

Appendix A

HEALTH POLICY BOARD MEMBERS

Robert S. Zimmerman, Jr., Secretary of Health

Chair

Member Name	Representation
Paul H. Boehringer, M.B.A.	Hospital
D. Bruce Cahilly, Esq.	County/Municipal Government
Thomas Coyne	Consumer
Jeffrey A. D'Ambrosio	Business
Cecelia Dougherty	Organized Labor
Leonard S. Kahn	Health Care Provider
Joseph B. Mraz	Long Term Care
Susan J. Navish, MSSA	Health Care Provider – Home Health
Lupe Pearce	Consumer
Joseph J. Reilly	Commercial Insurance
Carl A. Sirio, M.D.	Physician
Steven R. Stroul	Consumer

Appendix B

GLOSSARY AND ACRONYMS

Glossary

In the definitions that follow, *italicized* words or phrases within a definition have a separate definition within this Glossary.

Access -- the ability to obtain appropriate, affordable comprehensive health care in a timely fashion on a 24-hour basis, including referral for special service needs.

Acquired Immunodeficiency Syndrome (AIDS) -- see *HIV/AIDS*.

Affiliated Partnerships -- see *Partnership, State Health Improvement*.

Age-adjusted death rate -- a measure of *mortality* found by applying a standardized population to the *age-specific death rates* for all age groups for a single cause of death. Age-adjustment is used to eliminate the effect of age distribution of the population on *mortality* rates. The measure is calculated using a standard million United States population; i.e., of an average million people in the United States, how many were in each of the 11 age groups that made up that population. For many years, most of the vital statistics offices relied on the 1940 standard population in their calculations, leading to reliable comparisons of mortality data from year to year. However, the continued use of this standard population led to *mortality* rates that are no longer reflective of the current makeup of the U.S. population. Therefore, in 1998, to resolve this problem the U.S. Department of Health and Human Services (USDHHS) adopted the U.S. Census Bureau's Year 2000 population projection as the new standard for age-adjusting mortality rates (beginning with calculation of death rates for the year 1999). It must be noted that the age-adjusted rates based on this new population standard, including those in *Healthy People 2010* and related *Centers for Disease Control and Prevention Health Status Indicators*, cannot be compared with rates based on the old population standard.

Age-specific death rate -- a measure of *mortality* for a single cause of death found by the following formula:

$$\frac{\text{Deaths for a Specified Age Group}}{\text{Population for That Age Group}} \times 1000.$$

Agency for Toxic Substances and Disease Registry (ATSDR) -- The lead public health agency under *U.S. Department of Health and Human Services*, responsible for implementing the health-related provisions of the Comprehensive Environmental Response, Compensation and Liability Act of 1980 (also known as Superfund). Its mission is to serve the public by using the best science, taking responsive public health actions, and providing trusted health information to prevent harmful exposures and disease related to toxic substances.

AIDS -- see *HIV/AIDS*.

Alcohol Abuse -- excessive and inappropriate consumption of alcohol to the detriment of one's health. The two most common forms of alcohol abuse are **binge drinking** (having five or more alcoholic drinks on one occasion) and **chronic drinking** (having sixty or more drinks within a one month period).

Ambulatory Care Sensitive Conditions -- medical conditions that can best be treated on a primary care basis. The hospitalization rates for such conditions are used as a measure of the access and availability of primary care services. In this Plan, pediatric *asthma* (age 0-17), adult *diabetes* (age 18-64), and pneumonia and influenza (age 65 and over) are used in this way.

Asthma -- a chronic inflammatory disease characterized by variable airflow in the lungs that results in recurring episodes of breathlessness, wheezing, coughing, and tightness in the chest. These episodes can be triggered by respiratory infections, exercise, or stress; or by exposure to a wide variety of indoor and outdoor air pollutants, including tobacco smoke, animal dander, insects, mold or pollen, ozone, or cleaning fluids and lubricants.

Barrier -- any factor that can limit access or availability to health care services. Barriers may be physical (lack of transportation), social (attitudes about those seeking services), or financial (inability to pay for care).

Baseline -- data used as a starting point to measure the degree of change.

