

EPI Update for Friday, May 9, 2008
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Hepatitis A cases continue to rise**
- **Updated human rabies prevention recommendations of the Advisory Committee on Immunization Practices**
- **Healthy Homes**
- **Hazards to outdoor workers**
- **Do you know the top 10 risk factors for illness and death in the U.S.?**
- **Bacteria- it's not all bad!!!**
- **We don't want you to miss any updates!**

Hepatitis A cases continue to rise

We are continuing to see a significant increase in the number of Hepatitis A cases reported across Iowa. To date, 43 cases have been reported, and this represents a 460 percent increase above our previous 3-year average.

In light of this increase, we recommend that you review the vaccination recommendations and schedules. For more information visit:

www.vaccineinformation.org/hepa/qandavax.asp or
www.cdc.gov/vaccines/recs/schedules/default.htm

Updated human rabies prevention recommendations of the Advisory Committee on Immunization Practices (ACIP)

The CDC has just released the Advisory Committee on Immunization Practices updated recommendations for human rabies prevention. These recommendations are widely accepted as the national standards for human rabies prevention and serve as the basis for human rabies recommendations issued by IDPH.

- These updated recommendations involve no substantial changes to the recommended approach for rabies post-exposure or pre-exposure prophylaxis.
 - Modifications were made to the language of the guidelines to clarify the recommendations and better specify the situations in which rabies post- and pre-exposure prophylaxis should be administered.
- No new rabies biologics are presented, and no changes were made to the vaccination schedules.

- However, rabies vaccine adsorbed (RVA, Bioport Corporation) is no longer available for rabies post-exposure or pre-exposure prophylaxis, and intradermal pre-exposure prophylaxis is no longer recommended because it is not available in the United States.

For more information visit:

www.cdc.gov/mmwr/preview/mmwrhtml/rr57e507a1.htm?s_cid=rr57e507_e%0d%0a

Healthy Homes

Iowa's Healthy Homes Initiative addresses both housing and health issues faced by Iowans. Although our homes are intended to provide shelter and safety from the elements, for many Iowans, their home can be the source of poisonings and illness. Typically we spend about 90 percent of our time indoors, which exposes us to moisture, dust, pests, deteriorated paint, pet dander, and other triggers that may impact our health.

Iowa's Healthy Homes Initiative will sponsor the training *Essentials for Healthy Homes Practitioners*, on July 30-31 in Ankeny, Iowa. Another valuable resource is the booklet, *Healthy Homes, Healthy People*. For more information on this training, to order copies of the booklet, or for more information on how you can be involved in Iowa's Healthy Homes Initiative, please contact Mindy Uhle at muhle@idph.state.ia.us.

Hazards to outdoor workers

Outdoor workers are exposed to hazards that vary depending upon their occupation, geographic region, season, and duration of time they are outside. Outdoor workers include farmers, foresters, landscapers, groundskeepers, gardeners, painters, roofers, pavers, construction workers, laborers, mechanics, and any other worker who spends time outside.

Employers should train their workers about workplace hazards, including hazard identification and provide recommendations for preventing and controlling their exposures. For more information visit: www.cdc.gov/niosh/topics/outdoor/

Do you know the top 10 risk factors for illness and death in the United States?

Why do we get sick and what risk factors are ultimately killing us? A recent study at University of Washington School of Medicine looked at just that, and here are the risk factors they identified:

1. Smoking
2. Alcohol use
3. Overweight and obesity
4. High blood pressure
5. High cholesterol
6. Low fruit and vegetable intake

7. Physical inactivity
8. Illicit drug use
9. Unsafe sex
10. Iron-deficiency anemia

You may notice that we as individuals have quite a bit of control of what ends up killing us. Over the next few weeks, the update will provide you with web based resources on these issues.

Bacteria: it's not all bad!!!

Did you know that there are approximately 182 species of bacteria known to thrive on a two-centimeter-square patch of our skin? We know very little about how these microbes affect our bodies- but the National Institutes of Health is undertaking a \$115 million project with the goal of teaching us more. The research will analyze samples of microbial communities harvested from healthy volunteer's noses, mouths, skin, digestive tracts, and urogenital systems. These samples will be compared to those from subjects with various diseases to determine whether any combinations of microorganisms correlate to specific diseases. Researchers are hoping that the findings will uncover methods to treat patients by adjusting their microbial balance.

We don't want you to miss any updates!

If you are experiencing technological difficulties or have suddenly stopped receiving the Friday Update, please see the information below:

Your spam filter may be blocking the Friday Update. A spam filter is a program that is used to detect unsolicited and unwanted email and prevent those messages from getting to a user's inbox. Like other types of filtering programs, a spam filter looks for certain criteria on which it bases judgments. Please contact scameron@idph.state.ia.us to see if your address is still on our list. If it is, please check your filters or contact your IT people. We want you to continue receiving these updates.

Meeting announcements and training opportunities

Call For Abstracts, Midwest Rural Agricultural Safety and Health Forum, November 20-21, 2008, Davenport, IA. Research, education, and outreach presentations are welcome. Deadline July 1, 2008. For more information visit: www.public-health.uiowa.edu/icash/

2008 Agricultural Occupational Health Training

Iowa's Center for Agricultural Safety and Health (I-CASH) the Agricultural Occupational Health Training, June 9-13, 2008. For more information visit: www.public-health.uiowa.edu/icash/ Contact person: Kay Mohling 319/335-4219; E mail: kay-mohling@uiowa.edu.

Have a healthy and happy week!
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