

**EPI Update for Friday, January 8, 2010**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Twenty tips for 2010**
- **Seasonal influenza may soon emerge**
- **Change to the Iowa Influenza Surveillance Network Web site**
- **Meeting announcements and training opportunities**

**Twenty tips for 2010**

January rings in the start of a new year and a new decade. This is a time to accomplish new goals by going back to the basics; the little changes in daily life can add up to big changes. Here are the first ten of 20 tips; the second ten will run next week. Some ideas were collaborated with findings from:

[www.Livehealthyiowa.org](http://www.Livehealthyiowa.org), [www.americanheart.org](http://www.americanheart.org), and Michael F. Roizen, MD's "10 Easy Steps to a Healthier Heart."

- 1) Get walking. *The consistency of walking everyday will make it a part of your daily routine, so it is not a question of **if** you will do it, but **when** you will do it. Any physical activity will work and it can be as simple as walking or as strenuous as running or swimming.*
- 2) Bring a friend with you on your next walk or clue them in on your dietary plans. *They will hold you accountable for your goals and make the activity more enjoyable. A pet can also serve as a walking buddy because they most likely will be waiting by the door for their daily walk.*
- 3) Pace while you are on the phone. *These easy extra steps will add up to more daily activity and get your body moving.*
- 4) Move while waiting in line. *If you find yourself stopped in a long line, there is no reason you have to stop moving your body completely. You can do calf raises, stretches, or simply walk in place, being as discreet as you wish to be.*
- 5) Take the stairs instead of the elevator. *The stairs can be just as fast or quicker, and the climb gets your heart pumping.*
- 6) Try a new activity. *Exploring different options can lead to new hobbies. It can also keep the idea of activity or working out exciting. Racquetball, yoga, Pilates, rock climbing, tag, kickboxing, biking, lifting weights and swimming are just a few of the many options out there to try.*
- 7) Plan out your week. *Keeping a schedule will allow you to plan your activities and meal times in advance. Having your physical activity scheduled on the calendar at a definite time will make it less likely for you*

*to arrange another engagement during your walking or workout hour. In addition, planning your meals in advance will allow you to have time to go grocery shopping for healthier options instead of heading to the drive-thru.*

- 8) Get your numbers such as cholesterol, blood pressure, and HDL (high-density lipoprotein) checked. *Getting your cholesterol checked every so often may lessen your risk of heart disease and stroke. Raise your HDL to 50. HDL helps the body clean itself of bad cholesterol. Getting your HDL levels up to 50 can be done by exercise and eating healthy fats found in olive and canola oil. Aim for a blood pressure of 115/75. The best way to do this is by losing excess weight (especially around the abdomen). This can be done by eating less sugar, salt and fatty foods.*
- 9) Get nutty. *Nuts such as walnuts and almonds are full of heart-healthy omega-3 fatty acids. As an added bonus they also contain protein and fiber.*
- 10) Eat more potassium. *Potassium can be found in many natural foods including tomato sauce, sweet potatoes, and bananas. Potassium helps lower blood pressure and soothes muscles.*

### **Seasonal influenza may soon emerge**

As winter grips Iowa, seasonal influenza may follow. Please be aware of these testing guidelines which are applicable regardless of influenza type and strain or rapid antigen result (if a rapid test is performed, please note result on the test request form). UHL uses a real-time PCR test for the detection of influenza (seasonal and pandemic H1N1 strains). This test is more sensitive and specific than rapid point-of-care tests.

UHL is currently performing influenza testing for patients meeting the following criteria:

- 1) *Hospitalized patients with influenza-like illness (optimally within three days of symptom onset):*
  - Nasopharyngeal swab
  - Nasopharyngeal aspirate or wash
- 2) *Hospitalized patients with pneumonia or other secondary infections, when more than seven days has elapsed from the onset of influenza-like illness.*

The following specimens should be considered for patients who are intubated or undergoing bronchoscopy:

  - Endotracheal aspirate
  - Bronchoalveolar lavage (BAL)

If a patient with pneumonia or other secondary infection is neither intubated nor undergoing bronchoscopy, then a nasopharyngeal swab or nasopharyngeal aspirate or wash should be obtained.

Influenza surveillance information for Iowa can be found at:

[www.idph.state.ia.us/adper/iisn.asp](http://www.idph.state.ia.us/adper/iisn.asp). For additional information regarding specimen collection, handling and submission to the University Hygienic Laboratory, visit: [www.uhl.uiowa.edu/services/influenza/](http://www.uhl.uiowa.edu/services/influenza/) or call 319-335-4500.

### **Change to the Iowa Influenza Surveillance Network Web site**

The Web site where the weekly Iowa Influenza Surveillance Network (IISN) reports are posted has been moved to a site linked to the IISN page, which we hope will be more user-friendly. The reports will continue to be posted on Friday afternoons. In addition, Web-users are able to subscribe to the site's RSS feed to receive updates when the new flu report is posted (to subscribe, click on the orange RSS box on the top of the Web page, and follow the prompts). To view this report, visit: [www.idph.state.ia.us/IdphArchive/Archive.aspx?channel=FluReports](http://www.idph.state.ia.us/IdphArchive/Archive.aspx?channel=FluReports).

### **Meeting announcements and training opportunities**

None

### **Have a healthy and happy week! Keep warm!**

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