

EPI Update for Friday, November 17, 2017

Center for Acute Disease Epidemiology (CADE)

Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- Pertussis recommendations
- Thanksgiving food safety
- 2016 Iowa Hepatitis C surveillance data
- Rural populations have special health challenges
- In the news: World Antibiotic Awareness Week, November 13-19
- In the news: Fiber is healthy, but adding processed fiber to foods does not make them healthy
- Infographic: You can help prevent antibiotic resistance
- Meeting announcements and training opportunities

Pertussis recommendations

Historically, Iowa sees an increased number of pertussis reports in November. With that in mind, please ensure that patients who have been diagnosed with pertussis understand that they should stay home until they have completed the first five days of antibiotic therapy. If the patient has already had a cough for more than 21 days, they are no longer contagious. When pertussis cases are reported, public health will work with the health care provider and the case to identify contacts that may require treatment or post-exposure prophylaxis.

For more information about pertussis, visit wiki.idph.iowa.gov/epimanual/Home/CategoryID/100.

Thanksgiving food safety

Turkey time is upon us! Each year, IDPH investigates foodborne outbreaks linked to large family gatherings. Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.

This upcoming holiday season, remind patients to take appropriate steps to thaw and cook turkey properly.

For food safety tips for holiday turkey, visit www.cdc.gov/features/TurkeyTime/.

To report foodborne illness linked to a restaurant or gathering, call IDPH's IowaSIC hotline at 1-844-469-2742.

2016 IDPH Hepatitis C surveillance data

IDPH's 2016 Hepatitis C (HCV) end-of-year surveillance report has been posted to our website. Highlights of the report include:

- 2,287 Iowans were diagnosed with HCV in 2016, the most since reporting began.
- Nearly two-thirds of Iowans diagnosed with HCV in 2016 were males.
- 55 percent of Iowans diagnosed with HCV in 2016 were baby boomers.
- 89 percent of Iowans diagnosed with HCV in 2016 were non-Hispanic white.
- Among Iowans 30 and younger diagnosed with HCV in 2016 and who were eligible for follow-up, 68 percent reported injection drug use.
- There have been 23,588 Iowans ever reported with HCV and two-thirds had evidence of chronic infection.
- 11 percent of Iowans living with HIV are co-infected with HCV.
- There are an estimated 39,215 to 149,173 Iowans living with HCV and 17,647 to 126,797 of these are undiagnosed.

To view the full report,

visit idph.iowa.gov/Portals/1/userfiles/198/HCV%20End%20of%20Year%20Report%202016_1.pdf?utm_medium=email&utm_source=govdelivery.

Rural populations have special health challenges

Rural populations make up nearly 20 percent of the U.S. population. Of Iowa's 99 counties, 79 are classified as rural and 72 have been declared as medically underserved. Rural populations face higher rates of chronic disease, increased risk of death from unintentional injury, lower life expectancy, higher infant mortality, and other adverse health effects due in part to lack of access to health care and infrastructure.

Only 10 percent of U.S. health care workers practice in rural settings. There are currently 118 hospitals and 170 rural health clinics in Iowa. The Iowa State Office of Rural Health (SORH) is a federal-state partnership to help rural communities and organizations identify and resolve issues and build rural health infrastructure. The office provides rural health advocacy and outreach, coordination of rural health resources, and consultation to communities and health care providers in rural Iowa communities.

For more information, contact the Iowa State Office of Rural Health at 515-499-4467. For more information about special challenges in rural health in the U.S., https://www.cdc.gov/mmwr/rural_health_series.html

In the news: World Antibiotic Awareness Week, November 13-19

www.who.int/campaigns/world-antibiotic-awareness-week/en/

In the news: Fiber is healthy, but adding processed fiber to foods does not make them healthy

www.npr.org/sections/thesalt/2017/10/23/558761819/the-fda-will-decide-if-these-26-ingredients-count-as-fiber

Infographic: You can help prevent antibiotic resistance

www.who.int/campaigns/world-antibiotic-awareness-week/2017/infographics/role-to-play.jpg?ua=1

Meeting announcements and training opportunities

None

Note: There will be no EPI Update released next week due to the Thanksgiving holiday.

**Have a healthy and happy week!
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