



Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for July 8, 2019

Sobering Up: In an Alcohol-Soaked Nation, More Seek Booze-Free Social Spaces

(Kaiser Health) A national trend of boozeless bars is cropping up nationwide to create social spaces without the hangovers, DUIs and alcoholism culture. It's part of a new push for sober options.

In St. Louis, Pop's Blue Moon bar, a fixture of this beer-loving city since 1908, has joined an emerging national trend: alcohol-free spaces offering social connections without peer pressure to drink, hangovers or DUIs. From boozeless bars to substance-free zones at concerts marked by yellow balloons, sober spots are popping up across the nation in reaction to America's alcohol-soaked culture, promising a healthy alternative for people in recovery and those who simply want to drink less.

"We evolved as social creatures. This is a good trend if you want the experience of companionship and social culture but don't want the negatives," said [William Stoops](#), a University of Kentucky professor who studies drug and alcohol addiction. "It can help people make better choices."

A federal survey shows nearly 67 million Americans binge drink at least monthly, meaning women down four drinks during a single occasion, men five. Midwestern states have some of the highest binge-drinking rates in terms of both prevalence and intensity, putting millions of people at risk.

Research links excessive alcohol use to fatty liver, cirrhosis and cancers of the breast, liver, colon, mouth and throat as well as heart disease, high blood pressure, stroke, dementia, anxiety and depression. Nearly half of murders involve alcohol, according to studies. Drinking kills about 88,000 people annually, according to the Institute for Health Metrics and Evaluation at the University of Washington. Such diseases and social ills cost the nation an estimated \$249 billion a year.

Read more: <https://khn.org/news/sobering-up-in-an-alcohol-soaked-nation-more-seek-booze-free-social-spaces/>

SMAHSA Report: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

Millions of Insects Are Spreading Toxin-Filled Hairs

(Newser) First came [the heat](#). Now Europeans are battling a nasty caterpillar infestation that spreads everything from allergic reactions to rashes to asthma attacks. Millions of the little creatures have



made life harder for people in Belgium, Germany, the Netherlands, and Denmark, thanks to the insects' toxin-filled hairs—which can ride the wind and settle on humans and pets, the [New York Post](#) reports.

Called oak processionary moth caterpillars, they're named after the way they march nose-to-tail between oak trees. They're fairly rare in Germany but exploded due to this year's temperate spring and dry, warm summer.

"It's terrible everywhere," says a city administrator in Issum. "It would be great if it would rain so that at least all the hair on the leaves and in the air could be washed away." Meanwhile, each caterpillar has up to 700,000 hairs that can continue annoying people for months after the caterpillars begin pupating in July.

Full story: <https://www.newser.com/story/277434/these-little-insects-are-europes-new-plague.html>

With Rural Health Care Stretched Thin, More Patients Turn To Telehealth

Learn more: <https://news360.com/article/501392043>

Johns Hopkins: Health Security Headlines Extracts from July 8, 2019

[More Violence as DRC Officials Report 51 Ebola Cases in Recent Days](#) (CIDRAP) The Democratic Republic of the Congo recorded at least 51 new cases of the Ebola virus since the beginning of the week, while two screening tents in Kasese, a Ugandan village that shares a border

with the DRC, were burned after Ugandan workers detected a high fever in a Congolese boy trying to gain entry into Uganda.

[Canadian Who Helped Design Ebola Vaccine Says There Isn't Enough to Stop Current Outbreak in DR Congo](#) (*CBC News via H5N1*) As the Ebola outbreak in the Democratic Republic of Congo nears the one-year mark, one of the Canadian scientists who helped design a vaccine for the deadly disease says there isn't enough of the precious preventive tool.

[Fight over Vaccine Exemptions Hits State Legislatures](#) (*The Hill*) State legislators across the country are moving to tighten limits on vaccine exemptions for children amid one of the worst outbreaks of preventable diseases in recent history.

[Teaching Life-saving Skills in Minutes](#) (*ASPR Blog*) Last month, teams of volunteers from Medical Reserve Corps units across the country taught life-saving skills to the people in their communities as part of Stop the Bleed month. The MRC is a national network of local groups of volunteers engaging local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response and recovery capabilities.

[One Climate Crisis Disaster Happening Every Week, UN Warns](#) (*The Guardian*) Climate crisis disasters are happening at the rate of one a week, though most draw little international attention and work is urgently needed to prepare developing countries for the profound impacts, the UN has warned.

[Russia Nuclear Sub Fire Could Have Caused Catastrophe: Report Cites Navy Official](#) (*Reuters*) A fire aboard a top-secret Russian nuclear submarine could have led to a "catastrophe of global proportions" if not for the selfless actions of the crew, a senior navy official was cited by a Russian media outlet as saying.

KSHE Receives ASHE Recognition

The ASHE Chapter Level Affiliation Awards recognize the outstanding achievements and contributions of affiliate chapters that partner with ASHE to help optimize the health care physical environment. ASHE offers platinum, gold, silver, and bronze level awards with an elite bonus to chapters focused on sustainability efforts. The Kentucky Society of Healthcare Engineers has been awarded once again the ASHE Platinum Elite Chapter Affiliation for 2018 efforts. (Source: <https://www.naylornetwork.com/khe-nwl/newsletter.asp?issueID=64677>)

DHS Advising on Preparedness for IEDs

The US DHS "Technical Resource for Incident Prevention" (TRIP) newsletter ([TRIPwire](#)) has been sharing information on an Al-Qa'ida associated group that has been distributing information on "Make a bomb in the kitchen of your Mom". The guide provides directions for creating an IED with items easily acquired in the West and suggests targets and concealment best practices. The report can be found in the [Extremist Threat Report](#) folder in the [TRIPwire Library](#).

The newsletter then goes on to summarize three domestic reports on explosives, including two related to IED. To read the stories go to the [TRIPwire newsletter link](#).

The Khref Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to add or delete, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact rbartlett@kyha.com (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and Khref are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.