

Alabama's health

A publication of the Alabama Department of Public Health

Keepsake Birth Certificates Are Available, Portion of Fee Benefits Abused and Neglected Children

The department has joined with the Alabama State Council on the Arts and the Alabama Department of Child Abuse Prevention/Children's Trust Fund to offer three types of specially designed keepsake birth certificates for persons born in Alabama. A portion of the fee collected will be paid into the Children's Trust Fund which supports programs and activities for the education and prevention of child abuse and neglect.

The Alabama artists commissioned to create the colorfully illustrated designs were Bethanne Hill, the late Woodie Long and Cyd Moore. Kelley Parris-Barnes, director of the Department of Child Abuse Prevention/Children's Trust Fund, said, "The Children's Trust Fund is the only state agency tasked with preventing child abuse and neglect before it occurs, and money raised from the birth certificates will go directly to fund community-based prevention programs throughout the state. We also hope the sale of the birth certificates will help raise awareness for the department and our mission."

Al Head, executive director of the Alabama State Council on the Arts, said, "Our role was to make contact with these artists so the creation process could begin on bringing these colorfully illustrated birth certificates to life. The goal to assist abused and neglected children captured the interest of three special artists from Alabama. They believed their art would make a difference in the lives of children at risk."

Cathy Molchan Donald, State Registrar and Director of the Center for Health Statistics, said, "We are very pleased to partner with the Alabama Department of Child Abuse Prevention/Children's Trust



Nicole Henderson presents Alabama's first keepsake birth certificate to Brenda Brugh. Ms. Brugh purchased the certificate as a gift to her mother.

Fund and the Alabama State Council on the Arts to offer beautiful keepsake birth certificates that will also benefit children in the State of Alabama."

These keepsake birth certificates that are suitable for framing are available now from the Center for Health Statistics for anyone born in Alabama for whom there is a record on file. By Alabama law, birth certificates are confidential for 125 years from the date of birth and can only be issued to the person named on the certificate or an immediate family member. Others must have signed permission from an authorized individual.

The keepsake birth certificate is not a document that can be used for legal purposes; it is intended only as a keepsake for framing or

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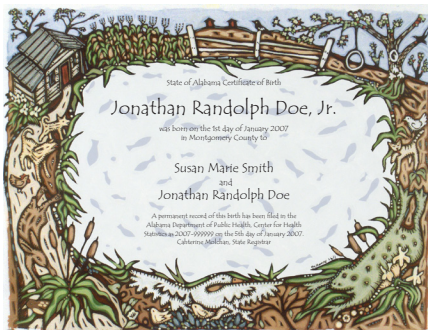
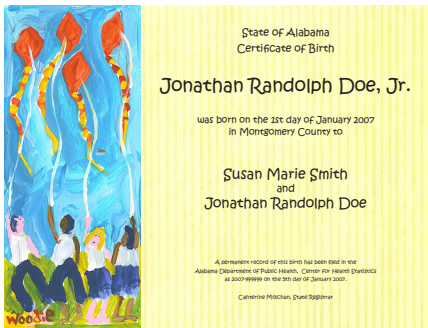
Birth certificates, continued from page 1

display. The fee for a keepsake birth certificate is \$45. Designs, featuring kites, rabbits, nature, are available.

Sample keepsake birth certificates can be viewed and applications downloaded at the Keepsake Birth Certificate page of www.adph.org or they can be requested by contacting the Alabama Department of Public Health, Center for Health Statistics, P.O. Box 5625, Montgomery, Ala. 36103-5625 or by calling (334) 206-5418.



Cathy Molchan, state registrar, and Barbara Reed of the Alabama Arts Council participated in a statewide news conference June 24 to announce that Alabama now offers keepsake birth certificates.



Artists from Alabama designed these certificates.

