

HEALTH & WELLNESS

Healthbeat

N.C. nurses selected as fellows

RALEIGH — Brenda Cleary, R.N., Ph.D., executive director of the N.C. Center for Nursing, and MaryAnn Fuchs, R.N., M.S.N., chief nursing officer at Duke University Hospital and Health System, have been selected as Fellows in the 2002 national cohort of the Robert Wood Johnson Executive Nurse Fellows Program.

The Robert Wood Johnson Foundation, based in Princeton, N.J., is the nation's largest philanthropy devoted exclusively to health and health care. The Executive Nurse Fellows Program is an advanced leadership program for nurses in senior executive roles who aspire to lead and shape the U.S. health-care system of the future. The fellowships offer participating nurses the experiences, insights, competencies, and skills necessary to achieve, or advance in executive leadership positions in a health-care system undergoing unprecedented change.

Participation in the three-year program will include preparing an individual learning plan, attending a sequence of group seminars and workshops, and exposing fellows to top-level executive leadership through formal mentor experiences.

Cleary has been a nurse for 29 years and is a member of the N.C. Nurses Association, the N.C. Institute of Medicine, and the board of directors of the Alzheimer's Association, Eastern North Carolina Chapter. She is a graduate of Indiana University and the University of Texas at Austin, where she received distinguished alumna awards. As director of the N.C. Center for Nursing, Cleary addresses issues of nurse supply and demand and recruitment and retention as well as nurse work-force planning.

Fuchs has been a nurse for 20 years and is the chief nursing officer of Duke University Hospital and Health System, serving Duke, Durham Regional and Raleigh Community hospitals and Duke Health Community Care. She previously served as the associate operating officer for oncology services, director of oncology nursing and nurse manager of the adult bone marrow transplant program at Duke University Hospital. She is a graduate of the State University of New York at Binghamton and Duke University.

N.C. Baptist ranked as one of America's best by U.S. News & World report

N.C. Baptist Hospital is listed as one of America's Best Hospitals in six categories by U.S. News & World Report in the issue of the magazine that went on sale on July 15.

The magazine lists 50 hospitals in each of 17 categories. N.C. Baptist Hospital — the teaching hospital of Wake Forest University Baptist Medical Center — ranked 15th nationally in geriatrics on the latest list; 23rd in ear, nose and throat; 24th in urology; 31st in heart and heart surgery; 42nd in cancer and 43rd in orthopedics.

The rankings are produced by combining a number of factors, including mortality ratio (actual deaths compared with expected deaths in that specialty), whether the key technologies in that specialty are available, the hospitalwide ratio of registered nurses to beds, and the number of patients treated in that specialty.

In every instance, Baptist Hospital had all of the latest technologies that the magazine counted in measuring technology services. The hospital ranked 14th in cancer patient volume among the top 50 hospitals treating cancer, 22nd in patient volume among the top 50 hospitals treating heart problems and 24th in volume among urology services. In general, higher patient volumes in a particular specialty result in better outcomes.

The overwhelming majority of the hospitals in the rankings are teaching hospitals.

Alzheimer's Association increases efforts; program office opens in the Triad

More than 22,000 families affected by Alzheimer's disease in Forsyth, Guilford and surrounding counties now have a local source of support. The Western Carolina Chapter of the Alzheimer's Association, recognizing the area's increasing need for services, has opened a Triad area office to provide care-giver training, educational programs, respite, and additional support programs.

"We are so pleased to have a permanent physical presence in the Triad," said Executive Director Henry H. Bostic Jr. "The new office will allow us to reach local families on a much more personal level and to work more closely with local agencies."

More than 4 million Americans are diagnosed with Alzheimer's disease, a progressive neurological disease with no known cause, effective treatment or cure. In 1999, Alzheimer's disease surpassed breast cancer and motor vehicle deaths as the fourth leading cause of death among adults.

Care-givers and family members face tremendous physical, financial and emotional stresses in the struggle to provide care: one in eight Alzheimer care-givers becomes ill or injured as a direct result of care-giving, while one in three uses medication for problems related to care-giving. Unless a cure is found, 14 million Americans will develop the disease by 2050.

The community is invited to an open house Aug. 16 from 10 a.m. to 2 p.m. at the new office, at 545 N. Trade Street, Suite 3J. For more information, contact the Triad area office at (336) 725-3085 (local) or 1-800-888-6671.

