

The UNIVERSITY *of* OKLAHOMA
Health Sciences Center
College of Public Health

Promoting healthier tomorrows
through education and research today

What is CEPH?



Council on Education for Public Health

The Council on Education for Public Health (CEPH) is an independent agency recognized by the US Department of Education to accredit schools of public health and public health programs offered in settings other than schools of public health. These schools and programs prepare students for entry into careers in public health. The primary professional degree is the Master of Public Health (MPH) but other masters and doctoral degrees are offered as well.

What is competency-based education?



Competency-based education (CBE) is an institutional process that moves education from focusing on what academics believe graduates need to know (teacher-focused) to what students need to know and be able to do in varying and complex situations (student and/or workplace focused).

CBE is focused on outcomes (competencies) that are linked to workforce needs, as defined by employers and the profession.

CEPH Competencies

are:



1. Discipline-specific

- **Biostatistics, Environmental health sciences, Epidemiology, Health policy management, and Social and behavioral health**

2. Interdisciplinary/Cross-cutting

- **Communication and informatics, Diversity and culture, Leadership, Professionalism, Program planning, Public health biology, and Systems Thinking**

CEPH Competencies are.....



.....defined as a “unique set of applied knowledge, skills, and other attributes, grounded in theory and evidence, for the broad practice of public health (ASPH, 2004).

Definition of Public Health

Public health is defined succinctly as “organized community efforts aimed at the prevention of disease and the promotion of health.”

Million Hearts Campaign

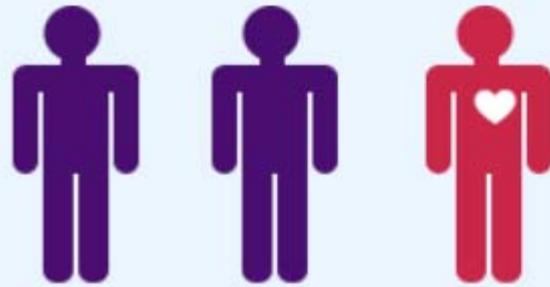


On Tuesday, September 13, HHS Secretary Sebelius, joined by CDC Director Thomas Frieden, CMS Administrator Donald Berwick, and key business, nonprofit and government officials announced a new effort to fight heart disease, the leading cause of death in the U.S., costing \$444 billion annually in lost productivity and medical spending.

Million Hearts Campaign



Fast Facts



1 in 3 deaths
in the United States is due
to heart disease

Million Hearts Campaign



Fast Facts



Number of heart attacks
and strokes that occur in
the United States

2,000,000/year



Million Hearts Campaign



Fast Facts



1 in 3 adults are affected

80 Million

A graphic where the number "80" is rendered in a large, white, sans-serif font, with the "0" being significantly larger than the "8". The "8" and "0" are set against a background of several red, stylized houses with dark roofs. To the right of the "0" is the word "Million" in a bold, dark blue, sans-serif font.

People in the U.S. who have some form of heart disease, which can include severe chest pain, heart attack, heart failure, and stroke.

Million Hearts Campaign



Fast Facts



Heart disease and stroke cost the nation

\$445 billion/year

in health care costs and
lost economic productivity.



Million Hearts Campaign

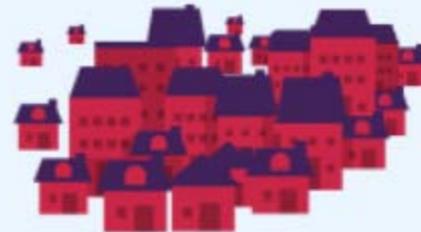


Fast Facts



Number of Americans who die from heart disease

 **2,200**
each day



800,000
each year

150,000 are under 65

Million Hearts Campaign



Fast Facts



Many risk factors for heart disease and stroke—including **high blood pressure, high cholesterol, smoking, and obesity**—are preventable and controllable.

Million Hearts Campaign



Fast Facts



Heart disease kills roughly the same number of Americans each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined.

