

EPI Update for Friday, February 27, 2009
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- ? **Recommended composition of the 2009-2010 influenza vaccine**
- ? **Dental health needs of children – a role for Iowa primary care physicians**
- ? **Presidential health – answers to the quiz and public health commentary**
- ? **Meeting announcements and training opportunities**

Recommended composition of the 2009-2010 influenza vaccine

On February 18, 2009 the composition of the 2009-2010 influenza vaccine was decided; it will contain an A/Brisbane/59/2007 (H1N1)- like virus, an A/Brisbane/10/2007 (H3N2)- like virus, and a B/Brisbane/60/2008- like virus. The two A's strains for next year's vaccine are the same as the strains in this year's vaccine; however, the B strain will change. (Interestingly, all three strains were first identified in Brisbane, Australia. Thus, given the convention of naming flu strains after the place where they were first identified, each has "Brisbane" in the name of strain.)

This influenza season outbreaks of A (H1N1) were reported in several countries, as well as A (H3N2) and influenza B. This season's vaccine provided good coverage for A strains but minimal coverage for B strains.

Adding a second B strain to future influenza vaccines is being discussed.

Dental health needs of children – a role for Iowa primary care physicians

Dental caries is one of the most common transmissible infectious diseases among children, and there are both monetary and behavioral costs when children suffer from early tooth loss and pain from dental decay. Children with cavities can have difficulties eating properly, speaking clearly and succeeding in school due to school hours lost to dental-related illness. Severe decay can result in as much as \$10,000 in treatment costs, but preventive measures such as three fluoride varnish applications in a year cost only \$43 and are highly effective prevention measures.

Unfortunately, more than half of all Medicaid-enrolled children received no dental care. Also, an estimated 25 percent of Iowa children have no payment source for dental treatment.

The Iowa Academy of Pediatrics has developed six web-based training modules (Oral Health in Pediatrics) to help primary health care providers learn about Early Childhood Caries. These are available free at www.iowapeds.org

Presidential health – answers to the quiz and public health commentary

Here are the answers to last week's President's Day health quiz:

1. *This U.S. president was disabled by what is now a vaccine-preventable illness. Who was he, and what was the illness? Bonus: This President did not die from his condition. What was his cause of death?*

Franklin Delano Roosevelt, our longest serving President, was stricken with polio at the age of 39. Although he was rarely photographed in his wheelchair, he walked only with difficulty during the years of his presidency. FDR was more frequently pictured with his signature cigarette and cigarette holder. He died of a stroke shortly after the beginning of his fourth term in 1945. Polio is now extremely rare in the United States. Cardiovascular disease is a leading cause of death and smoking is a major cause of heart attack and stroke.
2. *Though he lived to be over 65, he died after less than a month in office from an infectious disease contracted on his inaugural day. What was his name, and what was his cause of death?*

William Henry Harrison, "Old Tippecanoe," was our ninth president. He fell ill with a cold shortly after his inauguration, and his health declined rapidly. He died with pneumonia, jaundice and septicemia after only 31 days in office. The pneumococcal polysaccharide vaccine is recommended for people over the age of 65 to prevent serious pneumonia, meningitis and bacteremia caused by *Streptococcus pneumoniae*. Pneumonia is still a leading cause of death in the elderly.
3. *Name this president, a Midwestern native, who lived to be 88. His long life is often attributed to what good habit?*

Harry Truman from Missouri became our 33rd president following the death of Franklin Delano Roosevelt. He was well known in Washington for walking two or more miles every day. His walks continued back home in Missouri following his presidency. Promoting physical activity is an important public health challenge.
4. *This president was known for his physical vigor, but was in poor health as a child. He attributed his recovery to clean air and a lot of exercise. Name him and his illness.*

Theodore Roosevelt, our 26th president, suffered from asthma as a child. His well-to-do father installed an open air home gymnasium for his son to build up his strength. More than 40,000 Iowa children suffer from asthma, and poverty is associated with a higher prevalence of asthma. Air pollution and a number of other environmental factors can trigger asthma attacks.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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