



## EPHA Updates

### The 18<sup>th</sup> EPHA Annual Public Health Conference

The EPHA annual conference is one of the biggest events of the Association. The annual conference disseminates research findings and best practices, particularly in areas of HIV/AIDS/STI/TB, malaria and other communicable diseases prevention, treatment, care & support. As planned, EPHA convened the 18<sup>th</sup> EPHA annual conference from October 9-11, 2007 at the Helton Hotel in Addis Ababa.



The Main-theme of this year conference was '**Evolution of Public Health through the Millennium and Beyond**'. The sub-themes discussed in the conference were; Emerging Public Health problems with emphasis to HIV/AIDS, Environmental Hygiene in Health Care Setting, Health Extension Program from the Concept to Implementation and Department of Community Health /DCH/ transformation into School of Public Health (SPH). Based on the pre-identified main and sub-themes, many scientific research findings were presented, including; 30 oral presentations on scientific articles, 17 poster presentations, and 4 panel discussions during the three days conference.

In addition, the conference had two days continuing education program on project development and communication for program oriented target audiences. Moreover, different publications, research extracts, journals, and news letters displayed & issued to the participants.

The Association also encourages researchers by presenting research awards including medals & diplomas for senior and young researchers in addition to the public health leadership/institutional awards provided by EPHA every year. The next 19<sup>th</sup> EPHA annual conference is planned to be convened in October 2008.

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#### *Inside this Issue:*

EPHA Updates and up comings Events.....1

News and Views.....5

Research Findings and Best Practices.....7

*Becoming a member of the EPHA affords you the chance to contribute your share of expertise to the development of the health sector of the country, thereby also strengthening your belongingness to the important profession of public health!*

EPHA Updates..... Cont'd from page 1

**የኢትዮጵያ ጤና አጠባበቅ ማህበር ዓመታዊ የአባላት ልዩ ስብሰባ**

ቢዝነስ ሚቲንግ /Business Meeting/ የኮንፍረንስ አንዱና ዋነኛ አብይ አጀንዳ ነበር። ቢዝነስ ሚቲንግ ስድስት (6) ንዑስ-አጀንዳዎች ነበሩት። እነርሱም፤

1. የማህበሩ አጠቃላይ የሥራ ሪፖርት፤
2. የአማካሪ ምክር ቤት ስለማቋቋም፤
3. የኦዲት ሪፖርት፤
4. የማህበሩ ቅርንጫፎች ሪፖርት፤
5. ስለማህበሩ የቦርድ አባላት ምርጫ፤
6. ስለ 19ኛው የማህበሩ ዓመታዊ ኮንፍረንስ ነበሩ።

የማህበሩ ምክትል ፕሬዝዳንት ዶ/ር ሰለሞን ወርቁ የማህበሩን የአንድ ዓመት አጠቃላይ የሥራ ሪፖርት በጽሁፍ አቅርበዋል። ስለማህበሩ ነባርና በእቅድ ላይ ስላሉ ፕሮጀክቶች እንዲሁም የማህበሩን የአለት ከአለት እንቅስቃሴዎች በዝርዝር አስቀምጠዋል።

**የማህበሩ አጠቃላይ የሥራ ሪፖርት**

**በአሁኑ ጊዜ በመሰራት ላይ ያሉ ዋና ዋና ፕሮጀክቶች / EPHA current Projects/**

1. የሴክሪታሪይቱን አቅም ግንባታ ሥራ
2. ስለመረጃ ልወወጥ ዘዴዎች
3. በአገር ውስጥ እና በወጭ አገር በማህበሩ የሚከናወኑ ረጅምና አጭር ሥልጠናዎች
4. የሙታን ቆጠራ ፕሮጀክት
5. የሥነ-ተዋልዶ ጤናና የቤተሰብ እቅድ አገልግሎት ፕሮጀክት
6. በወጭ አገርና በአገር ውስጥ ከሚገኙ አቻ ማህበራት ጋር መልካም የግንኙነት መረብ መመስረት
7. በአገር አቀፍ ደረጃ ምርምሮች ሲካሄዱ መሳተፍ እና ከተለያዩ ዩኒቨርሲቲዎች ጋር በመተባበር የህፃናት ክትባት ሽፋንን ማሳልበት ፕሮጀክት እንደሆኑ ገልጸዋል።

