

ALABAMA'S

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Alabama expands Newborn Screening Program

The Alabama Newborn Screening Program began screening infants for an additional inheritable disorder on April 5 when it initiated screening for Biotinidase Deficiency.

State law requires every facility that delivers babies to screen all infants for specific metabolic and inheritable disorders. This is important because a baby with one of these rare illnesses may appear healthy at birth, but irreparable damage can occur by the time symptoms become visible. The Alabama Department of Public Health's Bureau of Clinical Laboratories conducts all screening tests for the approximately 60,000 infants born yearly in the state.

The Alabama Newborn Screening Program began in 1969 when phenylketonuria, or PKU, testing began. In the next quarter century, additional tests became available and were required to screen infants for Hypothyroidism, Hemoglobinopathies, Galactosemia and Congenital Adrenal Hyperplasia.

Later this year, the scope of the Alabama Newborn Screening Program will expand by utilizing tandem mass spectrometry. This technology allows screening for at least 30 different inborn errors of metabolism in a single process using the dried blood spot specimen routinely collected for newborn screening. Testing for these disorders will begin as soon as pilot studies are completed. Dr. Tom Miller, director of the Bureau of Family Health Services, said, "One of the most phenomenal abilities of tandem mass spectrometry is that this technology will assist in detecting these diseases presymptomatically in

children. Early diagnosis allows for early intervention. Many of these children would become profoundly disabled or suffer an early death if not diagnosed in the newborn period."

With the addition of Biotinidase and the other screenings that will be added later in the year (amino acid, organic acidemia, and fatty acid oxidation disorders) Alabama will become one of the few states that screen for all of the nine disorders, as well as hearing loss, that are recommended by the March of Dimes.

Therapy for disorders detected through newborn screening usually continues throughout an individual's lifetime.

The initiation of timely treatment and the provision of adequate follow-up requires close coordination among the various components of the screening program. Partners in this process include the hospital, the Bureau of Clinical



Microbiologists Tangela Lewis and Jane Duke operate the tandem mass spectrometer at the Bureau of Clinical Laboratories in Montgomery.

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Living with lupus can be challenging

It's a disease that causes the immune system to attack the body's own tissue and organs, such as the joints, kidneys, heart, lungs, brain, blood or skin. It's also a disease that is not easily detected and is often misdiagnosed. The disease is lupus and it's one of the many forms of arthritis that is affecting approximately 1.5 million Americans, according to the Lupus Foundation of America. Vanessa Alloway is one of those Americans.

Vanessa was diagnosed in 1979 with skin lupus at the age of 15. Although often there are no symptoms for lupus, Vanessa initially consulted a doctor because of tiny red spots that had developed on her hands and the bottoms of her feet that would not go away. After examining her, Vanessa's doctor, Dr. Norman Walton, diagnosed her with skin cancer.

Her first instruction was to stay out of the sun as much as possible.

"When you're young and in the marching band and on the track team and you hear that you can't do any of those things anymore it's devastating. I had to learn how to stay indoors and read books because the sun became my enemy," said Vanessa.

Eventually the treatment from Dr. Walton could not address all of her symptoms and he referred her to Dr. James Jakes, a rheumatologist who had recently moved to Montgomery. He was the first and only rheumatologist in the city at the time.

"It was so incredible that he decided to move here then. We thought we were going to have to travel to Birmingham to see a rheumatologist because there were none in the city," said Vanessa.

Dr. Jakes re-diagnosed Vanessa in 1981 with systemic lupus erythematosus or SLE, which affects the whole body, including skin, joints, kidneys and the brain, she began a regime to help manage her lupus.

To better manage the disease, Vanessa and her mother started a mission of educating themselves about lupus.

"We joined the Birmingham Lupus Foundation and went to lupus conventions as well as read as much as we could about the disease. Lupus is a day-to-day disease and it's important to educate yourself about the disease so that you can learn how to deal with it," said Vanessa.

Vanessa started walking every morning from 5 to 6 a.m., stopping before the sun comes up. She also attends the Crossroads Wellness Center, which offers aerobics and kickboxing and is designed for those people with difficulty and illness. In the summer she participates in arthritis aquatics activities at the Montgomery Therapeutic Recreation Center.