Behavioral Risk Factor Surveillance System (BRFSS) -- a system developed by the U.S. Department of Health and Human Services for studying health-related behavior in adults by means of an annual survey. The *Department of Health* participates by conducting an annual telephone survey of 3,600 adult Pennsylvanians.

Bidi -- see *Tobacco, Other Forms*.

Binge Drinking -- see *Alcohol Abuse*.

Blood Lead Level -- the amount of chemical lead found in a sample of blood. The blood level is measured in micrograms/deciliter ($\mu\text{g/dL}$) with 10 $\mu\text{g/dL}$ or more considered elevated levels for children; and 25 $\mu\text{g/dL}$ or more, elevated levels for adults.

Body Mass Index (BMI) -- the ratio of a person's weight in pounds divided by the square of that person's height in inches. (A multiplier of 703 is used to convert the English system of pounds/inches to the metric system of kilograms/meters that was used when the BMI was developed.)

Body Mass Index	=	$\frac{\text{Weight in Pounds} \times 703}{(\text{Height in Inches})^2}$	BMI = 18.50 - 25.00	Normal Range
			25.01 - 29.99	<i>Overweight</i>
			30.00 or more	<i>Obese</i>

A six-foot tall man weighing 180 pounds and a five-foot, six-inch tall woman weighing 151 pounds both have a BMI of 24.4.

BRFSS -- see *Behavioral Risk Factor Surveillance System*.

Cancer -- This is now a general term for more than 100 diseases that are characterized by uncontrolled, abnormal growth of cells. Cancer cells can spread locally or through the bloodstream and lymphatic system to other parts of the body.

Cardiovascular Disease -- diseases of the heart and blood vessels that may result in heart disease or *stroke*.

Categories for Health Action -- a set of six major areas that are affected by the *underlying causes of death*; the categories: *infectious disease, chronic disease, family health, environmental health, violence and injury, and service delivery systems*, serve as a way to organize activities and to develop data driven priorities for improving *health status* related to one or more of these underlying causes.

Centers for Disease Control and Prevention (CDC) -- the lead federal agency for protecting the health and safety of people - at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships. CDC serves as the national focus for developing and applying disease prevention and control, *environmental health*, and health promotion and education activities designed to improve the health of the people of the United States. The CDC is located in Atlanta, Georgia, and is an agency of the Department of Health and Human Services.

Child Abuse -- deliberate or unintended actions or failure to act, which causes harm to a person under the age of 18. The categories of child abuse are: physical injury, mental injury, sexual abuse or exploitation, creating an imminent risk of injury, and neglect.

Children's Health Insurance Program (CHIP) -- a federal/state funded program to provide health insurance for the children of working families who otherwise could not afford it. Currently, the Pennsylvania program is provided free for children in families with incomes up to 200% of the federal poverty level, with a subsidized program for families with incomes up to 235% of the poverty level. Children are covered through age 18.

Chlamydia (*Chlamydia Trachomatis*) -- a *sexually transmitted disease* of bacterial origin. It is the most common type of *STD*, and is particularly present in young women. Chlamydia can cause female infertility and has been linked to cervical cancer.

Cholesterol -- an insoluble, waxy substance found in all human beings and used to form cell membranes, some hormones and other needed tissues. The liver manufactures about 80 percent of the cholesterol present in humans. The remainder comes from consumption of animal products (meat, eggs, and dairy foods). A high level of cholesterol in the blood is a major risk factor for coronary heart disease, which leads to heart attack. There are two types of cholesterol:

- **Low-Density Lipoproteins (LDLs)**, which carry most of the cholesterol in the blood. LDL cholesterol can slowly build up in the walls of the arteries feeding the heart and brain, forming plaque, which can clog those arteries and possibly cause a heart attack or stroke. Because of this, LDLs are referred to as “bad” cholesterol.
- **High-density lipoproteins (HDLs)**, which carry one-third to one-fourth of the cholesterol in the blood, Medical experts think HDLs carry cholesterol away from the

arteries and back to the liver, where it's passed from the body. Some experts believe HDL removes excess cholesterol from plaque, slowing their growth. HDLs are “good” cholesterol.

Chronic Disease -- an illness or condition that lasts or re-occurs over a long period of time, often for the rest of a person’s life.

Chronic Drinking -- see *Alcohol Abuse*.