**በእቅድ ላይ ያሉ ፕሮጀክቶች፤**

1. በአዲስ አበባ ዩኒቨርሲቲ ፊልድ ኢ.ፒ.ዲ.ሞሎጂ /Field Epidemiology/ ትምህርት እንዲጀመር ለማድረግ
2. በኢትዮጵያ በጤና ዘርፍ የሰው ሃይል ጥናትና ምርምር ለማካሄድ
3. ምርምር ተቋም ለማጠናከር የቁሳቁስ አቅርቦት /Facility/ ማዕከል ለማቋቋም እና
4. የማህበሩ አባላት በወጭና በአገር ውስጥ የተለያዩ ስልጠናዎችን እንዲያገኙ ማድረግ መሆናቸውን ም/ፕ ረዘዳንቱ ገልጸዋል።

**የማህበሩ የአለት ከአለት የሥራ እንቅስቃሴዎችን በተመለከተ ደግሞ፤**

1. የማህበሩን አባላት መመዝገብ
2. የማህበሩን አባላት የመዋጮ ክፍያ መሰብሰብ
3. በክልል ደረጃ ያሉ የማህበሩ ቅርንጫፎች እንዲጠናከሩ ማድረግ እና
4. በማህበሩ በየሦስት ወሩ የሚታተሙ መጽሔቶችን ለአባላት እንዲደርሱ ማድረግ የመሳሰሉት እንደሚገኙባቸው ገልጸዋል።

**የአማካሪ ምክር ቤት ስለማቋቋም**

የማህበሩ ፕሬዝዳንት ዶ/ር መንግስቱ አስናቀ በበኩላቸው እንደገለጹት የኢትዮጵያ ጤና አጠባበቅ ማህበር መስራችና ሲኒየር የማህበሩ አባላት፤ ቀደም ሲል በቦርድ አባልነት ያገለገሉና አሁን በማገልገል ላይ ያሉ እንዲሁም የማህበሩ የክልል ተወካዮች እ.ኤ.አ ኦገስት 27/2007 የምክክር ስብሰባ አካሂደው ነበር። በዚህ ስብሰባም የማህበሩ አማካሪ ምክር ቤት ለማቋቋም 30 ሰዎች በእጩነት ተመልሰዋል። ዶ/ር መንግስቱ የማህበሩ ፕሬዝዳንት የዕጩ አባላትን የስም ዝርዝር በጠቅላላ ጉባዔው ፊት እንዲያነቡ አቶ አሊ በየንጉሥ ጠይቀዋል። የማህበሩ ፕሬዝዳንት እንዚህን 30 እጩ አማካሪ ምክር ቤት አባላትን ጠቅላላ ጉባዔው እንዲያጸድቅ በአክብሮት ጠይቀው ከአንድ ሰው ተቃዋሚ በስተቀር ያለምንም ድምፀ ተዓቅቦ በሙሉ ድምጽ 30 እጩዎች የአማካሪ ምክር ቤት አባል ሆነው እንዲሰሩ ጠቅላላ ጉባዔው አፅድቋል። ጠቅላላ ጉባዔው የቻብተሮች ሪፖርት እና ከዚያም የኦዲት ሪፖርት ከቀረበ በኋላ ጠቅላላ ወይይት በማድረግ ወሳኝነትን አስተላልፏል።

የማህበሩን የቦርድ አባላት ምርጫን በተመለከተ ደግሞ፤ ዶ/ር ያሬድ መኮንን የማህበሩ የቦርድ አባል፤ ዶ/ር መንግስቱ አስናቀ የማህበሩ ዋና ፕሪዘዳንት እና አቶ ሚርጊሳ ቀባ የማህበሩ የቦርድ አባል ሁለት ዓመት የሥራ ዘመናቸውን የጨረሱ መሆናቸው ለጠቅላላ ጉባዔ ቀርቦ ወይይት ከተደረገ በኋላ ለሚቀጥሉት ሁለት ዓመታት በድጋሜ እንዲሰሩ በሙሉ ድምፅ ተመርጠዋል።

