



>>TAKE NOTE

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Study Shows Fruit and Vegetable Juice Consumption May Reduce Risk of Alzheimer's Disease
August 31, 2006 - Drinking fruit and vegetable juices frequently may delay the onset of Alzheimer's disease. In a study published in the September issue of *The American Journal of Medicine*, researchers followed almost 2000 subjects for up to 10 years and found that the risk for developing Alzheimer's disease was reduced by 76% for those who drank fruit and vegetable juices more than 3 times per week compared with those who drank juices less than once per week. A lower reduction (16%) was obtained for juice consumption once or twice per week.

Recent studies of Alzheimer's disease biochemistry have focused on the accumulation of beta-amyloid peptide in the brain, and the action of hydrogen peroxide in mediating this process. Various studies have suggested that polyphenols, strong anti-oxidants available in many foods, might disrupt these processes and provide some protection against Alzheimer's disease. Although some studies of anti-oxidant vitamins have been disappointing, this study is the first to examine juices rich in polyphenols as a preventive measure for Alzheimer's disease.

The subjects were already part of the *Kame* Project, a prospective study of Japanese populations living in Hiroshima, Japan; Oahu, Hawaii; and the metropolitan area of Seattle, Washington. Drawing from the Seattle population, 1836 people were identified as free of dementia in 1992-1994, and were followed at 2-year time intervals until the end of 2001. Dietary consumption of fruit and vegetable juices was determined from self-administered questionnaires developed for Asian populations. Cognitive function was assessed by trained interviewers using a standardized test, with clinical follow-up resulting in clinical diagnoses for those patients showing impairment.

Writing in the article, Qi Dai, MD, PhD, states, "We found that frequent drinking of fruit and vegetable juices was associated with a substantially decreased risk of Alzheimer's disease. This inverse association was stronger after adjustments for potential confounding factors, and the association was evident in all strata of selected variables. These findings are new and suggest that fruit and vegetable juices may play an important role in delaying the onset of Alzheimer's disease". Qi Dai also said that the next step is to investigate whether high blood concentrations of polyphenols high in major fruit and vegetable juices are associated with a reduced risk of cognitive decline and Alzheimer's disease.

The study is "Fruit and Vegetable Juices and Alzheimer's Disease: The *Kame* Project" by Qi Dai, MD, PhD, Amy R. Borenstein, PhD, Yougui Wu, PhD, James C. Jackson, PhD, and Eric B. Larson, MD, MPH, and comes from the Vanderbilt School of Medicine, the Veterans Administration Tennessee Valley Geriatric Research, Education, and Clinical Center, the University of South Florida, Tampa, Florida, and the Group Health Cooperative, Seattle, Washington. It appears in *The American Journal of Medicine*, Volume 119, Issue 9 (September 2006), a themed issue featuring gastroenterology and nutrition, published by Elsevier.

FCPHP Presents I-FIRST Program in the US Virgin Islands

At the invitation of the US Virgin Islands Health Department, the Florida Center for Public Health Preparedness (FCPHP) presented *Intermediate Field Investigator Response and Surveillance Training (I-FIRST)*. The program participants came from the St. Croix and St. Thomas health departments and from two hospitals. They expressed their appreciation for the program. I-FIRST facilitators included Sandra Ruzycycki from FCPHP, and two Epidemiologists from the Florida Department of Health, Jylmarie Kintz and Sharleen Traynor. In addition to presenting I-FIRST, they advised VI Health Department officials on epidemiological issues.

The purpose of I-FIRST is to develop the knowledge, skills, and abilities of public health workers who may be deployed on field epidemiology strike teams. It is a two-day, on-site training with approximately 4 hours of online modules that participants complete before the on-site sessions. I-FIRST was developed with the advice and input from our Center's advisors in the Florida Association of County Health Officers. In addition, Florida Department of Health subject matter experts assisted in writing the curriculum, and serve as program co-facilitators for the I-FIRST program.

For more information about FCPHP and its programs, see <http://www.fcphp.usf.edu>.

