

# Indian Health Service Health Promotion/Disease Prevention Newsletter

May 2008 Issue 3

## *2008 IHS Fitness Challenge Champions*

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**Office of Energetic and Healthy Employees & IHS Director Robert G. Mc Swain & Gary Hartz, Director OEHE**



For more information about prevention resources, please visit the following websites:

- [www.ihs.gov/hpdp](http://www.ihs.gov/hpdp)
- [www.JustMoveIt.org](http://www.JustMoveIt.org)
- [www.Healthynativecommunities.org](http://www.Healthynativecommunities.org)

From January 7 through April 4, 2008, the Indian Health Service (IHS) Headquarters implemented a physical fitness competition between divisions encouraging employees to start the New Year motivated and committed to their personal health and fitness. Over 15 teams competed against one another by division. Team captains kept logs of their teammate's physical activity through the National President's Fitness Challenge website. Team captains motivated their team to exercise at least 30 minutes a day and to begin an exercise regimen and finish the program. Employees who accumulated a minimum of 480 minutes of physical activity were eligible to participate in a monthly drawing. Of the 201 employees who participated, over half of the employees completed the 13 week fitness challenge. The winning team, "Office of Energetic and Healthy Employees" from the Office of Environmental Health and Engineering (OEHE) received a free healthy hot breakfast and a team trophy. The OEHE also received a fruit basket for having the most "catchy" name to encourage healthier food choices along with physical activity. The OEHE was presented the winning trophy and hold the title until the 2009 IHS Physical Fitness Challenge. Mr. Gary Hartz, Director of OEHE commended his team for having the least number of employees who dropped out of the program and supported his division participation's in the Fitness challenge. The



Clay Ward, Team Captain OMS Healthy Hot Shots, receives recognition as Team Captain from IHS Director Robert G. McSwain, and Melissa Johnson, Executive Director, President's Council on Physical Fitness and Sports

(continued page 1) OEHE had 43 team members from the Headquarters and Dallas offices with 180,624 total minutes of physical activity. Employees are encouraged to continue to participate in the National Presidential Fitness Challenge throughout the remainder of the year. The challenge was very competitive among divisions. Congratulations to OEHE and best wishes in retaining the title and trophy in 2009!

Honorable mention goes to: "The Biggest IHS Losers" from the Division of Grant Operations (DGO), the team had 5 members who averaged 754 minutes per week. The team in second place, the Office of Management Services (OMS), "OMS Healthy Shots" had a total of 19 team members who averaged 278 minutes per week. In third place, the Office of Clinical and Preventive Services (OCPS), "Fitness Mafia" had 15 members who averaged 255 minutes per week.

The teams had the outstanding support from their team captains Norma Jean Dunne (DGO), Clay Ward (OMS), and Scott Giberson (OCPS). The participating team names, division represented, team captain, and average minutes per week are listed by ranking. All participants in the physical fitness challenge are winners!

### **IHS Fitness Challenge Teams by ranking:**

**4th-OD On Exercise** - The Office of the Director (OD), Rene Felder, 6 members, 233 minutes.

**5th-Wildcats** - The Division of Administrative Services (DAS), Patrick Naranjo, 8 members, 232 minutes.

**6th-Fat Free Pies** - The Program, Integrity, and Ethics Staff (PIES), Roxanne LaVallie-Unabia, 8 members, 231 minutes.

**7th-The Self Governators** - The Office of Tribal Self-Governance (OTSG), P. Benjamin Smith, 8 members, 196 minutes.

**8th-Office of Perfectly Healthy Strivers** - The Office of Public Health Support (OPHS), Tamara Ingersoll, Susannah Olnes, 37 team members, 187 minutes.

**9th-Deficit Reduction Aye** - The Division of Regulatory Affairs (DRA), Sandra Maclin, 8 members, 187 minutes.

**10th-GO Soaring Eagles** - The Division of Diabetes Treatment and Prevention, Albuquerque Area, Gordon Quam, 9 members, 156 minutes.

**11th-Physically Active Strivers** - The Office of the Director, Public Affairs & Police Support, Legislative Affairs, & Urban Health, Anna Old Elk, 11 members, 146 minutes.

**12th - Calorie Busters** - The Office of Finance and Accounting (OFA), Paul Weinberger and Lillie Gatewood, 16 members, 73 minutes.

