

**EPI Update for Friday, January 15, 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**
- **Foodborne diseases can cause more than just diarrhea**
- **Meeting announcements and training opportunities**

**Twenty tips for 2010**

Continued from last week are the little changes in daily life that can add up to big changes. Here are the second 10 of 20 tips. Ideas from: [www.livehealthyiowa.org](http://www.livehealthyiowa.org), [www.americanheart.org](http://www.americanheart.org) , and Michael F. Roizen, MD.

- 1) Consume less fat. *Excess saturated fats over 20 grams and trans fats (which are not found naturally in foods) cause problems. These fats lead to inflammation in the arteries and as a result, heart disease.*
- 2) Throw out any food with sugar listed as one of the first few ingredients. *Excess sugar is transformed into belly fat by acting as empty calories.*
- 3) Consume more fruits and vegetables daily. *Fruits and vegetables are full of fiber and are tasty. Aim for about 9 helpings of fruits and vegetables. This may seem like a lot of fiber at first so it is important to ease yourself into the consumption of more fruits and vegetables. Local farmers and vendors offer fresh options from and around your area so you can enjoy the optimal in-season fruit and vegetable varieties.*
- 4) Drink a glass of milk or eat a cup of yogurt. *This will give you a dose of calcium, strengthen your bones and fight off osteoporosis.*
- 5) Drink more water. *Often times thirst can be disguised as hunger. So the next time you get the urge for another snack, grab a glass of water first, and see if that satisfies your hunger. A few more reasons to reach for a glass of water is it is a great energizer, helps the body be regulated, and is typically free.*
- 6) Eat breakfast. *It will boost brainpower and lessen the chance of overeating later in the day.*
- 7) Floss daily. *Flossing prevents swelling of the arteries and fends the body off from heart disease.*

- 8) Get 7 to 8 hours of sleep a night. *It will help you think clearer and tackle the tasks of the day more efficiently. Sleep also helps keep you from getting sick and lowers your risk of heart disease.*
- 9) Visit the Live Healthy Iowa Web site at [www.livehealthyiowa.org](http://www.livehealthyiowa.org). *This site is full of accessible healthy recipe options, activity events in the area and easy fitness moves to try out.*
- 10) Smile Today. *Laughing and smiling more will allow you to enjoy life and live a happier lifestyle. Turning up the corners of your mouth will also lower your stress levels and make people more likely to socialize with you.*

### **Foodborne diseases can cause more than just diarrhea**

Public health has been investigating a possible outbreak of *Salmonella* Newport. (The investigation is ongoing.) Of the 11 possible cases, one person had secondary complications of Reiter's syndrome or reactive arthritis. This syndrome is rare after salmonellosis but is more common in men, those with HLA-B27, and minorities.

What is Reiter's syndrome? Many clinicians may remember the useful mnemonic "the patient can't see, can't pee and can't climb a tree" describing the symptoms of conjunctivitis, urethritis, and reactive arthritis. This is one more reason to prevent foodborne diseases.

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

None

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

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