CI -- see *Confidence Interval*.

Communicable Disease -- an illness caused by bacteria or virus, which is transmitted between persons, or from an animal or substance to an individual.

Community -- all persons and organizations within a reasonably circumscribed geographic area in which there is a sense of interdependence, identity, and belonging.

Community Partnership -- see *Partnership, Community Based and Partnership, State Health Improvement*.

Confidence Interval (CI) -- the range of values for a given estimate that the true value could be. This range of values is determined by the probability of occurrence, usually 95%. The larger the number of events and the population being studied are, the more likely is the chance that the computed rate is closer to a true rate; i.e., the smaller the CI will be.

Congenital Anomaly -- a structural abnormality present at birth.

Cultural Competence -- the set of behaviors, attitudes and policies that come together in an institution, agency, or among a group of individuals, that allows them to work effectively in cross-cultural situations.

Culturally Sensitive Materials -- as used in this Plan, these are health education materials that have been produced in a way that reflects the cultural, ethnic, racial, and religious beliefs of their intended audience.

Depression, depressive disorder -- a mental disorder marked by altered mood, with a lack of interest in all usually pleasurable outlets such as food, sex, work, friends, hobbies, or entertainment. Suicidal thoughts and psychotic symptoms, such as hallucinations are also signs of the mental disorder.

Diabetes -- a *chronic disease* marked by raised levels of sugars in the blood or urine and resulting from inadequate production or use of insulin by the body. Diabetic persons are subject to a number of complications including eye problems, cardiovascular disease, and peripheral vascular disease, which may result in the loss of a lower limb. Also referred to as Type 1 (juvenile onset) and Type 2I (adult onset) diabetes.

Disparity -- a difference in the conditions of two groups. As it is used in this Report, disparity refers to some inequality in the health or in the delivery or use of health services for reasons of race or ethnicity.

Diversity -- coexistence of numerous distinct ethnic, racial, religious, or cultural groups within one social unit, organization, or population.

Domestic Violence -- deliberate or unintended actions or failure to act, which causes harm to one's spouse, significant other, or sexual partner, including same-sexed partners.

Endurance and Flexibility Activities -- see *Physical Activity*.

Environmental Health -- health concerns related to the safety of our surroundings, especially of our air, water, soil, and food.

Environmental Tobacco Smoke -- also known as secondhand, passive, or sidestream smoke, this smoke pollutes the air surrounding the smoker, and is harmful to non-smokers. In an enclosed place, such smoke may remain in the air for 24-48 afterwards depending on the ventilation.

Epidemiology -- the study of the *incidence*, distribution and control of disease in populations.

Ethnic Community Forums -- a series of 14 public sessions held across the Commonwealth in areas within with significant concentrations of African-Americans, Latinos, and Asians in order to obtain perspectives and suggestions from *community* members about how to more effectively address the issue of health *disparities* in this Report. A total of 469 persons attended these Forums.

Ethnicity -- a group of people with a common cultural heritage that sets them apart from others in a variety of social relationships.

Faith-Based Organization -- an organization that provides health or social services and which is affiliated with or sponsored by a religious body, often a single congregation. The organization may use the resources of that group (personnel, physical plant) and may incorporate the religious tenets of that group in the philosophy and the programmatic activities of the services offered.

Family Health -- health concerns that impact upon the life of a family and/or extended family. These may concern health issues of mothers, infants, children, adolescents, adult men and women, and older persons.

Fecal Occult Blood Test (FOBT) -- a test to check for hidden blood in stool as a means of detecting colorectal *cancer*.

Flexibility -- see *Physical Activity*.

Fluoride -- a compound of the chemical element fluorine added to water supplies to prevent dental carries.

A Generation at Risk -- results of a 1997 survey of 6th through 12th grade Pennsylvania students sponsored by the Pennsylvania Commission on Crime and Delinquency and the Governor's Policy Council. The survey questioned students on knowledge and use of drugs, alcohol, and tobacco, and on incidents of individual and gang violence.

Gonorrhea -- a *sexually transmitted disease* of bacterial origin

HDLs -- see ***Cholesterol***.