Retirees

April

Idell Peoples

Escambia County Health Department

May

June Bailey

Morgan County Health Department

Brenda Burton

Etowah County Health Department

Vickey Ellis

Clinical Laboratories

Barbara Floyd

Etowah County Health Department

Rebecca Gibson

Public Health Area II

Karen Saunders

Colbert County Health Department

Carl Thornton

Food, Milk & Lodging Division

June

Sondra Nassetta

Public Health Area II

Rozeallan Smith

Houston County Health Department

John Smothers

Walker County Health Department

Brenda Stowe

Colbert County Health Department

Margaret Watson

Public Health Area III

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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- Donald E. Williamson, M.D.** State Health Officer
- Jim McVay, Dr. P. A.** Director, Bureau of Health Promotion and Chronic Disease
- Arrol Sheehan, M.A.** Editor
- Takenya S. Taylor, J.D.** Contributing Editor
- Noelle Ahmann** Graphic Designer



Alabama Celebrates National Men's Health Month

June is National Men's Health Month and the Alabama Department of Public Health conducted several activities to promote awareness and understanding of men's health issues. Coincidentally, this was the focus of a year-long leadership project completed in 2009 by several ADPH staff members.

The South Central Public Health Leadership Institute (SCPHLI) is a regional collaboration offering leadership development for practicing public health professionals. It is a joint effort between Tulane University's School of Public Health and Tropical Medicine and the state offices of public health of Alabama, Arkansas, Louisiana, Mississippi and Texas. SCPHLI is a year-long program with three on-site sessions per year. All SCPHLI work is completed above and beyond each class member's regular, full-time public health duties. The Alabama team from the 2008-2009 SCPHLI class chose the topic of men's health, specifically the question of how to address and decrease men's premature mortality with increased education and awareness of risky behaviors that lead to illness, injury and death.

The team identified 10 specific disparities in male health to address, based upon mortality data available at the time: heart disease, cancer, accidents, stroke, homicide, diabetes, kidney disease, respiratory disease, hypertension and suicide. They then studied three highly preventable causes of male mortality in much greater detail: accidents, homicides and suicides.

Their objectives for the year-long effort were to identify risk behaviors that lead to increased illness, injury and premature mortality; develop unified campaign messages that could be used to increase awareness of the top causes of male mortality; create promotional and informational tools that support an awareness and prevention campaign for men's health; design a Men's

Health Committee to take the initiative to provide an annual forum/conference/workshop on these issues; and, finally, to prepare and present the finished project.

The team enjoyed support and guidance from administrators at every level of ADPH, as well as tremendous assistance with the development of related visuals from ADPH's Health Marketing Division.

In addition to outreach and education materials developed and proposed, the team also outlined possible future ADPH efforts that could be implemented to improve men's health in Alabama should funding ever become available for such projects. Those included a "canned" presentation on the 10 disparities that could be given by anyone at ADPH; a director and/or Office of Men's Health within ADPH; a State Men's Health Advisory Council; a State Men's Health Symposium; a Men's Health Web site; Men's Health PSAs; a Proclamation by the Legislature or Governor; and Men's Health Month Events and Promotion.

By *RICHARD BURLESON*

SCPHLI PARTICIPANTS' COMMENTS

SCPHLI was a pleasure and privilege. It offered a great opportunity to meet and work with clever colleagues who were selflessly invested in finding ways to improve the health and quality of life for all Alabamians,"

*Ronada Anderson, MSW, LGSW
Adult Viral Hepatitis Prevention
Coordinator*

I am so grateful for the opportunity to attend SCPHLI. Getting to know the other participants from Alabama and the vital role they play in contributing to the health of Alabama's citizens was in itself a wonderful experience. It is interesting to think of how quickly the idea of working on a project related to men's health reached consensus among the group and the passion we developed for the subject.

*Brenda J. Causey, LGSW
Social Work Director, PHA VI*

The South Central Public Health Leadership Institute was one of the best experiences of my public health career. Our Men's Ten project was developed over the year by all the SCPHLI team members exercising their gifts and learning from others. I am grateful that the Department has recognized and taken action on this critical area of Public Health.

*Carol P. Dorsey
Mobile Division Laboratory Manager*

The team wanted to address the issue of men's health because of the dire need for awareness and education. While doing research for these men's health issues, it was apparent that the volume of information and data available paled in comparison to their counterpart.

*Brent Hatcher, SPHR
Office of Human Resources
Recruitment Coordinator*

It was an honor to have been selected to participate in the SCPHLI 2008-2009 class. It was a very rewarding experience for me as a young public health professional. I am thankful for the opportunity to have collaborated with other public health constituents. Being able to share the knowledge and information that we gained during our year of study is one way we are able to give back.