**ስለ 19ኛው የማህበሩ ዓመታዊ ኮንፍረንስ ዝግጅት**

ቀጣዩ የኢ.ጤ.አ.ማ ዓመታዊ ኮንፍረንስ በፍቃደኝነት እናዘጋጃለን የምትሉ የማህበሩ ቅርንጫፍ ተወካዮች ከነምክንያታችሁ ለጠቅላላ ጉባዔዎ እንድትገልፁ እጠይቃለሁ ሲሉ ዶ/ር መንግስቱ አስናቀ ጠይቀዋል። በዚህ መሰረት መጨመሩ የማህበሩ ዓመታዊ ኮንፍረንስ ሃዋሳ ከተማ እንዲካሄድ የሃዋሳ ቅርንጫፍ በተጠየቀው መሰረት ያለምንም ተቃዋሚ የ19ኛው ዓመታዊ ኮንፍረንስ አዘጋጅ እንዲሆን በጠቅላላ ጉባዔዎ አጽድቋል።

በመጨረሻም 18ኛው ጠቅላላ ጉባዔ የማህበሩን አማካሪ ምክር ቤት አቋቁሟል። የተቋቋመው አማካሪ ምክር ቤት የማህበሩን የመተዳደሪያ ደንብ ፈትሾ እንዲያሻሽል ከመወሰኑም ሌላ በማህበሩ ዋና ጽ/ቤት እና በቅርንጫፎች የቀረበውን ዓመታዊ ዝርዝር የስራ ሪፖርት እንዲሁም የቀረበውን ዓመታዊ የአዲት ሪፖርት አፅድቋል።

**Field Epidemiology and Laboratory Training :**

Field Epidemiology and Laboratory Training Programs (FE (L) TP) are competency-based in applied epidemiology and public health that can build the capacity to strengthen the surveillance and response system in countries where they are implemented. FE(L)TP provides service and strengthens capacity in public health systems in many ways. In a wider perspective, the importance of the training program is to improve Public Health System. Taking this into consideration, Federal Ministry of Health in collaboration with other National and International partners such as AAU, EPHA and CDC is working to develop and launch a Field Epidemiology and Laboratory Training Program in Ethiopia.

A National Technical Steering Committee was established by the Ministry of Health constituting from 9 national institutions to develop and launch a Field Epidemiology and Laboratory Training program in Ethiopia. While developing Field Epidemiology and Laboratory Training Program (FELTP) curricula of different countries including that of Kenya, Zimbabwe, Ghana, South Africa, China and the standard core curriculum of CDC were reviewed. Experience sharing visit to Zimbabwe Field Epidemiology Training Program (FETP) took place. One staff from the School of Public Health-AAU attended African Public Health Interventions Network (APHINET) Conference to share experience in Uganda, Kampala from December 4 to 7, 2007.

Consequently the organized steering committee conducted a three day workshop from October 16-18, 2007 in Wolisso, Ethiopia to develop a draft curriculum. Another three days national workshop was also conducted in Nazareth from November 29 to December 1, 2007 to review the draft curriculum developed. CDC Atlanta was represented by three professionals to provide technical support in the workshop. The comments and suggestions forwarded in the workshop were incorporated.

Three teams from MoH, AAU, and EPHA made readiness and implementation assessment in three different parts of the country to find out the readiness of regions and universities in accepting and supporting the Field Epidemiology and Laboratory Training Program which will be launched soon by the Ministry of Health and Addis Ababa University with the support of the EPHA-CDC Program. Ministry of Health, AAU, EHNRI, CDC, WHO, EPHA and other member of the Technical Steering Committee will facilitate and support the Field Epidemiology Training activities.

### Research Methodology Training

EPHA signed a memorandum of understanding with the Ethiopian Science and Technology Agency to jointly conduct research training program. The first training was conducted in Gambella region starting from January 10, 2008 for 10 days, and the training in the remaining regions will follow.

