



# Wyoming Office of Multicultural Health

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## Tuberculosis Disparities

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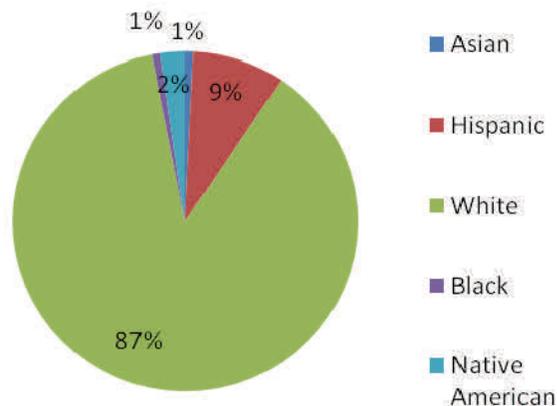
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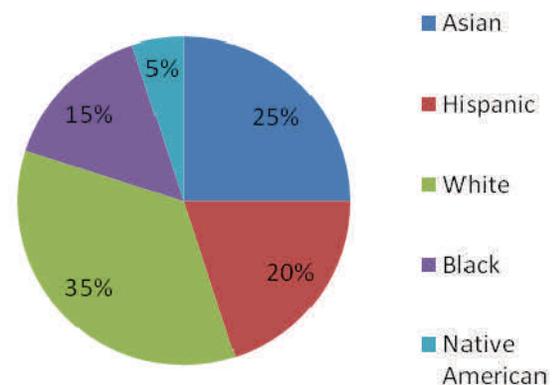
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Tuberculosis (TB) is a disease caused by a mycobacterium which can cause respiratory symptoms such as prolonged cough and coughing up blood when TB is active in the body. Other symptoms of active TB may include fever, night sweats, and weight loss. TB can also stay dormant (Latent TB infection) in the body or it can affect organs other than the lungs. TB is most commonly found in individuals who were born in a country with endemic TB. In Wyoming, Asians made up 25% of all reported active TB cases from 2006 to 2010, although they only make up about 0.8% of the population of Wyoming. Hispanics made up 20% of reported infections while only comprising 9% of Wyoming's population. Although Whites make up 87% of Wyoming's population, they only accounted for 35% of all reported active TB from 2006 to 2010. To catch infections before they develop into active disease in at-risk populations, the Wyoming Department of Health Communicable Disease Unit recommends screening for individuals born in a TB endemic country. Also recommended is screening of those who are exposed to an active case, those who live in a congregate setting, those who do or have worked in a healthcare setting, homeless, injection drug users, and HIV infected. Individuals with HIV and latent tuberculosis infection have a 10% change of developing active disease each year, while individuals who are not immunocompromised with latent infection have a 10% change of developing active disease in their lifetime.

**Wyoming population by  
race/ethnicity, 2010**



**Active TB, Wyoming, 2006-  
2010**



## Tuberculosis Disparities

Similar trends have been identified nationally. In the U.S., Asians account for 4.4% of the population and 28% of reported active TB cases in 2010. Hispanics make up 16% of the US population yet accounted for 29% of reported active TB cases in 2010. In 2011, 60% of reported active TB cases were in foreign born individuals.

**For more information on TB in Wyoming visit:**

<http://www.health.wyo.gov/PHSD/tb/index.html>

**For more information on TB nationally visit:**

<http://www.cdc.gov/tb/>

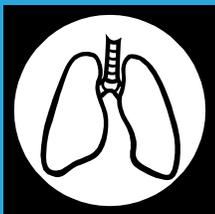
## Wyoming Radon Program

You can't see it – you can't smell it – you can't feel, taste or hear it; but it's in your home and you're breathing it right now. Not only are you breathing it, but it's putting you at risk for developing lung cancer, especially if it is at an elevated level. What is this toxic substance? It's radon gas – a naturally occurring, radioactive gas that seeps up from the ground into the atmosphere and into our homes. There's no problem with radon outside, its when it gets trapped inside our homes, builds up in intensity and poses the long-term health risk of us developing lung cancer.

Radon gas is in everyone's home and office building. The key factor is how much radon is in your home or office building. You must test for radon to know how much is in your home or office. The Wyoming Radon Program (<http://www.wyomingradon.org>) has test kits available for \$7.95. You purchase one short-term test kit and receive a second short-term test kit free, from either Air Chek or Alpha Energy laboratories. Both radon labs have high quality, accurate and easy to use test kits.

Juxtaposed to the test kits, the Wyoming Radon program offers long-term and water test kits, presentations for the public, community groups, real estate agents (REAs), appraisers, architects, home inspectors, physicians and other healthcare providers. Architects, appraisers and REAs can earn up to four continuing education (CEUs) units; physicians and other healthcare providers can earn up to one continuing medical education (CMEs) unit. Junior and senior high school science teachers can request radon presentations to be given to all of their science classes.

Forging a team effort, during the winter and spring of 2012-2013, the Wyoming Cancer Resource Centers, University of Wyoming Cooperative Extension Service, the Cancer Prevention Program and the Wyoming Comprehensive Cancer Control Consortium are uniting with the Wyoming Radon program to increase radon awareness, education, testing and mitigation of homes throughout Wyoming. To learn more, contact the radon program at 777-6015 or online at [www.wyomingradon.org](http://www.wyomingradon.org).



## SUICIDE SAFETY: Reducing a suicidal person's access to firearms

Reducing access to lethal means for suicide—especially firearms—is vital for prevention among all populations, especially males. In fact, research shows that when access to more lethal means is reduced, suicide rates go down. Don't miss this special 30-minute web chat with Catherine Barber from the Harvard School of Public Health Injury Research Center.