Health -- According to the World Health Organization, health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Health Department, Local -- There are currently six County and four Municipal Health Departments, which receive matching funds and operate independently, but with oversight from and in coordination with the Department. Additional statutes have created Local Boards of Health in specific classes of communities. These Boards have duties for restaurant inspection, nuisance and pest control, and local sanitation.

Health Department, Pennsylvania -- the Pennsylvania Department of Health (the Department) is the principal public health agency for the Commonwealth with the core functions of assessment, policy formation, disease prevention and health promotion, and quality assurance.

Health Professional Shortage Areas (HPSAs) -- geographic areas or specific populations within a geographic area that have been designated by the U.S. Public Health Service as lacking a sufficient number of primary care, dental, or mental health practitioners. The program authorizing HPSA designation is intended to encourage practitioners to operate in these areas and serve these populations by providing various incentives, such as loan repayment, higher reimbursement levels, and eligibility for other public programs.

Health Service Delivery Systems -- the ways to access and use health care services in an appropriate manner, including the individuals and organizations, which provide those services.

Health Status Indicators -- a set of eighteen clinical measures (and several sub-measures) developed by the *Centers for Disease Control and Prevention (CDC)* in 1991 to serve as a *baseline* measure of *health status outcome* and/or factors that put individuals at increased risk of disease or premature death. See the Appendix, "County and Health District Summary Data," for tables of these indicators for the United States, Pennsylvania, and each of the counties within Pennsylvania.

Health Status -- measure of the current health of a *community* as shown by such indicators as *low birth weight*, *incidence* or *prevalence* of disease, and *mortality* rates for different causes of death.

Healthy People 2010 -- document published by the U.S. Department of Health and Human Services that outlines a comprehensive health promotion and disease prevention agenda for improving the health of all people of the United States during the first decade of the 21st century, setting targets and goals to be achieved by the end of this decade. The two primary goals of *Healthy People 2010* are to increase the quality and years of healthy life and to eliminate health *disparities*.

Hepatitis B -- a severe acute viral infection of the liver that may progress to chronic infection and permanent liver damage. This disease is most common in IV drug users, gay men, and babies born of HIV-infected mothers.

High-Density Lipoproteins (HDLs) -- see *Cholesterol*.

Hispanic/Latino -- terms used to describe persons of Latin American (including the Spanish-speaking U.S. west and southwest) or Caribbean origin. In discussing national trends in this Plan, the more inclusive term "Hispanic" will be used. When discussing trends for Pennsylvania, the terms "Latino" and "Latina", which are preferred in the eastern U.S., will be used.

HIV/AIDS -- Human Immunodeficiency Virus (HIV) attacks and weakens the immune response system causing the infected individual to become far less resistant to diseases, particularly opportunistic infections that would be destroyed by a normally functioning response system. The initial phase, which may last for several years, is mostly *asymptomatic* (without symptoms). When symptoms are found the individual is said to have *Acquired Immunodeficiency Syndrome (AIDS)*.

HPSA -- see *Health Professional Shortage Area*.

Hypertension -- persistently high arterial blood pressure. The condition is considered a risk factor for the development of heart disease, peripheral vascular disease, *stroke*, and kidney disease.

Incidence -- number of new cases of a disease diagnosed and/or reported for a specific time period (usually one year).

Infant Mortality -- statistics (data) dealing with the number of children who died prior to the age of one year.

Infectious Disease -- see *Communicable Disease*.

Influenza -- an acute, highly contagious viral disease characterized by sudden onset, fever, prostration, severe aches and pains, and progressive inflammation of the respiratory mucous membranes. See also *Pneumonia*.

Kessner Criteria -- a method used by the National Center for Health Statistics to judge the adequacy of prenatal care received by a woman during her pregnancy.

Modified Kessner Criteria for Prenatal Visits

<u>Weeks</u>	<u>Cumulative</u>	<u>Weeks</u>	<u>Cumulative</u>
<u>Gestation</u>	<u>Visits</u>	<u>Gestation</u>	<u>Visits</u>
17	2	30-31	6
18-21	3	32-33	7
22-25	4	34-35	8
26-29	5	36 or more	9

Kreteks -- see *Tobacco, Other Forms*.

Latino, Latina -- see *Hispanic/Latino*.

Low-Density Lipoproteins (LDLs) -- see *Cholesterol*.

