

Announcements

National Diabetes Month — November 2013

November is National Diabetes Month. In 2010, approximately 26 million persons in the United States had diabetes, and an estimated 79 million adults had prediabetes (1). Testing for diabetes is recommended for adults with certain risk factors, including being aged ≥ 45 years, being overweight or obese, having a family history of diabetes or a history of gestational diabetes, and being physically inactive (2). Persons with diabetes can take steps to control the disease and prevent complications, and those with prediabetes can prevent or delay the onset of type 2 diabetes through weight loss and physical activity (1,3).

CDC and state and territorial public health programs, in collaboration with other partners, work to improve outcomes for persons with diabetes and to reduce the incidence of type 2 diabetes. For example, CDC's National Diabetes Prevention Program (<http://www.cdc.gov/diabetes/prevention>) supports the nationwide implementation of community-based lifestyle change programs for persons at high risk for type 2 diabetes. CDC's Native Diabetes Wellness Program (<http://www.cdc.gov/diabetes/projects/diabetes-wellness.htm>) assists 17 American Indian and Alaska Native communities in increasing access to traditional local foods and participation in physical activity. The program's series of *Eagle Books* for children aged 4–13 years teach respect for traditional ways of health, including drinking water, eating local foods, and being active. In addition, the National Diabetes Education Program (<http://www.yourdiabetesinfo.org>), jointly sponsored by CDC and the National Institutes of Health, provides tools and resources to help organizations and individuals address diabetes in their communities, health-care practices, and businesses.

References

1. CDC. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: US Department of Health and Human Services, CDC; 2011. Available at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>.
2. American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care* 2013;36:S11–66.
3. Knowler WC, Barrett-Connor E, Fowler SE, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393–403.

Environmental Microbiology: Control of Foodborne and Waterborne Diseases Course — January 6–11, 2014

CDC and Emory University's Rollins School of Public Health will cosponsor a 6-day course on Environmental Microbiology: Control of Foodborne and Waterborne Diseases at Emory University, Rollins School of Public Health. This course on the surveillance of foodborne and waterborne diseases is designed for public health practitioners and other students interested in the safety of food and water. It provides a broad overview of the major foodborne and waterborne diseases.

This course describes how information from surveillance is used to improve public health policy and practice in ways that contribute to food and water safety. Discussions focus on the microorganisms and chemical agents responsible for food and water-transmitted diseases, the diseases they cause, pathogenesis, clinical manifestations, reservoirs, modes of transmission, and surveillance systems. The transport, survival, and fate of pathogens in the environment, the concept of indicator organisms as surrogates for pathogens, and the removal and inactivation of pathogens and indicators by water and wastewater treatment processes will be analyzed. Examples of the public health impact of quality assurance programs, such as hazard analysis and critical control points, on control foodborne and waterborne diseases in industrialized and developing countries will be highlighted.

This course is offered to matriculating students at Emory University and to nonmatriculating public health professionals. Tuition will be charged. The application deadline is December 15, 2013, or until all slots have been filled. Additional information and applications are available by mail (Emory University, Hubert Department of Global Health [Attn: Pia Valeriano], 1518 Clifton Rd. NE, Rm. CNR Bldg., Room 7038, Atlanta, GA 303220), by telephone (404-727-3485), online (<http://www.sph.emory.edu/epi-courses>), or by e-mail (pvaleri@emory.edu).