

Epi Update for Friday, August 26, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza surveillance year-round**
- **Standing desks for school children have health benefits**
- **D.A. Henderson, eradicator of smallpox, passes away**
- **Infographic: Healthy students do better in school**
- **Meeting announcements and training opportunities**

Influenza surveillance year-round

Influenza circulates all year and outbreaks of influenza can occur at any time of the year. The Iowa Department of Health (IDPH) and the State Hygienic Laboratory (SHL) encourage health care facilities to continue to submit specimens to SHL year-round for hospitalized patients with influenza-like illness and without other apparent cause, or in any suspected influenza outbreak.

Standing desks for school children have health benefits

New research shows that standing desks in classrooms can slow the increase of body mass index (BMI) in school children. The research, funded by NIH, found that students who had stand-biased desks (desks that encouraged standing) in classrooms for as little as one year had lower mean BMIs than students in traditional classrooms. Students that had stand-biased desks for two years averaged a three percent drop in BMI, while those in traditional classrooms showed the two percent increase associated with aging. This research also demonstrated standing desks increase student engagement, cognitive functioning, and academic achievements. For more information, visit ajph.aphapublications.org/doi/10.2105/AJPH.2016.303323.

D.A. Henderson, eradicator of smallpox, passes away

Dr. Donald (D.A.) Henderson, who was instrumental in the eradication of smallpox, died Friday, August 19. Dr. Henderson also served as Chief of the Centers for Disease Control and Prevention's (CDC) virus disease surveillance programs from 1960-1965, during which his unit developed a proposal for a United States Aid for International Development (USAID) program to eliminate smallpox and control measles over a five-year period in western and central Africa.

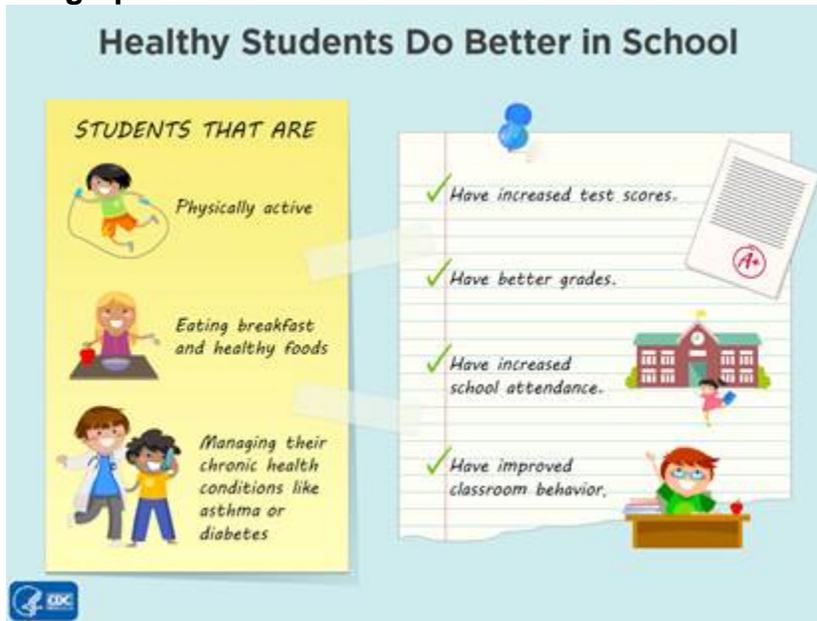
In 1966, the WHO director named Dr. Henderson the leader of its campaign to eradicate smallpox worldwide. For the next decade, Dr. Henderson and his team of public health officials and field workers worked tirelessly on vaccination, identification of cases, and education to ensure that smallpox was totally eradicated. In 1977, after 10 years of work, the last reported case of naturally occurring smallpox was reported. Three years later, smallpox was declared to be eradicated.

Dr. Henderson continued his valuable work in public health for the rest of his life. He served as Dean of the Faculty of the Johns Hopkins School of Public Health (1977-

1990), as Associate Director of the Office of Science and Technology Policy for the Executive Office of the President (1990-1993), Founding Director of the Johns Hopkins Center for Civilian Biodefense Strategies (1998), Director of the Office of Public Health Emergency Preparedness (2001-2003), and as Principal Science Advisor in the Office of the Secretary of the Department of Health and Human Services.

Dr. Henderson's influence and contributions to the public health community will not soon be forgotten.

Infographic:



Infographic available at www.cdc.gov/healthyschools/parentengagement/pdf/healthy_students_badge1.pdf.

Meeting announcements and training opportunities

2016 Farm Progress Show will be at the intersection of Highways 30 and 17 (east of Boone), August 30-September 1. IDPH is hosting the Health & Safety Tent with over 20 partnering groups exhibiting. For more information, visit idph.iowa.gov/lpp/occupational-health.

Have a healthy and happy week!

Center for Acute Disease Epidemiology
Iowa Department of Public Health
800-362-2736