

# Epi Update for Monday, April 28, 2025

## CENTER FOR ACUTE DISEASE EPIDEMIOLOGY (CADE)

### Iowa Department of Health and Human Services (Iowa HHS)

Items for this week's Epi Update include

- *Neisseria meningitidis* reporting
- It's wildflower season - Get out and explore!
- In The News: Whooping cough cases have doubled in a year, CDC data shows
- Infographic: Health benefits of physical activity for adults 65 and older

#### ***Neisseria meningitidis* reporting**

Identification of invasive *Neisseria meningitidis* is immediately reportable in Iowa. The two most common syndromes associated with invasive meningococcal disease are meningitis and septicemia.

Invasive *N. meningitidis* is defined as identification of the bacteria from a normally sterile site. Common specimen sites that indicate invasive disease include blood and cerebrospinal fluid (CSF), but can include other areas of the body. Identification is often in the form of a positive PCR test, isolation of *N. meningitidis* via culture, or observing gram negative diplococci via gram stain.

Common non-sterile specimen sites include nasal or throat swabs and sputum. Identification of *N. meningitidis* from these specimens is not reportable.

If you suspect a patient may have *N. meningitidis* or have questions regarding whether or not a specimen was collected from a sterile site, contact CADE immediately at 800-362-2736 (during business hours) or 515-323-4360 (outside business hours).

For more information about *N. meningitidis*, including symptoms, treatment, and more, visit [www.cdc.gov/meningococcal/hcp/clinical/index.html](http://www.cdc.gov/meningococcal/hcp/clinical/index.html).

#### **It's wildflower season - Get out and explore!**

It is wildflower season in Iowa, and what better way to get some exercise, improve mental health, and reduce stress than spending some time outdoors!

Wildflowers bloom relatively early in spring, but thankfully Iowa DNR publishes a weekly *Wildflower Bloom Report* through mid-May that can help you spot these secretive blooms! Multiple species are currently in full bloom throughout Iowa.

Don't forget to apply sunscreen every two hours, use insect repellent, and check for ticks after your adventure.

To view the Iowa DNR *Wildflower Bloom Report*, visit [www.iowadnr.gov/programs-services/forestry-resources/woodland-wildflowers-reports](http://www.iowadnr.gov/programs-services/forestry-resources/woodland-wildflowers-reports).

**In The News: Whooping cough cases have doubled in a year, CDC data shows**  
[abcnews.go.com/Health/whooping-cough-cases-doubled-year-cdc-data-shows/story?id=121118803](http://abcnews.go.com/Health/whooping-cough-cases-doubled-year-cdc-data-shows/story?id=121118803)

Infographic: Health benefits of physical activity for adults 65 and older

**Health Benefits of Physical Activity**  
**FOR ADULTS 65 AND OLDER**

**IMMEDIATE**  
A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

**LONG-TERM**  
Regular physical activity provides important health benefits for chronic disease prevention.

**Sleep**  
Improves sleep quality

**Less Anxiety**  
Reduces feelings of anxiety

**Blood Pressure**  
Reduces blood pressure

**Brain Health**  
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

**Heart Health**  
Lowers risk of heart disease, stroke, and type 2 diabetes

**Cancer Prevention**  
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

**Healthy Weight**  
Reduces risk of weight gain

**Independent Living**  
Helps people live independently longer

**Bone Strength**  
Improves bone health

**Balance and Coordination**  
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.  
Nieman, "The Compelling Link," 201-217.  
Jones, "Exercise, Immunity, and Illness," 317-344.

**CDC**  
**ACTIVE PEOPLE HEALTHY NATION**

To view in full size, visit [www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html](http://www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html).

**Have a healthy and happy week!**  
Center for Acute Disease Epidemiology  
800-362-2736