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I. April 15, 1986
Moscow: Site visit at Polyclinic Perovskii #69

The American delegation traveled by bus to a typical Soviet polyclinic in the outskirts of Moscow. This polyclinic is one of the largest of 33 in Moscow. A meeting was held with the Chief Physician, Dr. Gallena Vyshegarodtseva, and three other physicians. The American delegation was treated to a lengthy tour and discussion regarding the facility and services. The building was old and in poor condition by U.S. standards, but the staff seemed extremely proud of the facility and the operation. The equipment also appeared to be limited and antiquated. This polyclinic serves more than 400,000 people, including 80,000 children. They claimed to have 32 doctors on staff and 1,200 visits/shift. Veterans, children, and pregnant women are given preference. They emphasize preventive services and education. Minor treatment and surgery are performed at a polyclinic, and more complicated procedures are referred to a hospital. The physicians acknowledged high rates of lung cancer and cardiovascular disease due to alcoholism and tobacco use in epidemic proportions.

II. April 16, 1986
Moscow: Cosmos Hotel. Lecture by Larry Gordon with group discussion.

The first presentation on group discussion was led by Larry Gordon, titled "An Overview of Environmental Health". The discussion dealt with the definitions and varying perceptions of environmental health and the scope of environmental health problems and programs. Mr. Gordon listed the range of environmental health programs as practiced at the federal, state, and local levels. Environmental health problem identification, policy development, and the political process involved in developing standards and regulations were discussed. Professor Fish described the current status of environmental health organizational issues in Washington State when public health groups have become more assertive regarding the health aspects of ecological issues. Mr. Felix, with a background in private sector environmental health, noted that industry has withdrawn support for its environmental programs due to the influence of President Reagan.

III. April 17, 1986
Moscow: Cosmos Hotel. Lecture and group discussion led by Larry Gordon.

This presentation and discussion dealt with a typical environmental health planning process used by a number of environmental health agencies. Coverage included the purpose and value of such planning; the necessity of articulating goals for the agency and individual programs; the value of informing the public, elected officials, and the agency staff understanding the mission of the agency; the nature and examples, of conflicts of interest; examples of identifying and quantifying environmental health problems; definition and examples of program objectives; the necessity of planning assumptions; priority-setting; program design and implementation; and general discussion of issues of population pressures, resource consumption, and environmental quality.

IV. April 18, 1986
Samarkand. Lecture on Selected Environmental Health Problems, with discussion led by Larry Gordon.

The presentation discussed the roles of federal, state, and local environmental health agencies regarding such environmental health problems as air pollution, water quality, and food protection. The air pollution criteria pollutants (CO, NO_x, SO₂, lead, fine particulates, and ozone) were discussed. Acid precipitation, clean indoor air, and the "brown cloud" phenomena were also detailed. Some of the current issues in water pollution, and safe drinking water in various areas were covered. Food protection involvement of the U.S. Food and Drug Administration, the U.S. Department of Agriculture, and state and local agencies were specified, along with some of the current food protection incidents...e.g., cheese, milk, Norwalk virus, etc.

V. April 19, 1986
Samarkand: Field trip to observe and discuss food protection practices and problems in Central Asia, led by Larry Gordon.

The American delegation toured the large market area in Samarkand for the purpose of observing and discussing food protection and the vast differences between their practices and those of the United States. All food are open to contamination by dust, insects, and droplets with the complete absence of refrigeration, packaging, or sanitary facilities. Delegation members noted, however, that these practices are common in undeveloped areas of the world. The market areas were, however, superficially free of litter and well kept. Even poultry and meat were unrefrigerated. The delegates discussed the possible extent of food borne illness, the possibility of individual colonization of pathogens, and the possibility of some of the products having evolved to be non-perishable.

VI. April 20, 1986
Bukhara: Group discussion re - Hazardous Waste Management issues.

The entire group discussed some of the current hazardous waste management issues and the specific interests and hazardous waste roles of some of the participants. The responsibilities of federal, state, and local governments were summarized, as were the roles of industry and private consultants. The specific problem of the safe disposition of PCB's and Agent Orange was discussed. Professor Fish summarized the hazardous waste and radioactive waste problems which must be managed by a major university heavily involved in teaching and research. The current activities relating to underground storage tanks, transfer and storage tanks, household hazardous waste collection, recycling, disposal facilities, and the necessity of public involvement were covered.

VII. April 21, 1986
Bukhara: Field trip and subsequent discussion regarding occupational health observations in a U.S.S.R. factory.

