

KING OF GORE: Best-selling horror writer Stephen King gets the gore right. For 35 years he has relied on a physician's assistant trained at Dartmouth, says *Wired* magazine, for such details as what bone dust smells like and how to cauterize a wound using a blowtorch.



FACTS & FIGURES

A clean sweep

1.8 million

Square feet of cleanable space at DHMC

162

Full-time equivalent (FTE) staff who keep that space clean

337,376

Total hours annually that they spend cleaning

11,097

Square feet per day cleaned by each FTE
(that's an area equal to 4.4 average-sized U.S. houses)



1,531

Tons of trash (non-recyclable, non-hazardous waste) generated in 2008

1,020

Tons of recyclable waste generated in 2008

341

Tons of hazardous waste and "sharps" generated in 2008

\$150,000

Approximate cost (not including labor) of disposing of the trash

\$50,000

Approximate net revenue from the recycling program

\$234,000

Approximate cost of disposing of hazardous waste and "sharps"

SOURCE: DARTMOUTH-HITCHCOCK MEDICAL CENTER

Putting some numbers into the kids-food equation

In today's ad-saturated world, what does it take to get youngsters to eat healthy food, avoid sugary drinks, and exercise regularly? At least as much thought as money on the part of schools, parents, and local businesses, judging from the work of the Community Health Research Program (CHRP) at Dartmouth's Hood Center for Children and Families.

As part of a five-year study of environmental and family influences on overweight adolescents, CHRP researchers led by Madeline Dalton, Ph.D., visited school cafeterias; quizzed kids, their parents, and school officials; and scouted close-to-campus food options in two dozen New Hampshire and Vermont communities—most of them small towns. In April of 2009, they issued a 38-page report of their findings and distributed it to secondary schools and public-health organizations throughout the states.

Surprise: Did anything surprise the researchers? "In rural areas, where most kids do not walk or bike to school, creating daily opportunities for physical activity on the school grounds immediately before or after school may be a more effective strategy than focusing on active travel initiatives, which are more relevant to urban areas," says CHRP's Meghan Longacre, Ph.D.

"Further, convenience stores represent the vast proportion of all food outlets in rural towns—

compared to urban areas, [where] most food outlets are restaurants." So, she adds, "improving the healthfulness of the community food environment should target different types of outlets, depending on town size."

On the subject of *student size*, 28.9% of the more than 1,600 8th- to 12th-graders surveyed reported being overweight—as defined by the body-mass index (BMI) standard of the Centers for Disease Control and Prevention. In a 2007 survey, the national average was 28.8%.

There has been "a threefold increase in overweight among children and adolescents over the past 30 years," according to the report. About 18% of 6- to 19-year-olds are now obese, and another third are overweight. As a result, the report points out, the life expectancy of today's children may be less than that of their parents.

The researchers observed a range of approaches to addressing the in-school "food environment"—some communities and schools do it more systematically than others.

"New Hampshire is one of only nine states nationwide with a statewide action plan to promote healthy eating and active living, called the HEAL Initiative," Longacre says. "Our research team is currently partnering with HEAL to develop a statewide collaboration that would enable communities to use evidence-based tools, re-