**13th - One Hundred Ten Percenters** - Office of Tribal Programs (OTP), Anita Fields, 6 members, minutes not available.

**14th - Head Starters to a Healthy 2008** - Head Start Program, Bob Bialas, 5 members, minutes not available.

# The 2008 National President's Challenge

## A Healthier Nation: It's Everyone's Challenge!



### Robert G. McSwain, IHS Director & Melissa Johnson, Executive Director, The President's Council on Physical Fitness and Sports

On Monday, April 7, 2008, Robert G. McSwain, Indian Health Service Director, and Melissa Johnson, Executive Director, The President's Council on Physical Fitness and Sports kicked off events for National Public Health week held April 7-13, 2008. Robert McSwain presented opening remarks and guest speaker Melissa Johnson praised the IHS for continued support of physical fitness and participation in the national fitness challenge. Ms. Johnson demonstrated exercises with employees that they can do while at their desks. Ms. Johnson presented awards to team coaches for their participation and commitment to health and fitness. The winning team was also announced and raffled prizes were distributed to the lucky winners.

A behavioral challenge or health tip was announced each day for the duration of the public health week, the behavioral challenge for Monday was to drink water instead of sugared beverage.

Due to inclement weather, the fun walk was cancelled and the fitness committees improvised by having employees climb stairs indoors at the Reyes Building as a group physical activity event. Refreshments were provided for the participants. The stair climbers climbed up four flights of 800 stairs four times for a total of 9600 steps.



IHS Staff Stair Climber Participants

## *IHS Employees Making Health and Fitness a Priority*



**CDR Scott Giberson,**  
National HIV  
Consultant, Office  
of Clinical and  
Preventive  
Services

Scott, avid athlete and trainer, has been employed with the IHS for 11 years and has been physically active his entire life. He is motivated by improved mental and physical health. Scott has a varied exercise routine consisting of running, circuit training, and calisthenics and competing in any sport activity. Physical activity has provided him with improved mental health and the ability to prioritize things in life such as his family. He advises to establish consistency when establishing your fitness routine and to gradually increase workouts. He recommends making physical fitness and goal setting a daily habit.



**Mary Beth Skupien,**  
**Ph.D,** Deputy  
Director, Office of  
Public Health Support

Mary Beth, an employee with IHS for over 25 years has maintained a physically active lifestyle for over 31 years. She strives to eat healthy and exercises daily to prevent health problems. Mary Beth has a varied exercise routine consisting of biking, walking, weight lifting, and spin class. She is committed to having a good quality of life to keep up with her children. She feels more energized and more productive after working out. She has a

positive attitude and enjoys living life to the positive attitude and enjoys living life to the fullest. Mary Beth recommends those new to exercise to begin slowly and to follow a realistic health plan. She emphasizes self reward for doing good and meeting exercise goals and to find an exercise partner.



**Priscilla Sandoval**  
Program Analyst,  
Division of Program  
Statistics,  
Office of Public Health  
Support

Priscilla, a marathoner and running coach, has worked with IHS for over 20 years. She has been physically active for seven years. She was recipient of the 2008 First Quarter Employee Wellness Award for her dedication to physical fitness. She fulfilled her lifelong dream of running a marathon by finishing the Marine Corps Marathon in the fall of 2007. She leads a local running group and shares her expertise by coaching and motivating others. She participates in local distance races and the positive rewards from fitness have been a boost in self confidence, having more energy and being a positive role model. She recommends joining a walk/run program, having a positive outlook, and to never give up. Priscilla is an inspiration and role model to everyone.

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Indian Health Service  
Health Promotion/Disease Prevention  
801 Thompson Avenue, Suite 300  
Rockville, Maryland 20852  
(301)443-4305  
Alberta.becenti@ihs.gov



**Patrick V. Naranjo,**  
Division of  
Administrative  
Services,  
Office Automation  
Assistant

Patrick, an employee at IHS for five years, was recently awarded the President's Challenge Gold Award. He began working out to play collegiate sports and to maintain a healthy lifestyle as a Native American athlete. He has been physically active for eight years. His workout consists of cardiovascular and weight training as well as seasonal softball. Patrick continually challenges his mind and body and strives to exceed his fitness goals through hard work. He encourages others to get physically active to reduce stress, improve health, and physical appearance through a training regimen. Patrick is an inspiration to others – he believes anything is possible.