>>Students



Student Research: The comprehensive web site of student research at: <http://publichealth.usf.edu/officeresearch/fundingopps.html> has been updated! This site lists links to COPH student funding opportunities at the COPH, USF, as well as external private foundations and federal funding agencies. NOTE: The Student Research scholarship award guidelines have been updated and this award provides funding for degree-seeking COPH students to carry out research for their special project/thesis or dissertation. Deadline is January 29, 2007. The guidelines for the *monthly* SHARP awards (which support student presentations at professional conferences) are in the process of being updated. Feel free to contact Ellen Kent, Coordinator of Student Research at ekent@health.usf.edu if you have any questions!

Student Service: The USF Health Service Corps is a great way in which you can become involved in interdisciplinary service activities with other USF Health students. Check out the updated web site at <http://www.hsc.usf.edu/ahcc/servicecorps.html> and the updated calendar of Fall events at <http://my.calendars.net/servicecorps!> Handouts are also available at the display in the snack area. Interested in becoming more involved in service? Then contact Ellen Kent, Coordinator for the USF Health Service Corps at ekent@health.usf.edu.

Kamilah Thomas Publishes Paper

Blocker DE, Romocki LS, Thomas KB, Jones BL, Jackson EJ, Reid L, Campbell MK. Knowledge, beliefs and barriers associated with prostate cancer prevention and screening behaviors among African-American men. *J Natl Med Assoc.* 2006 Aug; 98(8):1286-95.

>>Faculty

Faculty and Students Have Paper Accepted in the Journal of Virological Methods

Azliyati Azizan (COPH and DOH), Mark Sweat (CBD), Carlos Espino (COPH), Jennifer Gemmer (DOH), Lillian Stark (DOH and COPH) and Dena Kazanis (DOH). This is a collaborative effort between the faculty, students and personnel from the USF College of Public Health, the Florida Department of Health (DOH) and the Center for Biological Defense (CBD). Differential Proinflammatory and Angiogenesis-specific Cytokine Production in Human Pulmonary Endothelial Cells, HPMEC-ST1.6R Infected with Dengue-2 and Dengue-3 Virus has been accepted for publication in *Journal of Virological Methods*.

Dr. Donna Haiduven and Former Student Public Article

Dr. Donna Haiduven was co-author on an article accepted for publication. It was part of a hospital infection control project she participated at my previous Infection Control job in California. A former student, Heidi DiSalvo, MPH, who is now in D.O. school, was first author. This was done as part of her special project. The citation for the article is: "Who let the Dogs Out-Infection control did: Utility of dogs in healthcare settings and infection control aspects". Heidi DiSalvo, Donna Haiduven, Nancy Johnson, Carmen Hench, Val Reyes, Rosemary Shaw & David A Stevens. *American Journal of Infection Control*, 2006, 34 (5): 301-307.



College of Public Health

Date: 9/05/2006

>>Faculty continued...

Dr. Karen Liller Selected as Item Writer for NBPHE

Dr. Karen Liller was selected as an item writer for the new credentialing exam being developed by the National Board of Public Health Examiners (NBPHE). Only 30 public health faculty from across the continent were chosen for this honor. Their first meeting is September 29, 2006 in Philadelphia. The meeting will be an Item Writing Workshop. Dr. Petersen will join us at the Workshop.

>>Global Scene

Partnership Contributes to Health System Reform in Kazakhstan

Dr. Paul Wallach with CAR educators at a curriculum workshop in Almaty, Kazakhstan in February, 2006

Faculty collaborated with the Kazakh Ministry of Health (MOH) on a medical education reform program framework, approved by the Kazakh Council of Ministers for nationwide implementation.

Two key Kazakh policymakers visited USF as well as the Association of American Medical Colleges, the Liaison Committee on Medical Education, the National Board of Medical Examiners, and the American Board of Internal Medicine.

The trip "provided us with a clear understanding of the Western medical education model and significantly accelerated its introduction in

Kazakhstan," Akanov said. Based on the USF-organized study tour and meetings, he and others then worked closely with AIHA's CAR Director, Dr. Zhamilya Nugmanova, to develop medical education reform in Kazakhstan.

Ministry representatives are now building on contacts developed through the partnership, to develop standardized tests, a new system for licensure, and an accreditation system that adopts internationally recognized protocols and processes. A second study tour in June 2006 brought MOH representatives to Tampa to learn about the uses of clinical skills assessment in the medical curriculum, a key element in the reform plan.