*Chastie M. Hooper, MSHRM
ALL Kids Program*

The observance of Men's Health Month by the department indicates the strong commitment administration has to the South Central Public Leadership Institute. I am very grateful for the opportunities attending SCPHLI created.

*Maury West, LGSW
Social Work Director*

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Men's Health Activities

The department joined with the U.S. Department of Health and Human Services to promote National Men's Health Week and Month. The purpose of the observance is to heighten awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys.

- A series of health messages highlighting the leading causes of death for men was emailed to employees in RSA Tower and posters with health messages were displayed in the RSA Tower lobby.
- State Health Officer Dr. Donald Williamson held a news conference broadcast statewide by satellite to draw attention to men's health issues.
- Health promotion public service announcements focusing on tobacco use in men were duplicated by the Video Communications Division and sent to broadcast outlets statewide.
- More than 200 persons and many exhibitors attended the Wear Blue Jeans Day--Men's Ten Awareness Event on June 15 in RSA Tower walking park.
- Local health departments sponsored other activities, and a Central Office employee appeared on a television talk program.

- Public Health Area 8 arranged for three physicians to answer men's health phone calls from the public at the Montgomery County Health Department on June 17. Dr. Darryl Hamilton, cardiologist; Dr. George Thomas, internal medicine specialist; and Dr. D.P. Bhuta, urologist, answered questions from the public and from the audience assembled in the Montgomery County Health Department auditorium.
- Gov. Bob Riley signed a proclamation of National Men's Health Week.



Blood pressure screening was offered at the event at the RSA Park.

Blount County Health Department Receives Beautification Award

The Blount County Health Department in Oneonta won the prestigious Oneonta Beautification Award for June 2010.

Mary Gomillion, public health area 5 and 6 administrator, appreciates the hard work and dedication this staff has shown to this community, patients and its employees.

"As the local administrator, I am very proud of our staff," said Mark Johnson, MSW, LGSW, assistant administrator. "The inside and outside of this agency always looks their best, and it has now reaped its reward."

A letter from Marlene Stroud, board officer of the Oneonta Beautification Board, stated, "On behalf of the Oneonta Beautification Board, I would like to thank those at the Blount County Health Department for helping to make Oneonta a more beautiful community. We have admired the gorgeous landscaping and the efforts made to add positively to our town."

Office Manager Novellee DeWitt and Clinic Supervisor Kathie Burtram help ensure that the grounds are spotless and any trash is picked up in and around this beautiful facility, which was named for the late Dr. Thomas M. Towns, and opened in December 1999.



A sign marks the carefully landscaped public health facility in Oneonta. (Photo by James M. Kelley)

Atrium Display Promotes STD Awareness

PHA III recognized April as National STD Awareness Month, an annual observance to raise public awareness about the impact of sexually transmitted diseases on the lives of Americans and the importance of treatment. The Disease Control Sexually Transmitted Disease staff set up a display in the atrium of the Tuscaloosa County Health Department on April 29. Other counties in PHA III were also provided with pamphlets and promotional items to be given to participants in efforts to call attention to the need for preventing, testing for, and treating STDs.



Area III staff shown are Kaye Sutton, Stephanie Mixon, Deborah Bivins and Shawn Powell.

Commendations

If you would like to praise employees for their accomplishments, send letters of commendation to the State Health Officer or the employee's supervisor and a copy by e-mail to arrol.sheehan@adph.state.al.us for inclusion in this list. Four items are needed: the employee's name, work unit, name of the person making the commendation, and his or her city and state.

Glenda Adams

Center for Health Statistics
from Joseph Lee Billups
St. Louis, Mo.
Gloria and Bob Fuentes
Stockbridge, Ga.
Rita Parrish
Niceville, Fla.

Licensure Unit Staff

Faye Allen
Brenda Furlow
Health Provider Standards
from Scott McGlothlen
Des Moines, Iowa

Georgette Blackmon

Brenda Brugh
Annette Johnson-Bell
Center for Health Statistics
from Lenne Blanton, MPH
Rosaline Dhara, MA, MPH
Atlanta, Ga.