#### የኢትዮጵያ ጤና አጠባበቅ ማህበሩ ዓላማ

ማህበሩ የተቋቋመው ለሚከተሉት ዓላማዎች ነው።

1. በህብረተሰብ ጤና ትምህርት የሰለጠኑ፣ ከጤና ዘርፍ ጋር በተዛመደ የስራ መስክ ላይ የተሰማሩ እና በህብረተሰብ ጤና ዙሪያ ላይ ፍላጎት ያላቸውን ባለሙያዎች ማሰባሰብ፤
2. በህብረተሰብ ጤና ፖሊሲ ሰነድ፣ በዕቅድ አወጣጥ፣ በስልጠና አሰጠጥ፣ በስራ አመራር እና በተለያዩ እንቅስቃሴዎች ላይ የጎቃ ተሳትፎ ማድረግ፤
3. የማህበሩን አባላት ፍላጎትና መብት የተሟላ እንዲሆን ማበረታታት፤
4. ለማህበሩ አባላትና በአጠቃላይ ለህብረተሰቡ በጤናና የጤና ነክ ጉዳዮች ላይ የወይይት መድረክ እንዲኖር ማመቻቸት፤
5. በህብረተሰብ ጤና ላይ የሚደረጉ የጥናትና ምርምር ወጤቶችን ለማጎልበት ሳይንቲፊክ የሆኑ ጆርናሎችን፣ ጋዜጣዎችንና መፅሔቶችን አሳትሞ በማሰራጨት የህብረተሰቡን የዕውቀት አድማስ እና የጤና አጠባበቅ ክህሎትን ማሳደግ፤
6. በአገር አቀፍና ዓለም አቀፍ ደረጃ በወሳኝ የጤና ጉዳዮች ዙሪያ ለምሳሌ ወረርሽኝና ሌሎች አደገኛ ሁኔታዎች ላይ ከፍተኛ ቅስቀሳና ድጋፍ በማድረግ ነው።

#### አባልነት

እድሜው 18 ዓመት የሞላው/ት የማህበሩን ዓላማዎች የተቀበለ/ችና በዚህ የመተዳደሪያ ደንብ ስለአባልነት የተቀመጡትን መስፈርት፣ የአባላት የገንዘብ መዋጮን ጨምሮ ያሟላ/ች ማንኛውም ሰው የማህበሩ አባል መሆን ይችላል።

#### የአባላት መብት

ማንኛውም የማህበሩ አባላት ከዚህ በታች የተዘረዘሩ መብቶች ይኖራቸዋል።

1. በተለያዩ የማህበሩ አካላት ስር አባላት ድምፅ የመስጠት፣ የመመረጥና የመምረጥ መብት አላቸው።
2. የማህበር አባልነት ለወራሾችም ሆነ ለሌላ ሰው የማይተላለፍ የግል መብት ነው።
3. በማህበሩ እንቅስቃሴዎች ሁሉ አባላት የመሳተፍ ሙሉ መብት አላቸው።
4. ማህበሩ ከሚያሳትግባቸው ማንኛውም ዓይነት ህትመቶች በነፃ የማግኘት ሙሉ መብት አላቸው።
5. ስለማህበሩ ማንኛውንም የስራ እንቅስቃሴ መረጃ የማግኘት መብት አላቸው።

#### የአባላት ግዴታ

1. ማንኛውም አባል የአባልነት መዋጮውን በወቅቱ መክፈል አለበት።
2. አንድ አባል ከማህበሩ ሲወጣ የሚፈለግበትን ዕዳ ይከፍላል።
3. ማንኛውም አባል የማህበሩን ዓላማ የማክበርና የሚጠበቅበትን አገልግሎት የመስጠት ግዴታ አለበት።
4. አንድ አባል የሚጠበቅበትን መዋጮ ካልከፈለ ወይም የሚጠበቅበትን አገልግሎት ካልሰጠ በመብቱ አይሰራበትም።

#### አባልነት የሚቋረጥባቸው ሁኔታዎች

አንድ አባል ከኢትዮጵያ ጤና አጠባበቅ ማህበር አባልነት የሚሰረዘው በስራ አስፈጻሚው ቦርድ ሲሆን፣ ከሚከተሉት በአንዱ ምክንያት ይሆናል።