Linkage -- formal or informal relationship between organizations for the provision of health and health-related services.

Linguistically Isolated Population -- a group that is said “not to speak English very well” or “not at all.” DHHS has developed regulations under Title VI of the Civil Rights Act on the delivery of health care services to such populations.

Local Health Improvement Partnership -- see *Partnership, Community-Based*.

Low Birth Weight -- a birth weight of less than 2500 grams (5 pounds, 9 ounces). See also *Very Low Birth Weight*.

Mammography -- an X-ray examination of the breast to detect breast *cancer* early when lumps are less than 2 cm or smaller in size (most lumps are not felt by the hand when they are 1 cm or less in diameter).

Median age -- the age that falls exactly at the center of a range of ages ranked in order from low to high, such that 50 percent of the ages are above it and 50 percent are below it.

Mental Health -- the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity.

Mental Illness -- refers collectively to all *mental disorders*.

Mental Disorders -- health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination of thereof), which are associated with distress and/or impaired functioning and spawn a host of human problems may include disability, pain, or death.

Minority Group -- a subgroup having special characteristics and bound together by special ties of race or ethnicity, which distinguish it from the larger group.

Moderate Physical Activity -- see *Physical Activity*.

Morbidity -- statistics describing the *incidence* or *prevalence* of disease.

Mortality -- statistics describing the rates of death.

Obesity -- a condition characterized by excessive body fat; determined by a *Body Mass Index (BMI)* of 30 or higher.

Oral Health -- being free of chronic, painful conditions of the face and mouth; oral and pharyngeal (throat) *cancers*; oral soft tissue lesions; birth defects such as cleft lip and palate; and other diseases and disorders that affect the oral, dental, and craniofacial (face and skull) tissues, collectively known as the craniofacial complex.

Overweight -- see *Body Mass Index*.

Papanicolaou (Pap) Test -- microscopic examination of cells collected from the cervix and used to detect changes that may be *cancer* or may lead to *cancer*.

Partnership, Community-Based -- a collaboration of public, private, and voluntary organizations and individuals which serves a defined geographic area, and which exists for the purpose of improving the broadly defined health status of the *community*.

Partnership, State Health Improvement Plan -- a relationship established by mutual agreement between the *Pennsylvania Department of Health* and an approved *community-based partnership* to share mutual responsibility and accountability for the achievement of agreed upon health improvement priorities for the locality described by the community-based partnership. Such community-based partnerships are referred to as **SHIP-Affiliated Partnerships**.

Perinatal -- the period between the 28th week of pregnancy and the 28th day after childbirth.

Physical Activity -- Three types of physical activity are discussed in this Plan.

- **Endurance And Flexibility Activities** are performed to maintain **strength** (ability to generate force), **endurance** (ability to continue repetitive activity for prolonged periods), and or **flexibility** (ability to move joint through full range of motion without pain). These activities often involve specific muscle groups.
- **Moderate Physical Activity** uses large muscle groups and is at least the equivalent to brisk walking. Sessions should last at least thirty minutes to be effective.
- **Vigorous Physical Activity** -- activity that involves rhythmic repetitive activities that use large muscle groups at 70% or more of the maximum heart rate for the individual's age to promote and maintain cardiovascular fitness. Sessions should last at least 20 minutes.

Pneumonia -- a disease of the lungs characterized by inflammation and congestion and caused by bacterial infection or irritants. See also *Influenza*.

Prevalence -- number of cases of a disease present in a specified population at a given time.

Race -- as used by the U.S. Census Bureau and by this Report, race reflects self-identification of individuals with one or more of the following categories. These categories are sociopolitical constructs and should not be interpreted as being scientific or anthropological in nature. These categories are:

- **American Indian or Alaska Native** – having origins in any of the original peoples of North, Central, or South America.
- **Asian** – having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian Subcontinent. In this Report, this group is often combined with **Pacific Islander**, those having origins in the original people of Hawaii, Guam, Samoa, or other Pacific Islands.
- **Black/African American** – having origins in any of the Black racial groups of Africa.
- **White** – having origins in any of the original peoples of European, the Middle East, or North Africa.

