

EPI Update for Friday November 25, 2005

Center For Acute Disease Epidemiology

Iowa Department of Public Health

Items for this week's EPI Update include:

- Thanksgiving Info (including, for those epidemiologists out there, how many people get food poisoning from Thanksgiving dinner)
- Influenza update
- Johns Hopkins University identifies "10 Cheap Ways to Save the World"
- From a former editor: "The Grant Wood Exhibit"
- Upcoming trainings

Thanksgiving Info:

Did You Know...

The first unofficial thanksgiving occurred in Plymouth, Massachusetts between the Native Americans and Pilgrims in 1621. The holiday was observed by America's first president in 1777, but was forgotten for 45 years until the time of Abraham Lincoln. Thanksgiving was made a national holiday by Lincoln, and President Roosevelt designated the fourth Thursday in November as the day the nation celebrates this holiday. Happy Thanksgiving!!!

Food for Thought...

- Americans eat 45 million turkeys every thanksgiving.
- Turkey is a good source of vitamin B6 and phosphorus, and a very good source of protein, niacin and selenium.
- Turkey meat should reach 180 degrees while cooking.
- A four-ounce serving of sweet potato contains no saturated fat and no cholesterol.
- A piece of homemade pumpkin pie on average has 100 more calories than a store-bought version.
- The average person consumes 1800 calories in one thanksgiving dinner (including the pumpkin pie).
- An estimated 800,000 people will become ill with a food-borne illness this Thanksgiving.

Influenza update

Seasonal influenza

Three nearby states now report influenza activity: Minnesota, North and South Dakota. Twenty-one states are reporting sporadic activity. None are reporting higher levels of

activity. Influenza-like illness reported by participants in the Iowa Influenza Surveillance Network (IISN) remains below the baseline. For more information on the IISN, visit our Web site at www.idph.state.ia.us/adper/iisn.asp <<http://www.idph.state.ia.us/adper/iisn.asp>>.

Avian influenza

As of Nov.17, WHO reports 130 cases of avian influenza including 67 fatalities. Human infection remains active in China, Cambodia, Thailand, Vietnam and Indonesia. Avian activity has been sporadically reported in Europe, Asia and the Persian Gulf.

For the most up-to-date information, visit the WHO's Web site on avian influenza at www.who.int/csr/disease/avian_influenza/en/ <http://www.who.int/csr/disease/avian_influenza/en/>.

Pandemic influenza planning efforts

Several questions were submitted to our staff following the Pandemic Influenza ICN. Answers to those questions will be posted on our Web site by Dec. 1. To view these responses, visit www.idph.state.ia.us/adper/flu_icn.asp <http://www.idph.state.ia.us/adper/flu_icn.asp>.

Avian influenza poultry industry Website

There is new Web site on avian influenza for the poultry industry; coalition of National Chicken Council (NCC), National Turkey Federation (NTF), and Egg Safety Center (ESC): www.avianinfluenzainfo.org <<http://www.avianinfluenzainfo.org>>.

Johns Hopkins University identifies “10 Cheap Ways to Save the World”

The fall 2005 issue of Johns Hopkins Public Health includes a list of the 10 least expensive ways to save millions of lives. Experts on the School's faculty identified the interventions. The ten cheap interventions are:

1. Quit smoking.
2. Increase vitamin A supplementation.
3. Expand oral rehydration therapy.
4. Build pit latrines in developing countries.
5. Use bed nets treated with insecticide.
6. Treat premature newborns with antiseptic baby wipes or sunflower oil.
7. Use home based water purification systems.
8. Increase condom availability.
9. Vaccinate poor children against measles.
10. Breastfeed.

From a former editor: “The Grant Wood Exhibit”

Grant Wood, Iowa's most enduring artist, was born on a farm near Anamosa on Feb. 13, 1892. Following the death of his father in 1901, Wood relocated to Cedar Rapids with his mother, sister and brother. In a tribute to its native son, the Cedar Rapids Art Center is currently showing many of Wood's works, which are on loan from various individuals, organizations and art museums. The exhibition includes his signature work, "American Gothic." The show closes on Dec. 4, so there is still time to take in this impressive exhibit.

With only modest formal art training, summers in Minneapolis and night school in Chicago, Wood launched his career in painting and design. In 1928, the City of Cedar Rapids commissioned Wood to design a 24 by 20 foot stained glass window for Veterans Memorial Auditorium in City Hall. Upon completion, the window included life-size figures of soldiers from every American war up to World War I. In initial sketches, his sister Nan posed as a towering female figure representing the Republic. The project took two years to complete, during which time Wood traveled to Munich, Germany to supervise the artisans who did the glass fabrication work. If you visit Cedar Rapids during workday business hours, you may view this elegant window in the auditorium entryway of City Hall.

It was on this trip to Munich (one of four trips to Europe for work and study) that Wood visited museums and became inspired by 15th century Flemish paintings. The experience prompted him to give up impressionistic painting for the simplicity and realism seen in his later works. The most famous of these is "American Gothic," in which his sister Nan - once a TB patient at Oakdale - posed with Grant Wood's dentist, Dr B.H. McKeeby in front of an Eldon, Iowa residence that was constructed in the style of "carpenter gothic." This much parodied painting, done in the regionalist, American tradition, was entered in the Chicago Art Institute Show in 1930 and awarded a bronze medal with \$300 prize. It became an immediate icon that would propel Wood's career nationally.

Wood, who frequently worked and was often photographed in his signature bib overalls, was an engaging individual who once remarked, "I realized that all the really good ideas I'd ever had came to me while I was milking a cow. So I went back to Iowa." At the end of his career he resided in Iowa City and taught art at the University of Iowa. Sadly, he died from cancer the day before his 50th birthday on Feb. 12th, 1942. Grant Wood loved his home state and once remarked, "I had to go to France to appreciate Iowa." The Iowa version of the 25-cent quarter contains a rural scene by Grant Wood. If you can, motor over to Cedar Rapids and visit the show as well as the breath-taking window at City Hall ... you'll be "thankful" you did.

In making these paintings, as you may have guessed, I had in mind something which I hope to convey to a fairly wide audience in America - the picture of a country rich in the arts of peace; a homely lovable nation, infinitely worth any sacrifice necessary to its preservation.

Grant Wood, in a statement accompanying his final painting

Upcoming training:

Iowa's Antibiotic Resistance Training: When Antibiotics Don't Work

Registration is now open for the Iowa Antibiotic Resistance Task Force's free teleconference on Dec. 14 from noon to 1:00 p.m., titled **“When Antibiotics Don't Work.”** Topics that will be covered include: 1) antibiotic resistance surveillance in Iowa and what it tells you; 2) decreasing antibiotic resistance through patient education; and 3) community acquired MRSA. You can register by phone, fax, or mail. **The deadline is Dec. 6.** For registration and information, please visit www.idph.state.ia.us/adper/common/pdf/cade/teleconf_reg.pdf