

## THE CSTE WASHINGTON REPORT

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**EDITOR'S NOTE:** Adequate preparations for responding to a terrorist attack is the focus of a new report from U.S. Centers for Disease Control and Prevention's (CDC) National Institute for Occupational Safety and Health (NIOSH). The report summarizes a two day workshop held in December in New York attended by 150 fire fighters, fire fighting special operations, emergency medical services, law enforcement, construction and other trade services, and health and safety professionals, including state and federal agencies. The report focuses on the need for improved protective gear for first responders as well as the need for improved coordination of information among improved federal education and training programs and other activities pertaining to the health and safety of emergency responders in rescue, recovery, and restoration efforts. Identifying ways to provide useful, real-time safety and health information to responders at incident sites is one key recommendation in the report, measures for which public health professionals have long struggled to secure adequate resources. CSTE is currently working with a growing group of public health groups to build critical environmental health capacity in states to support emergency response workers, and the public, in the event of a chemical or radiological terrorist attack. Finding the right balance between equipment needs and information needs in responding to terrorist attacks is one of the challenges facing the nation in the weeks and months ahead. A summary of the New York conference is included in this Washington Report.

The CSTE Washington Report is provided as an information resource for members of the Council of State and Territorial Epidemiologists on federal legislation and regulation affecting public health and epidemiology in the U.S. Regulations cited can be accessed via <http://www.gpo.gov>

**REPORT OFFERS GUIDANCE AND RECOMMENDATIONS ON SAFETY OF EMERGENCY RESPONDERS IN TERRORIST EVENTS** -- Many emergency response workers do not believe that they are adequately prepared to respond to a major disaster such as the World Trade Center Attack or the anthrax scare, according to a new report of worker input funded by the U.S. Centers for Disease Control and Prevention's (CDC) National Institute for Occupational Safety and Health (NIOSH).

The report shows a need for research, training and other strategic approaches to help protect emergency responders in terrorist attacks. The recommendations are based on the

lessons learned from the terrorists attacks on the World Trade Center and the Pentagon last September and on the bombing of the Alfred P. Murrah Federal Building in Oklahoma City in 1995.

The report, released by Rand, summarizes discussions from a two-day workshop held in December 2001 in New York City. The workshop convened more than 150 participants, including fire fighters, fire fighting special operations, emergency medical services, law enforcement, construction and other trade services, and health and safety professionals, including state and federal agencies.

The report also highlights the need for a research agenda that outlines comprehensive personal protective technology, and improved federal education and training programs and other activities pertaining to the health and safety of emergency responders in rescue, recovery, and restoration efforts.

According to the recommendations included in the report, important areas for research and planning include:

- Development of guidelines for selection and use of appropriate personal protective equipment in long-duration disaster response and bio-terrorism response.
- Research and planning to effectively outfit all responders at sites of large-scale incidents with appropriate personal protective equipment, and to facilitate standardization and inter-operability of protective equipment among emergency responder organizations.
- Development of guidelines and procedures to enforce the use of personal protective equipment at large-scale disaster sites, and to establish effective site management as early as possible in disaster response.
- Identifying ways to provide useful, real-time safety and health information to responders at incident sites, and to ensure appropriate training on the use of personal protective equipment.
- The report will be accessible from the NIOSH website at [www.cdc.gov/niosh](http://www.cdc.gov/niosh).

#### **EPA ACCEPTING SMALL BUSINESS PROPOSALS FOR FUNDING OF BIOTERRORISM DETECTION AND DECONTAMINATION TECHNOLOGIES**

-- The Environmental Protection Agency (EPA) is accepting proposals from small businesses for research that relates to environmental bioterrorism detection and decontamination technologies where the research will serve as a base for technological innovation and commercialization. As part of the Agency's overall response to terrorism and considering other on-going government-wide efforts, the EPA Small Business Innovation Research program identified three areas needing further research.

The first involves bioterrorism decontamination systems for high-value and special materials typically found in museums, historic homes, government buildings and important civilian buildings. High-value and special materials include items such as fibrous tapestries, art, gowns and clothing; rare books, legal papers and historic documents; porous ceramics, desks and historic furniture; and electrical equipment including computers.

The second area concerns special decontamination technologies and sampling systems for heating, ventilation and air-conditioning (HVAC) systems in smaller, commercial buildings, apartment buildings, and homes. Of special interest are environmentally friendly decontamination systems such as ultraviolet, ozone, or sonic cleaning systems.