Recently Vanessa has had to face a new challenge in the battle against lupus. After a kidney biopsy she was diagnosed with lupus nephritis, which is the inflammation

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

Sexual assault play offers insight into victims' lives

Let the healing begin. Those are the words used in award-winning playwright Reanae McNeal's powerful play about sexual assault titled "Don't Speak My Mother's Name in Vain." In recognition of Sexual Assault and Rape Awareness Month, the Alabama Department of Public Health and the Alabama Coalition Against Rape joined forces on April 21 to bring the play about the challenges of African American women throughout different periods in history dealing with sexual assault to Huntingdon College in Montgomery.

Utilizing song and dance, in addition to the dynamic storytelling, McNeal provides an insider's view into what women were and are feeling as victims of sexual assault. And although the play focuses primarily on African American women, women of any race can identify with the themes of pain and triumph over sexual abuse.

"I wrote this play because I needed to work through my own issues with sexual assault. I wanted to write about myself and my people," said McNeal.

The play is composed of eight characters broken into two segments. The first segment features four characters of the past, including a young slave girl and the wife of a slain civil rights leader. Throughout the play McNeal manages to infuse wonderful comedic moments while battling a very serious topic. One of her characters, Matilda Francine Johnson, who describes herself as the best maid in South Carolina, shares a tale of how she put laxatives in her boss's grits after he wouldn't stop harassing her.

Characters also come from the present day

The second segment features four characters in present day society dealing with such issues as child molestation and gang rape. The characters tell painful stories of how they live their lives after suffering horrible ordeals involving sexual assault, often turning to other vices to deal with the pain such as drugs. At the end of the play McNeal even shares her own experience of being raped in college by an acquaintance.

McNeal makes great effort to present every aspect of the African American woman's struggle to be free of assault in a world that can be very threatening.

"The purpose of this play is to show how to stand up against the world, and to show how to love," said McNeal.



Reanae McNeal plays the role of a woman during the Civil Rights movement.

McNeal, who is also a lecturer and artist, has also written plays about other social issues involving sex, class and racism and is currently co-writing a film about sexual assault. She has also won several awards including an NAACP Appreciation Award. Her plays and lectures can be seen at sexual assault conferences and universities across the nation.

BY TAKENYA STOKES

Public health social workers for 2004 honored

Public health social workers Jackie Frost, Mark Johnson and Penny Roney were selected as Public Health Social Workers of the Year for 2004. These three outstanding individuals were recognized in their own areas with a videotaped presentation instead of at a statewide Social Work Seminar because of budgetary concerns.

The 2004 winners were chosen from a slate of nominees in the categories of social work management, clinical social work and home care social work.

Dollie Hambrick, director of the Social Work Unit, Office of Professional and Support Services, coordinates the awards. Selections are made by a four-member panel of judges, three of whom are employed outside the department. Ms. Hambrick said, "Because we have so many dedicated Public Health Social Workers across this state who work daily to make a difference, the award selection process is difficult."

The Public Health Social Worker of the Year for Clinic is **Jacqueline Frost, L.B.S.W.**, public health social worker with the HIV/AIDS Program in Public Health Areas 1 and 2.

One of her supporters said Mrs. Frost "continuously strives to find the best options available to each client." Others noted her commitment to patients' overall care and her deep respect for their privacy.



Frost

Another admirer of her work said, "Mrs. Frost has dedicated herself to meeting the needs of those patients afflicted with HIV and AIDS" and she has "provided them with the healing power of comfort, compassion and inspiration for which no medicine can compare."

She is a member of the North Alabama Ryan White Consortia and the 1917 Research Clinic Community Advisory Board.

Manager of the Year honors went to **Mark Johnson, L.B.S.W.**, who supervises the Elderly and Disabled Waiver Case Management and Home Health Social Service Workers for Public Health Area V. Johnson was praised as an exceptional leader who "brings great fun and a sense of humor in all that he does" and one who "has worked tirelessly in keeping morale high by encouraging camaraderie and always having an ear to listen."

His nominator stated, "His sense of professionalism,

ethical conduct, wisdom and incredible sense of humor are greatly appreciated in these times of change and uneasiness."