Yvonne Brown

Center for Health Statistics
from Shirley Harris
Canton, Ohio

Beverly Jo Carswell

Nick Swindall
Radiation Control
from Phyllis Autrey, R.T. (R)(M)
Tuskegee, Ala.

Vanessa Cox

Bureau of Home and
Community Services
from Belinda Hensley
Montgomery, Ala.

Jean Gibbs

Nicole Henderson
Sue Johnson
Mable Jordan
Corinne Langford
Jody Mitchell
LaShunda Williams
Center for Health Statistics
from Angela Deabler
Loveland, Colo.

Betty Strickland

Cassandra Henderson
Center for Health Statistics
from Ann Teague
Fruitland Park, Fla.

Evelyn Jackson

Winona Lawson
Center for Health Statistics
from Anderson Charles
Bronx, N.Y.

Veronica Moore-Whitfield

Center for Health Statistics
from Lois Bradley
Hoover, Ala.
Randy Crew
Las Vegas, Nev.

Theresa Mulkey

Center for Health Statistics
from Richard P. Morse, Jr.
Phenix City, Ala.

Kathie Peters

Center for Health Statistics
from Tamara Jones
Eastaboga, Ala.

Raffias Redmon

David Schultz
Mobile County Health
Department
from James L. McNeas
Montgomery, Ala.

Faye Royal

PHA 3
from Elana Parker
Montgomery, Ala.

Monica Knight Presented Sanders Award

Monica Ziemann Knight received the 2010 William Henry Sanders Award from the Medical Association of the State of Alabama at its annual meeting on April 9 in Huntsville. It was presented to Knight, who holds a master's degree in public health from Tulane University School of Public Health and Tropical Medicine, in recognition of her many years of distinguished service to medicine and humanity.

Among her responsibilities as director of the Mobile County Health Department Bureau of Disease Control, are the communicable disease programs and clinics, epidemiology, emergency preparedness, H1N1 mass clinics and workplace wellness.

In the awards ceremony program book, Knight was described as "having a heart for her community" and having worked throughout her career to prepare and educate herself further, always going the extra mile.

Coincidentally, Knight, the daughter of a physician, recently attended the graduation of her son-in-law from Tulane University Medical School where he was awarded his MD, MPH.

The award, which was created in 1966 in honor of Dr. William Henry Sanders, Alabama's Health Officer from 1896-1917, is presented each year to an outstanding person, lay or professional, engaged in full-time public health work who has served above and beyond the call of duty.



Monica Knight

Lotus Notes 8.5 FAQ

As the department upgrades your Lotus Notes e-mail, you will notice significant differences in the user interface. With that in mind, the Bureau of Information Technology would like to share some tips to help make this transition easier. Help is always available by pressing the F1 key at the top of your keyboard.

Everything opens in a stacked tab. How can I change this?
By default, your Lotus Notes e-mail will open in grouped tabs. This setting can easily be changed by completing the following steps. From your Inbox, go to "File" on the menu bar at the top of the screen and choose "Preferences" from the drop-down menu. This will open the "Preferences" dialog box. Locate and select "Windows and Themes" at the bottom of the navigation links located on the left of the dialog box. There are three options under the "Windows Management" section. The first option will open each e-mail in its own window. The second option will open each e-mail in its own separate tab. The third option groups the open e-mails on one tab. Experiment with the settings until you find the one that works best for you. Be sure to click the "Apply" button and then the "OK" button to close the dialog box. You will need to close Lotus Notes and reopen it for these changes to be implemented.

I can't select multiple e-mails anymore. Where did my checkmarks go?

By default, selected documents are highlighted in the new version of Lotus Notes. To use the check mark as in previous Notes versions, go to "File" on the menu bar at the top of the screen and choose

"Preferences" from the drop-down menu. This will open the "Preferences" dialog box. Locate and select "Basic Notes Configuration" near the top of the navigation links on the left side of the dialog box. You should see a box labeled "Additional Options" near the bottom. Scroll all the way down to the last option "Show check marks in margin for selected documents" and click on it to add a check beside it. Be sure to click the "OK" button when you close the dialog box. The change should be immediate.

Why aren't my unread e-mails red anymore? How can I change them back to red?