Million Hearts Campaign



Fast Facts



Many risk factors for heart disease and stroke—
including **high blood pressure** and **high cholesterol**—
often do not have any symptoms.

Million Hearts Campaign



Remember Your ABCS!

A – Aspirin (appropriate therapy for at-risk patients)

B – Blood Pressure Control

C – Cholesterol Control

S – Smoking Cessation

Did you know....?

On a scale from 1st (best) to 52nd (worst)

Oklahoma ranks*:

- **49th in the nation for cardiovascular disease mortality**
- **50th in the nation for coronary heart disease mortality**
- **49th in the nation for stroke mortality**

*Includes all states, the District of Columbia, and Puerto Rico.

Proposed cuts to Prevention and Public Health Fund are shortsighted, says the American Public Health Association

Sept. 19, 2011, Washington, D.C. — “Today’s proposed cuts to the Prevention and Public Health Fund could effectively put the nation’s health at risk, severely threatening ongoing efforts to reduce the burden of our nation’s most feared and deadly diseases. Long-term and potentially life-threatening consequences of a compromised public health system will far outweigh the short-term savings.

Statement by Georges C. Benjamin, MD, FACP, FACEP (E), executive director, American Public Health Association, and Joan H. Tisch Distinguished Fellow in Public Health at Hunter College

Did you know?...

The Center for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) states:

“Routine influenza vaccination is recommended for all persons aged ≥ 6 months.”



*Lead public health efforts
by example.....*

Get a flu shot!



THIS IS PUBLIC HEALTH.