Also, of interest are HVAC sampling equipment to verify that decontamination is successful. The third area for research involves sampling drinking water supplies in smaller drinking water systems that typically serve fewer than 10,000 people, and larger systems that do not have extensive onsite testing capabilities. Of particular interest are pretreatment kits to minimize interference with the analytical instruments typically used at these facilities. For more information about this solicitation, visit:

<http://es.epa.gov/ncer/rfa/sbir2002.html>.

#### **HHS REPORT SHOWS 7 IN 10 ADULTS ARE NOT ACTIVE REGULARLY--**

HHS Secretary Tommy G. Thompson April 7 issued a new report showing that seven in 10 American adults are not regularly active during their leisure time -- including four in 10 who are not active at all.

Secretary Thompson released the report on World Health Day as he prepared to join a 10-mile walk and run to draw attention to the proven benefits of physical activity. The World Health Organization has declared April 7 as World Health Day with the theme, "Move for Health," to raise awareness about the importance of fitness and a healthy lifestyle. Lack of physical activity contributes to an estimated 300,000 preventable deaths annually in the United States, from diseases such as heart disease, stroke and diabetes.

"Good health is literally a walk away," Secretary Thompson said. "You don't have to work up a big sweat at the gym or become a long-distance runner. Just 30 minutes of walking a day, five days a week, can significantly improve your health. Playing with your kids in the backyard for an hour each day can help the whole family stay healthy."

The new report, "Leisure-Time Physical Activity Among Adults: United States, 1997-98," finds that nearly 62 percent of adults engaged in at least some kind of physical activity in their leisure time, but only three out of 10 adults were physically active on a regular basis. Regular physical activity was defined as "light-moderate exercise at least five times per week for a minimum of 30 minutes each time and/or vigorous physical activity at least three times a week for a minimum of 20 minutes each time.

The report shows men were more likely than women to engage in at least some leisure-time physical activity, and young adults were more likely to be physically active than

older adults. Seven out of 10 adults aged 18-24 engaged in at least some physical activity in their leisure time, almost twice the percentage of adults 75 years and older.

"People of all ages can benefit from being more active," said Dr. David Fleming, acting director of the Centers for Disease Control and Prevention (CDC). "There are many small things that people can do to increase their physical activity. People can take the stairs instead of the elevator or even park the car farther away at the grocery store."

The report was based on over 68,000 household interviews with adults age 18 and over as part of the National Health Interview Survey, conducted by CDC's National Center for Health Statistics (NCHS). Preliminary data through the first half of 2001 show that the percentage of adults who engage in regular physical activity has not changed significantly over the past four years.

The report found that about two-thirds of white non-Hispanic adults and Asian/Pacific Islander adults engaged in some form of leisure-time physical activity, compared to about half of black non-Hispanic adults and Hispanic adults. A quarter of white non-Hispanic adults were physically active on a regular basis, more than any other race or ethnic group. Findings point to a number of other factors associated with whether people were physically active:

**Education.** Nearly eight out of 10 adults with graduate level degrees engaged in at least some form of leisure-time physical activity, twice as many as those with less than a high school diploma.

**Income.** Adults with incomes at least four times the poverty level were twice as likely to engage in regular leisure-time physical activity than adults with incomes below the poverty level.

**Marital Status.** Married men and women were more likely than men and women in any other marital status group to engage in at least some leisure-time physical activity, though never-married adults were more likely than married adults to engage in "strengthening activities" such as weight-lifting or calisthenics. Widowed adults were less likely to engage in regular leisure-time physical activity than married adults.

**Geography.** Two-thirds of adults living in the Western part of the United States engage in at least some leisure-time physical activity, compared to 56 percent of adults living in the South. Adults who live in the suburbs are more likely to be physically active than adults in urban or rural areas.

As part of World Health Day, CDC also issued "Move for Health! A Resource Booklet Promoting Physical Activities." The booklet defines the health risk and global burden of inactivity and the benefits of physical activity. A resource for community leaders and public health professionals, the booklet provides information on how to organize a World Health Day event, activities to motivate and educate individuals and communities, tips for working with the media, and more.

The report is available on CDC's Web site at <http://www.cdc.gov/nchs>; the resource booklet at <http://www.aawhworldhealth.org/whealth.htm>.