The default settings for the new version of Lotus Notes display unread e-mails in a bold black font. You can change your unread e-mails back to the familiar red color by changing the setting in the "Preferences" dialog box. Go to "File" on the menu bar at the top of the screen and choose "Preferences" from the drop-down menu. Locate and select "Fonts and Colors" from the navigation links at the left of the dialog box. Under the "Unread mail indication" heading change the selection to "Plain red text" and click the "Apply" button and then "OK" button to close the dialog box. You will need to close Lotus Notes and reopen it for the change to be implemented.

Look for the "Notes 8 Quick Tips" heading in the "Document Library" for illustrated versions of these tips as well as others not covered here.

By TRACEY CANNON AND TONY BREWER

Groups Go Purple to Promote Stroke Awareness

The Second Annual Power to End Stroke Campaign succeeded in calling attention to the fact that many adults do not recognize the signs and symptoms of heart attack or stroke. Victims who survive often require long-term, expensive medical treatment and experience a compromised quality of life. Stroke is the third leading cause of death and first cause of disability in America.

Dannon project in Birmingham

In observance of Alabama's Second Annual Go Purple Day, the Dannon Project staff wore purple to raise awareness of the prevalence of stroke in Alabama. In support of the "Power to End Stroke" Campaign, staff of the Dannon Project disseminated information on stroke warning signs and risk factors including hypertension, obesity and lack of physical activity. They also disseminated information to clients to encourage healthy lifestyle changes including the importance of eating healthy and increasing physical activity. The campaign is a national initiative sponsored by the American Heart Association and American Stroke Association.

Employees in the RSA Tower in Montgomery manifested their support by wearing the color purple on May 7 and registering for the Power to End Stroke Awareness Campaign. Those completing a registration card received a cookbook and educational materials.

BE FAST: Know the Warning Signs of Stroke

Face - Sudden numbness or weakness in the face or one side of the body

Arm - Sudden numbness or weakness in arm or on one side of the body

Speech - Difficulty speaking or seeing

Time = Brain. Call 9-1-1 if these symptoms occur suddenly or are accompanied by

- Loss of vision
- Loss of balance with dizziness



Employees in the RSA Tower in Montgomery manifested their support by wearing the color purple on May 7 and registering for the Power to End Stroke Awareness Campaign. Those completing a registration card received a cookbook and educational materials.

- The worst headache of your life, with no known cause, and it's both sudden and severe.

Call 9-1-1 Time+Brain

Treatment with tPA needs to begin within three hours of onset. A stroke occurs when a blood vessel in or near the brain is blocked or bursts, interrupting the flow of blood to the brain. This causes lack of oxygen and causes brain cells to die.

There are two primary types of stroke: ischemic stroke and hemorrhagic stroke.

Ischemic stroke occurs when there is a blockage of a blood vessel that is supplying the brain.

A hemorrhagic stroke occurs when a blood vessel ruptures or leaks in or around the brain. The most common cause of stroke is ischemic stroke, the blockage of an artery in the brain by a clot.

For more information contact Melanie Rightmyer or Susan Bland, Cardiovascular Health Branch, at (334) 206-5950.

Perry County Celebrates Public Health Day

Public Health Day was celebrated on April 7 in Marion at the Perry County Health Department from 10 a.m.-2 p.m. The citizens of Perry County were invited to the health department and following services were offered: Cholesterol checks, blood sugar checks, hemoglobin checks, blood pressure checks, bone density checks, HIV tests and others.

Services provided at the health department were also exhibited including displays by ALL Kids and other groups. Sowing Seeds of Hope, Samford University and the Perry County Health Department staff participated. Lunch, provided by Sowing Seeds of Hope, was also served.

National Public Health Week 2010 was April 5-11.

Tobacco Prevention Coordinators Encourage Inmates to 'Quit Now'

The department's tobacco prevention coordinators provide information to inmates in the Alabama Department of Corrections on the dangers of smoking and use of other tobacco products. Smoking is considered to be a primary behavioral risk factor that contributes to health disparities in Alabama. Specifically, smokers have increased risk factors for being diagnosed with diabetes and cardiovascular disease.

Several tobacco prevention coordinators have provided "Quit Now" presentations to inmates at the following correctional facilities: Bibb, Birmingham Work Release, Donaldson, Draper, Fountain, Holman, J.O. Davis, Kilby, Limestone, Montgomery Women's Facility, St. Clair and Tutwiler prisons.