A letter of support stated that Johnson emphasizes the importance of excellent patient care and "putting the patient first."

Johnson practices effective public relations and has devoted much time at health fairs, blood drives, hospitals and community meetings promoting the services of public health, especially home health. This has resulted in increased number of patients served. Additionally, he is very involved within his community of Gadsden. He serves on the Appropriations Committee for the United Way, is chairman of the Easter Seals Board, serves on the board for Services for the Elderly, and is active in his church.



Johnson

Penny Roney, L.B.S.W., of the Jackson County Health Department was named Public Health Social Worker of the Year for Home Health. While her base location is Jackson County, she has also served Cherokee, DeKalb, Marshall and other counties during times of need. She has also worked in a variety of programs



Roney

One supporter said, "Mrs. Roney is a prime example of what being a social worker is all about." Another added, "She exemplifies the mission of the social work profession by helping others meet the basic human needs of all people, with particular attention to the needs and empowerment of people who are elderly, ill, children, poverty stricken or just down on their luck."

Another letter of support said about her "skilled and compassionate" colleague, "She values the dignity and worth of each and every client."

A member of the National Association of Social Workers, Peggy is chairperson of the Jackson County Multi-Needs Committee, works with the Domestic Violence Coalition and is active in church events.

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CPR training provides dual benefits for students

Rick Moody of the Bureau of Clinical Laboratories was certified in cardiopulmonary resuscitation a couple of months ago through the Community Training Center and he immediately put his training into practice when he instructed a CPR class at a fitness gym in Montgomery.



Volunteer CPR instructor Rick Moody found his work was especially rewarding when he inspired a class participant to learn to read.

One of the class participants was employed at the gym's nursery and proved to be an interested, capable student whose skills seemed excellent. Moody said the worker, in her mid to late 50s, was the type of person he felt fully confident could perform CPR on him or anyone else.

In spite of the skills she displayed in class, she did very poorly on the written test and she was the last to finish the exam. After the class, Moody went over to her privately and told her, "This doesn't add up - your skills were impeccable but you did not do well on the test."

At that point the woman admitted that she could not read. Moody looked at the sign-in sheet for the class and

noticed that her signature wasn't clear either. Moody decided to administer an oral test, and she did very well on it and was certified in CPR.

A few weeks later, Moody was working out at the facility and passed by the student who knocked on the window of the nursery. She told him that because of him and his caring spirit, she had enrolled in a reading class. The woman said, "I was ashamed to tell you I could not read. After what you did for me, I felt I should try to learn."

Moody said, "It gives you a good feeling you very seldom get to chance to have. She just needed the self confidence to go ahead with it."

Marcia Thomas of Computer Systems Center has been a tutor with the Laubach Literacy Program for many years and has been recognized for her work. She commented on Moody's experience. "That is so incredible and so familiar. We encounter stories like this on a regular basis. Just think if he hadn't taken the time or cared enough to inquire."

Carolyn Morgan, assistant director of the Nursing Unit, Office of Professional and Support Services, directs the Community Training Center which offers CPR to employees in the RSA Tower on a quarterly basis. She commented, "That's what it's all about. That is the Care beyond the Class itself. CPR is not just another class. It's how to Make a Difference in peoples' lives."

Know your blood pressure numbers

Knowing to call 911 in an emergency can save your life. So can knowing your blood pressure numbers. May is National High Blood Pressure Education Month — a good time to check out what your blood pressure numbers are, what they mean, and what you need to do to prevent or control this all too common condition.

High blood pressure currently affects one in every four American adults. It is often called "The Silent Killer" because it can cause damage without showing any signs or symptoms. But while you may feel fine, high blood pressure is taking its toll on your heart, your blood vessels and your kidneys. In fact, high blood pressure is one of the most important factors leading to heart attacks, strokes, congestive heart failure and kidney disease.

Fortunately, high blood pressure can be prevented and controlled. Often lifestyle changes can reduce or control your blood pressure. These include:

Losing weight, if necessary, and maintaining a healthy

- weight;
- Being physically active;
- Eating less salt and sodium;
- Following an eating plan rich in fruits and vegetables and low in fat and cholesterol;
- If you drink alcoholic beverages, doing so in moderation.

