

# FORGING THE FUTURE:



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## Friday FACTS

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5 July 2002

"Leadership, Partnership, and Championship"

### What Works in Public Health: Evidence-Based Strategies to Improve Population Health and Maximize Prevention Investments



The scientific literature on specific health problems can be large, inconsistent, uneven in quality, and even inaccessible. Under the auspices of the Department of Health and Human Services, the U.S. Task Force on Community Preventive Services (the Task Force) is developing the Guide to Community Preventive Services (the Community Guide). The Community Guide will summarize what is known about the effectiveness and cost-effectiveness of population-based interventions for prevention and control, provide recommendations on these interventions and methods for their delivery based on the evidence, and identify areas that require additional research in order to determine effectiveness.

Community Guide topics coordinate with Healthy People 2010 objectives, tackling risk behaviors that are related to the largest burden of disease; providing guidance on ways to reduce disease, injury, and impairment; and addressing sociocultural challenges.

To date the Task Force has published 77 intervention reviews across 7 topical areas: vaccine preventable diseases, tobacco prevention and control, motor vehicle occupant injury, physical activity, diabetes, oral health, and strategies to improve health through changes in the sociocultural environment. Other findings on prevention of HIV/AIDS, STDs, unintended pregnancy, cancer, depression, nutrition, substance abuse, violence prevention, as well as additional findings targeting vaccination strategies and tobacco use interventions are soon to be published.

More information about the *Community Guide* (including links to a variety of resources) is available at <http://www.thecommunityguide.org>.

### Home Food Safety Challenge Questions & Answers

**Washing your hands with anti-bacterial soap in warm water is the most effective way to reduce bacteria.**

**False:** Any type of soap in warm water is effective in reducing bacteria. There is no scientific evidence that using anti-bacterial soaps versus ordinary soap reduces the incidence of disease.

**The best way to clean sponges are by putting them in a dishwasher or microwave.**

**False:** Wash dishcloths, sponges and towels often in the hot cycle of your washing machine. Disinfect sponges in chlorine bleach solution and replace sponges frequently.

**Refrigerators should be kept at below 40 degrees Fahrenheit.**

**True:** Keep your refrigerator set below 40 degrees F. The internal temperature of your refrigerator is based upon the amount of food in storage, the frequency of opening, the refrigerator door and the temperature of your kitchen. The best way to monitor the inside cooling temperature is with a refrigerator thermometer.



**"The purpose of life is to discover your gift. The meaning of life is giving your gift away."**

**- David Viscott**