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EAGLE FEATHER RESEARCH NEWSLETTER

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Welcome, Willkommen, Bienvenue, Bienvenidos, Benvenuto. Welcome to our September issue. With all of the interest in the current Health Care system, it is prudent to see where we are in relation to the rest of the world. According to the World Health Organization, the U.S. ranks 37 with its current health delivery system. Who ranks first? The following is a sample of the leaders: France (1), Italy (2), Singapore (6), Spain (7), Austria (9), Japan (10), United Kingdom (18), Cuba (39). One revealing index concerns preventable deaths or the least mortality percentage per 100,000. The key here is preventive medicine vs. defensive medicine. In the U.S. we practice the latter instead of the former. The leading countries practice preventive medicine, as is the case with France: (1)France, 65, (2) Japan (71), (2) Australia, 71, (3) Spain, 74, (3) Italy, 74, (4) Canada, 77, (8) Germany, 90, (74)U.S. 110. Another revealing statistic concerns Life Expectancy. The leaders are: (1)Japan, (3) France, (5) Spain, (6) Italy, (12) Canada, with the U.S. a distant 24. What percentage of the GDP goes into paying for the health care system? Mexico spends 6.4, Cuba, 7.6, Italy 8.9, Canada, 9.8, Germany 10.7, France 11.2 and the U.S. 15.4 All of the above expenditures beginning with Mexico cover all citizens without charge in what is known as socialized medicine, yet these leading industrialized countries also have a higher life expectancy, have fewer mortality per 100,000 and spend less having quality health care. In summation, the United States ranks 37 in its health delivery system, ranks 74 in preventable deaths, ranks 24 in life expectancy and pays more than the leaders France and Italy (15.4 of the Gross Domestic Product). Where does the U.S. rank in terms of driving for Global Peace? The results reveal: (1) Norway, (5) Japan, (8) Canada, (12) Germany, (33) Italy, (34) France, (59) Cuba, (79) Mexico, (96) U.S. Only Russia, Israel and Iraq ranked worse (118, 119, 121 respectively). Nationalism would have us as one of the leaders of the freedom of the press. The results show otherwise: (1) Finland, Iceland, Norway, Netherlands, (5) Canada, (7) Germany, (11) France, with the U.S. a distant 17. Let us look at the State of the Future Index which a measure of a 10 year world future outlook. Where humanity is winning is in better life

expectancy, less infant mortality, more literacy, better GDP cap, less conflict, more Internet users. Where we are losing is in CO2 emissions, Terrorism, Corruption, Global warming, voting population, and unemployment. What are the challenges for the future?

- Achieving sustainable development for all
- Having sufficient clean water for all without conflict
- Bring population growth and resources into balance
- Achieving genuine democracy from authoritarian regimes
- Making policymaking more sensitive to global long term perspectives
- Making communication technologies and information work for all
- Creating ethics in market economies to reduce gap between rich and poor
- Reducing new and reemerging diseases and immune micro-organisms
- As work and institutions change, increase capacity to decide
- What shared values and security strategies reduce ethnic conflicts, terrorism and use of weapons of mass destruction?
- How can women improve the human condition?
- Stopping transnational organized crime networks
- Meeting growing energy demands safely and efficiently
- Acceleration of scientific and technological breakthroughs to improve the human condition
- Incorporation of ethical considerations into global decisions

Other News:

Swimming Pools: Are they safe? While there are over 300 reported drownings per year of children under five, there are other dangers. Research indicates pathogens to be present that can cause RWIs or Recreational Water Illnesses. Diarrhea is the most common symptom. Thousands are affected either through swallowing or having contact with contaminated water. One in five persons has admitted to having urinated in the pool. When urine or other human waste products mixes with chlorine, the result is a compound called chloramines which can irritate the respiratory system, eyes and throat. Even more harmful is cryptosporidium which is excreted by humans and animals in the stool. This is a parasite that is hard to get rid of and can cause ill effects. It can survive even in well maintained pools. Suggestion? Avoid getting water in your mouth or swallowing it. Look for signs of cleanliness like clear water, smooth pool sides without sticky or slippery tiles and no strong odors.

Child Obesity: Obesity is now a national problem. In 1980 obesity for ages 6-11 and 12-18 was at 6.5% and 5% respectively. By 2006 it had increased to 17.6%. One third of the population ages 2-19 or 23 million are overweight or obese. Health risks: Type 2 diabetes, high cholesterol, sleep apnea and other health problems. The problem is an educational one and it begins at home. If the parent eats junk food instead of health choices, the chances are that not only is the parent going to be overweight but their children as well. Beyond the individual parents there are some

changes that communities can make that discourage weight gain. A report by the Robert Wood Johnson Foundation and the Centers for Disease control:

- Adopt zoning policies that restrict fast-food restaurants near school grounds and public playgrounds
- Have a master plan for walking and biking in the community
- Build and maintain sidewalks and street crossings to create a safe walking environment, connecting to schools, parks, and other places.
- Adopt community police strategies that improve the safety of streets, especially those in higher crime areas.
- Build and maintain parks and playgrounds that are safe, attractive and close to residential areas.
- When schools are closed, have school districts allow its recreational facilities to be used by residents when schools are closed
- Tax high-calories, low nutrient food items and beverages sweetened with sugar.
- Require menu labeling in chain restaurants so customers can get calorie information on menus and menu boards.

Cell phone Recycling: Consumers rarely recycle old cell phones. If they did, we could reduce hazardous waste in landfills and save enough manufacturing energy to power more than 18,500 U.S. households for a year according to the EPA which estimates that only 10% of the 140 million cell phones replaced each year are recycled. Harmful chemicals and radiation to the brain are also drawbacks according to recent studies.

Grass Roots Activist Campaigns: We would like to think that recent “grass roots activists” seen in town-halls are a call from the will of the people. What is not known by the ordinary American is that many of these are actually sophisticated marketing campaigns financed by powerful businesses and special-interest groups. They have populist-sounding names that belie the fact that they are bankrolled by large corporations when in fact it could be an insurance company or a special health interest group that wants to keep everything as is and who hire a lobbyist who in turn will acquire a PR group to round up individuals who can be easily persuaded to march or shout others down. I often wonder how many of these uninformed individuals are aware that they are being manipulated and used for big business interests. Such are the strategies of spin doctors, media misinformation and power related misrepresentation that has become commonplace. When big money buys radio stations, newspapers, TV stations and networks, there is a special interest agenda and objectivity and truth diminish straying from the true and the whole representation of the facts. Censorship unfortunately, does exist at all levels.

Happy and Insightful Reading,
Arnoldo Carlos Vento, Ph.D