National Public Health Week - April 1-7, 2013

In 1995, the United States declared the first full week of April National Public Health Week (NPHW), a time in which communities across the country recognize the contributions of public health and highlight issues that are important to improving the public’s health. The American Public Health Association (APHA) serves as the organizer of NPHW and develops a national campaign to educate the public, policymakers, and practitioners about issues related to public health. Each year, NPHW focuses its effort on a different theme, and this year’s theme is "Public Health is ROI: Save Lives, Save Money." The 2013 NPHW theme was developed to highlight the value of prevention and the importance of well-supported public health systems in preventing disease, saving lives and curbing health care spending. Join us in championing the work of public health and its significant return on investment (ROI).

Here are ways you can generate health ROI in your community:

**Ensuring a Safe, Healthy Home for Your Family** - Health and safety begin at home. Make prevention a fun family tradition.

**Providing a Safe Environment for Children at School** - Schools are the perfect setting for improving child health. Children’s health is also a rallying point few people can ignore.

**Creating a Healthy Workplace** - Wellness and safety in the workplace are good for health and for business. Let’s make prevention work for us.

**Protecting You While You’re On the Move** - Safety on the go is often in our own hands, but it’s also tied to community design. Together, we can turn our streets into roads to better health.

**Empowering a Healthy Community** - Support public health efforts that create healthy opportunities for all. Good health is a community affair.

Month of the Young Child (MOYC)

Every fourth week of April, child advocates across the country observe Week of the Young Child in order to focus public attention on the needs of young children and their families and recognize early childhood programs and services. In Georgia, the entire month of April is dedicated as Month of the Young Child. In addition to highlighting the needs of children and their families, Month of the Young Child also serves as a way to thank educators and others involved in building better futures for our children.

Here are some resources meant to engage children, families, teachers, and leaders about the importance of early childhood development:

- **Play and Children’s Learning**: [http://www.naeyc.org/play](http://www.naeyc.org/play) - This collection of resources provides information on the latest research on play, why play is an important part of children’s learning and development, the role of play in the classroom, and ideas to share with families.

- **10 Things Every Parent Should Know about Play**: [http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play](http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play) - Play and learning go hand in hand. This article shares ten important things that families should know about play.

- **Strengthening Families**: [http://www.cssp.org/reform/strengthening-families](http://www.cssp.org/reform/strengthening-families) - Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) over the last decade to prevent child abuse and neglect. Their website provides more information about how this approach helps child welfare systems, early education and other programs work with parents to build protective factors.

- **Caring for Every Child’s Mental Health**: [http://www.samhsa.gov/children/](http://www.samhsa.gov/children/) - The Substance Abuse and Mental Health Services Administration’s “Caring for Every Child’s Mental Health” public awareness effort was created in 1994 with the mission to increase awareness around children’s mental health. Their website provides information, resources, and materials about children’s mental health.

- **“Early Sprouts: Establishing Healthy Food Choices for Young Children”**: [http://www.naeyc.org/files/naeyc/Early%20Sprouts.pdf](http://www.naeyc.org/files/naeyc/Early%20Sprouts.pdf) - This article focuses on successful gardening, cooking, and nutrition activities that decrease the risk of obesity and other chronic diseases by helping young children and their families learn to choose healthy foods.

- **Childhood Obesity Prevention Resources**: [http://www.naeyc.org/childhood_obesity_prevention_resources](http://www.naeyc.org/childhood_obesity_prevention_resources) - This is a compilation of resources for planning childhood obesity prevention efforts.

- **Appreciating Teachers**: [http://www.naeyc.org/content/appreciating-teachers](http://www.naeyc.org/content/appreciating-teachers) - This article provides suggestions for showing appreciation to teachers all year long.

Let’s acknowledge the importance of the early years and find ways to ensure our children are mentally, physically and emotionally ready for the big world ahead of them. For more information on MOYC visit [http://www.naeyc.org/woyc/faq](http://www.naeyc.org/woyc/faq) or [www.gayconline.org](http://www.gayconline.org).

For more information, visit [www.nphw.org](http://www.nphw.org).
World Health Day April 7, 2013

World Health Day is celebrated every year on April 7 to mark the anniversary World Health Organization (WHO), founded in 1948. Each year, a theme is selected for World Health Day that highlights a priority area of public health concern in the world. The theme for 2013 is high blood pressure.