1. የማህበሩን መተዳደሪያ ደንብ፣ ህግና የቁጥጥር ስርዓት ማክበር ሳይችል፤
2. አባሉ በፍርድ ቤት ውሳኔ ከአባልነት እንዲሳ ሲደረግ ወይም የማህበሩን ደንብ አንቀጥቶ በመተላለፍ በሙያ አባልነቱ የተፈጸመን ጥፋት ምክንያት በማድረግ የሚመለከተው የማህበሩ አካል የሚወስደው የአባሉን የማሰናበት እርምጃ፤
3. ለሶስት ተከታታይ ዓመታት መደበኛ የአባልነት መዋጮን መክፈል ሳይችል፤
4. የአባሉ ሞት ወይም ከማህበሩ አባልነት ለመልቀቅ ለስራ አስፈጻሚ ኮሚቴው በጽሁፍ ሲያቀርብ።



**Deliberation of the 2007 Africa Malaria Day (AMD)**[http://www.moh.gov.et/index.php?opoption=com\\_content&task=view&id=62&Itemid=43](http://www.moh.gov.et/index.php?opoption=com_content&task=view&id=62&Itemid=43)**(Continued from Felege Tena Newsletter Volume 3, 2007)**

In our 3<sup>rd</sup> issue of Felege Tena newsletter we attempted to narrate the historical backgrounds of the African Malaria Day. In this issue Ethiopian millennium Anti-malaria campaign is presented below.

The Africa Malaria Day was one such occasions aimed at raising awareness on health and socio-economic problems caused by malaria. Efforts that should be taken to its prevention, control and maintain sustained support from partners including governments, donors, civil society, research and academic institutions and as well as the required commitment from the communities and private sector were reflected. In addition to commemorating the African Malaria Day this year celebration is special because Ethiopia is also launching two other malaria related initiatives at National and continental levels. The first would be the launching of '**National Millennium Anti-malaria Campaign**' and the launching of '**Africa Malaria Elimination Strategy**'.

Ethiopian Millennium has been commemorated throughout the country. This grand event will create a unique opportunity for the Federal Ministry of Health to embark on Millennium anti-malaria campaign which aims at diminishing the malaria burden and sustaining the low transmission rate. Then after, the Ministry will implement highly focused malaria prevention and control interventions in selected epidemic-prone districts of the country. The campaign will take place in two phases. Phase I will last up to the Millennium commemoration day while phase II extends beyond the commemoration day for about a year.

The National Millennium Anti-malaria Campaign will focus on the following strategies/activities: 1) Intensive social mobilization activities through sensitization, orientation meetings, production and distribution of printed IEC materials, use of Radio and TV spots to transmit key messages;

2) Vector control to achieve at least 100% coverage of ITNs, to increase Indoor residual spraying of dwelling structures (IRS) by at least 15% and to train health workers on IRS to improve quality of spray; and 3) Improve case management mainly through increased access to treatment by ensuring availability of anti-malarial drugs in all health facilities and conducting an active search for fever cases and giving appropriate treatment.

The African Union Ministers of Health meeting at the 3<sup>rd</sup> Ordinary Session of their Conference in Johannesburg, South Africa held from 9-13 April 2007 under the theme of "Strengthening of Health Systems for Equity and Development". Ministers committed themselves in implementing the African Continental Malaria Elimination Campaign and launching of similar campaigns at national levels on the 25<sup>th</sup> April 2007, on the occasion of Africa Malaria Control Day. It is in accordance with this "Johannesburg Declaration" that the launching of implementing **the African Continental Malaria Elimination Campaign** is taking place on the day of AMD.

In Ethiopia, until this year African Malaria Days (AMDs) were being commemorated every year with various events mostly in the capital, Addis Ababa. This year, however, the Federal Ministry of Health and Malaria Control Support Team (MCST) have decided to commemorate this important day, in Meki town, Oromia Region. Meki area is one of the numerous areas that have suffered a lot due to repeated epidemics in the last several years.

