight loss too. Recent research shows that higher dietary calcium may actually result in promoting the breakdown of fat in the cell. Here are some ways that you can increase the calcium in your family meals:

Start with yogurt. When you make muffins, try replacing the milk or other liquids with plain non-or low-fat yogurt.

Decaffeinated espresso drinks made with steamed milk are a new, fun addition to the day. For nutrition and fun variety grab colorful milk like strawberry for a new taste treat.

Almonds, calcium-fortified 100 percent juice, canned fish with edible bones like sardines or salmon, and broccoli contain calcium too!

Add some powdered milk to casseroles, oatmeal, baked products, etc.

Don't forget, milk is the easiest way to get calcium and it is one of the original fast foods. Select 1 percent or skim milk; just pour and drink!

Nutrition tips submitted by:

Miriam Gaines, MACT, RD, LD
Alabama Department of Health
Leah Skipper
UAB Dietetic Intern
Alabama Department of Public Health

Physical Activity Tips

The American College of Sports Medicine and the U.S. Centers for Disease Control and Prevention recommend the following as a means of physical activity:

- * Accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week
- * Incorporating more activity into your daily routine can improve your health status

Daily activities may include:

- * walking stairs (instead of taking the elevator)
- * gardening
- * raking leaves
- * dancing
- * mall walking while shopping
- * carrying a grocery basket rather than pushing a cart (when applicable)
- * parking in the farthest parking spot and walking to the office or store
- * carrying or pushing a golf bag instead of taking a cart while golfing

(Any changes in levels of physical activity should be discussed with your physician.)

Team Updates

Please feel free to e-mail your story or pictures to Jamie Adams at LUA@LightenUpAlabama.org or call 334-280-0065 to let us share your success story.

Keynote.....continued from page 8

registration will be charged. The "purchase order" line is the budget element and you may list your BH number.

Points to remember

- To register as an ALPHA attendee, be SURE to check the ALPHA box on the registration form. Employees of the Department of Public Health must have this checked to receive reimbursement.
- As in years past, our state health officer has left the decision about public health employees' individual

attendance up to directors based on budgetary and operational considerations.

- Check the ALPHA Web site (www.alphassoc.org) to make room reservations. Suggested lodging sites: Sheraton Four Points Hotel, adjacent to Bryant Conference Center, (205) 752-3200; Hampton Inn, located one mile from the conference site, (205) 553-9800. Identify yourself as a conference participant when making reservations.

March is American Red Cross Month, Save Your Vision Month, National Colorectal Cancer Awareness Month, National Multiple Sclerosis Education and Awareness Month, National Kidney Month, National Nutrition Month and Workplace Eye Health and Safety Month

Calendar of Events

March 24

World Tuberculosis Day



March 30

Chemical Risk Assessment (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



March 30

Chemical Risk Assessment in an Uncertain World, 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.

March 31

Kick Butts Day



March 31

Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.



April 1

ADPH Statewide Staff Meeting, 3-4 p.m. For more information contact Jim McVay, Dr.P.A, (334) 206-5600.

April 5-11

National Public Health Week



April 7

Legal Issues for Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.



April 14

Reproductive Health Issues for Women Over 40, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



April 16

Tuberculosis: Past, Present and Future, 2-4 p.m. For more information contact Anic Lopez, (334) 206-5923.

April 18

Strategic National Stockpile Training, 1-5 p.m., Montgomery Civic Center, Montgomery. For more information contact Jessica Hardy, (334) 206-5226.



April 20

Implementing Self-Management Education: Successes and Challenges in Arthritis, 12 noon-3 p.m. For more information contact Video Communications, (334) 206-5618.



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April 21

Obesity in Adolescents and Adults, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



April 22

Hospitals' Response to Emergency Events (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



April 28

HIPAA Security Update. For more information contact Video Communications Division, (334) 206-5618.



April 28-30

Alabama Public Health Association Annual Meeting; Bryant Center, Tuscaloosa.

May 2

Strategic National Stockpile Training, 1-5 p.m., Birmingham Jefferson Civic Center. For more information contact Jessica Hardy, (334) 206-5226.



May 4-7

The Future of Health Promotion and Health Education: Transforming Vision Into Reality; ASTDHPPE Annual Meeting.



May 6

Transforming Vision to Reality: Potential Power of Partnership, 1-2:30 p.m.



May 7

Crisis Risk Communication, 1-2:30 p.m. ASTDHPPE Annual Meeting, Orlando, Fla. For more information contact Video Communications, (334) 206-5618.

May 9-15

National Women's Health Week



May 12

Public Health Staff Development, 2-4 p.m.



May 18

Diabetes and Cardiovascular Risk: Affecting Change in Communities to Increase Physical Activity, 2-4 p.m. For more information contact Debra Griffin, (334) 206-2066.