**Raymond Cooke**  
Deputy Director  
Division of Facilities,  
Planning, and  
Construction  
Office of Environmental  
Health and Engineering

Raymond, an IHS employee since 1993, has shown dedication to maintaining a healthy lifestyle through healthy eating habits and exercise. His exercise routine consists of biking, walking, strength training, yoga, softball and golf. Ray has utilized a personal trainer to help him establish an exercise routine and a nutritional diet plan. Raymond's motivation stems from surviving a heart attack and strives to actively participate in the lives of his ten grandchildren. He says the positive reward is feeling great and healthier overall. He recommends maintaining a healthy

body to continue the things we enjoy in life.



**Shelly Carter,**  
Staff Assistant,  
Division of  
Behavioral Health,  
Office of Clinical  
and Preventive  
Services

Shelly, an IHS employee for six years, has begun working out in April 2007 after joining a fitness boot camp to lose 20 pounds of pregnancy weight gain. She continues to lose more weight through a boot camp fitness program which includes cardiovascular and bodyweight exercises. Shelly has improved her eating habits by eating better and less. The rewards have been fitting into her pre-pregnancy clothing, having improved stamina and energy to play with her active son. Shelly recommends having patience in any fitness and weight loss program and to find a supportive exercise partner.



**Chuck Lachin,**  
General Services  
Specialist,  
Division of  
Administrative  
Services

Chuck, an IHS for over 16 years, has been physically active for 30 years. Chuck was overweight in his 20's and has successfully managed his weight through diet and exercise. Chuck prefers a varied exercise routine consisting of biking, weight lifting, yoga, Pilates, and walking. Chuck has achieved improved physical fitness and enjoys visiting beautiful scenic places. The rewards have been improved mood and well being. He recommends choosing an enjoyable physical activity and achieving results with improved diet.



**Mary Muir,**  
Human Resources  
Specialist,  
Division of  
Commissioned  
Personnel Support

Mary, an IHS employee for 17 years, has been physically active for the past two years. She walks everyday and learned about nutrition to control Diabetes. Her physical activities are riding bikes with her granddaughter and walking 10,000 steps everyday using a pedometer. The rewards have been healthier eating habits and being physically fit which has come natural to her. She recommends finding time and starting a physical activity for at least 15-30 minutes and increasing time when setting fitness goals.



**Patrick Davila,**  
Contractor,  
Office of Clinical  
and Preventive  
Services

Patrick, an IHS employee for eight months, became physically active and health conscious after sustaining a back injury. Patrick began his physical fitness activity five months ago through a varied exercise routine consisting of biking, weight lifting, running, and Bolivian dancing. He is motivated by improved energy and overall health. Patrick continues to lose weight through improved dietary changes. Patrick encourages others who are beginning physical fitness to surround themselves in a positive environment.



**Debra Feathers,**  
Management  
Analyst,  
Office of  
Resource Access  
and Partnerships

Debra, an IHS employee for eight years, has been physically active for 20 years. Debra began working out to improve physical appearance, achieve a strong and fit body, and overall physical, mental, and spiritual wellness. Debra has achieved physical fitness and flexibility through yoga, Pilates, hiking, walking, and toning activities. Debra is motivated by improved posture, stress reduction, and improved concentration. Debra encourages others to begin physical fitness.

**Sign Up to Become  
A JMI Partner,  
visit:**

***www.justmoveit.org***

Join this effort to get  
1 million Native people moving!

## 2008 National Public Health Week

The Health Promotion Disease Prevention (HPDP) Program in conjunction with the IHS Fitness Committee held events each day in recognition of National Public Health Week, April 7-13, 2008. The theme this year was “Climate Change: Our Health and the Balance”. Each day a behavioral challenge was announced to promote and encourage healthy behaviors. Events were held to improve the mental, physical, and overall wellness among headquarters employees at IHS headquarters.



Nancy Bill, Injury Prevention Program Manager & Emilie Crown, Program Manager Montgomery County Child Passenger Safety Program

On Tuesday, April 8, Nancy Bill, Injury Prevention Program Manager and Emilie Crown, Program Manager Montgomery Child Passenger Safety Program conducted a presentation on Injury Prevention tips on safe child transportation and child safety seats. The behavioral challenge was to “Buckle Up! It saves lives.”



