



Department of  
**Public Health**

CALIFORNIA STATE UNIVERSITY, FRESNO

## Healthy News

November 2010  
Volume 2, Issue 2

### **Public Health Officials Recommend Annual Influenza Immunization for Everyone 6 Months of Age and Older**

Influenza is a serious respiratory illness that is easily spread and can lead to severe complications, or death. Each year in the U.S., on average, influenza and its related complications result in approximately 226,000 hospitalizations and 36,000 deaths. This year, the Centers for Disease Control and Prevention (CDC) issued a universal influenza vaccination recommendation to include everyone 6 months of age and older. The new recommendation reinforces annual influenza vaccination as a public health priority and highlights the need for people to talk to their health care provider about getting immunized this season.

To help prevent influenza from spreading and to encourage influenza immunization, the Department of Public Health has partnered with the American Lung Association to bring *Faces of Influenza*, a national educational campaign, to Fresno State. This multiyear public awareness initiative helps Americans put a "face" on this serious disease and recognize annual influenza immunization as an important preventive measure to help protect themselves, their loved ones and their community every year.

Groups at higher risk of influenza infection or complications include: people 50 years of age and older; children 6 months-18 years of age; pregnant women; people of any age with certain chronic medical conditions, such as asthma, chronic obstructive pulmonary disease (COPD), heart disease, diabetes, and others; and residents of long-term care facilities and nursing homes. Annual immunization is also recommended for caregivers and household contacts of these high-risk groups, such as relatives and health care providers. The Department of Public Health at Fresno State urges all students, faculty, and staff to call their local health care provider and make an appointment for influenza vaccination. This year, the seasonal influenza vaccine will include the 2009 pandemic H1N1 strain, so only the seasonal influenza vaccine will be needed.

Vaccination is safe and effective, and the best way to help prevent influenza and its complications. You should be immunized as soon as vaccine is available in the late summer or early fall. If you didn't have a chance to obtain influenza vaccine early in the season, immunization throughout the season into the spring or as long as the influenza virus is in circulation is beneficial because in most seasons, influenza disease doesn't peak until that time. It only takes about two weeks for the vaccine to protect against the virus.

For more information about influenza and immunization contact the County Department of Public Health at 559.445.3200.



### **INTERNSHIP DEADLINE**

Students interested in completing internships during the Spring 2011 semester **must** register during the open enrollment period. Contact Ms. Manal Samaha at 559.278.2254 for additional information and forms.



## VOLUNTEERS NEEDED

The Department of Public Health has partnered with the West Fresno Health Care Coalition and HealthNet to bring health services to seniors with diabetes and poor health indicators who live in West Fresno. Volunteers will follow-up with home and phone visits to assess needs, develop a care plan, and provide individual and group support to those patients. We're looking for energetic, self-driven, dedicated, and bilingual/ bicultural volunteer educators. For more information and to sign up, contact Dr. Helda Pinzon-Perez at 559.278.5325 or Ms. Janice Mathurin at 559.264.7185.

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

*-Margaret Mead*



## RIVER CLEAN UP PROJECT

Students from PH 48 got dirty for extra credit this semester as they participated in the largest river cleanup of the San Joaquin in the history of cleanups. Richard Sloan of River Tree Volunteers led the effort and coordinated hundreds of volunteers, including several Fresno State Students at several sites along the San Joaquin from Friant Dam all the way to Kerman. Sean Johnson, who is teaching PH 48 this semester, was responsible for clean-up operations at Lost Lake Park. Sean has partnered with River Tree to provide SCUBA divers and safety services to enhance the efforts. In addition Sean collects data of the specific types of trash collected and forwards it to Project AWARE, an international water resource conservation and environmental awareness organization. On a sunny Saturday morning Sean coordinated volunteer divers, the Boy Scouts of America and PH 48 students to clean the banks of the river and underneath the river. One dive team consisted of retired Fresno State Professor Dr. Walter Reid from Mathematics and his wife. Overall the cleanup was a huge success and resulted in removal of 280 tires and several tons of trash from the river. Thank you volunteers!



### **The Next 100 Years of Public Health: Collaborating, Networking and Making a Difference!**

Where is public health going in the next 100 years? What is the impact of the health care reform? Come learn, share and network with public health officials, community leaders, alumni, faculty and friends.

Let's celebrate the accomplishments of the past 100 years and celebrate the future of public health! For more information, please contact

Carmen Chapman at 559.278.4014.

