



July 13th Issue

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~ Nothing posted this issue.

The **deadline** for the next MPHA Enews is **Thursday, July 19th** the July 20th issue.

Please contact Michelle Caliandro with content or questions about this publication at mcaliandro@mainelung.org or 1-800-499-5864 x 103.

Learning Opportunities

Health, Culture and Literacy: Solutions for Clear Health Communication

Nearly half of all Americans have trouble understanding and acting on health information, resulting in poor outcomes and billions of wasted dollars. Learn about practical strategies and tools for use in primary care, community health, and other settings. **Health, Culture and Literacy: Solutions for Clear Health Communication** – A one-day conference on Friday, October 26, 2007 at the Hilton Garden Inn in Freeport, Maine. Keynote by Anne Fadiman, New York Times bestselling author of “The Spirit Catches You and You Fall Down.” Learn from local, regional, and national experts about the latest research on adult literacy in the US; the best new tools; making your organization patient/consumer friendly; connecting with new cultures, and more. Continuing education credits and scholarships are available and is sponsored by MaineHealth and numerous partners. FMI, visit www.healthliteracyinmaine.org

Institute for Healthcare Improvement 's On Demand Presentations

IHI offers easy, convenient access to quality experts: Rober Lloyd, Carol Haraden, Roger Resar, and Michael Leonard. You can view their On Demand presentations any time at your convenience. Each program features streaming video of a presentation, synchronized with presentation slides. You may pause or stop the presentation at any point and resume where you left off.

NEW On Demand Presentations:

- Getting Started on Flow, presented by Carol Haraden,
- An Introduction to the Model for Improvement, presented by Robert Lloyd, PhD
- Building Skills in Data Collection and Understanding Variation, presented by Robert Lloyd, PhD
- Using Run and Control Charts to Understand Variation, presented by Robert Lloyd, PhD

Other available On Demand Presentations:

- The Right Treatment for the Right Patient Every Time - Applying Reliability Science to Health Care, presented by Roger Resar, MD
- Effective Teamwork as a Care Strategy - SBAR and Other Tools for Improving Communication Between Caregivers, presented by Michael Leonard, MD

An organizational rate is now available! Organizations can register and have unlimited access for an unlimited amount of time. Visit any On Demand "Enroll" tab for more details.

Summer Educational Institute

Sponsored by UMaine's School of Social Work with the support of the Center on Aging

Please mark your calendars for July 30 through August 3, 2007 and plan to attend this dynamic Institute. Academic Credit and CEU's are available. You may choose to attend several Tracks with topics centering around an increasing aging population.

Four Educational Tracks

Each Track Consists of 5 Half-day sessions/ Morning or Afternoon. Attend All 5 for \$100 or Come All Day, All Week (2 Tracks, 1 in the Morning, 1 in the Afternoon) for \$175 or Selected Sessions Can Be Taken Individually for as Little as \$25

Contact: Robin Arnold for Track & Individual Session Registration
Phone: 207-581-2398 Fax: 207-581-2396 E-mail: Rarnold@maine.edu

Information

Annual State Score Cards Released

On June 15th, the Alliance for Health Reform and the Commonwealth Fund released a report, "Aiming Higher: Results from a State Scorecard on Health System Performance," comparing health data gathered from every state. The statistics, which measured states' progress across five dimensions: access, quality, avoidable hospital use and costs, equity, and healthy lives, stressed that access to health care is highly correlated with high quality performance. Even the highest-scoring states were well below where they should be. Maine is in the #5 slot. For more information: <http://www.allhealth.org/>

APHA Publications Catalog On-Line

The American Public Health Association's 2007-2008 publications catalog is now available at: www.aphabookstore.org

APHA's July 2007 Legislative Update Is Now Available

You can access the current and past [Legislative Updates](#)

Bike Smart Teacher Resource Guide

A Teacher's Resource Guide is available for Bike Smart and Walk Smart CD-ROM programs for children in grades K-3. It contains a number of outdoor activities teachers can conduct with their students to enhance bicycle and pedestrian safety skills. While the activities are tied into and enhance specific sections of the Bike Smart and Walk Smart CD-ROMs, they can be conducted as stand alone activities without the programs being viewed.

The [Resource Guide](#) is available free for download

The Bike Smart and Walk Smart programs were released last summer. Recently, they were widely distributed to school districts in the State of Florida through their Safe Routes to School program.

If you have any questions about the Teacher's Resource Guide: Paul Berger, 541 349-4822 direct, 866 846-4880 Toll-free, pberger@hcimarketplace.com

CDC Website Has Across Agency Statistics

In an effort to make more state based information easily available, the CDC/Washington office has constructed a page on the CDC/Washington [website](#) which pulls from resources across the agency to provides access to state based statistics and contact information for CDC funded state based programs. In addition, the site includes one page profiles of CDC funding by state.

Depression Raises Risk of Diabetes

Depression is associated with an increased risk for diabetes in older adults, even in people who have no other risk factors for the disease, according to a new study in the April 23 issue of The Archives of Internal Medicine.

Researchers studied 4,681 men and women over 65, following them over a 10-year period, after excluding anyone who already had diabetes at the start of the project. They used a well-validated questionnaire to measure symptoms of depression each year, and tested all participants at two- to four-year intervals for blood sugar. They also calculated body mass index and noted alcohol intake, smoking status and antidepressant use.

After controlling for these factors, they found that even a single report of high depressive symptoms was associated with an increase in the incidence of diabetes. Increases in symptoms over time and persistently high symptoms of depression were also associated with the disease. Over all, people with the highest scores on the depression questionnaire were roughly 50 percent more likely to develop diabetes than those with the lowest scores. Adjusting for race, sex, smoking status, alcohol intake and body mass index made no difference in the result.

Save the Date! Stroke Care in Maine

Please join us for "Stroke Care in Maine," on Monday, September 17 at the Holiday Inn by the Bay, Portland or by

teleconference at the following locations: Calais Regional Hospital, Cary Medical Center-Caribou, Millinocket Regional Hospital, or Stephens Memorial Hospital-Norway.

Keynote Speaker: Lee Schwamm, MD, FAHA—Director of Tele-Stroke and Acute Stroke Services, Massachusetts General Hospital and Associate Professor of Neurology, Harvard Medical School.

[Detailed conference Information](#)

[On-line Registration](#)

NEW State and County Livable Wage Estimates for 2006

See the most recent basic needs budgets and livable wage estimates for the state, counties, and metropolitan areas. Estimates are listed in easy-to-access tables. A policy brief discusses trends, estimates the number of working Mainers earning below a livable wage and presents policy recommendations for moving forward. [For more information.](#)

Career Opportunities

Research Coordinator-RWJ's Healthy Eating Research Program-Minnesota

This full-time research coordinator position is with the Healthy Eating Research national program office, located at the University of Minnesota School of Public Health in Minneapolis, Minnesota. The position is available immediately.

All applications must be submitted through the University of Minnesota's employment [web site.](#)

Please reference job requisition number 148960.

Supporting Our Membership

Nothing posted this issue.



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