If these lifestyle changes aren't enough to reduce your blood pressure, your doctor will prescribe medication. Work closely with your doctor to find the best dose, and then take your medication as your doctor prescribes.

Remember, knowing your blood pressure numbers, making lifestyle changes, and taking your medications as prescribed can save your life.

For more information on controlling high blood pressure, visit the National Heart, Lung, and Blood Institute's Web site at www.nhlbi.nih.gov/hbp.

By *JANICE COOK*

Lupus.....continued from page 2

of the kidneys. This is a very serious matter because most lupus patients die from kidney failure. She now sees renal doctor Rodney Smith and has had to modify her diet.

“Now I don’t drink any soda and try to make sure that I get eight glasses of water a day. I avoid any sodium and take a kidney pill every day, as well as have renal profile once a month,” said Vanessa.

Always supportive, her family members also changed their diet so that whenever Vanessa visits one of their homes she will be able to eat their meals.

“It’s like the whole family has lupus. I feel very blessed to have the family that I have and truly believe that it is the reason why I haven’t suffered from serious depression like some other people with lupus. I’ve had friends with lupus who were depressed all the time,” said Vanessa.

Even at 40 Vanessa’s mother still attends all her doctor’s appointments with her. In addition to the supportive family she also attends a church that helps encourage her, even sponsoring a walk for lupus awareness. Vanessa also believes that patients need to have a positive attitude to deal with the mental and physical toll that lupus can have on their body.

“At one point I was taking 20 pills twice a day. That can be very hard to handle along with the aches and pain. I would encourage people to join support groups if they are having a difficult time,” said Vanessa.

Vanessa is now living successfully with lupus, maintaining a positive attitude, exercising, eating a healthy diet and working part-time at Jackson Hospital as a unit secretary. Although she received a degree in nursing from Troy State, her lupus prevents her from working as a nurse because they often have to stand on their feet for long periods of time. Jackson Hospital has allowed her to have a flexible work schedule to accommodate any stressful periods caused by the disease.

“I want people to know that people who have lupus can basically do everything that any other person can do, we just have to be careful about the things we have to do,” said Vanessa.

Linda Austin, director of the Alabama Arthritis Control Program encourages people to visit the Alabama Department of Public Health’s Arthritis Control Program Web site at www.adph.org/arthritis for more information about lupus and other forms of arthritis.s across the nation.

BY TAKENYA STOKES

Cancer Registry receives silver certification

The North American Association of Central Cancer Registries has awarded silver certification to the Alabama Statewide Cancer Registry for the second consecutive year. This association recognizes population-based cancer registries that have achieved excellence in completeness, quality and timeliness.

Alabama’s cancer registry provides cancer data and cancer risk factor information to public health and medical professionals, volunteer agencies, community groups and others interested in cancer prevention and control. Cancer is the second leading cause of death for Alabamians.

For more information contact Reda J. Wilson, MPH, RHIT, CTR, Director, Alabama Statewide Cancer Registry, Bureau of Health Promotion and Chronic Disease, 201 Monroe Street, Suite 1478, Montgomery, Ala. 36104, 334-206-5552 office, rwilson@adph.state.al.us

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For the past 13 years the department has recognized public health social workers during March, National Social Work Month. This year’s theme was “Celebrating the Power of Hope.”

Daily physical education classes?

The following tips are excerpted from the April issue of the Lighten Up Alabama Newsletter.

In 2001, only 32 percent of high school students participated in daily physical education classes, compared with 42 percent of students in 1991. - CDC

Water, Water Everywhere...

Of all of the nutrients, water is the most crucial. The body gets water from the foods and fluids you consume in your diet. It loses water as it performs metabolic activities like breathing and sweating, in addition to going to the bathroom. It is important for your body to stay hydrated in order to maintain health and be able to function.

The recommended intake for adults is at least eight cups per day, and more on hot days or during exercise. Spread these eight cups of water throughout the day. If you are already thirsty or your urine is a dark yellow, you are probably already dehydrated. Drinking a large glass of water before a meal may also help fill you up so that you don’t eat as many calories during the meal.

