



The Virginia Department of Health Resources for Health Care Professionals

April 2013

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News and Updates

National Public Health Week

National Public Health Week, April 1- 7, 2013, *is being* celebrated throughout the Commonwealth. These events provide public health leaders an opportunity to share with their community steps to reduce the risk of major chronic diseases by encouraging a healthier lifestyle. Although this week is a time to highlight the important role of public health in the community, promoting healthy lifestyles can be practiced year round. Here are a few resources to share with others:

- [Health Bites is an interactive online nutrition education tool](#) that provides fun, informative videos on nutrition and ideas on simple and healthy recipes.
- The [Every Woman's Life Program](#) at VDH provides lifestyle behavior change counseling and community resource referrals for physical activity, nutrition and smoking cessation.
- The U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, along with the USDA, publish the [Dietary Guidelines for Americans](#) and the Physical Activity Guidelines for Americans. The guidelines cover topics such as:
 - Enjoy Healthy Food That Tastes Great [Spanish version](#)
 - Quick Healthy Meals and Snacks [Spanish version](#)
 - Healthy Eating On a Budget [Spanish version](#)
 - Tips for Losing Weight and Keeping It Off [Spanish](#)
 - Making Healthy Eating a part of your Total Lifestyle [Spanish](#)

National Distracted Driving Awareness Month

Did you know that distracted driving accounts for 8 out of 10 traffic crashes in Virginia? Cell phone use has been identified as a serious cause of driving distraction. Talking and texting on the phone not only takes your eyes off of the road but it is also a cognitive distraction; reducing the amount of brain activity associated with driving by 37 percent.

Researchers have determined that drivers who text while driving are 23 times more likely to be involved in a crash. However, distracted driving is not limited to cell phones. Distracted driving can occur when the driver is entering information into a GPS, eating, reading directions, and tending to children in the backseat. For more information on distracted driving and prevention visit the [Injury Prevention Program](#) at VDH.

Additional Resources:

- [Drive Smart VA](#)

- [Motor Vehicle Safety](#)
- [Distracted Driving](#)

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Recent Clinicians' Letters

- [Mumps Infections](#) (March 29, 2013)
- [Emerging Infections of Public Concern](#) (March 12, 2013)
- [Virginia Clinicians' Letter: Meningitis and Stroke Associated with Contaminated Product](#) (March 7, 2013)

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Monthly Healthcare-Associated Infection Updates

[Healthcare-Associated Infections \(HAI\) Program](#) Update:

- Updated Guidance on *C. difficile* Infection
- CLABSI Validation
- CDC Vital Signs: CRE
- 2012 HAI Data Summit: Report
- Upcoming Events:
 1. VHQC QualitySync Conference—**April 9-10** (Richmond)
 2. North Carolina-Virginia Hospital Engagement Network CUSP Boot Camp—**April 16** (TBA)
 3. Virginia Department of Health Field Epidemiology Seminar—**April 30** (Richmond)

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Influenza Surveillance

Seasonal flu guidance for 2012-2013 is available on the [VDH website](#).

- [Weekly Influenza Surveillance Report \(VDH\)](#)
- [Weekly Influenza Surveillance Report \(CDC\)](#)

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Chronic Disease

Virginia Chronic Disease and Health Promotion Collaborative Network

Chronic diseases, such as heart disease, cancer, stroke and diabetes, are the most common, costly and preventable health problems that shorten and reduce the quality of life of Virginians. The [Virginia Chronic Disease Prevention and Health Promotion Collaborative Network](#) was formed to address the growing concern of chronic disease among Virginians and the significant burden of these diseases on Virginia's health care system. The network is comprised of individuals who represent sectors of public health, private health systems, state agencies and the community. By working together, limited resources can be stretched and initiatives can be better coordinated and integrated to have a greater impact on health outcomes. Members can also share information, expertise, ideas, and funding/training opportunities. To join the Virginia Chronic Disease Prevention and Health Promotion Collaborative Network contact Chronic Disease Programs Manager, Kathy Rocco at kathy.rocco@vdh.virginia.gov.