The Alzheimer's Association is the premier source of information, education and support for the millions of individuals and families affected by Alzheimer's disease.

Founded in 1980, the nonprofit association is the largest private supporter of Alzheimer's research and was recently recognized by Worth Magazine as one of America's top 100 charities.

The Western Carolina Chapter serves 49 N.C. counties from offices in Asheville, Charlotte, Hickory and Winston-Salem.

N.Y.'s black, Hispanic children mentally hurting from 9/11

(Special to the NNPA) — Approaching the one-year anniversary of Sept. 11 incidents, researchers have found that children of New York City, most of whom are black and Hispanic, are having mental health problems.

A report from the New York City Board of Education reveals that more than 90 percent of students in grades 4-12 show at least one symptom of post-traumatic stress disorder (PTSD), which the National Center for PTSD defines as "one of the enduring traumatic experiences." About 10 percent have full-blown PTSD. Students attending schools close to ground zero are experiencing the most trouble, including separation anxiety and depression.

Untreated youths will develop potentially lifelong troubles, experts told a recent hearing of the Senate Health, Education, Labor and Pensions Committee, hosted by Hillary Rodham Clinton (D-N.Y.) and Jon Corzine (D-N.J.).

Experts recommend that students in the city's 1,100 public schools participate in programs that allow them to express their emotions in comfortable settings, including recreational activities and arts and music programs.

Commission working toward wellness



Beverly Perdue
Guest Columnist

In 1998, the General Assembly was faced with a decision that would impact not only themselves, but ensuing generations of North Carolinians: what to do with the state's proceeds from the national tobacco settlement?

The Legislature allocated 50 percent of the funds to the Golden L.E.A.F. Foundation for economic development in tobacco dependent communities; 25 percent to the Tobacco Trust to directly assist tobacco farmers; and 25 percent to the Health and Wellness Trust Fund Commission.

Purposely left broad in scope, the Health Trust was established "to develop a comprehensive plan to finance pro-

grams and initiatives to improve the health and wellness of the people of North Carolina."

To carry out this mandate, 18 commissioners, representing a wide spectrum of health-care expertise throughout the state, were appointed to the Health Trust. Since its inaugural meeting in May 2001, the Health Trust has made remarkable progress. By August, we had clearly decided to focus funding on 1) a prescription drug plan for the elderly; 2) teen smoking cessation and prevention; and 3) research, education and prevention.

Last December, the Health Trust passed an innovative prescription drug plan for seniors. While the federal government continues to debate over a plan, many Tar Heel seniors are forced to choose between prescription drugs and other necessities. The disease-specific plan will cover cardiovascular disease, diabetes mellitus and chronic obstructive pulmonary

disease (COPD). The diseases were chosen based on what ails North Carolina's elderly the most. Seniors make up the fastest-growing segment of our population and prescription drug costs continue to skyrocket. Although they rely on prescription drugs more than any other age group, approximately 47 percent of North Carolina's seniors do not have prescription drug coverage.

The Health Trust next turned its focus to a teen smoking cessation and prevention program, and in May passed the largest expenditure of state funds ever allocated to combat teen smoking in North Carolina. The rate of teen smoking for middle



Smoking among teens has been one of the problems the commission has tackled.

school and high school students in North Carolina is greater than

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Agency has new director

SPECIAL TO THE CHRONICLE

After 23 years, the March of Dimes has a new leader. The Greater Triad Division of the March of Dimes is pleased to announce that Tim D. Harper has been hired as the executive director.

Harper, originally from Deep Run, N.C., is a graduate of High Point College and resides in Greensboro. He brings an extensive background in volunteer management and leadership, and non-profit fund-raising, resulting from 21 years of professional service



Harper

with the Boy Scouts of America in North Carolina and Texas.

In comparing his past non-profit work to his new position at the March of Dimes, Harper said, "In scouting I found that the volunteers were some of the finest people you would ever want to meet, real model citizens. The same is true with the March of Dimes; the staff and the volunteers are really super people, the kind of people you like having around. That really makes your job and coming to work a lot easier."

Thankful for his own healthy children, Harper is excited to work for the March of Dimes, helping ensure all babies have a healthy start in life.

See Agency on C4

DEET products fend off mosquitoes, study says

UNC NEWS SERVICES

CHAPEL HILL — In a new comparative study of insect repellents containing the chemical commonly known as DEET and plant-based repellents, products with DEET showed by far the greatest effectiveness in preventing mosquito bites, medical researchers say.