Nutrition tips submitted by:
Miriam Gaines, MACT, RD, LD
Leah Skipper
UAB Dietetic Intern

Training event covers health issues for correctional officers

The Alabama Sheriff's Association, in collaboration with the Alabama Department of Public Health, conducted a one-day training event titled "Health Issues for Correctional Officers" on April 15 at the APOSTC Law Enforcement Academy.

This training focused on airborne and blood-borne infections that pose a risk to officers and other first-responders in the course of their duties.

Pam Barrett, training coordinator for the Division of TB Control, stated, "We know from experience that populations in prisons and jails have a higher rate of TB than the population at large."

The same holds true for other infectious diseases such as hepatitis and HIV. Barrett also said that the primary objective of the training event was to give the officers information on how to protect themselves, and how to respond when persons in their care exhibit symptoms of disease.

For more information on TB-related training events, please call Pam Barrett at (205) 391-5469 or e-mail: pbarrett@adph.state.al.us.



Pictured from left to right are presenters Marilyn Knight, RN, HIV Coordinator PHA3; Pam Barrett, DIS Supervisor/Training Coordinator Division of TB Control; Brice Paul, Director of Jail Services Alabama Sheriff's Association; Sallie Shipman, RN, Surveillance Nurse Coordinator/Emergency Preparedness PHA3; and class participant Jeff Queen, Shift Supervisor, Tuscaloosa County Sheriff's Department.

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*.

Carolyn Bolter

Carolyn Cochran

Wayne DuBose

Kim Freine

Donna Guyton

Barbara Hurst

Grace Lowe

Sheila Underwood

Division of Long Term Care

from Patti E. Wallace

Montgomery, Ala.

Clyde Barganier, Dr.P.H.

Charles Graves, Ph.D.

Chuck Lail

Cleve Money

Primary Care and Rural Health

from John A. Little

Troy, Ala.

Video Communications Staff

Health Promotion and Chronic Disease

from Teresa J. Brady, Ph.D.

Susan L. Jernick, D.P.M., M.P.H.

Atlanta, Ga.

Screening.....continued from page 1

Laboratories, the infant's family and physicians, and specialists who oversee long-term treatment and monitoring. The University of Alabama at Birmingham and the University of South Alabama are involved in diagnostic and long-term treatment efforts.

"Comprehensive newborn screening will prove to be a monumental benefit for the children of Alabama," State Health Officer Dr. Donald Williamson said. "The Health Department's mission is to serve the people of Alabama by assuring conditions in which they can be healthy. What better way can we do that than by detecting problems in our children early?"

For more information, contact the Alabama Department of Public Health, Newborn Screening Program at (334) 206-2971 or (334) 206-5955.



Newborn screening coordinators in the Bureau of Family Health Services follow up with families when disorders are detected. Shown are nurses Jean Norris, Belinda Thompson and Dianne Sims.



Employees who work with the Newborn Screening Program are shown, left to right, Tangela Lewis, Martha Duke, Danita Rolin, Jane Duke, Deannie Morris, Benita Ware, Derek Kennedy, Kathryn Simpson, Russ Majors (back row) Lynn Green, Phyllis Randolph, Bea Stanton, Jean Norris, Mona Sasser, Dianne Sims and Belinda Thompson.

Counties celebrate National Public Health Week

Several county health departments hosted programs and sponsored events to observe National Public Health Week, April 5-11. As Wanda Heard of the Jefferson County Department of Health stated, "This involves a lot of planning and hard work to make each Public Health Week a success. Team work is also an important factor that is relevant when success is the ultimate goal, and this week was a hit with the employees."

The following summary describes some of the activities and events held in the state to celebrate public health:

CLAY

Free food coupons, provided by a local establishment, were given to all children and caregivers in appreciation for their patronage of the health department. Blood pressure checks and weight checks were also offered to the public.

COOSA

Offered blood pressure screenings and weight checks, distributed goodie bags containing health information sheets, stickers, cookbooks and healthy recipes, coloring books, crayons, refrigerator magnets, pens, pencils, samples of cereals offered through WIC. Remaining materials were to be handed out at a health fair May 1.