According to Kathleen Conaboy, (former) HSC associate vice president for organizational development and co-PI of the regional medical education partnership, "Reform of medical education is a complicated and long-term process. Individual faculty have to be inspired by access to new ideas and models; these individuals also need to find like-minded peers because reform efforts need the strength of multiple advocates to be effective. . . .At the governmental level, reform of medical education must be given priority status and priority funding." Conaboy stressed, "None of these tasks is simple to accomplish. The issues are complex and the challenges are monumental. Everyone must be committed to hard work, sustained over a long period of time. "The partnership is fortunate because we have the support of USF's medical faculty and administration, and we have collaborators at leading international organizations working on medical education reform throughout the world," Conaboy points out, concluding, "We don't have to invent anything new in Central Asia; our challenge is to take the world's best ideas and modify them to fit the needs in the region. Medicine is a wonderful and unique fraternity—everyone who has come to the region to help with the project wants us to succeed and will help us do so."

Upcoming Global Events:

Thursday, September 21, 2-4 pm, Water-borne diseases: a global perspective from UNESCO, Dr. Carlos Fernandez-Jauregui, Dept. of Global Health, COPH 1122

Friday, September 29— Annual Congress of the Florida Immigrant Coalition; including 2 community/academic sessions on common areas of research

Monday, Oct 9, 4 pm— Maternal Health- benefits, COPH auditorium 1023-A—a video of Dr. Moussada Jalal, former Interim Minister of Women's Affairs, Afghanistan, speaking about maternal health and women in Afghanistan; also discussion of a scholarship to study medicine in Afghanistan in the name of Dr. Jalal and a scholarship for an International student to study Global Health at USF (medicine, nursing or public health).

November 13-17th -International Education Week—a series of events

Wednesday, March 28, 2007, 7 pm— Dr. Paul Farmer: *Social justice and Global Health Equity*

First week of April 2007—Public Health Week and World Health Day events.

April 6, 2007 - Dean's Public Health Lecture Series: Public Health— From Florence Nightingale to Global Warming, Dr. Lynn McDonald

>>Administration

Welcome to New Hires to College of Public Health

Sunshine Educational Research Center: Dr. Karen Olson & Dr. Rosemary Szollas both are instructors
Center for Biological Defense: Jill Roberts, Post-doctoral Fellow
Facilities Management: Earnest Foster - College Courier/Clerk
CFH: Teri Trede, Visiting Assistant Professor

Thank You

Betty Persky would like to extend her thanks to all the faculty who completed their PERT certification by the deadline of September 1st!

2006-2007 Promotion and Tenure Application Ready

The 2006/2007 Promotion and Tenure application is ready and available for your use on the COPH website located at: <http://publichealth.usf.edu/facultyaffairs/apt.html>. For your convenience the COPH website also includes the USF Guidelines, COPH APT Guidelines, External Review Letter template and APT TimeTable for your reference. If you are planning on applying this upcoming year, please contact me as soon as possible, so that we can discuss the process that is required by the university.

For those of you, who serve on either a Departmental APT Committee and/or COPH APT Committee, please review the timetable so that you are aware of the dates that have been allotted for your review.

As always, if you have any questions on this process, please feel free to stop by my office or contact me at 974-4609. To those applying, Good Luck!

Betty Persky, Coordinator, COPH Office of Faculty Affairs

Important Dates

EPB Fall 2006 Seminar Series - Wednesday, September 6 at 12:00 noon

MARITAL STATUS AND HEART DISEASE MORTALITY AMONG MEN - Presented by Elizabeth Barnett, PhD

COPH Career Development Events**September**

12 5-6pm, So You're About to Graduate (COPH 2004)

17 5-6pm, The Ins and Outs of Networking (COPH 2004)

19 5-6pm, Resume Do's, Don'ts and Dilemmas (COPH 2004)

October

24 4-6pm, Fall Networking Fair (COPH Lobby and Atrium)

Contact npreston@health.usf.edu for more information.

Links of Interest:

[Directory of Grants and Fellowships in the Global Health Sciences](#)

[Meetings, Courses and Training Opportunities](#)

[Calls for Proposals](#)