

CDC UPDATES

Prescription Pain Killer Overdoses in the U.S.—According to the [November Vital Signs report](#), deaths from prescription painkillers (refers to opioid or narcotic pain relievers, including drugs such as Vicodin (hydrocodone), OxyContin (oxycodone), Opana (oxymorphone), and methadone) have reached epidemic levels in the past decade. The number of overdose deaths is now greater than those of deaths from heroin and cocaine combined. A big part of the problem is nonmedical use of prescription painkillers—using drugs without a prescription, or using drugs just for the "high" they cause. In 2010, about 12 million Americans (age 12 or older) reported nonmedical use of prescription painkillers in the past year. Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for a month.

The Million Hearts Campaign: Preventing One Million Heart Attacks in Five Years—Heart disease and stroke are two of the leading causes of death in the United States. [Million Hearts](#)—a national initiative to prevent one million heart attacks and strokes over the next five years—brings together existing efforts and new programs to improve health across communities and help Americans live longer, healthier, more productive lives. CDC and the Centers for Medicare and Medicaid Services are the co-leaders of Million Hearts within the U.S. Department of Health and Human Services, working alongside other federal agencies and private-sector partners.



Million Hearts aims to improve heart disease and stroke prevention by:

- Improving access to effective care.
- Improving the quality of care.
- Focusing more clinical attention on heart attack and stroke prevention.
- Increasing public awareness of how to lead a heart-healthy lifestyle.
- Increasing the consistent use of high blood pressure and cholesterol medications.

IN THE NEWS

Advisory Committee on Immunization Practices (ACIP) Recommends HPV4 Vaccination for Young Males—On November 1, ACIP voted to recommend routine vaccination of males 11-12 years with 3-doses of HPV4. Vaccination is recommended for males 13 through 21 years who have not been vaccinated previously or who have not completed the 3-dose series. A [media advisory](#) was issued and a [telebriefing](#) was held. ([Associated Press](#), [Reuters](#), [Wall Street Journal](#), [NY Times](#), [LA Times](#), [CNN](#), [BBC](#), [Washington Post](#)).

Be Prepared: [A Zombie Novella](#)—The new graphic novel, "Preparedness 101: Zombie Pandemic" demonstrates the importance of being prepared in an entertaining way that people of all ages will enjoy. Readers follow Todd, Julie, and their dog Max as a strange new disease begins spreading, turning ordinary people into zombies. Stick around to the end for a surprising twist that will drive home the importance of being prepared for any emergency. Included in the novel is a Preparedness Checklist so that readers can get their family, workplace, or school ready before disaster strikes. ([CBS Early Show](#), [USA Today](#), [Daily Comet](#), [The Examiner](#), [The Weather Channel](#))

CDC and Amgen Introduce Important New Educational—On November 1, Amgen, the CDC Foundation, and CDC's Division of Healthcare Quality Promotion and the Division of Cancer Prevention and Control programs launched new educational resources to prevent infections in cancer patients. These tools are part of the Preventing Infections in Cancer Patients program. CDC as well as the CDC Foundation issued a [press release](#). ([Wall Street Journal](#), [Modern Healthcare](#), [Health News Daily](#))

PROGRAM UPDATES

Most with Severe Depression Do Not Take Antidepressants—This data brief discusses all antidepressants taken, regardless of the reason for use. While the majority of antidepressants are taken to treat depression, antidepressants also can be taken to treat anxiety disorders, for example. The report describes antidepressant use among Americans aged 12 and over, including prevalence of use by age, sex, race and ethnicity, income, depression severity, and length of use. ([NCHS Data Brief Oct 2011](#))

HHS Agencies Express Support for Infant Safe Sleep Recommendations—The American Academy of Pediatrics (AAP) announced the expansion of its recommendations for reducing the risk of sudden infant death syndrome (SIDS) to include recommendations for a safe sleep environment for all infants. Many of the sleep environment risk factors for SIDS—bed sharing and soft bedding materials, for example—have accounted for the accidental suffocation observed in many cases of sudden unexpected infant death (SUID), which describes any sudden and unexpected death of a child under one year of age, whether explained or unexplained. ([CDC Press Release Oct 19](#))

EVENTS AND SEMINARS

All events and seminars listed are open to CDC partners. To see more upcoming events or for more information on the below events, visit the [CDC Calendar of Events](#).

Watching Hands: Artists Respond to Keeping Well

September 24 – January 13, 2012

David J. Sencer CDC Museum (formerly known as the Global Health Odyssey Museum), Atlanta, GA

This [exhibit](#) showcases the work of six artists who interpret the act of hand washing in innovative and unexpected ways. The artists include: John Bankston (San Francisco); Didi Dunphy (Athens, GA); Joe Peragine (Atlanta); Katherine L. Ross (Chicago); Laura Splan (Brooklyn, NY); and James Victore (Brooklyn, NY).

CDC Public Health Grand Rounds (Online Event – No Registration Needed)

January 17, 1 PM–2 PM (EDT), Topic: Injury Prevention

The [Public Health Grand Rounds](#) is a monthly series created to further strengthen CDC's scientific culture and foster discussion and debate on major public health issues. [Watch live and archived broadcasts](#).

OCALI Conference on Autism, Assistive Technology and Low-Incidence Disabilities

November 16-18, Columbus, OH

The [2011 OCALI Conference](#) and co-occurring events will help advance this mission by focusing on improving programs, implementation, support and education outcomes for those with ASD and low-incidence disabilities. These events will gather parents and professionals—ranging in practice from the individual classroom to district, region, state and international levels—to review current models of systems, best practices in research and intervention use and statewide capacity building, with the ultimate goal of improving outcomes at all levels.

CDC HISTORY

November 13-15, 1978—The First International Symposium on Legionnaires Disease was held at CDC (then known as the Center for Disease Control).

RESOURCES

[CDC Learning Connection Tobacco Control Spotlight](#) provides public health learning products and resources designed to help the public health community learn more about the harmful effects of tobacco use. In addition, it provides effective strategies for addressing this public health priority.

The enhanced and improved second edition of the [Health Communicator's Social Media Toolkit](#) is now available.

[“Did You Know?”](#) is a weekly feature from the Office for State, Tribal, Local and Territorial Support to inform your prevention activities.

[Knowledge to Action Science Clips](#) are designed to enhance awareness of emerging scientific knowledge.

SUBSCRIBE



Staying Connected, a bi-monthly newsletter prepared by CDC's Office of the Associate Director for Communication, provides regular updates about agency and program priorities and other public health initiatives important to CDC's partners and affiliates. Readers are welcome to comment by e-mail to stayingconnected@cdc.gov.

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