The study, appearing in the July 4 New England Journal of Medicine, found all products tested that did not contain DEET to be significantly less effective. Authors are Drs. Mark S. Fradin, a Chapel Hill, N.C., dermatologist and adjunct faculty member at the University of North Carolina at Chapel Hill; and John F. Day, professor of medical entomology at the University of Florida.

"We took 16 representative DEET and non-DEET products that were readily available to consumers as insect repellents and tested them carefully, repeatedly and in a way that eliminated as many variables as we could," said Fradin, clinical associate professor of dermatology at the UNC School of Medicine. "We controlled how many mosquitoes we had, their ages, how well-fed they were, what the temperature and humidity were, the levels of light and darkness, and so on."

After volunteers applied various repellents to their skin according to package instructions, they placed their forearms in mosquito cages until they suffered their first bite, he said. Researchers recorded and analyzed the times that elapsed between arm insertion and the first failure of each repellent.

"We selected the time of first bite as a very stringent criterion for failure because the



Mosquitoes are a big problem in the summertime but an independent study says some products control them.

primary concern here is not nuisance bites but the possibility that diseases caused by mosquitoes could potentially be transmitted by a single bite," Fradin said.

Results varied widely, he said. DEET-based products fared best, depending on their concentrations. Wristbands impregnated with the chemical, however, offered no protection

from mosquito bites.

OFF! Deep Woods, with 23.8 percent DEET, provided complete protection for an average of five hours, while Sawyer Controlled Release, with 20 percent DEET, lasted an average of four hours, the physician said.

OFF! Skintastic, with a 6.65 percent DEET concentration,

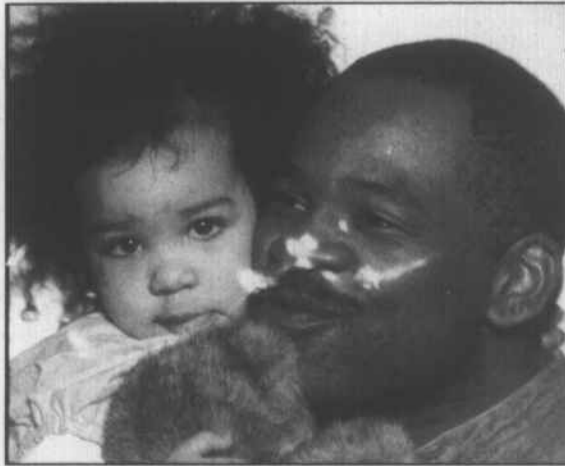
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Blacks deal with diabetes more than whites

BY PAUL COLLINS
THE CHRONICLE

According to the National Diabetes Information Clearinghouse (NDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), African Americans are twice as likely, on average, to have diabetes as white Americans of similar age. About 2.8 million, about 13 percent, of African Americans have diabetes. African Americans have higher incidence of and greater disability complications such as amputations, visual impairment and kidney failure. African Americans are more likely to die from diabetes as whites.

Diabetes mellitus — a group of diseases characterized by high levels of blood glucose — results from defects in insulin secretion, insulin action or both. Ninety to 95 percent of African Americans with diabetes have type 2 diabetes, which usually develops in adults and is caused by the body's



The Piedmont Triad Chapter of the Juvenile Diabetes Research Foundation will have four walks in September and October — including one on Sept. 21 at 8 a.m. at Davis Field at Wake Forest University — to raise money for diabetes research. For information, call 768-1027.

resistance to the action of insulin and to impaired insulin secretion.

Type 2 diabetes can be treated with diet, exercise, pills and

injected insulin. About 5 to 10 percent of African Americans have type 1 diabetes, which usually develops before age 20 and is treated with insulin.

The NDIC said that, according to a survey conducted from 1988 to 1993, the percentage of African Americans with diabetes ranged from less than 1 percent for people younger than 20 to as high as 32 percent for women 65-74 years old, and that overall, among African Americans 20 years old or older, the rate was 11.8 percent for women and 8.5 percent for men. The survey showed that 18.2 percent of African Americans 40 to 74 years old had diabetes, compared with 11.2 percent for whites.

According to NDIC, risk factors for diabetes include:

- Genetics: Diabetes tends to run in families and some researchers believe African Americans inherited a "thrifty gene" from their African ancestors that developed for survival to use food

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