Public Health Improvement Newsletter

Spring 2011
March through May 2011

New Food Labeling Makes Eating Healthy Easier!

If you've eaten out at a chain restaurant recently, you may have noticed that calories are now listed on restaurant menus. As of January 1, 2011, the USDA now requires all restaurant chains (including fast food restaurants) to post the calories of each item served on the menu. Daily specials and limited time items are exempt from the calorie requirement. All chains with 20 or more locations are required to follow this federal law. Some states, like California, for example, have more stringent laws requiring labels with amounts of fat, protein, and other nutrition information, to be included. Other states, and some cities including New York City, require calories listed on menus of all chains with 15 or more locations[1].

When nutrition labeling of most foods began in 1993, meat was not included, except on a voluntary basis. On December of last year, the USDA announced that nutrition labels would be required on fresh meats and poultry, beginning Jan. 1, 2012. "The new labels will list calories, calories from fat, total fat, saturated fat, cholesterol, sodium, protein, and vitamins for 40 of the most commonly purchased cuts of beef, poultry, pork and lamb. Ground meats may also carry a label showing the percentage of

lean and percentage of fat identifier already being used[2]".

It's easier to make wise choices when your food is labeled. In a study done last year on 3,706 middle-aged men & women at Washington State University, exercise and label-reading habits were studied to determine their impact on efforts to lose or control weight. The researchers found that weight loss success was achieved by those who developed the habit of reading nutrition labels, even more so than those who exercised, but did not read labels. It is no surprise that the greatest results were found in the group who read labels and exercised regularly[3].

For more information on nutritional and dietary guidelines, interactive tools, and resources, visit the Food and Nutrition Information Center of the US Department of Agriculture at http://fnic.nal.usda.gov/

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[1] Calorie Data to Be Posted at Most Chains. *New York Times*, May 23, 2010.
[2] USDA Requiring Nutrition Labels for Meats, Poultry. *Somerset Daily American*, December 29, 2010.
[3] Mandal, B. (2010). Use of Food Labels as a Weight Loss Behavior. *The Journal of Consumer Affairs,* 44 (3), 516-527.

Funding Opportunities

Program	Funding Agency	Website
Wells Fargo Corporate Giving: Support for non-profits and governmental agencies	The Wachovia Wells Fargo Foundation	https://www.wellsfargo.com/about/charitable/tx_guidelines
Dr. Alma S. Adams Scholarship for Outreach and Health Communications	American Legacy Foundation	http://www.legacyforhealth.org/adams-scholarship.aspx

PHI Program Manager's Corner

I hope that each of you is looking forward to spring and warmer weather. We are drawing closer to National Public Health Week, April 4-10, 2011. We want to take time to thank each of you for your work in making public health in Texas a priority. It is making a big impact on public health in our region.

April 4-10, 2011 has been designated as National Public Health Week. It is a week dedicated to the improvement of public health throughout the nation. This year's theme is "Safety is No Accident: Live Injury-Free." The focus will be on taking simple, small steps to protect our families and our communities in all areas of life: whether at work, home, at play, in your community and anywhere people are on the move.

It is with mixed emotion that I announce Ana Luz Chiapa will be leaving DSHS during early February to continue her work in public health at University of North Texas Health Science Center. We wish her well.

U.S. School Lunches Healthier

Trying to fight the growing child obesity epidemic, new federal guidelines proposed in January focus on making school lunches healthier. The new guidelines, from the U.S. Department of Agriculture (USDA), would be the first such changes in 15 years and include cutting salt and fat and adding more fruits and vegetables to school cafeteria fare.

The new guidelines also call for more whole grains and the use of low- or nonfat milk. They would also limit the amount of starch to one cup of starchy vegetables a week, so french fries wouldn't be on the menu every day, according to the *Associated Press*.

At this point, the guidelines remain a proposal, and it could take several years before schools are required to make changes, the news service said.

Under the proposed new guidelines:

- School meals would have calorie limits.
- Salt would be cut by half over 10 years.
- Most trans fats would be banned.
- More fruits and vegetables would be included in each meal.
- Only low-fat or nonfat milk would be served.
- Meals would see increases in the amount of whole grains and eventually will include only whole grains.
- Breakfast would include both grain and protein, not one or the other.

For more nutritional information, visit:
http://www.mypyramid.gov/index.html

Excerpt from HealthDay News, Steven Reinberg, Reporter.

