

Supercourse News Letter

Feb. 22, 2011

www.pitt.edu/~super1/

Doubling Training in Global health and Prevention: We are very pleased as to the response that we have received concerning the goal of doubling the training in global health and prevention. We distributed slides to over 1500 medical schools, many have already distributed these to their faculty and students. Also, medical schools are starting to create mirrored servers of the Supercourse at their institutions. If you want a free download of the full supercourse please ask Eugene (**Error! Hyperlink reference not valid.**). We would love to see the supercourse on all the medical, public health, nursing schools, and pharmacy schools in the world. The advantage of having a mirrored server in your school is that instantly you will have a global health program and your faculty will be part of the “global faculty”. Also, the mirrored server is yours, and we have seen that many faculty and students in your country will come to your site, drawing attention to your global health program.

Physical App-ercise Steve Blair, Andrea Kriska, Eric Marler, Eugene Shubnikov and I are thinking about building an Exercise Supercourse. Please contact us at **Error! Hyperlink reference not valid.**, if you would like to join. We have already harvested all the exercise apps. **Error! Hyperlink reference not valid.** Surprisingly there were quite a few, well over 400. For the most part the exercise apps are not exciting, and not very scientific, e.g. how best to get buns of steel, and six pack abs, how to bet on football and how not to be a 95 pound weakling. We plan to change this as such a large proportion of children and adults have access to cell phones. We are interested in Global Health Exercise apps to obtain world measures of physical activity, randomized exercise trials of a million people per arm, GPS/Accelerometer assessment of physical activity in a billion people, or exercise intervention for millions. We have been talking with the American College of Sports Medicine, as well as the CDC to decide how best to improve and promote exercise apps. It appears that many of these apps are built by exercisers who know how to pump iron, but not much about the science of exercise and health and the technology of physical activity and apps. We would hope to bring together the exercise scientists with top Mobile people, so that good science produces good apps for use on a local to global basis. If you would like to join us, please contact **Error! Hyperlink reference not valid.**

“If your dog is thin, you are getting enough exercise” (ella is thin)

Ancient Libraries: We have been contacted by a high level official at the UN who is interested in collaborating with us to help revive the Ancient Library of Mary in Turkmenistan as in part a Supercourse Library. The library was one of the major libraries until it was destroyed in the 12th century by the Mongols Isn't that most cool? There are over 20 ancient libraries identified in the world. We are discussing this with Dr. Serageldin, as the Library of Alexandria is one of the only libraries with the primary vision of it being virtual. We are talking as to if we can develop a similar Supercourse model for other ancient libraries. The Library of Alexandria with the Supercourse of Science is a perfect model for this. It would be wonderful to build an ancient library supercourse for sharing and saving knowledge across the centuries. Please let us know if you would like to be a part of this, if we can get this off the ground. It appears that there were many wonderful libraries in Egypt, Iran, Iraq, Turkmenistan, India, China, Greece Italy, and many other places.

They are the books, the arts, the academes

That show, contain and nourish all the world (Shakespeare)

African Federation of Public Health Associations: Dr.D.K.Sekimpi from Uganda just wrote to us to indicate that in the next few months the African Federation of Public Health Associations will be formalized. It will bring together all the national Public Health Associations in Africa. The goal is in many ways African Global health, with the associations banding together as we are living in a global villiage as Dr. Sekimpi has pointed out.

Statistics Supercourse: We will be presenting at the Eastern *Mediterranean* Society meetings at the end of April. There is a critical need for people to be training in statistics in almost all countries, but we are not teaching a sufficient number. We want to expand our statistics supercourse lectures so that others can use your lectures to teach about statistics. If you have lectures on statistics, we would very much like to include these into the supercourse.

Single Malt Scotch: The International Epidemiology Association will hold the World Congress of Epidemiology *will be meeting* 7 to 11 August 2011 in Edinburgh, United Kingdom **Error! Hyperlink reference not valid.** The Supercourse will have a session at the congress. We are pleased as to how many of the global Supercourse team will be

there. For every supercourse member we will buy you a shot of single malt scotch or a coke if you do not drink). If there are too many of you, we may have to buy single malt Brewski, as we have no money. It will be wonderful to see you all again. Please try to come to Scotland. Please let us know if you are coming. We might even take you out to a very famous Scottish restaurant. You may have heard about it, it begins something like "Mac dougals" and has golden arches.

The essence of a long life is to exercise, eat in moderation, don't drink too much, then again, don't drink too little (Herman Jackrabbit Smith Johansson, 104 year old cross country skier)

Faina Pick of the Week: This week we are very fortunate to have an interesting conceptual lecture entitled "Concepts in Public Health: A Case Study of Protein Energy Malnutrition (PEM)" This lecture gives an interesting overview on the web of disease causation, especially when it comes to PEM. This lecture has been given to us by Drs. Salve, Kumar, and Pandav from India. In general, we in the Supercourse are very much interested in lectures on energy, metabolism, and related areas. All lectures in this area are welcome!

Best wishes from:

Ron, Eugene, Faina, Meredith, Francois, Eric, Ali, Vint, Ismail, Gil, Jesse, Mita, Kawkab, Nabil