Secondary/Tertiary Care -- these levels of care involves complex treatment for acute or chronic conditions or illnesses such as hospitalization or surgery. The physicians involved in such care are often specialists (cardiologists, nephrologists, neurologists, etc.).

Secondhand Smoke -- see *Environmental Tobacco Smoke*.

Service Delivery System -- see *Health Service Delivery System*.

Sexually Transmitted Disease (STD) -- a disease acquired as a result of sexual intercourse with an infected individual. Common sexual diseases include *chlamydia*, *gonorrhea*, *HIV*, and *syphilis*.

SHIP -- see *State Health Improvement Plan*.

SHIP-Affiliated Partnerships -- see *Partnership, State Health Improvement*.

Sickle Cell Anemia -- an inherited recessive disorder that causes red blood cells to become crescent-shaped, rigid, sticky, and fragile. Blood cells clump together interfering with oxygen transport, obstructing capillary blood flow, and causing fever and severe pain in the joints and abdomen. The disease is most common among American Blacks, native Africans, Hispanic populations of Cuban/Caribbean descent, and Mediterranean populations.

SIDS -- see *Sudden Infant Death Syndrome*.

Smoking Cessation -- programs and policies to assist persons who wish to stop smoking.

Socio-economic Status (SES) -- An assessment of an individual or family's relative economic and social ranking represented by income, level of education, or type of occupation.

Source of Primary Care -- a doctor's office, clinic, health center, or other place where people receive **primary care**; that is, education and counseling; preventive measures, such as immunizations; diagnostic measures for both underlying risks, such as high blood pressure, or for specific medical conditions; and some treatment services. It is not a hospital emergency room. People with an on-going source of care are more likely to receive preventive health services.

State Health Improvement Plan (SHIP) -- is an ongoing process to improve the health of the citizens of Pennsylvania. The process involves a sharing of responsibility, accountability, and information by both the *Department of Health* and its *local partners*. Under this model, the Department serves as the lead agency in the development of both statewide and local public/private *partnerships* aimed at linking needs to actions and demonstrable results. The Department also serves as a facilitator for many of these activities.

State Health Improvement Partnership -- see *Partnership, State Health Improvement*.

Statistically Significant -- The conclusion that a detected difference is not likely to be the result of chance. A difference is statistically significant when the calculated probability of a random occurrence is less than a prescribed probability (usually .05). A confidence interval is the range of values for a given estimate that the true value could be. This range of values

is determined by the probability of occurrence (usually 95%). When estimates with confidence bounds are compared, they are often determined to be significant when their confidence intervals do not overlap.

STD -- see *Sexually Transmitted Disease*.

Strength -- see *Physical Activity*.

Stroke -- a sudden loss of consciousness followed by paralysis or death and caused by a hemorrhage into the brain, formation of an embolus or thrombosis that blocks an artery, or rupture of an artery causing a hemorrhage.

Sudden Infant Death Syndrome (SIDS) -- the sudden death of a child younger than one year that remains unexplained after a thorough investigation, including an autopsy, examination of the death scene, and review of clinical history. SIDS is the most common cause of death in the U.S. of children between the ages of 7 days and 1 year.

Susceptibility to Smoking -- a person as “not susceptible” to smoking if they said that they:

- Had never smoked;
- Did not intend to start smoking soon;
- Definitely did not intend to start smoking within the next year; and
- Would not accept a cigarette from their closest friend.

Syphilis -- A chronic *sexually transmitted disease* marked by lesions that may appear on any part of the body. In later stages, the heart and the mind may be affected. Untreated it can cause disabilities and death.

Target -- quantitative values for *health status indicators* found in *Healthy People 2010*. The target value is the value to be reached or exceeded by the end of the decade. See also, *baseline*.

Tobacco, Other Forms -- In addition to cigarettes and cigars, two other forms of tobacco are discussed in this Plan.

- **Bidis** are hand-rolled cigarettes produced primarily in India and southeastern Asia consisting of tobacco is wrapped in a tendu or temburni leaf.
- **Kreteks**, also known as “clove cigarettes,” are flavored cigarettes that contain both tobacco and clove extract.

Trimester -- a three-month period; used in this Plan to refer to the first three months of pregnancy.

Tuberculosis -- a *communicable* and potentially fatal disease characterized by toxic symptoms or allergic manifestations, primarily in the lungs.

