

**EPI Update for Friday, May 13, 2016**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **Vaccination update**
- **CDC estimates 30 percent of antibiotic prescriptions unnecessary**
- **Reduce unnecessary antibiotic use infographic**
- **Meeting announcements and training opportunities**

**Vaccination update**

The Iowa Department of Public Health Immunization program recently released school and childcare audit data for the 2015-16 school year. During this period, 95.42 percent of students enrolled in Iowa schools grades K-12 and 92.12 percent of children in childcare received all of the required vaccines. One area of concern is the increasing number of religious immunization exemptions, which comprise 1.30 percent (6,737) of K-12 enrollment. Iowa's exemption rates are consistent with national exemption rates.

Studies have found individuals claiming exemptions from immunization are at a greater risk of contracting vaccine-preventable diseases. States with lower immunization rates have higher rates of disease and as exemption rates increase, pockets of unvaccinated children susceptible to vaccine-preventable diseases are created.

The IDPH Immunization program continues to monitor immunization exemption rates, identify clusters of unimmunized children, and provide education and information to address vaccine safety concerns. Healthcare providers are the key to promoting the benefits of immunization and discussing parent concerns about immunizations. Studies indicate parents are five times more likely to receive immunizations based upon a strong recommendation from a healthcare provider.

A resource sheet titled Vaccine Safety: Answers to Parents' Top Questions for providers and their patients can be found at [www.eziz.org/assets/docs/IMM-916.pdf](http://www.eziz.org/assets/docs/IMM-916.pdf).

Iowa's school and childcare audit data can be found at <http://idph.iowa.gov/immtb/immunization/audits>.

**CDC estimates 30 percent of antibiotic prescriptions unnecessary**

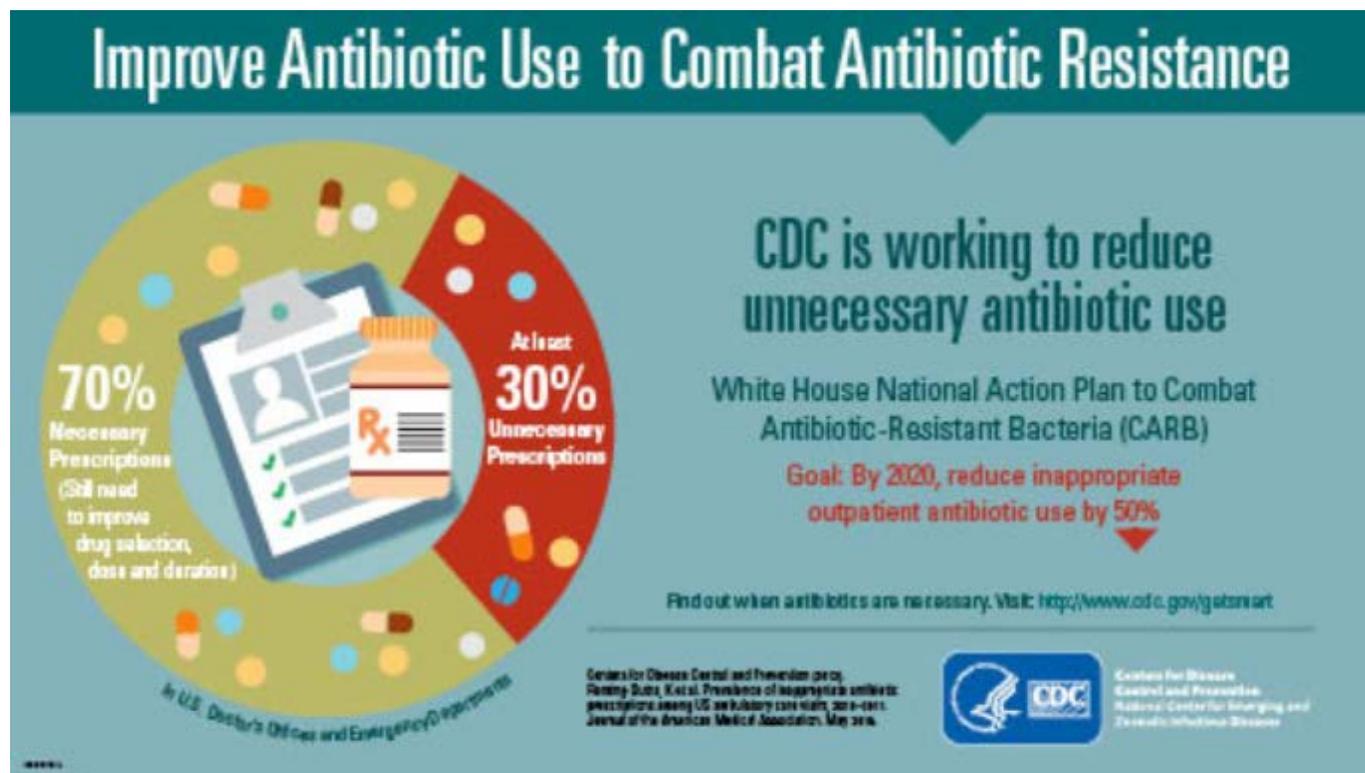
According to a recent study published in JAMA, approximately one in three antibiotics prescribed in outpatient settings is unnecessary. The majority of these misused antibiotics are prescribed for viral respiratory conditions such as bronchitis, sinus infections and ear infections, as well as the common cold.