Various events and activities have been taken place before and during and after the commemoration day. Town cleaning campaign took place by the dwellers on the eve of the AMD, Road shows has been displayed and films screened in many towns via the route to Meki before April 25, 2007.

Continued from page 5

On the commemoration day, competitions, question and answer sessions, brief soccer games, short dramas and plays and musical shows were undertaken to entertain the public while at the same time key messages on malaria were transmitted. The Road show continued to entertain and inform the public on malaria in all major towns in East Shoa Zone and further down to the main road to Hawasa, before and after April 25, 2007.

Senior government officials, local government officials, donor agencies, partners and communities have attended the gathering which was held in Meki Stadium on April 25 2007. On the occasion, key note addresses delivered by senior government representatives, key partners and local community representatives.

It is likely that Ethiopia would achieve the Abuja targets set at the end of 2010. Let us celebrate our successes and rejoice over the cases of ill health and deaths we have averted through our combined efforts. Let us rededicate ourselves collectively to a more coordinated fight against this public health challenge facing our continent and our country. It is yet another opportunity for the Roll Back Malaria (RBM) partnership to renew our commitments and promises for intensifying the fight against malaria in Ethiopia.

### World AIDS Day 2007 Campaign

<http://www.etharc.org/aidscampaign/>

The World Health Organization declared the first World AIDS Day in 1988. The day, 1<sup>st</sup> of December, 1988 was one of the world's most successful commemorative days to remember at present, the World AIDS Day recognized and celebrated by a diverse range of constituents every year around the globe. World AIDS Day is celebrated to focus global attention on the HIV/AIDS epidemic across countries, organizations and governments. The theme for World AIDS Day 2007 and 2008 is "leadership". Events to commemorate this year's World AIDS Day were organized all over the world.

This year, World AIDS Day-that took place on December 1- focused on leadership, which is the theme set by the World AIDS Campaign under the five-year slogan "Stop AIDS Keep the Promise". Leadership as a theme follows and builds on the 2006 theme of accountability. In 2006 a number of milestones were reached where accountability was particularly crucial. It was the year of the United Nations High Level Meeting on AIDS, which reviewed the progress on the 2001 Declaration of Commitment on HIV/AIDS-an important blueprint for reaching the Millennium Development Goals on AIDS. 2006 marked the fifth year anniversary of the African Abuja Declaration. 2006 was also the year in which national targets were set, or should have been set, by governments for achieving Universal Access to Treatment, Prevention, Support and Care by 2010. In addition, at 2006's International AIDS Conference, "accountability" was the buzzword throughout the global forum, reflecting the conference's theme, "Time to Deliver."

## Humor

### A husband writes to his wife.....

Dear Sweet heart:

1. I can't send my salary this month, so I am sending 100 kisses. You are my sweet heart, Your husband. His wife replied back after some days to her husband: Dearest sweet heart, Thanks for your 100 kisses, I am sending the expenses details.
  2. The Milk man agreed on 2 kisses for one month's milk.
  3. The electricity man only agreed after 7 kisses.
  4. Your house owner is coming every day and taking two or three kisses instead of the rent.
  5. Supermarket owner did not accept kisses only, so I have given him some other items...
  6. Other expenses 40 kisses.
- Please don't worry for me, I have a remaining balance of 35 kisses and I hope I can complete the month using this balance. Shall I plan same way for next months, Please Advise!!!

# R

## esearch Findings and Best Practices

### Space technology to hunt down TB

Source: <http://news.bbc.co.uk/2/hi/health/7026133.stm>

A device developed for a mission to Mars could help spot signs of life closer to home-by identifying the bacterium that causes TB. The Open University and London School of Hygiene and Tropical Medicine project will use a tiny detection kit made for the Beagle 2 project. The gas chromatograph mass spectrometer (GC-MS) can pick out the unique chemical fingerprint of TB. An expert hoped it would boost the poor diagnosis rate in developing countries. Space researchers were disappointed by the failure of Beagle 2, which is believed to have been destroyed as it tried to land on Mars in 2003.