Kudos to Fayettea Royal, Tobacco Prevention Coordinator for Public Health Area 3, whose abstract was accepted for the Promising Practices: Achieving Health and Social Equity in Tobacco Control Conference in New Orleans, La., in April. The abstract emphasized access issues to tobacco prevention services, community education and smoking cessation for the low socioeconomic and incarcerated populations. The presentation also highlighted the program offered to Bibb County Correctional Facility inmates.



Pictured, left to right, are Elana Parker, Liaison to ADOC, Office of Minority Health; Tina Findley, RN, PHA 9; Demetra Peoples, LBSW, PHA 8; Tammie Burnette, B.S., PHA 5; Fayettea Royal, MA, PHA 3; Joy Rhodes-Watkins, LBSW, PHA 2. Not pictured is Charline Whyte, BS, PHA 4.

For more information on tobacco prevention initiatives, contact Julie Hare, Quitline Coordinator, Tobacco Prevention and Control Branch at (334) 206-3830 or e-mail @julie.hare@adph.state.al.us
By ELANA M. PARKER

VoIP System Now Reaches All Counties

The installation of the Voice over Internet Protocol (VoIP) telephone system at the Montgomery County Health Department in July marked the final health department location to have the system installed. The VoIP system has both improved services and reduced communication costs for the Alabama Department of Public Health.

ADPH Administration began planning for VoIP in 2001. Gene Hill, Project Manager Ronnie McLendon, and the telecommunication team of James Henderson, Joseph List, Robert Emfinger and Mark McLendon of the Information Technology Division were tasked with the implementation of VoIP. The first installation started in the Central Office in 2002 with the Children's Health Insurance Program. In the years since, the system has been expanded to all county health department sites and the Central Office.

Use of this system is expected to result in telecommunication savings of up to \$800,000 annually through the elimination of analog phone lines and the reduction of long distance charges. The system combines voice mail and e-mail into one mailbox and, by integrating with Lotus Domino it enables employees to listen to their voice mail through the phone or through their e-mail. The



Ronnie McLendon demonstrates how the phones are used to employees assembled for a training session at the Montgomery County Health Department Auditorium.

"Meet-Me" conferencing feature saves the department conference calling and travel charges. Also, the Information Technology Division developed a program for Cisco Systems for its menu to enable

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VoIP, continued from page 8

callers to use interactive voice response to press numbers for particular clinics and be connected directly to an individual's phone line.

The management of the system is a significant cost saving feature as well.

"With centralized management, the IT team can quickly and easily add a phone, delete a phone, or change a name without having to travel to the location," says Ronnie McLendon. "If a phone must be replaced, it is mailed to the site, and the user simply plugs it in and begins using it."

The system has also reduced the amount of cabling required for new buildings or building renovations. A single data line serves voice and data needs.

ADPH is one of the two largest single agencies to use the Cisco IP phone system within the State of Alabama and is the largest state agency. The conversion to VoIP also brought wireless device capability to all health department facilities for laptops. New access points are continually being added to improve this feature. Gene Hill commented, "We look forward to building on our foundation to improve our services to Alabama citizens and save the taxpayers' dollars."

Free Evidence-based Guides Offered on Treatment Options

Patients who need care and the clinicians who treat them share an important goal: having the best possible information about the effectiveness and risks of different treatment options. A growing federal program created to support this goal is now encouraging clinics and community health centers to order plain-language guides that compare medicines and other treatments for many common, chronic health problems.

The guides are free and are based on the work of independent research teams. The information in the guides is based on comprehensive reviews of reliable scientific evidence.

The guides are produced by the Effective Health Care Program, which is sponsored by the Agency for Healthcare Research and Quality, part of the U.S. Department of Health and Human Services. Available in formats for both patients and clinicians, these guides summarize the bottom-line findings about the effectiveness, risks and side effects of various treatments or other

interventions. Among the health topics covered:

- Breast Cancer
- Diabetes
- Prostate Cancer
- Atrial Fibrillation
- Depression
- High Cholesterol
- High Blood Pressure
- Arthritis
- Gestational Diabetes

In addition to summarizing research results, consumer guides provide patients and their families with useful background on health conditions. Clinician guides rate the strength of evidence behind a report's conclusions. The guides also contain basic wholesale price information.