Jean Charles-Azure, Principal Nutritionist Consultant on Wednesday, April 9, provided sampling of healthy nutritional foods and recipes. Four employees brought healthy dishes and recipes

to share with others. Healthier food choices such as foods lower in fat and sugar were sampled. The health tip for the day was “More matters! Eat at least one more fruit or vegetable”.



IHS employees, Dawnita & Tankeisha line dancing with Iris Grady, Grants Technical Assistant

Lowered stress is very important for overall employee wellness. On Thursday, April 10, masseuse Vernon Mabry provided tips to employees on breathing and stress reduction techniques and gave ten minute massages. Bryan Wooden, Deputy Director of Behavioral Health. Employees provided a presentation on reducing stress in the workplace. Employees also had the option of attending a line dancing class held by IHS Grants Technical Assistant, Iris Grady. The behavioral challenge was to throw away outdated medication.



The week came to a close with a presentation by John Smart, Institutional Environmental Health Program Manager on “Climate Change: Our Health and the Balance.” The behavioral tip was to “Brush and Floss your Teeth” using biodegradable floss.

## IHS Family Biking Event



**2008 IHS Employee Bicycling Participants**

On June 14, 2008, the Indian Health Service Fitness Committee held a Family Bike Event to engage IHS headquarters employees and their family in a fun, outdoor physical activity. The Family Biking Event had participation of approximately 30 employees and their families who bike, ran or walked at the beautiful and scenic Seneca Creek Park in Gaithersburg, MD.

The event began with a 45 minute bike ride with competitive cyclist Gregg Deal (Pyramid Lake Paiute). Cyclist Gregg Deal of Alexandria, VA shared his bicycling expertise with participants. Gregg Deal has been cycling the last few years to lose weight and has managed his weight through competitive cycling. He bikes 30-40 miles per day, preferably in the morning hours before his work day. He competes in several bike races in the metro Washington, DC area.

The run or walk session after the bike ride was led by marathoner Priscilla Sandoval. Ms. Sandoval led her group for a 3 mile walk or run on the trail that encircled Clopper Lake. Ms. Sandoval competes in various races in the Maryland and Washington, DC area. Ms. Sandoval is also featured in this newsletter as a fitness role model. The last marathon she completed was the 2007 Marine Corp Marathon.

After the sessions, the participants enjoyed a picnic lunch grilled turkey hot dogs, baked potato chips, fruit and water. The event ended with a game of kickball among employees and their families. The next Family Biking Event is anticipated in the fall of 2008.

### Get Moving for Health

May is National Physical Fitness and Sports Month. According to Melissa Johnson, executive director for the President's Council on Physical Fitness and Sports, which started National Physical Activity and Sports Month in 1983, "Americans of all ages need to incorporate more movement in their daily lives. Adults need at least 30 minutes of activity 5 days each week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing the lawnmower instead of riding one. Children need at least 60 minutes of active play daily. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games."

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym, and running have added health benefits. Johnson says, "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap of the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can vastly improve your health."



## Staying on the Active Path in Native Communities ... a Lifespan Approach



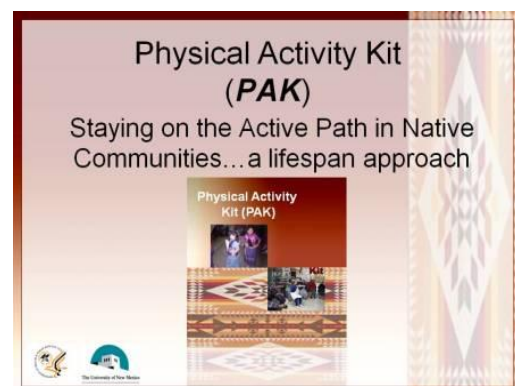
Pictured: 2008 PAK Teams, UNM PRC and I.H.S. Partners.

In April 2007, the Indian Health Service (IHS) Health Promotion Disease Prevention Initiative, in partnership with the University of New Mexico Prevention Research Center, trained 11 teams from across the United States to implement the **Physical Activity Kit (PAK)**: *Staying on the Active Path in Native Communities ... a lifespan approach*. The goal of the **Physical Activity Kit (PAK)** is to promote age and culturally appropriate physical activities across the life span in Native American communities, to increase each person's time spent in moderate to vigorous physical activity.

