Affordable fun for summer's dog days

Whether you are heading out of town or sticking close to home, make the most out of every remaining summer day with discounts from Harvard's Outings & Innings site for travel & lodging, movies, museums, and seasonal fun. And check out their resource page for more fun ideas from outdoor movies and arts festivals to berry picking.

Next date for Outings & Innings service in the Kresge Cafeteria:
August 22, 10:00 AM-1:00 PM. Cash only.

Mobile phones help community health workers diagnose, treat patients

Marc Mitchell, lecturer on global health at HSPH, has worked for decades to improve health infrastructures and increase access to care in developing countries around the world. Now, he's getting the job done by leveraging the power of a device common in even the poorest countries -- the mobile phone. He spoke to an HSPH audience on July 24, 2012 as part of the summer Hot Topics lecture series. Read more

Research news and interviews

Weight training linked to reduced risk of type 2 diabetes

Men who do weight training regularly may be able to reduce their risk of type 2 diabetes by up to 34%, according to a new study by HSPH and University of Southern Denmark researchers. And if they combine weight training and aerobic exercise, such as brisk walking or running, they may be able to reduce their risk even further--up to 59%. This is the first study to examine the role of weight training in the prevention of type 2 diabetes. The results suggest that, because weight training appears to confer benefits independent of aerobic exercise, it can be a valuable alternative for people who have difficulty with the latter.

Health care system can learn from restaurant chain

The nation’s health care system needs to learn to serve millions of Americans with consistent quality, reasonable cost, and decent service -- much like popular chains like the
Cheesecake Factory have learned to do in the restaurant world, Atul Gawande, professor in the Department of Health Policy and Management at HSPH, wrote in a recent New Yorker article.

Consumer information unlikely to contribute to lower healthcare costs in Mass.

New York Times editorial cites HSPH study in arguing for Medicaid expansion.