



# HEALTH BEAT



Volume 1, Issue 2

March 10, 2008

### Calendar of Events:

- **March 5**—Work Out Wednesday
- **March 12**—Work Out Wednesday
- **March 19**—Work Out Wednesday
- **March 20**—Nurses and “Health Aides” Recognition Breakfast from 8:30 AM to 10:00 AM at the Forum Caterers, Inc.
- **March 26**—Work Out Wednesday
- **March 27**—Women & Girls HIV/AIDS Summit sponsored by Baltimore City Healthy Start at the New Shiloh Baptist Church (2100 North Monroe Street) from 4:00 PM to 8:00 PM. For more information, contact Wanda Watters at (410) 396-7318.

## Message from the Commissioner



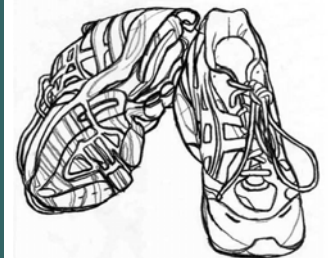
**A strategic moment**  
On Monday, March 3, the city council confirmed my nomination to be health commissioner during Mayor Dixon’s first full term. Now is the time for planning for what we want to accomplish over the next four years. This kind of review is a chance to take stock of where we are and where we’d like to be. To better define our vision of a

Healthy Baltimore. And ultimately, to seek changes in the Department and the city that will have a major impact on the health and lives of city residents. I urge everyone at the Health Department to think about what could be done differently, or better, and to talk to your supervisor about any ideas. You can also send thoughts about what should be done in Baltimore – even if it has nothing to do with your current job – to our chief of staff, Michelle Spencer. Her email is [Michelle.Spencer@baltimorecity.gov](mailto:Michelle.Spencer@baltimorecity.gov).

Thanks for your enthusiasm and ideas, and thanks for your daily commitment to public health!

### Work Out Wednesdays

Every Wednesday at noon, BCHD employees meet in the Executive Office ready for a 20 minute walk along one of two routes: Inner Harbor or Mount Vernon.



## Employee Spotlight Chronic Disease Prevention Division

The Chronic Disease Prevention Division spotlights Carl Johnson! Carl has served as a Tobacco Enforcement Officer in the Office of Cigarette Restitution and Chronic Disease Control for the last two years. Prior to joining the Balti-

more City Health Department, Mr. Johnson was a sergeant with the Baltimore City Police for over 25 years. After retiring from the Police Department, he worked in the security division of the Baltimore Ravens for 8 years. As a tobacco enforcement officer, Mr. Johnson conducts retailer compliance checks of establishments to identify violations of the minors’ access laws. He accompanies the tobacco bus into schools to expand education to students in order to increase their

awareness of the tobacco control regulations. While Mr. Johnson is responsible for ensuring that the tobacco control laws are adhered to, he makes every effort to educate merchants on the importance of the tobacco control laws and the role they play in helping to reduce the cancer rates of Baltimore City by not selling to minors. Mr. Johnson’s experience and personality allow him to present the material in a non-threatening, respectful and informative manner. He is a true professional.



March is **Colorectal Cancer Awareness Month**. Colorectal cancer is the second leading cause of cancer-related deaths in the United States.

## Baltimore City Health Status Report

The Office of Epidemiology and Planning (OEP) will release the 2006 Baltimore City Health Status Report next month. The report will provide statistics on a wide range of health indicators important to Baltimore City residents for 2006 and years previous. In particular, the report will include data on maternal and infant health, youth health, substance abuse, HIV/AIDS and other sexually transmitted infec-

tions, chronic disease, mortality, mental health, and health care coverage. For many indicators, the report will include time trends and comparative statistics for Maryland. This report will be available on the BCHD website in April.

### Cancer Screenings

In accordance with AM 203-4, permanent full-time and part-time employees may be granted up to 4 hours of permission leave per year to use for cancer screening. Employees who have not previously used this benefit are encouraged to schedule colon cancer screening or other cancer screening. Employees may contact the Mercy Medical Center, the University of Maryland Medical Systems or any other provider to schedule this screening.

## Welcome Pamela Sams!

Please join us in welcoming Pamela Sams as our Procurement Specialist. Pam's role will be to assist with the procurement process, all procurement transactions and purchases through the Citibuy System. Pam can be reached at (410) 396-5729 or Pamela.Sams@baltimorecity.gov.

## Best Wishes Dr. Herrera!

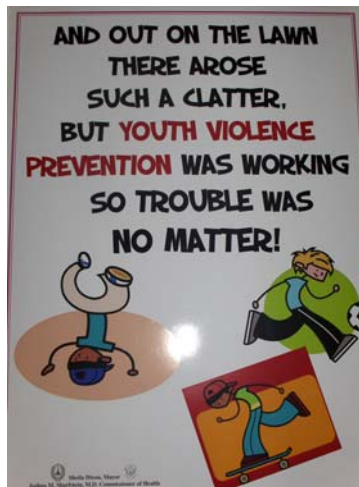
On March 19, 2008, Deputy Commissioner and Chief Medical Officer, Dr. Laura Herrera, will be leaving for a 90 day tour at the Army's Camp Bucca, Iraq. Dr. Herrera is an integral part of the Health Department and she will be greatly missed during this time! We wish her much success and hope for a safe and speedy return.

**Gunther von Hagens' BODY WORLDS 2: The Original Exhibition of Real Human Bodies comes to the Maryland Science Center! Please contact Katie at kathleen.burns@baltimorecity.gov if you would like additional coupons. Supplies are limited.**

## Thank you Steven Dashiell!

The Department recognizes Steven Dashiell for his contribution of signage during the Mayor's Employee Appreciation parade in December.

Steven is an employee of the Ryan White program, under Chronic Disease Prevention. He supports multiple projects, including capacity building for Ryan White providers in Baltimore City and six surrounding counties, capacity building for Minority AIDS Initiatives subgrantees, and he serves as the community liaison to consumers of Ryan White-funded health services in the Baltimore region.



Mr. Dashiell's sign for Youth Violence Prevention.

## 13th Annual Forensic Conference

Baltimore Mental Health Systems, Inc. will be sponsoring their 13th Annual Forensic Conference on April 9, 2008 at the Best Western Travel Plaza. The theme this year is Changing Baltimore: Developing Dual Disorders Treatment for Recovery. The keynote speaker is Dr. Kenneth Minkoff. Consumers, DHMH leadership and judges will also be speaking. CEUs will be available. The registration fee is \$35, and the registration deadline is March 24, 2008. For more information please visit the BMHS website at <http://www.bmhsi.org>.

## "L♥VE Y♥UR HEART" POSTER CONTEST 2008

**Purpose:** The L♥ve Y♥ur Heart Poster Contest will provide the opportunity for young people to demonstrate their awareness of the important of healthy habits that help reduce the risk for heart disease. Examples of healthy habits are eating a balanced diet, exercising regularly, avoiding tobacco use and reducing salt intake.

**Eligibility:** Students currently enrolled in Baltimore City Public Schools, Kindergarten through 12th Grade, are eligible to enter the contest.

**Deadline:** Entries must be given to the school contact by April 11, 2008. Announcement of winning entries will be made in May, 2008. Contact Francine Childs, Assistant Commissioner of School Health at (410) 395-4522.

## Baltimore City Health Department

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