Health Observances

March 2011

- **1-31** National Colorectal Cancer Awareness Month www.preventcancer.org/colorectal
- **20-26** National Poison Prevention Week www.poisonprevention.org/poison.htm

April 2011

- **1-30** Alcohol Awareness Month www.samhsa.gov
- **4-10** National Public Health Week www.nphw.org

May 2011

- **1-30** Arthritis Awareness Month www.arthritis.org
- **25** National Senior Health and Fitness Day www.fitnessday.com

Safety is *No* Accident: Live Injury-Free

A campaign from the

National Public Health Week • April 4-10, 2011
www.nphw.org

Creating a healthier nation starts with creating a safer nation—and that means taking steps to protect neighbors, families and communities from harm. Injuries, unexpected events and violence affect people at home, at work, in their communities, on the move and even at play. Unintentional injuries, such as motor vehicle crashes, poisonings and burns, rank among the top 10 causes of death for people ages 1-44.

It only takes a moment for an injury to happen

A fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a child ingesting a cleaning substance—it only takes a moment to prevent injuries and make our lives and communities safer.

Injuries are not "accidents," and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

During **National Public Health Week 2011,** the American Public Health Association (APHA) needs your help to educate Americans that **"Safety is *No* Accident."** Together, we can help Americans live injury-free in all areas of life: at work, at home, at play, in your community and anywhere people are on the move. We all need to do our part to prevent injuries and violence in our communities. Join us as we work together to create a safer and healthier nation.

You and your family can protect yourselves in many ways, no matter where you are. Here are just a few examples:

At home

☐. Assess your home for potential hazards such as poor lighting and uneven surfaces to prevent falls

☐. Install and maintain smoke and carbon monoxide detectors in your home

☐. Establish a plan for how you would evacuate from your home in the event of an emergency

☐. Have your hot water heater checked and adjusted periodically to avoid burns

☐. Program emergency numbers, such as the Poison Control Hotline (1-800-222-1222), into your phone to call in the event of a poisoning emergency or to ask questions about how to safely store potentially hazardous substances in your home

☐. Support consumer protection policies to reduce the use of toxins in household products

At work

☐.Wear protective equipment and reflective gear to reduce employee exposure to hazards

☐. Train machine operators on simulators to avoid bodily injury

☐. Ensure views are not obstructed when operating heavy machinery

☐. Conduct personal safety training programs that teach employees how to recognize, avoid or diffuse potentially violent workplace situations

☐. Ensure a working sprinkler system and schedule fire drills to practice safe evacuation in the event of a fire

At play

☐. Have a physical before starting a new sport, and be sure to warm up and stretch before you begin

☐. Drink plenty of water to avoid becoming dehydrated

☐.Wear a helmet and other properly fitted protective gear to avoid injuries

☐.Work with local community leaders to build and support safe playgrounds

On the move

☐.Wear a seatbelt in the car and install and use child safety seats correctly

☐.Wear a helmet when on a bike, skateboard, scooter or other motor vehicles to avoid head injuries

☐. Avoid texting, eating, using the phone or grooming while driving

In your community

☐. Use sidewalks and avoid jaywalking; be mindful of the environment and be cautious when crossing the road, even at familiar intersections in your own neighborhood

☐.Walk facing traffic and make yourself visible at night

☐.Work with school leaders to prevent school violence and bullying

☐. Call the police or local child protective services if you suspect that a child has been abused or neglected

☐.Work with local authorities to initiate violence intervention and prevention programs

Excerpt from the American Public Health Association, "Safety is *No* Accident: Live Injury-Free brochure – www.apha.org.

Safety is No Accident: Safety in the Car

Injuries, unexpected events and violence affect people at home, work, in their communities, on the move and at play. One of the top 10 causes of death among individuals 1-44 years of age are motor vehicle crashes (MVCs). [1]

According to the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report, nonfatal, motor vehicle-occupant (MVO) injuries treated in emergency departments have declined in recent years but still affect a substantial proportion of the U.S. adult population yearly. [2]

Furthermore, MVCs are the leading cause of death for children ages 2 to 14 and the leading cause of injury-related death for children under 2. This is why it is so important to correctly install and use child safety seats and seat belts. Young children who are restrained in a child safety seat have an 80% lower risk of fatal injury than those who are not restrained.[3]

Texas law requires children ages 8 and under who are 4'9" tall or less to be secured in a child passenger safely seat system, and requires all drivers and passengers in a vehicle to be secured by a safety belt. Police may stop a vehicle solely for a safety belt violation, and passengers in the rear seat without a seat belt can get a ticket as well.

Seat Belts and MVC Facts[2]

- MVCs leading cause of death in U.S. among individuals ages 5 to 34 years.
- Seat belt use most effective method to reduce risk of injury or death among adults in MVCs.
- There are approximately 42% more fatal crashes in rural setting than urban ones. Crashes in rural areas tend to be more severe.
- Seat belts reduce risk for fatal injuries from MVCs by approximately 45% and serious injuries by approximately 50%.
- Primary seat belt enforcement laws with vigorous police enforcement are an effective tool to increase seat belt use and reduce death rates (e.g., *Texas' Click it or Ticket* campaign).

