

EPI Update for Friday, December 8, 2017
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Influenza activity increasing in Iowa**
- **Gonorrhea increasing rapidly in Iowa**
- **CDC releases 2016 data on TB in the U.S.**
- **In the news: Eating cheese every day might actually be healthy**
- **Infographic: The costly burden of drug-resistant TB in the U.S.**
- **Meeting announcements and training opportunities**

Influenza activity increasing in Iowa

Over the past week, IDPH has investigated an influenza outbreak in a long-term care facility and several reports of at least 10 percent absenteeism in schools.

IDPH guidance for long-term care facilities, health care providers, schools and child care facilities have been updated for this influenza season and are available on the IDPH website. Resources include fact sheets for providers, staff and the general public, as well as general recommendations and regular surveillance reports.

For more information on influenza, visit idph.iowa.gov/influenza.

Gonorrhea increasing rapidly in Iowa

By mid-October of 2017, Iowa exceeded the 2,600 gonorrhea cases reported in all of 2016. The state had already experienced a notable increase in 2016, with a 16 percent increase vs. the previous year and a more than 75 percent increase from 2013 to 2016. It is estimated that there will ultimately be over 3,400 gonorrhea diagnoses reported in Iowa for 2017. Gonorrhea is also on the rise throughout the U.S., increasing by 18.5 percent from 2015 to 2016.

Decreasing the time between infection and treatment is a key strategy in combating gonorrhea. This can be accomplished by increasing testing to ensure that infected individuals are diagnosed and given adequate treatment. Gonorrhea can infect multiple anatomic sites (e.g., urogenital, oropharyngeal and rectal), so all sites of potential exposure must be tested in order to ensure detection. Adherence to the CDC STD Treatment Guidelines for gonorrhea (250mg ceftriaxone plus 1 gram azithromycin) is essential given the speed at which *Neisseria gonorrhoeae* develops drug resistance.

For more information on gonorrhea, visit www.cdc.gov/std/gonorrhea/default.htm.

CDC releases 2016 data on TB in the U.S.

CDC recently released *Reported Tuberculosis in the United States, 2016*. In 2016, there were 96 cases of multidrug-resistant TB and one case of extensively drug-resistant TB reported in the U.S. The percentage of TB cases that are drug-resistant has remained stable for the last 20 years and TB remains under control in the U.S. However, current strategies will not be sufficient to reach the goal of TB elimination in this century.

The *National Action Plan to Combat Antibiotic-Resistant Bacteria* includes efforts to prevent, detect and control multidrug-resistant TB. Additionally, the AR Laboratory Network includes the National Tuberculosis Molecular Surveillance Center (National TB Center), along with seven regional labs, and labs in 50 states, five cities, and Puerto Rico. The network tracks changes in resistance and helps

identify and respond to outbreaks faster. The National TB Center advances the ability of CDC and state partners to identify and investigate outbreaks and strengthens surveillance of drug-resistant TB. This allows CDC and state partners to target public health interventions and better respond to emerging resistance.

Iowa averaged 46 TB cases annually from 2007-2016.

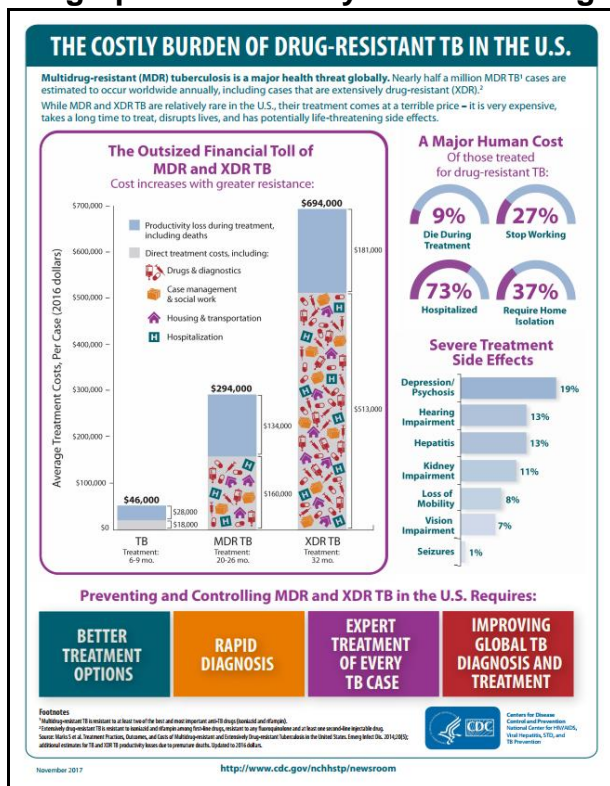
To view *Reported Tuberculosis in the United States, 2016*, visit <https://www.cdc.gov/tb/statistics/reports/2016/default.htm>.

To view the *National Action Plan to Combat Antibiotic-Resistant Bacteria*, visit www.cdc.gov/drugresistance/pdf/national_action_plan_for_combating_antibiotic-resistant_bacteria.pdf.

In the news: Eating cheese every day might actually be healthy

www.nydailynews.com/life-style/health/eating-cheese-day-healthy-article-1.3679367

Infographic: The costly burden of drug-resistant TB in the U.S.



To view in full-size, visit www.cdc.gov/nchhstp/newsroom/docs/factsheets/costly-burden-dr-tb-508.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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