In April 2008, 7 teams came back to Albuquerque for the **Physical Activity Kit (PAK)** Summit/Reunion. Teams shared their experiences using the **PAK** in their communities and heard how other teams used the **PAK** in their schools, communities, elderly centers, and youth programs. Teams taught each other how activities could be modified to represent the cultural and regional uniqueness of different communities. Teams also received additional training on Physical Measurements and the **PAK** Workstation (a communication tool for the teams to continue to share information and work together on a web site).

Special thanks to the **PAK** teams for their positive energy, wonderful feedback, and recommendations for improvement of the **PAK** materials and trainings.

The National **PAK** Rollout is planned for Fall 2008 with regional trainings, national presentations, and revised **PAK** materials. For more information about the **PAK** and related ongoing activities, contact Linda Beltran at [lbeltran@salud.unm.edu](mailto:lbeltran@salud.unm.edu) or Alberta Becenti [Alberta.becenti@ihs.gov](mailto:Alberta.becenti@ihs.gov) or Theresa Clay [Theresa.Clay@ihs.gov](mailto:Theresa.Clay@ihs.gov).



The University of New Mexico  
Center for Health Promotion and Disease  
Prevention  
New Mexico's Prevention Research Center  
<http://hsc.unm.edu/chpdp>

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**2008 National Health Observances**  
**June-August**

**June 1 – July 4****Fireworks Safety Month**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
(847) 843-8458 Fax  
[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org](http://www.preventblindness.org)  
Materials available  
Contact: PBA Consumer and Patient Hotline

**June 1****National Cancer Survivors Day**

National Cancer Survivors Day Foundation  
P.O. Box 682285  
Franklin, TN 37068  
(615) 794-3006  
(615) 794-0179 Fax  
[info@ncsdf.org](mailto:info@ncsdf.org)  
[www.ncsdf.org](http://www.ncsdf.org)  
Materials available  
Contact: None designated

**July 1 - 31****UV Safety Month**

American Academy of Ophthalmology  
P.O. Box 7424  
San Francisco, CA 94120-7424  
(415) 447-0213  
(415) 561-8533 Fax  
[eyemd@aoa.org](mailto:eyemd@aoa.org)  
[www.aoa.org/eyemd](http://www.aoa.org/eyemd)  
Materials available  
Contact: Georgia Alward

**August 1-31****Children's Eye Health and Safety Month**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
(847) 843-8458 Fax  
[info@preventblindness.org](mailto:info@preventblindness.org)  
[www.preventblindness.org](http://www.preventblindness.org)  
Materials available  
Contact: PBA Consumer and Patient Hotline

**June 1-7****National Headache Awareness Week**

National Headache Foundation  
820 North Orleans, Suite 217  
Chicago, IL 60610-3132  
(888) NHF-5552 (643-5552)  
(312) 640-9049 Fax  
[info@headaches.org](mailto:info@headaches.org)  
[www.headaches.org](http://www.headaches.org)  
Materials available  
Contact: Suzanne E. Simons

**June 9-15****National Men's Health Week**

Men's Health Network  
236 Massachusetts Avenue NE, Suite 301  
P.O. Box 75972  
Washington, DC 20013  
(888) MEN-2-MEN (636-2636)  
Men's Healthline  
(202) 543-MHN-1 (543-6461) x101  
(202) 543-2727 Fax  
[info@menshealthweek.org](mailto:info@menshealthweek.org)  
[www.menshealthweek.org](http://www.menshealthweek.org)  
Materials available  
Contact: Theresa Morrow

**August 1 - 31****National Immunization Awareness Month**

National Immunization Program Centers for Disease Control and Prevention  
1600 Clifton Road NE, MS E-05  
Atlanta, GA 30333  
(800) CDC-INFO (232-4636)  
English/Spanish  
(888) 232-6348 (TTY) (404) 639-7394 (Fax)  
(877) 394-8747 International Travel Information  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
Materials available  
Contact: None designated

**August 1 – 31****Cataract Awareness Month**

American Academy of Ophthalmology  
P.O. Box 7424  
San Francisco, CA 94120-7424  
(415) 447-0213  
(415) 561-8533 Fax  
[eyemd@aoa.org](mailto:eyemd@aoa.org)  
[www.aoa.org/aoaosite/eyemd/cat-aract.cfm](http://www.aoa.org/aoaosite/eyemd/cat-aract.cfm)  
Materials available  
Contact: Georgia Alward