Booster Seat Tips[4]

- Use a booster seat with the vehicle lap AND shoulder safety belts until your child passes the Safety Belt Fit Test.
- Vehicle belts are designed to fit an average-sized adult. To get the best protection from a seat belt, children usually need a booster until they are about 4 feet 9 inches tall and weigh between 80 and 100 pounds.
- Use a booster seat correctly in a back seat every time your child rides in a car.
- Booster seats sit on the vehicle seat and are used to properly position the adult seat belt for an older child.
- Never place the shoulder belt under the child's arm or behind the child's back.
- Be sure all occupants wear safety belts correctly every time. Children learn from adult role models.
- Tell all drivers who transport your big kid that booster seat use is a must when your child is in their vehicles.

For more information on Texas seat belt laws, visit www.texasclickitorticket.com/index.php.
For more information on child car seats, visit www.safekids.org.

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[1] APHA "Safety is *No* Accident: Live Injury-Free brochure – www.apha.org.

[2] Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, Early Release/Vol. 59, January 4, 2011 – www.cdc.gov/mmwr.

[3] Safe Kids USA, Motor Vehicle Safety Fact Sheet – www.safekids.org/

[4] Click it or Ticket Texas - www.texasclickitorticket.com/index.php

[5] Safe Kids USA, Top Booster Seat Tip Sheet (PDF) - www.safekids.org/assets/docs/safety-basics/safety-tips-by-risk-area/booster-seat-tip-sheet.pdf

DSHS Program Highlight: Manufactured Foods

The Foods Group is part of the Texas Department of State Health Services (DSHS), Division for Regulatory Services. The Foods Group regulates food manufacturers, wholesale food distributors, salvage establishments, and bottled and vended water establishments.

Regulatory authority has been granted to DSHS, under the Food, Drug, and Cosmetic Act, and the Food Drug, and Cosmetic Salvage Act of the Texas Health and Safety Code, to prevent the unlawful manufacture or distribution of adulterated and misbranded food. In addition to the regulatory responsibilities, focus is directed to food safety and the education of firms that manufacture and distribute food in the State of Texas.

The Foods Group Inspection Unit has field investigators situated across the state who perform routine inspections, respond to disasters and citizen complaints, and provide technical assistance to regulated industry.

The mission of the Foods Group is to protect the public health of Texas citizens from contaminated, adulterated, and misbranded foods through the operation of an effective and efficient program of enforcement of Texas food safety laws and regulations. The focus of the group will be oversight and education of the regulated industry. The group shall endeavor, whenever practical, to involve consumers, regulated industry, and academia in education and training activities related to food safety and labeling. The Foods Group incorporates the Principles of Good Regulation to guide their mission.

Frequently Asked Questions

Can I manufacture food in my home kitchen?
The rules do not allow any type of manufacturing or holding of food for distribution in any areas used as living or sleeping quarters unless it is completely partitioned from your home.

What is a food manufacturer?
You are considered a manufacturer if you: (the following are not all-inclusive)
Produce a food product or a component of a food and either package it for customer self-serve or sell to another business that will serve to customers or resale (i.e. grocery stores, restaurants, convenient stores, etc.)
Have another firm produce your product, but your company's name and address is on the label (see question #5).

What is "wholesale"?
The term "Wholesale" means to sell something to another individual, company, store (i.e. grocery store, convenient stores, restaurants, etc.), for the purpose of *resale (*serve or sell to customers).

What is "retail"?
Retail means to sell product directly to the final consumer.

How do I obtain a food manufacturer's or wholesale distributor's license?
License applications can be downloaded from http://www.dshs.state.tx.us/fdlicense/apps.shtm and by clicking the appropriate license under Food Licenses. Print the application off and send in with the appropriate fee. Applications without fees will not be processed. You can refer to the Instructions for Filing Licensure Applications in the Licensure website.

For more information, contact the Environmental and Consumer Safety Section, Texas Department of State Health Services, at 512-834-6670 or 1-888-963-7111 or visit http://www.dshs.state.tx.us/foods/aboutus.shtm

Meet Your PHI Regional Staff

Program Manager

Susan Senn

Program Specialists

Ana Luz Chiapa

Jane Schwarz

Marsha Waters

Administrative Assistant

Carolyn English

Upcoming Events

03/15/11 1:00-2:00 pm
Webinar: Health Impact Assessments (HIAS) in Transportation
https://cc.readytalk.com/r/4ozeg2azyaax

04/05/11 1:00-2:00 pm
Webinar: Preventing Roadway Fatalities and Injuries
https://cc.readytalk.com/r/4ozeg2azyaax

05/03/11-05/06/11
National Rural Health Association Annual Rural Health Conference—Austin, Texas
www.ruralhealthweb.org

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