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Trainings and Webinars

2013 Community Based Emergency Response Series (CBERS)

The Virginia Department of Health (VDH) and the Virginia Hospital & Healthcare Association (VHHA) are pleased to present “Improved Crisis Planning Through Healthcare Coalitions” as part of the 2013 Community Based Emergency Response Series (CBERS). This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of University Health Services Professional Education Programs (UHS-PEP) of Virginia Commonwealth University Health System and Virginia Department of Health. UHS-PEP is accredited by the ACCME to provide continuing medical education for physicians. CME credits will be offered. UHS-PEP designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credits(TM) Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The series consist of a 1-hour presentation for physicians (1 CME) and a 3-hour session for the entire healthcare community (2.5 CME). These courses will be offered throughout the Commonwealth beginning in April. For dates, times and registration information please visit:

- [General Session \(2.5 CME\)](#)
- [Physician Session \(1 CME\)](#)

You may also contact Nicolas Kotula at Nicolas.Kotula@vdh.virginia.gov or (804) 864-8237 with questions.

VHQC QualitySync Conference, April 9-10, 2013

Keynote Speaker Farzad Mostashari, MD, ScM, National Coordinator for Health IT at the U.S. Department of Health and Human Services will present on ways to improve health care delivery through the use of new technology. More information [is available online.](#)

Weight of the State, April 11-12, 2013

Keynote Speaker David Zinczenko is the author of numerous best-selling books, including the Eat This, Not That! series and the Abs Diet series. Zinczenko contributes regularly to the Today Show and is a national spokesman for men's health issues. He has also appeared on Oprah, Ellen, 20/20, Biggest Loser, Rachael Ray, and Good Morning America, and has contributed op-eds to the New York Times, the Los Angeles Times and USA Today. Please visit the [Weight of the State](#) website for more information.

Screen Free Week is April 25-May 5, 2013

The average American child spends over seven hours in front of a screen each day (TV, video games or a computer). Recent research suggests too much screen time not only displaces time that youth could spend being physically active, it also encourages them to eat more of the unhealthy, high-calorie foods that they see advertised. It is important that children and families be encouraged to be screen-free and engage more in physical activities. In 2012, the [Virginia Foundation for Healthy Youth](#) collaborated with coalitions across the state, including the Northern Virginia Healthy Kids Coalition, to develop a [Screen Free Toolkit](#) that can be used year round.

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Virginia Monthly Morbidity Surveillance Report by District and Region

[February 2013](#) update

View previous reports, [Morbidity Surveillance Reports](#).

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MMWR

MMWR publications are prepared by the CDC

April 5, 2013

- [World Health Day — April 7, 2013](#)
- [Self-Reported Hypertension and Use of Antihypertensive Medication Among Adults — United States, 2005–2009](#)

- [Blood Lead Levels in Children Aged 1–5 Years — United States, 1999–2010](#)
- [Vital Signs: Repeat Births Among Teens — United States, 2007–2010](#)

March 29, 2013

- [Increase in Reported Coccidioidomycosis — United States, 1998–2011](#)
- [Two Measles Outbreaks After Importation — Utah, March–June 2011](#)
- [Three Cases of Congenital Rubella Syndrome in the Postelimination Era — Maryland, Alabama, and Illinois, 2012](#)
- [Notes from the Field: Outbreak of Severe Respiratory Illness in an Assisted-Living Facility — Colorado, 2012](#)
- [Announcement: Autism Awareness Month and World Autism Day — April 2013](#)

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“Did You Know” Articles by the CDC

These [“Did You Know” topics were prepared by the CDC](#)

April 5, 2013

- Nearly 1 in 5 teen births are repeat births. Of approximately 365,000 teen births in 2010, 66,800 were repeat births.
- Repeat teen births can severely limit a mother's ability to finish her education or get a job and carry substantial health, emotional, social, and financial costs for teen mothers and their children.
- CDC provides guidelines for healthcare professionals to counsel sexually active teens on the most effective types of birth control and resources for parents to talk to their teens about preventing repeat pregnancies.

March 29, 2013

- The latest estimates show there are about 20 million new sexually transmitted infections (STIs) in the US each year, costing the health-care system nearly \$16 billion in direct medical costs.
- Genital human papillomavirus (HPV) accounts for the majority of prevalent STIs in the United States. Genital herpes, hepatitis B, and HIV are other viral STIs; together they account for nearly one-quarter of all prevalent STIs.
- CDC’s fact sheets are useful tools for sharing STI prevention messages and are available for syndication on partners’ websites.

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