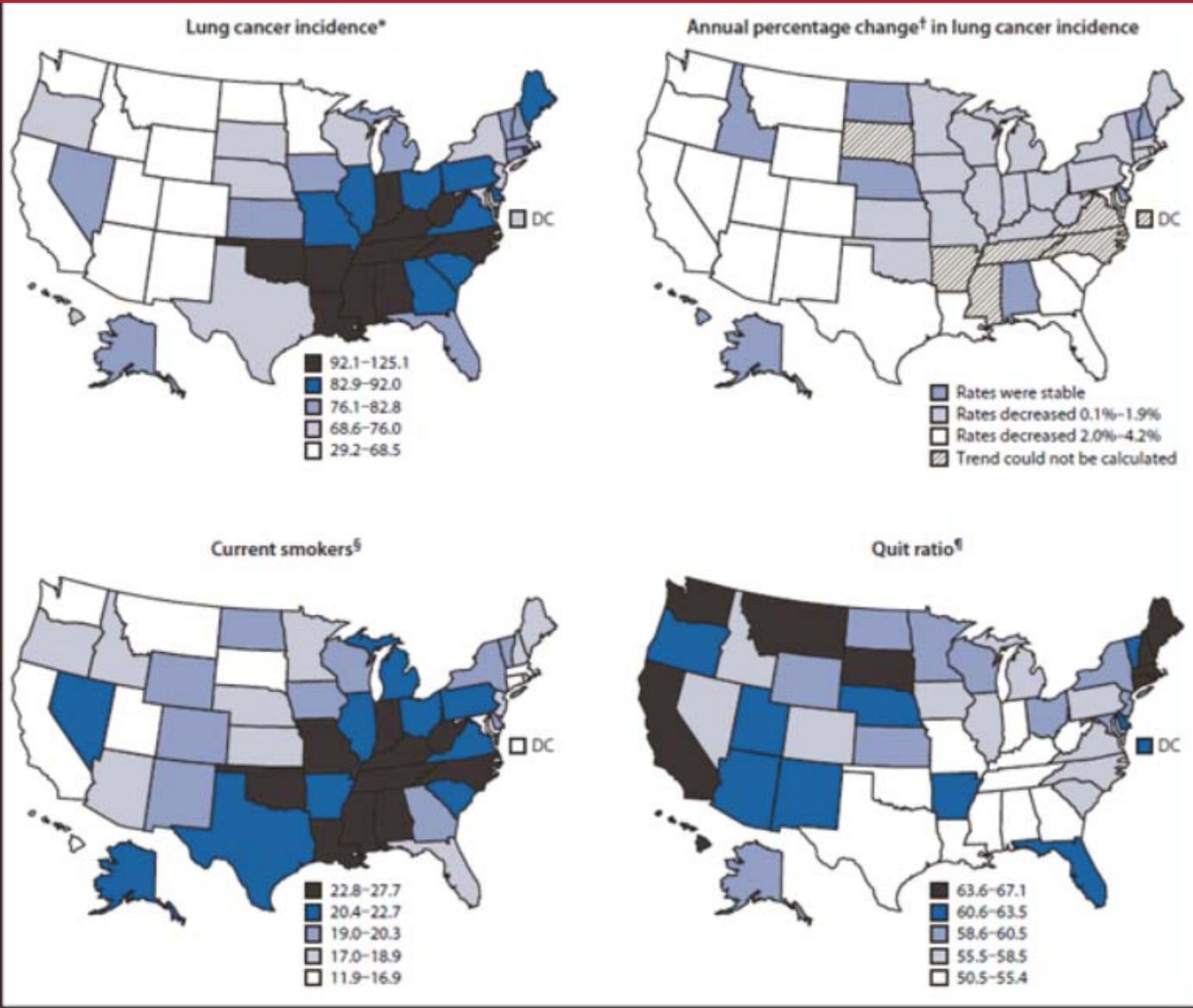
thisispublichealth.org

The “**This Is Public Health**” campaign was created by Association of Schools of Public Health (ASPH) to let people know that public health affects them on a daily basis and that we are only as healthy as the world we live in. Join this national effort to promote public health awareness in your community.



State-Specific Trends in Lung Cancer Incidence and Smoking --- United States, 1999--2008

CDC Director Dr. Thomas R. Frieden was quoted as saying, "Although lung cancer among men and women has decreased over the past few years, too many people continue to get sick and die from lung cancers, most of which are caused by smoking," and that the more is invested "in proven tobacco control efforts, the fewer people will die from lung cancer."



However, Oklahoma still has a long ways to go!

As shown to the left, we still have high rates of lung cancer that are stable, and high rates of smoking with a low “quit ratio.”

Source: MMWR. September 16, 2011 / 60(36);1243-1247

More Evidence Links Diabetes, Dementia

Findings point up another reason to keep blood sugar levels in check, researchers say

People with diabetes are at significantly higher risk of developing all types of dementia, including Alzheimer's disease, finds a new study that bolsters previous research connecting the two illnesses.

"We have clearly demonstrated that diabetes is a significant risk factor for the development of dementia, especially of Alzheimer's disease, in (the) general public," said Dr. Yutaka Kiyohara, a professor in the graduate school of medical science at Kyushu University in Fukuoka.

Acute Illnesses Associated With Insecticides Used to Control Bed Bugs --- Seven States, 2003--2010



"Fear of bedbugs may have driven people across the country to overuse common pesticides, leading to one death and more than 100 cases of insecticide poisoning in seven states," according to a Centers for Disease Control and Prevention "study of pesticide poisoning from 2003 to 2010," in which it "found 111 cases of pesticide poisoning associated with people's efforts to get rid of bedbugs," and "one person died, a 65-year-old woman in North Carolina with a history of kidney failure and heart disease."



Health Policy and Ethics

Informational Privacy, Public Health, and State Laws



Developments in information technology that make it possible to rapidly transmit health information also raise questions about the possible inappropriate use and protection of identifiable (or potentially identifiable) personal health information.

Despite efforts to improve state laws, adoption of provisions has lagged. The researchers found that half of states have no statutes addressing nondisclosure of personally identifiable health information generally held by public health agencies.

Obesity in Adults Is Associated With Reduced Lung Function in Metabolic Syndrome and Diabetes: The Strong Heart study.



