

EPI Update for Friday, April 11, 2014
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Mumps outbreak on Ohio State University campus**
- **Plague of Justinian**
- **Did you know?**
- **Consumption of fruits and vegetables may reduce all-cause mortality**
- **Meeting announcements and training opportunities**

Mumps outbreak on Ohio State University campus

In the past two months there have been over 100 cases of mumps associated with Ohio State University and at least 50 additional cases in the surrounding communities. Although Iowa has not seen recent cases of mumps, it is possible that exposed college students and Ohio residents have traveled or will travel between Ohio and Iowa. If a diagnosis of mumps is suspected, public health officials should be notified, and clinical specimens should be collected. Send specimens to the State Hygienic Laboratory for testing (ideally a buccal swab -for PCR and a serum - for IgM serology, with priority placed on the buccal swab).

For more information on collection instructions and test request forms please visit the Clinical Test Menu on SHL's website: www.shl.uiowa.edu/testmenu/clinicaltestmenu.xml. For additional information or to order clinical collection kits please call 319-335-4500.

Plague of Justinian

Plague (*Yersinia pestis*), has caused multiple pandemics throughout history. This includes the Black Death in the 14th to 17th centuries and the Plague of Justinian in the 6th to 8th centuries, and it still causes illness today. Most cases in the U.S. occur after exposure to rodents in western states (cases have not been reported in Iowa).

Researchers, performed genomic analysis on DNA retrieved from teeth of victims who died around 504 and 533 CE. They determined the strain associated with the Plague of Justinian was significantly different than the strain that caused the Black Death. The strain also differed from the third pandemic of the 19th and 20th centuries. They concluded that the strain that caused the Plague of Justinian was a unique emergence. It did not give rise to strains involved in later human pandemics nor to the strains found in the world today. (Lancet Infect Dis 2014;14:319-26).

Did you know?

Seven in 10 deaths in the U.S. are related to preventable conditions and diseases such as obesity, diabetes, high blood pressure, heart disease, and cancer. About 75 percent of health -care dollars are spent treating such diseases, but only three percent go towards preventing them. It is estimated that every 10 percent increase in funding for community-based public health programs reduces deaths, from preventable causes, by one to seven percent. For example, it is estimated that more than half of all cancer

deaths could be prevented by making healthy choices such as not smoking, staying at a healthy weight, eating right, keeping active, and getting recommended medical screening tests.

Consumption of fruits and vegetables may reduce all-cause mortality

A study analyzed the diets of 65,226 participants. The study found that the risk of death, due to any cause, was 42 percent lower among those who ate more fruits and vegetables than those who didn't. People who ate seven servings of fresh fruits and vegetables a day were compared to those who ate less than one portion a day. Specifically, this study found that eating seven or more servings of fruits and vegetables per day reduced the risk of death from cancer by 25 percent and heart disease by 31 percent. To read more, go to: jech.bmj.com/content/early/2014/03/03/jech-2013-203500.full

Meeting announcements and training opportunities

38th Annual Iowa Infection Prevention and Control Seminar, May 6-7 at the Cedar Rapids Marriott

- The purpose of this seminar is to present topics related to infection prevention and patient safety.
- This program will be of particular interest and importance to physicians, nurses and allied health professionals involved with issues and concerns relative to infection prevention.
- To register, visit:
www.continuetolearn.uiowa.edu/UIConferences/meetings.aspx?cnfcode=14-126-01
- To view a brochure visit:
[www.uihealthcare.org/uploadedFiles/UIHealthcare/Content/Services/Clinical_Quality_Safety_and_Performance_and_Improvement/Statewide%20Meeting%20Brochure\(1\).pdf](http://www.uihealthcare.org/uploadedFiles/UIHealthcare/Content/Services/Clinical_Quality_Safety_and_Performance_and_Improvement/Statewide%20Meeting%20Brochure(1).pdf)

For more information, please contact Martha Freeman at martha-freeman@uiowa.edu

Have a healthy and happy week (eating lots of fruits and vegetables)!

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