DALLAS

April 10 - Celebrated Public Health Day by having a health fair sponsored by AKA sorority, American Cancer Society and Dallas County Health Department in Selma at Magnolia Apartments. The following services were offered: blood pressure checks, cholesterol, diabetes and glaucoma testing along with information about breast, prostate, lung, colon cancer, ALL Kids, tobacco prevention and control, family planning, WIC, arthritis and other services offered at the Dallas County Health Department. The department's van was also at the site to offer services and offer counseling by the physicians. Refreshments were also served. Two hundred fifty people took advantage of the services.

HOUSTON

A proclamation of "National Public Health Week" was issued by Mayor Chester Sowell, City of Dothan, at the City Commission's regular meeting on April 6. Administrator Peggy Blakeney addressed the City Commissioners regarding Houston County public health,

and presented "National Public Health Week 2004" pins to City Commissioners and the Mayor.

April 8 - Houston County Commissioners were presented with National Public Health Week pins. There was a short presentation about Houston County public health by Ms. Blakeney. Local coverage of the week's activities was provided by both local TV stations, WDHN and WTVY. Public health displays lined the foyer of the health department providing health information for the public.

April 9 - A drawing was held for Easter baskets in four categories, toddler, child, teen and adult. Easter baskets were filled with an assortment of medical information, first aid supplies, candy and toys provided by local sponsors.

JEFFERSON

April 5 - Opening Ceremony - During the Opening Ceremony Dr. Don Williamson, State Health Officer, and Dr. Michael Fleenor, local health officer, delivered state and county health addresses. Also during this program, external agencies and individuals that have partnered with JCDH and made a positive impact on public health were honored. These agencies and individuals were awarded plaques. Proclamations and resolutions were issued by the County Commission and Mayor's Office in honor of Public Health Week. Every local television station attended, as well as newspaper and radio stations. This program is open to the public each year.

April 6 - Diabetes Workshop - Because this year's theme was "Eliminating Health Disparities" it was appropriate to host a diabetes workshop because it is one of the leading health disparities in Jefferson County. The public was invited to receive valuable information on diabetes. They learned about early warning signs, proper nutrition, exercise, effects of various medications, and securing financial assistance.

April 7 - Community Volunteer Recognition Ceremony - On this day, community leaders that have made significant contributions to the health and well being of their respective communities were recognized. The department also recognized "World Health Day" which is also celebrated each year on April 7 and commemorated by the 191 member countries of the World Health Organization to emphasize significant issues in public health of worldwide concern. Each of the service centers within the department was honored by setting up information tables and displaying employee-created storyboards that depicted

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services offered by the department. The community volunteers were served lunch and encouraged and motivated by the department's very own Dr. Joe Blankson on ways to overcome health disparities. The Five Points West Community was awarded for hosting this year's Five-A-Day- Nutrition and Physical Fitness Event.

April 8 - Employee Recognition Ceremony - This event is the highlight of Public Health Week, each year. Employees are recognized for the outstanding work that they do by their peers. Employees are nominated for the following awards: leadership, customer service, wellness and creativity. Each health center also nominates employees of the year for their respective centers. For the grand finale, one employee is chosen as "Employee of the Year" from the winners of the health centers. Employees are also recognized for their dedicated years of service by receiving pins for their specific years of service to the department.

MOBILE

Mobile County Health Department employees recognized Public Health Week with their annual Wellness Walk to Bienville Square on April 9. Employees departed the main Health Department building bound for Bienville Square at 11:30 a.m. Everyone brought a brown bag lunch to eat at the park. The Hon. Mayor Michael C. Dow proclaimed April 9 as Public Health Day in Mobile, stating in his proclamation that "public health observances provide an opportunity to highlight and commend the efforts of public health professionals like those at the Mobile County Health Department who promote, improve, and protect the health of all citizens in Mobile County."

PERRY

April 8 - Annual Public Health Day was celebrated with this year's theme "Eliminating Health Disparities." The public was invited to the health department for the following services at no charge: blood pressure checks, blood sugar checks, pulse oximetry, A1C (for three months' blood sugar average), HIV test, measurement of body mass index, bone density checks, hemoglobin checks, cholesterol checks, AIDS awareness, tetanus shots and other immunizations.

Services provided by the department were also exhibited, including displays by ALL Kids, arthritis, Hospice South, Perry County Extension System, Perry County Medical Associates, Selma AIR display and injury

prevention/car seats. Eighty-three people took advantage of the services provided at the health fair.