High blood pressure – also known as raised blood pressure or hypertension – increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregular heartbeat, and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. One in three adults worldwide has high blood pressure.

Obesity and smoking are major contributors to high blood pressure. In Clayton County, 32.2 percent of adults over 18 years old are reported as being obese, compared to 27.6 percent for the state. Smokers account for 19.9 percent of Clayton County’s population compared to 18.8 percent statewide (Georgia Department of Public Health). While Clayton reports a lower rate of stroke than the state, its rate of high blood pressure is 64 percent higher than the state (447.2 per 100,000 persons versus 287.8 per 100,000 persons).

High blood pressure is both preventable and treatable. The risk of developing high blood pressure can be reduced by:
1) Reducing salt intake; 2) eating a balanced diet; 3) avoiding excessive alcohol use; 4) regular physical activity; 5) maintaining a healthy body weight; and 6) avoiding tobacco use.

For more information, visit http://www.who.int/world-health-day/en/

Sexually Transmitted Infection (STI) Awareness Month

April is Sexually Transmitted Infection (STI) Awareness month. The purpose of the observance is to increase awareness and concern among the general public about the prevalence of STIs and to foster healthy behaviors and attitudes. CCBOH emphasizes that STIs are not a thing of the past. It is each individual’s responsibility to protect his/her health and well-being.

STI Surveillance

The CDC reports that in 2011, the state of Georgia had the third-highest rate of primary and secondary syphilis in the nation. In the same year, Georgia reported the 6th highest rate of gonorrhea and the 7th highest rate of congenital syphilis (passed from mother to child during birth).

In Clayton County, STIs are also on the rise. Reported rates of syphilis in Clayton County have increased 73 percent over the last decade, according to state data. In 2010, 67 percent of reported cases of syphilis in Clayton County were in black males, versus 42 percent in 2000. During the same 10-year time period, the rates of chlamydia and gonorrhea in Clayton County rose by 41 and 22 percent, respectively.

There is a wide disparity in Clayton County between black non-Hispanics and white non-Hispanics living with HIV/AIDS (84 percent versus 10 percent). Among the 18 public health districts in Georgia, December 2010 data ranks the Clayton health district second for rates of people with newly-diagnosed HIV/AIDS and third for people living with HIV/AIDS. In both Clayton County and Georgia, males make up about 75 percent of people living with HIV/AIDS (Georgia Department of Public Health).

Consider these facts about youth ages 13-24 years (Centers for Disease Control and Prevention):

- One in four new HIV infections in the US occurs among people ages 13-24
- Of the new HIV infections among youth, 2,100 were among young women (two-thirds of whom were African American)
- Youth ages 13-24 compose 7 percent of the estimated one million Americans living with HIV
- Most youth do not get tested for HIV
- About 60 percent of youth with HIV do not know they are infected and do not receive treatment, putting them at risk for sickness, premature death, and passing HIV to others

Free HIV Testing on Wednesdays

In the fight against HIV/AIDS, knowing one’s HIV status is the first step to protecting yourself and preventing its spread to others. For the first time ever, CCBOH is offering free HIV testing every Wednesday between 9 a.m. and 3 p.m. Services are offered to anyone ages 13 years and older, regardless of residency and without an appointment. No needles are used and results are typically returned in 20 minutes. Please take advantage of this valuable new service. For more information, contact John Rhodes, Public Health Educator, at johnrhodes@dhr.state.ga.us or (678) 610-7486.

STI Rates for Clayton County

<table>
<thead>
<tr>
<th>STI</th>
<th>2000</th>
<th>2001</th>
<th>2010</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>467.9</td>
<td>546.2</td>
<td>764.2</td>
<td>720.4</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>279.3</td>
<td>249.1</td>
<td>299.7</td>
<td>213.4</td>
</tr>
<tr>
<td>Syphilis</td>
<td>23.9</td>
<td>28.5</td>
<td>48.9</td>
<td>37.5</td>
</tr>
</tbody>
</table>

*Rate is per 100,000 population
Source: Online Analytical Statistical Information System (OASIS), Georgia Department of Public Health, Office of Health Indicators for Planning

April 2013 Health Observances

Clayton County Board of Health