Date: November 17, 2010

Time: 8:00 am to 1:00 pm

Location: Residence Dining Hall at Fresno State

To register go to: [www.emailmeform.com/builder/form/vaLe3aWHD5FKEo7S19b3h](http://www.emailmeform.com/builder/form/vaLe3aWHD5FKEo7S19b3h)

### **Student Registration for Spring 2011**

- Spring 2011 registration begins on November 1st.
- All registration activity is done on the student center at [my.csufresno.edu](http://my.csufresno.edu)
- University students are responsible for adhering to the information contained in the class schedule. Failure to read and understand these policies, regulations and deadlines will not exempt a student from the consequences that may occur.
- Don't forget to meet with your advisor to ensure that you are on the right track in order to graduate!

### **Thank You**

The Department of Public Health wishes to express its appreciation to Mr. Dave Smith for his generous donation of industrial hygiene equipment including 6 set ups of vertical elutriators (cotton dust samplers) including stands, calibrators, reference books, and mold samplers. The donated equipment will be used by students in the Environmental/Occupational Health and Safety Option. Thank you Mr. Smith.

### **Round Table Discussion**

Students in the Public Health department are invited to participate in a round table discussion with Public Health employers on **Wednesday November 17, 2010** from 2pm to 4pm in the Residence Dining Hall.

**\*Only the first 100 invitees will be allowed in.\***

For more information contact:  
**Dr. Greg Thatcher at 559.278.8807 .**

### **Drug Education Materials**

Los Angeles Unified School District nurses enrolled in PH 110 (Drugs, Society & Health) during the Fall 2010 semester have developed two resources for over-the-counter medications.

-The first document titled Know Your Medicine is designed to educate consumers about OTCs and their effects on the human body.

-The second document titled OTC Medications for kids is designed to assist parents and caregivers in keeping track of OTCs for small children.

Both documents may be downloaded from the department's website at [www.csufresno.edu/publichealth](http://www.csufresno.edu/publichealth) and click on news and events, then publications.

Tell your friends about this resource.





## REBECA A. LOPEZ, MPH:

### MINORITY TRAINING PROGRAM IN CANCER CONTROL

I'd like to bring to your attention a unique opportunity for those who have ever considered a doctoral degree. The Minority Training Program in Cancer Control Research (MTPCCR) is designed to encourage minority students in master's level health programs and master's trained professionals to pursue a doctoral degree and career in cancer control research. It is a joint program of the UCSF Comprehensive Cancer Center & the UCLA School of Public Health. The program consists of a Summer Institute, optional paid internship, and optional doctoral application support award; you can participate in either San Francisco or Los Angeles.

I am a proud MTPCCR alumnus having attended the 5-day Summer Institute in San Francisco in June 2010. I knew it would be a positive experience, but I had no idea just how much I would get out of MTPCCR. I heard great presentations, including experts in public health and cancer control, minority researchers, and a panel of cancer survivors. I networked with attendees, including professors, students, and graduates of Bay Area schools. I gained resources, including a timeline and tips for applying, funding opportunities, and practice writing a strong personal statement.

Applications are now available for the 2011 program. I encourage you to learn more about MTPCCR at [www.cancer.ucsf.edu/research/minority-training-program-in-cancer-control-research/index.php](http://www.cancer.ucsf.edu/research/minority-training-program-in-cancer-control-research/index.php).

Rebecca Lopez is a former chair of the MPH advisory board.

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## Congratulations Faculty

The following faculty have been active in professional activity during the Fall 2010 semester.

### Manuscript Publications:

Aguilera, C. , **Perez, M.A.**, and Alonso, L.M. (2010). Readability of diabetes education materials; implications for reaching patients with written materials. *SaludUninorte*, 26(1): 12-26.

**Kotkin-Jaszi, S.**, Sherwin, J, Tandem mass spectrometry and newborn screening: A revolution. *Clinical Laboratory News*; 36(11).

### Moderator

**Eric Krenz.** Air quality and school health environmental indicators.

### Poster Presentations

**Vickie D. Krenz**, Susan Pearman, **Eric Krenz.** Adoption of tobacco retail licensing policy in the city of Firebaugh.

### Oral Presentations

**Vickie D. Krenz**, Karen Kitchen, Susie Rico-Vasquez , Christy Sharp, **Eric Krenz.** Impact of the air quality flag program on elementary school policy and environmental health curriculum.

**Mohammad Rahman.** Assessing adoption of telemedicine using diffusion of innovation theory: Findings from California's San Joaquin Valley.

**Kara Zografos, Gregory Thatcher, Gerald Davoli.** Protective alcohol-use behavior utilization among a sample of college students.

**Kotkin-Jaszi, S., Perez, M.A., Krenz, V.** (2010, September). From the inside out: Strategies to increase Hispanic health professionals. Paper presented at the annual meeting of the Association of Hispanic Colleges and Universities. San Diego, CA.