The American delegation observed occupational health conditions in a U.S.S.R. Embroidery factory employing approximately 75 people for eight-hour work days. The building was old, but probably satisfactory for this particular type of operation. We did not observe first aid kits, fire extinguishers, or sufficient sanitary facilities. Employees ate at their regular work stations. The workers (all women) took an obvious pride in their work and products. Work involved intricate embroidery and the lighting did not appear sufficient for such detail work.

VIII. April 22, 1986
Tashkent: Uzbekistan Hotel. National Food Protection Conference.

This presentation and discussion was led by Charles Felix, Director of the Food Sanitation Conference, Editor-Publisher of Food Protection Report, and Editor of Environment News Digest. The first Food Protection Conference was held in Denver in 1971, and the second in Washington, D.C. in 1984. The next Conference will be held in Ann Arbor in August, 1986. The Conference will deal with current issues of toxicology, microbiology, food processing standards and regulations, new foods, and education and training. Discussion indicated that food protection is still an important environmental health priority, and more important than some of the newer and more glamorous issues. Recent major food-borne illness outbreaks indicate the need for upgrading and revitalizing government and industry food protection efforts. Also, renewed emphasis on food protection curricula is needed in schools of public health and environmental health programs outside schools of public health.

- IX. April 22, 1986
Tashkent: Site visit to offices of Uzbekistan environmental protection officials.

The American delegation met with Saidakmel S. Saidaminov, Dr.Sc., Assoc. Prof., Tashkent Automobile and Hydraulics Department, and Dr. Isicanoar, who directs a number of Uzbekistan environmental program and research laboratories. They indicated that vehicles were a major air pollution source. They also stressed the importance of water pollution control in their water shortage area. They monitor CO, NO_x, SO₂, hydrocarbons, and heavy metals, and claim that autos are checked annually by the "road militia". They use unleaded fuel and natural gas. These people work with the Ministry of Health Care, but indicate that other Ministries such as Agriculture and Transportation also have environmental protection officials. They acknowledge that hazardous waste issues are unresolved in Tashkent, and claim that acid rain comes from "other countries". They indicated that their experts say nuclear power is "thoroughly safe".

- X. April 23, 1986
Tashkent: Uzbekistan Hotel. Selected Environmental Health Organizational Experiences.

This presentation and discussion was led by Larry Gordon, and dealt with the creation of the U.S. Environmental Protection Agency, the Albuquerque Environmental Health Department, the New Mexico Environmental Improvement Agency, the New Mexico Scientific Laboratory System, the New Mexico Environmental Quality Council, and the New Mexico Health and Environment Department. Discussion included programs scope, statutory authorization, pros and cons of various organizational arrangements, the public policy aspects of the creation of such departments, and the rise and fall of professionalism within some of these agencies.

- XI. April 25, 1986
Leningrad: Site visit to Sanitary Epidemiological Station.

The American delegation met with Gennadi A. Kolesnikor, Deputy Chief Doctor, and two other staff Doctors. Their responsibility is sanitary control as a part of the Department of Health Care of Leningrad, which has 22 District Epidemiological Stations. Other "enterprises" such as Railways, Navy and Fleet, and Aviation also have Sanitary Epidemiological Stations. They are involved in regulation of food, air, water, occupational health, housing construction, hotels, and waste disposal. They disclaim any water-borne disease, food-borne illness, or cross connections. Profess weekly inspection of food establishments, and large establishments have their own Sanitary Doctors. Heart, cancer, and trauma are leading causes of death. Claim that garbage processing factory handles 20% of Leningrad garbage, and that hazardous wastes are disposed in "clay areas" and some is recycled. Acknowledged that common glasses used for vending machines are only rinsed in recirculated water containing no disinfectant. Also acknowledged that rats are a continuing problem.

XII. April 27, 1986

Leningrad: Pribaltiskaya Hotel. Group discussion regarding the site visit to Sanitary Epidemiological Station.

The delegation discussed some of the statements made by the Sanitary Doctors such as no food-borne illness, no cross connections, frequency of inspections, and no water-borne disease in Leningrad. Discussion involved issues of disease reporting, diagnosis, treatment, possible colonization of individuals, and the types of perishable foods sold on the streets and in markets. The delegation also discussed the number and qualifications of U.S.S.R. health personnel. It was noted that major air pollution sources are being moved out of major cities, along with the workers. The Sanitary Doctors had indicated average life span to be 78 for women and 76 for men, whereas demographic literature indicate the average for men has decreased from 68 in 1972 to 62 in 1983 due to alcohol and tobacco use. The delegation also discussed the cramped, look-alike, monotonous apartments in which nearly all U.S.S.R. people live.