Underlying Causes of Death -- factors, often related to behavior, that are the real cause of disease, injury or premature death. Examples include tobacco use, poor diet, lack of *physical activity*, alcohol misuse, firearms misuse, unsafe sexual practices, and illicit drug use.

Very Low Birth Weight -- a birth weight of less than 1500 grams, roughly 3 pounds 5 ounces. See also *Low Birth Weight*.

Vigorous Physical Activity -- see *Physical Activity*.

Violence and Injury -- health concerns related to accidental or deliberate damage to our bodies by ourselves or others.

Women, Infants, and Children (WIC) -- a supplemental food program is operated by the U.S. Department of Agriculture and the individual states as a means of distributing nutritious food and infant formulas to low income pregnant women, nursing mothers, infants, and small children. In Pennsylvania, the program is administered by the *Department of Health's* Bureau of Family Health.

Youth Risk Behavior Surveillance Survey (YRBSS) -- a national survey of high school students (in 9th – 12th grades) similar in scope to the BRFSS. The survey included questions on knowledge, healthy behaviors, and health risks. Not all states participated in the survey; the only portion of Pennsylvania that participated was the City of Philadelphia.

Acronyms

Terms with asterisks (*) are defined in the Glossary

AAA	Area Agency on Aging
(PA)AAP	(Pennsylvania Chapter) American Academy of Pediatrics
AIDS*	Acquired Immune Deficiency Syndrome
AMA	American Medical Association
ATSDR*	Agency for Toxic Substances and Disease Registry
BMI*	Body Mass Index
BRFSS*	Behavioral Risk Factor Surveillance Survey or System
CDC*	Centers for Disease Control and Prevention
CHIP*	Children's Health Insurance Program
CI*	Confidence Interval
CRCPD	Conference of Radiation Control Program Directors
DEP	Pennsylvania Department of Environmental Protection
DHHS	U.S. Department of Health and Human Services
DNA	Data are not analyzed
DNC	Data are not collected
DoE	Pennsylvania Department of Education
DoH	Pennsylvania Department of Health
DPW	Pennsylvania Department of Public Welfare
DSU	Data are statistically unreliable
DTP	Diphtheria, Tetanus, Pertussis
EPA	U.S. Environmental Protection Agency
EPSDT	Early Periodic Screening, Diagnosis, and Treatment program
FOBT*	Fetal Occult Blood Test
FQHC	Federally Qualified Health Center
GAO	General Accounting Office
HCCCC or HC4	Health Care Cost Containment Council
HCFA	U.S. Health Care Financing Administration
HCV	Hepatitis C Virus
HIV*	Human Immunodeficiency Virus
HMO	Health Maintenance Organization
HP or HP 2010*	<i>Healthy People 2010</i>
HPSA*	Health Professional Shortage Area
HPV	Human Papilloma Virus
HRSA	Health Resources and Services Administration
HSI*	Health Status Indicator
IDU	Intravenous Drug Use
IoM	Institute of Medicine
LHIP*	Local Health Improvement Partnership
MA	Medicaid or Medical Assistance program
MCV	Measles Containing Vaccine
MCH	Maternal and Child Health
µg/dl	micrograms per deciliter
MSM	Men Having Sex With Men
MV	Motor Vehicle
NCHS	National Center for Health Statistics
NCI	National Cancer Institute

NHANES National Health and Nutrition Examination Survey
 NHIS National Health Interview Survey
 NPL..... National Priorities List (of Superfund Clean-up Sites)
 PA AAP Pennsylvania Chapter American Academy of Pediatrics
 PADOHRIC PA Department of Health Research and Information Clearinghouse
 PCCD..... Pennsylvania Commission on Crime and Delinquency
 pCi/L..... picocuries/liter
 ppm parts per million
 SCA Single County Authority
 SAP..... Student Assistance Program
 SES* Socio-economic Status
 SHIP* State Health Improvement Plan
 SIDS* Sudden Infant Death Syndrome
 STD* Sexually Transmitted Disease
 TB Tuberculosis
 USDA U.S. Department of Agriculture
 WHO..... World Health Organization
 WIC* Women, Infants, and Children
 YRBSS* Youth Risk Behavior Surveillance Survey or System