A similar device to that on Beagle now forms part of the current Rosetta mission, which aims to rendezvous with a comet and send back data on its chemical structure. The need to minimize its weight has led to a spectrometer the size of a shoebox, which could now be practical to use in developing countries where TB is rife.

### Unreliable test

At the moment, phlegm samples coughed up by patients suspected of having the disease are checked under a microscope, but this is unreliable and fails to diagnose up to half the active cases. Dr Liz Corbett, from the London School of Hygiene and Tropical Medicine, said: "The university urgently need an accurate and cost-effective method of diagnosing TB. "At the moment, because diagnosis is not accurate, people with TB may have to be seen up to 10 times before they can be started on TB treatment. They may be infectious throughout this period." Dr. Geraint Morgan from the Open University said that GC-MS could be a more accurate test, and significantly quicker than current methods. He said: "The bacterium that causes TB has a special coating and it is the pattern of chemicals in this coating that the mass spectrometer will be searching for."

### Active difference

The Wellcome Trust has provided a £1.34m grant to see if the technology works. Its Director of Technology Transfer, Dr Ted Bianco, suggested that the device could potentially discriminate between the high numbers of people with latent TB, who simply carry the bacteria without having symptoms or being infectious, and those with "active TB", who can die from it or pass it to others. "If you can build instruments rugged enough to look for life elsewhere in the Solar System, you should be able to crack the problem of detecting TB bacteria in the lung of a patient."

Dr. Peter Davies, secretary of TB Alert, and a member of the diagnostics group of the Stop TB international campaign, welcomed the project. He said: "We can only diagnose 50% of people using current techniques, so we have got to try any other method of diagnosis that we can. "This could be a way of improving that low figure, so it's definitely worth a shot."

### Healthy living 'can add 14 years'

<http://news.bbc.co.uk/2/hi/health/7174665.stm>

Taking exercise, not drinking too much alcohol, eating enough fruit and vegetables and not smoking can add up to 14 years to your life, a study said. Research involving 20,000 people over a decade found those who failed on all criteria were four times more likely to have died than those who succeeded. The findings held true regardless of how overweight or poor they were. The Public Library of Science Medicine study suggests many could increase their lifespan through simple changes.

**Research Findings** .....Cont'd from page 7

The research was carried out by the University of Cambridge and the Medical Research Council in the English county of Norfolk between 1993 and 2006. Participants were aged between 45 and 79. They were socially mixed although overwhelmingly white, and as far as they were aware at the time, did not have cancer or any heart problems.

**Taking off the years**

A point was awarded for each of the following: not currently smoking, consuming between one and 14 units of alcohol per week (the equivalent of between half a glass and seven glasses of wine), eating five servings of fruit and vegetables each day and not being inactive. This last category was defined as either having a sedentary occupation and taking half an hour of exercise a day, or simply having a non-sedentary job like a nurse or plumber. Not only did the team find that those with four points were significantly less likely to have died over the period than those with none, they also found that a 60-year-old person with a score of zero had the same risk of dying as a 74-year-old with the full four points. "We've know that individually, measures such as not smoking and exercising can have an impact upon longevity, but this is the first time we have looked at them altogether," said Professor Kay-Tee Khaw, who led the research.

"And we also found that social class and BMI - body mass index - really did not have a role to play. "It means a large proportion of the population really could feel health benefits through moderate changes."

It was in the reduction of deaths attributed to cardiovascular disease where the findings were most pronounced, with those scoring zero five times more likely to succumb than those scoring four. But there was also a relationship between score and cancer deaths. While the main analysis excluded people with known disease, the researchers found that those with serious conditions fared better the higher they scored than those who scored lower. Health campaigners welcomed the study. "This is good news and shows that by living a healthy life, people can reduce their risk of dying from heart and circulatory disease," said Judy O'Sullivan of the British Heart Foundation. "By not smoking, drinking alcohol in moderation, taking regular physical activity and eating a diet rich in fruit and vegetables, people can improve their chances of living longer."

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*This publication is sponsored by the US Centers for Disease Control and Prevention (CDC), in accordance with the EPHA-CDC Cooperative Agreement No. U22/CCUO 22179-05";*

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