Several of the guides are also available in Spanish. All can be viewed at <http://www.effectivehealthcare.ahrq.gov/>.

Order free print copies by calling 1-800-358-9295. If you'd like more information, please e-mail: Becky.Evans@ahrq.hhs.gov.

Melissa Alexander Selected to Write for North American Licensing Exams

Alexander City social worker Melissa Alexander has been selected to serve in the North American network of subject matter experts who write test questions for the social work licensing examinations used in the United States and Canada.

Ms. Alexander is employed by the Bureau of Health Provider Standards as a Licensure and Certification surveyor. She holds a Certified Social Worker-Private Independent Practice license in Alabama.

Ms. Alexander will be writing questions designed to be used on the examinations administered by the Association of Social Work Boards (ASWB). She was chosen from applicants across the United States and Canada, and participated in a writer training session held in Arlington, Va., in June.

The ASWB examinations are designed to measure entry-to-practice competency of social workers. A passing score on an ASWB is a requirement for licensure at one or more levels of practice in 49 states, the U.S. Virgin Islands, and the District of Columbia. Two Canadian provinces - Alberta and British Columbia - use the ASWB examinations to certify clinical social workers. About 31,000 ASWB examinations are given each year.



Melissa Alexander

Alabama Makes Significant Progress in Controlling TB

Did you know that tuberculosis remains one of the leading causes of death on our planet?

While we have made significant progress in the control of tuberculosis in the United States, the disease known as TB thrives in populations where hunger and homelessness converge and finds safe haven in poorer countries. In our country, tuberculosis is no longer a death sentence; we can treat and cure this disease.

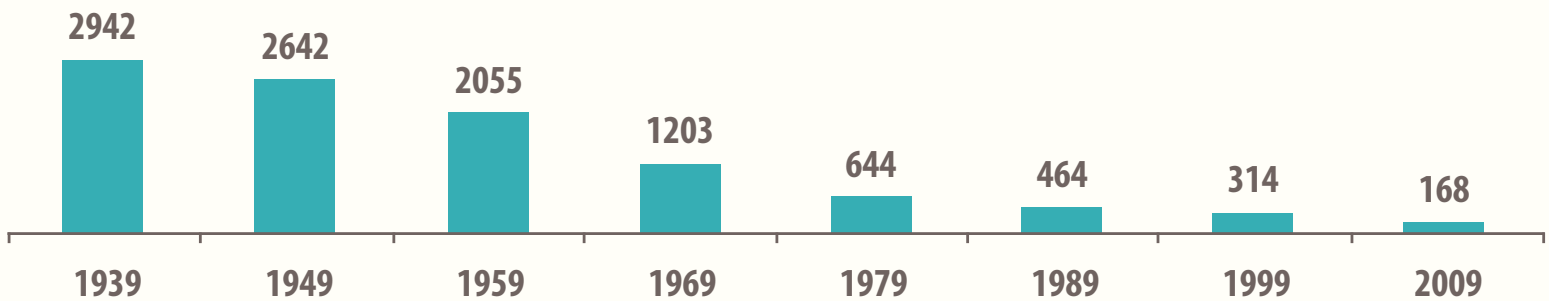
The TB bacterium was first identified as the causative agent of tuberculosis in 1882. In those days effective treatment was not available, but today we enjoy the blessings of modern medicine, implemented by a dedicated group of physicians, nurses and outreach workers who care for the tuberculosis patient. Today, our communities benefit from public health interventions that

halt transmission of this disease, because rapid and appropriate treatment of the individual TB patient prevents further spread.

“While furthering the decline is good,” said Pam Barrett, director of the Division of TB Control “we must remain vigilant as more than 70 percent of the counties in Alabama reported at least one case of TB in 2009. Our work is not complete until each and every case of active tuberculosis is found, treated and cured. Your individual and community support for public health has made a difference. Armed with good science, supported by physicians, nurses and outreach workers, we can continue to make a difference.”

For more information please contact Ms. Barrett by e-mail at Pam.Barrett@adph.state.al.us and by telephone at (334) 206-6228.