**WHAT:** 30-minute web chat

**WHEN:** Thursday, January 17, 2013

**TIME:** 1:00 pm -1:30 pm (Mountain Time)

**WHERE:** On the Internet from your desktop

**WHY:** Understand why access to highly lethal means—especially firearms—plays a key role in whether someone lives or dies in a suicide attempt—**and what you can do about it.**

**REGISTER:** <https://www2.gotomeeting.com/register/775246578>

**MORE INFO:** <http://hosted.verticalresponse.com/599061/843f6094b6/287702039/f328e79cfd/>

## January 2013 Events/Observances

### Month

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month  
National Glaucoma Awareness Month  
National Radon Action Month  
National Stalking Awareness Month  
Thyroid Awareness Month

### Week

National Folic Acid Awareness Week—8-14  
Healthy Weight Week—20-26

### Day

New Years Day—January 1  
Women's Healthy Weight Day—January 24  
World Leprosy Day—January 27



### Fun fact:

The iconic New Year's tradition of dropping the giant ball in New York City's Times Square at the stroke of midnight has taken place almost every year since 1907.

[www.history.com/topics/new-years](http://www.history.com/topics/new-years)

# Research and Nonprofit Partners Creating Healthy, Active Communities

**Register now! Webinar: Thursday, January 9, 2013  
12:00 pm—1:30 pm MST**

Communities all over the U.S. are implementing projects that improve people's ability to walk, bike, and get other types of physical activity. Researchers and nonprofit organizations have partnered in creative ways to advance this "active living" movement. This Web Forum will share lessons learned from partnerships between researchers and nonprofit groups to create healthier communities through policy and environmental change. The Web Forum will include different examples of such partnerships including ones in which nonprofit groups collaborated with researchers to spearhead active living initiatives, and ones where researchers evaluated a project's effectiveness in promoting physical activity and other health impacts.

Researchers and staff from nonprofit programs will talk about strategies, tools, and resources that you can use to form and improve your own partnerships. Topics will include:

1. How to establish collaborations and partnerships between researchers and nonprofit groups to implement policy and environmental change and to evaluate "active living" projects;
2. How researchers and nonprofit groups can communicate more effectively;
3. Advice for how to speed up the research process; and
4. Tactics to improve translation and dissemination of project findings.

**To register for the webinar visit:  
<http://www.activelivingresearch.org/node/12843>**



Sponsored by Active Living Research and  
the Public Health Institute.



## *Are You at Risk for Colon Cancer?*

### *Fast facts:*

- *Did you know that colorectal cancer is the number two cancer killer in Wyoming and it affects both women and men?*
- *Did you know that there is a highly-effective screening test that is widely available? (colonoscopy)*
- *Did you know that colonoscopy screening can prevent colon cancer?*
- *Did you know that if a colonoscopy finds pre-cancerous polyps they can be easily removed at the time of the colonoscopy?*
- *Did you know that there is a program available through the Wyoming Department of Health that will cover the cost of the colonoscopy for uninsured or under-insured Wyoming residents?*

### *Risk factors for colorectal cancer:*

- Age: 91% of all cases of colon cancer occur in people age 50 and older
- Family History: Your risk increases if your parents, siblings or children have had the disease.
- Personal history: You have had colon polyps removed; you have inflammatory bowel disease, ulcerative colitis, or Crohn's Disease
- Being overweight
- Being physically inactive
- Heavy alcohol use and tobacco use increase your risk

*Are you age 50 or older? Are you uninsured or under-insured? Have you ever had a colonoscopy?*



**WYOMING**  
**Colorectal Cancer**  
**Screening Program**

### *Need more information?*

Call us at 1-866-205-5292 or

visit our web site:

[www.health.wyo.gov/phsd/ccp](http://www.health.wyo.gov/phsd/ccp)

If you are not 50 or older, but you know someone who is, please pass this information on to them - you may help save a life!



### Wyoming Office of Multicultural Health

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**We look forward to working with you to  
eliminate health disparities in Wyoming.**

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



Wyoming  
Department  
of Health

Commit to your health.

## Cent\$ible Nutrition Tips, 307.633.4383



Do you struggle to get your kids to eat their fruits, vegetables, or other foods? Don't worry – you are not alone! Many kids go through “food jags” where they only want to eat their favorite foods and are resistant to try new things. Food jags will usually go away over time. In the meantime, there are many things you can do to make mealtimes less stressful. Try these tips to get your child more involved in their food choices and hopefully avoid making every meal a battle:

### 1. Involve your kids in menu planning and making a grocery list. Ask questions like:

- What would you like to make for snacks?
- What sounds good for breakfast?
- What is your favorite cereal?
- What fruits and vegetables would you like to try?
- What is your favorite meal?



### 2. Shop together:

- Make your trip to the grocery store like a scavenger hunt. Have your child help you find things on the list.
- Have your child pick out their favorite color fruit or vegetable to eat that week.
- Give your child their own short list of items to find and put in the cart.
- If the store has kid-sized shopping carts, let them push it through the store with you.
- Pick 2 or 3 cereals and ask your child, “Which one should we try this week?”
- While walking through the store, talk to your child about all of the different colors, shapes, and smells of food.

### 3. Try not to rush and make your trip to the grocery store stressful – make it a fun and pleasant experience:

- Go to the store when you are both rested and not hungry.
- Bring a snack just in case your child gets hungry. Some good options are crackers or dry cereal.