A study by a University of Oklahoma Health Sciences Center researchers found that reduced lung function often precedes metabolic syndrome and diabetes in American Indians. The study was conducted by researchers at the Center for American Indian Health Research at the OU College of Public Health.

“American Indians have the highest prevalence of diabetes of any segment of the U.S. population,” said Fawn Yeh, Ph.D., one of the study authors. “In this population, we found that lung impairment appears to develop even before diabetes is diagnosed.”

More Aggressive Whooping Cough Vaccine Use Advised

The American Academy of Pediatrics and the US Centers for Disease Control and Prevention have revised their recommendations on the whooping cough vaccine.

The groups recommend extending the age for administering Tdap to people aged 65 years and older and to healthcare workers of all ages — anyone who may come in contact with infants too young for vaccination — because research has shown that grandparents are often caregivers for infants. The groups also recommend vaccination of adolescents, including pregnant adolescents, and pregnant women, whereas previously the recommendation was to wait until after pregnancy.

Fewer Americans are smoking, CDC finds

The number of adults in the United States who smoke declined by about 1.5%, or 3 million people, from 2005 to 2010, according to a new report from the Centers for Disease Control and Prevention. The CDC also found that the number of habitual smokers – those who light up 30 or more cigarettes a day - dropped from 13% in 2005 to 8% in 2010.

"About one-third of all current smokers may die from cigarette use unless they quit promptly," CDC Director Dr. Thomas Frieden said. "So we're talking about preventing more than a million deaths because of that decline."



Older smokers less likely to try quitting

"The New Old Age" blog reported that "while the rate of smoking in those over age 65 is smaller -- a bit over eight percent -- than it is in the younger population, more than 22 percent of whom smoke, older smokers are much less likely to try to stop." Specifically, "more than half of smokers ages 18 to 24 have tried to quit, the Centers for Disease Control and Prevention has reported, but only about a quarter of those over age 65 have."



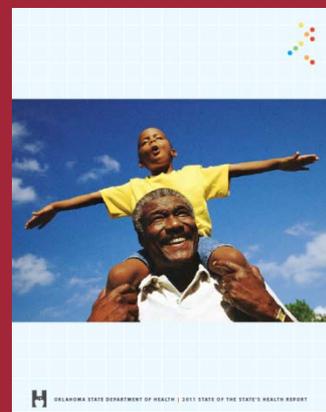
Many physicians think patients getting too much medical care

In a study published online Sept. 26 in the *Archives of Internal Medicine*, "forty-two percent of US doctors believe that their patients are getting too much medical care." Some 28% of physicians surveyed "said they felt they were treating their patients too aggressively, while 45% said one of every 10 patients they saw daily had issues that could have been dealt with by phone, by email or by a nurse." However, "52% said they felt their patients were receiving just the right amount of care," while just "6% said their patients were receiving too little."

Bill would equip Medicare enrollees with smartcards

"A bipartisan group of lawmakers has introduced legislation that would equip the nation's 48-million-and-counting Medicare enrollees with smartcards, thus improving access to healthcare and saving an estimated \$30 billion a year in fraud and waste." The bill, "The Medicare Common Access Card Act of 2011, would create a two-stage process for the smartcard program. The first stage would consist of a number of pilot programs to embed microchips in Medicare identification cards, while the second would expand those programs nationwide."

Board of Health Releases 2011 State Health Report



The Oklahoma State Board of Health has released its **2011 State of the State's Health Report**, which reviews key health indicators that contribute to Oklahoma's overall health status. County-specific summaries are also available for each of the 77 counties.

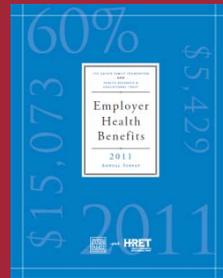
Health indicators summarized in this report are similar to those seen in 2008 when data were last released, as major shifts in health status indicators rarely occur within a span of two or three years. Even so, Oklahoma's overall health ranking has improved from 49th to 46th in the nation.....