RUSSELL

April 9 - The Russell County Health Department held an open house in its Community Room in the afternoon in honor of National Public Health Week. Many community agencies displayed their messages, two radio stations held remote broadcasts, and approximately 100 persons attended the event. Delicious refreshments and door prizes added to the welcoming atmosphere.

TALLADEGA

The Sylacauga site promoted National Public Health Week with fliers posted throughout the clinic and by informing patients as they were seen. A donated banner was inscribed with National Public Health Week and was posted in front of the building. The Daily Home placed a spot announcing the activities and supporters. Renee Jacobs, nursing assistant, participated in a telephone interview with Greg Lundersburg of Channel 3 in Sylacauga. The interview included information regarding National Public Health Week and its local observance. Information pertaining to services offered by the health department to the citizens of Talladega County was also included. All health department employees were supportive in putting this event together. Local businesses were helpful with donations of refreshments and door prizes given away on April 12. In addition, Lynn Phurrough, clinic nurse; Linda Thompson, social worker; Helen Holcomb, office manager; and Renee Jacobs also contributed door prizes. Tables were set up on April 9 with information on ALL Kids, breast and cervical cancer program and the Heart Association, with blood pressure checks from 10 a.m. until 12 noon. The public was aware that the health department no longer has a Hypertension Program available. A sign-in sheet was made available to those who participated from 9 a.m. until 3:30 p.m. At the end of the day the sheet reflected 45 adults who had participated in the events in the community room. Information bags were put together with pamphlets on good nutrition, health awareness, and small gifts for adults and children. The American Heart Association donated T-shirts for the health department employees to give to those who had their blood pressure taken. The public was supportive with their attendance and by returning to claim

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the door prizes won. The Health Department Support Team included: Russell Harry, Belinda Hutchinson, Ms. Jacobs, Bobbie Lykes, Alva Phifer, Ms. Phurrough, Sonja Pope, Brenda Simmons, Elizabeth Smith, Deborah Thomas and Ms. Thompson.



Photo by Suzanne McKee

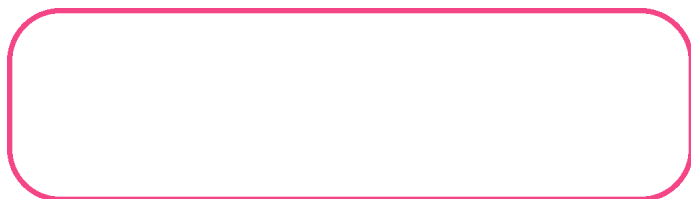
Mobile County Health Department employees participated in their annual Wellness Walk to Bienville Square in observance of the week.

Retirees

Retiring from the Alabama Department of Public Health on April 1 was **Joann Thomas**, Pike County Health Department. The following employees retired effective May 1:

- Helen Byrd** - Escambia County Health Department
- Peggy Copeland** - Montgomery County Health Department
- Connie Fikes** - Bureau of Clinical Laboratories
- Betty Godsmith** - Montgomery County Health Department
- Shirley Hazley** - Escambia County Health Department
- Steven Kennedy** - Emergency Medical Services Division
- Alice Lee** - Lawrence County Health Department
- Margaret Lee** - Elmore County Health Department
- Jessie Moore** - Division of Epidemiology
- Robert Nabors** - Blount County Health Department
- Patricia Thornton** - Bureau of Clinical Laboratories
- Gus Ware** - Public Health Area VIII

May is Alabama Spirit Month,
National High Blood Pressure Month,
National Sight Saving Month,
National Trauma Awareness Month,
Older Americans Month and Stroke
Awareness Month



Calendar of Events



May 19

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



June 9

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



June 14

Steps to Success in Community-based HIV/AIDS Prevention. Module 1: Community Assessment (WebCast) New and Tentative.



June 16

Improving Male Participation in Reproductive Health, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



June 24

Agroterrorism: A Threat to National Security (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.

June 29-30

Crisis and Emergency Risk Communication, Civic Center, Montgomery. For more information contact Jamey Durham, (334) 206-5605.



June 30

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



July 1

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



July 14

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



July 20

Topic To Be Announced (SCCPHP), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.