

EPI Update for Friday, May 3, 2013
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza H7N9 update**
- **Iowans: aerobic and muscle-strengthening physical activities**
- **Meeting announcements and training opportunities**

Influenza H7N9 update

Human infections with a newly identified avian influenza A (H7N9) virus continue to be reported in China. The virus has been detected in poultry in China as well. As of April 29, 2013, China had reported 126 confirmed H7N9 infections in humans, among whom 24 (19 percent) died. A few cases have also been reported in Taiwan. Several clusters of potential human-to-human transmission are being investigated, but this appears to occur only very rarely, if at all. Almost all cases have had exposure to poultry. For more information, visit www.cdc.gov/flu/avianflu/h7n9-virus.htm.

IDPH and CDC are continuing epidemiologic and laboratory surveillance for influenza. On April 5, 2013, CDC requested state and local health departments to initiate enhanced surveillance for H7N9 among symptomatic patients who had returned from China in the previous 10 days. SHL can test for this strain of influenza. Any suspected infections should be reported to IDPH and call 319-335-4500 with any questions about testing.

So far there have been no reports of H7N9 illness in the United States. A few travelers returning from China with influenza-like illness have tested positive for typical seasonal flu.

Iowans: aerobic and muscle-strengthening physical activities

Aerobic and muscle-strengthening physical activities provide substantial health benefits. The Behavioral Risk Factor Surveillance System (BRFSS) included questions on these activities in 2011, and data were collected from 497,967 respondents from all 50 states.

Respondents were asked about frequency and duration of aerobic physical activities at which they spent the most time during the past month or week, and about the frequency of muscle strengthening activities during the past month or week.

Nationally, 51.6 percent met the aerobic activity guideline, 29.3 percent met the muscle-strengthening guideline, and 20.6 percent met both guidelines. In Iowa, only 47.6 percent met the aerobic activity guideline, only 27.5 percent met the muscle activity guideline, and only 17.5 percent met both guidelines.

To view the report, visit

www.cdc.gov/mmwr/preview/mmwrhtml/mm6217a2.htm?s_cid=mm6217a2_w.

Meeting announcements and training opportunities

None

We wish everyone a happy and healthy week (and non-snowy)!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736