Board of Health Releases 2011 State Health Report

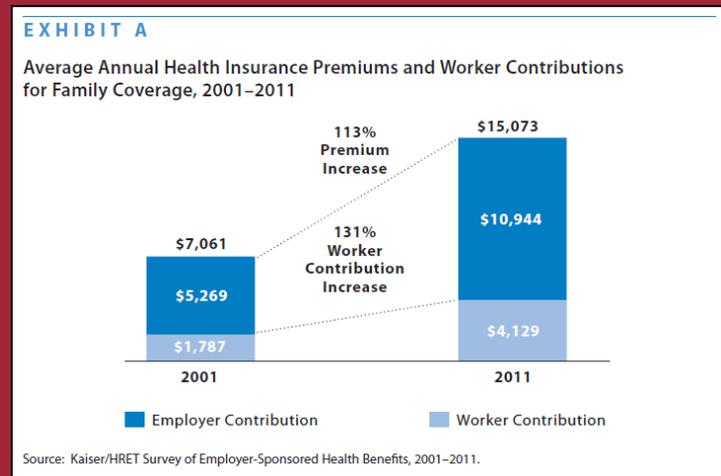
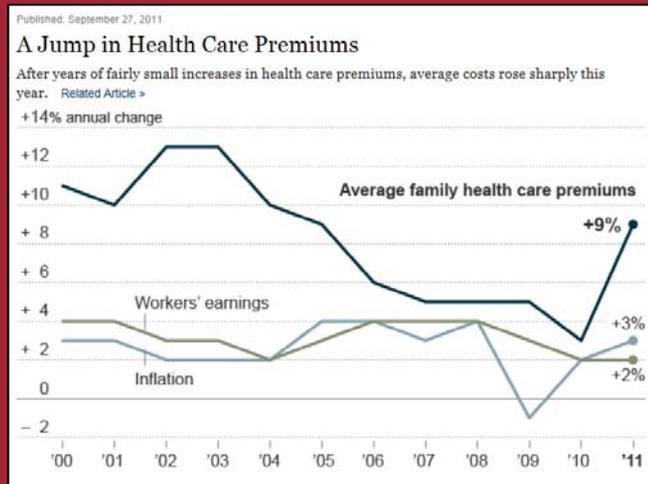


..... The report provides updates on several areas of concern including Oklahoma's high prevalence of smoking and obesity, limited access to prenatal care and availability of primary care physicians, and high rates of preventable hospitalizations and cardiovascular disease. As a state, Oklahoma has fewer babies that survive their first birthday and a life expectancy for residents that is shorter than almost every other state in the country. Significant health disparities exist for those Oklahomans who earn \$25,000 per year or less and among those with a high school education or less – both critical social determinants of health that the report says should not be overlooked.

Survey finds health insurance costing more, covering less.



The Washington Post (9/28, A1, Aizenman) quotes Drew Altman, president of the Kaiser foundation, "Without any real national discussion or debate, there's a quiet revolution going on in what we call health insurance in this country. Health insurance is becoming less and less comprehensive." Though roughly half of Americans "are covered by an employer sponsored health plan," yet "nearly 70 percent report being worried about having to pay more for healthcare or health insurance. Almost a third are 'very worried.'"



U.S. obesity epidemic contributes to its poor international ranking in longevity

A new study from the *American Journal of Public Health* reports that the high prevalence of obesity in the United States is a significant contributing factor to the country's lower life expectancy.

The United States has the highest prevalence of obesity, measured by body mass index, with one of the lowest life expectancies among high-income countries. The results of the study demonstrated that obesity reduced U.S. life expectancy at age 50 years in 2006 as much as 1.54 years for women and by 1.85 years for men. Removing the effects of obesity reduced the U.S. shortfall by 42 percent for women and 67 percent for men, relative to countries with higher life expectancies.

Biostatistics & Epidemiology Student Association (BSESA) Meeting

Hear BSE students discuss how they developed their posters and oral presentations, provide resources for project ideas, and have a question and answer session.

***Wednesday, October 5 from 11-12
CHB, room 302***