**Number of Confirmed TB Cases in Alabama
1939-2009**



Highly Contagious Pertussis Re-emerges

Pertussis is a highly contagious and sometimes fatal bacterial disease which has increased alarmingly in the past decade. To help provide protection, all students 11 and older entering the sixth grade in Alabama schools this school year must have a tetanus-diphtheria-acellular pertussis (Tdap) vaccine. Each pupil 11 or older who enters the sixth grade will be required to have a new certificate of immunization. This is because of the change from tetanus-diphtheria (Td) to (Tdap) vaccine.

The Tdap vaccine will protect adolescents from pertussis and keep them from spreading

disease to siblings, other family members and other students. The Tdap school requirement will go up by one higher grade each school year. For example, Tdap will be required for students entering seventh grade in 2011-2012, eighth grade in 2012-2013, up through twelfth grade in 2016-2017.

“Adolescents have one of the highest rates of pertussis cases,” said Winkler Sims, director of the Immunization Division. “The new sixth grade requirement for students age 11 or older will protect students from pertussis at the adolescent age in school and will protect

them through the remainder of their school experience.”

Pertussis is a bacterial infection of the lungs and spreads from person to person through moisture droplets in the air, probably from coughs or sneezes. A person with pertussis develops a severe cough that usually lasts four to six weeks or longer. The number of reported pertussis (whooping cough) cases in Alabama in all ages has increased from 68 in 2008 to 315 in 2009. Already in the first six months of 2010 there have been 93 reported cases of pertussis.

Schools Harvest from Sustainable Gardens, SAH Reports



J.E. Terry Elementary School planted collard greens.

This spring two Dallas County schools, the State Department of Agriculture and Industries, Vaughan Community Health Services, Inc., and the Strategic Alliance for Health staff partnered in creating sustainable school gardens. Harold McLemore with the ADAI helped staff and students at J.E. Terry and Salem Elementary schools plant gardens using plasticulture. Plasticulture is an innovative method of farming that yields two to three times more crops on less land and uses half as much water as compared to traditional farming methods.

"It is the future of farming," stated McLemore.

Community partners tilled the garden sites, McLemore laid drip irrigation tape and plastic, and students planted small collard green plants last March. In late April, students harvested their crops and sampled greens prepared in a healthy way in the cafeteria.

"It was a fun lesson for the children and gave us the opportunity to focus on nutrition and healthy foods," said Melvin Flanigan-Brown, Salem Elementary School principal. Flanigan-Brown estimates after selling greens throughout the community, they will earn about

\$500. Their goal is to earn enough money to replant the garden in the fall. A local restaurant even bought greens to serve.

"All in all, it was a huge success," said Stacey Adams, SAH communities coordinator. "We are especially proud that students learned about state-of-the-art farming techniques and that the schools are committed to sustainability of the gardens."



Greens are grown at Salem Elementary School using plasticulture.



Strategic Alliance for Health staff joined school students for this photo at harvest time.

Breastfeeding is the Baby Friendly Way

August is Breastfeeding Awareness Month in Alabama. The theme for 2010 is "Breastfeeding: Just 10 Steps! The Baby Friendly Way." The steps are as follows:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all healthcare staff in the skills necessary to implement the breastfeeding policies.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within a half-hour after birth.
5. Show mothers how to breastfeed and how to maintain lactation even though they may be separated from their infants
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in. Allow mothers and infants to remain together - 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers on discharge from the hospital or clinic.



Calendar of Events



August 3

**Back to School: Diabetes
Nutritional Management,
10 a.m.-12 noon
For more information
contact Sandy Powell,
(334) 206-5050.**



August 11

**Home Health
Nurses, 2-4 p.m.
For more information
contact Shirley Offutt,
(334) 206-2481.**



August 18

**Addressing Social and
Health Disparities in Native
American, Asian, Mexican
and Hispanic/Latino
Communities, 2-3 p.m.
For more information
contact Elana Parker,
(334) 206-7980.**



August 25

**Infection Control: ADPH
Nursing Continuing
Education, 8-9 a.m.
For more information
contact Thresa Dix,
(334) 206-3377.**



September 1-2

**11th Annual Rural Health
Conference, Bryant
Conference Center,
Tuscaloosa. To have a
conference brochure
e-mailed to you visit
<http://rhc.ua.edu> or call
(205) 348-0025.**