CDC estimates that approximately two million antibiotic resistant infections occur each year and result in 23,000 deaths, a trend primarily driven by antibiotic use. For more information, visit [www.healio.com/infectious-disease/antimicrobials/news/online/%7Ba5cfb300-cd2a-43dc-b7cb-4c452be917f2%7D/cdc-estimates-30-of-antibiotic-prescriptions-in-us-unnecessary?utm\\_source=maestro&utm\\_medium=email&utm\\_campaign=infectious%20disease%20news%23perspective](http://www.healio.com/infectious-disease/antimicrobials/news/online/%7Ba5cfb300-cd2a-43dc-b7cb-4c452be917f2%7D/cdc-estimates-30-of-antibiotic-prescriptions-in-us-unnecessary?utm_source=maestro&utm_medium=email&utm_campaign=infectious%20disease%20news%23perspective).

For information on appropriate antibiotic prescription, visit [www.cdc.gov/getsmart/community/for-hcp/outpatient-hcp/index.html](http://www.cdc.gov/getsmart/community/for-hcp/outpatient-hcp/index.html).

### Reduce unnecessary antibiotic use infographic

This week's infographic is on CDC's plan to reduce half of all unnecessary antibiotic prescriptions. The CDC estimates that 30 percent of the 154 million yearly prescribed antibiotics are not needed. For more information, visit [www.cdc.gov/media/releases/2016/p0503-unnecessary-prescriptions.html](http://www.cdc.gov/media/releases/2016/p0503-unnecessary-prescriptions.html).



### Study: small amounts of dark chocolate healthy

A study from the University of Warwick Medical School found improved liver enzymes and less insulin resistance among 1,153 people aged 18-69 who ate a candy bar-sized piece of chocolate a day. "Potential applications of this knowledge include recommendations by healthcare professionals to encourage individuals to consume a wide range of phytochemical-rich foods, which can include dark chocolate in moderate amounts. However, it is important to differentiate between the natural product cocoa and the processed product chocolate," said Professor Saverio Stranges, from the University of Warwick Medical School. For more information, visit [www2.warwick.ac.uk/newsandevents/pressreleases/eating\\_chocolate\\_each/](http://www2.warwick.ac.uk/newsandevents/pressreleases/eating_chocolate_each/).

### Meeting announcements and training opportunities

None

### Have a healthy and happy week!

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