



For Immediate Release:
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NEWS ADVISORY

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Public Health Departments Treating Utahn for Exposure to Anthrax

(Salt Lake City, UT) - The Utah Department of Health and the Salt Lake Valley Health Department are investigating a Utah man's possible exposure to anthrax while in the American Media Building in Boca Raton, Florida. The Centers for Disease Control has recommended that anyone who was in the American Media Building from August 1, 2001, to present should receive prophylactic treatment following an anthrax death and an additional case.

Due to the expected interest in this case and topic both agencies have scheduled a news briefing today. Please hold your calls and inquiries until the press briefing.

Anthrax News Briefing

1 p.m.
Today, Tuesday, October 9, 2001
Room 125
Martha Hughes Cannon Building
288 North 1460 West

Update since News Briefing:

The Utah man has not been identified by the Utah Department of Health. He was prescribed antibiotics after providing information that he had been in the American Medical Building. He was not tested because the nasal swab test was not indicated due to the time of possible exposure. The UDOH State Lab does have the capacity to test for Anthrax. The UDOH urged the public to not request antibiotics or purchase gas masks.

Anthrax information can be found at:

<http://www.health.state.ut.us/els/epidemiology/epifacts/Default.htm>

Public health strives to improve the Utah's health by looking for ways to cut health care costs, prevent the premature onset of disease and disability, and help all Utahns achieve healthier, more productive lives. One means of addressing the nation's health care needs involves tracking and publicizing information on the status of Utah's health and our health care systems. Analyzing and publicizing our progress, or setbacks, provides a road map for individuals, communities, and professionals so they may take specific steps to ensure that health goals are being met.

This report looks at the data for the entire state by year for many health indicators. It is an opportunity to measure Utah's progress toward the Healthy People 2000 and 2010 objectives which are billed as the "Prevention Agenda for the Nation." They were developed through a national process to define a disease prevention and health promotion agenda for the nation. Included in the national objectives is the goal to "Increase the proportion of adults who engaged in regular, preferably daily, moderate physical activity for at least 30 minutes per day to at least 30 percent." The 1999 BRFSS Trend Report shows that only 27% of Utah's adults engaged in regular physical activity.

Prevention messages need to not only be targeted to adults, but also to children. Approximately 70% - 80% of overweight Utah children will become overweight adults. Metabolic changes that come with obesity in adolescence make it more difficult to lose weight as an adult. Of children aged 5 to 15 who are overweight, 61% already have one or more cardiovascular disease risk factors, and 27% have two or more. For the first time, doctors are reporting seeing Type 2 diabetes among adolescents. Currently, an estimated 15% of Utah's children are overweight or obese. **On Friday, August 17, 2001, the Health and Human Services Interim Committee will be hearing testimony to address possible legislation on regulations for vending machines in schools as well as other proposals to improve child health from 9 -11a.m. in Room 405 at the Capitol.** (Adolescent data from the 1999 Youth Risk Behavioral Surveillance Survey.)

The UDOH Bureau of Health Promotion and Chronic Disease has materials and information to help adults begin living a healthier lifestyle. For more information, visit <http://www.hearthishighway.org/> or <http://www.health.state.ut.us/cfhs/he/pa/index.html>

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative project of the Centers for Disease Control and Prevention (CDC), and U.S. states and territories. The BRFSS collects uniform, state-specific data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases in the adult population. The BRFSS was initiated in 1984, with 15 states collecting data through monthly telephone interviews; in 1999 the Utah sample was 3,092. By 1996, all 50 States and the District of Columbia, Puerto Rico, Guam, and the Virgin Islands were participating in the BRFSS. Utah has participated in the BRFSS since 1984.