

**Epi Update for Friday, December 20, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

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

- **Increase in norovirus illnesses statewide**
- **Iowa public awareness campaign to combat youth vaping**
- **Free opioid overdose reversal drug naloxone available in Iowa**
- **In the news: Top 10 health questions America asked Dr. Google in 2019**
- **In the news: 'Four hours to walk off pizza calories' warning works, experts say**
- **In the news: Malaysia reports first case of polio since 1992**
- **Infographic: The impact of e-cigarettes on the lung**
- **Meeting announcements and training opportunities**

**Increase in norovirus illnesses statewide**

Norovirus is circulating across Iowa. While individual cases of norovirus are not required by law to be reported to public health, public health is hearing from individuals and the healthcare community that norovirus illnesses have increased in recent weeks. IDPH, SHL and local public health partners have investigated multiple norovirus outbreaks throughout the state; most were associated with long term care facilities.

All suspected outbreaks of norovirus (or any other disease) are immediately reportable to IDPH at 800-362-2736. When suspected norovirus outbreaks are reported, public health works to verify the cause of the outbreak by collecting and testing stool specimens. Facilities are also provided detailed guidance regarding cleaning procedures, isolation of ill individuals, hand hygiene, etc.

Although outbreaks occur throughout the year, norovirus outbreaks tend to peak during winter months. Norovirus is the most common cause of infectious diarrhea and vomiting in the U.S. and worldwide. Norovirus is extremely infectious and can be spread via direct contact with an infected individual, but also via contaminated surfaces or food.

For more information about norovirus, visit [www.cdc.gov/norovirus/index.html](http://www.cdc.gov/norovirus/index.html).

**Iowa public awareness campaign to combat youth vaping**

Gov. Kim Reynolds, IDPH and the Iowa Department of Education recently launched a vaping awareness and prevention campaign aimed at informing teens about the reality of vaping and its consequences, and helping parents know how to address the issue and protect their kids. This multi-pronged campaign includes a fully digital marketing campaign with elements targeting teens and parents separately with unique messaging delivered through their preferred channels, including SnapChat, Instagram, Facebook, YouTube, Hulu and more.

The campaign will also leverage school nurses, teachers and administrators and ensure they have the tools and information to help educate students and parents. Additionally, through already-existing state programs I-Step and Your Life Iowa, the state of Iowa will provide a ready resource where kids and parents can get a variety of information for their specific situation.

Youth vaping has more than doubled nationally since 2017. Today, 1 in 4 high schoolers vapes, and 1 in 9 high school seniors reports vaping on a near-daily basis. In Iowa, the percentage of 11th graders who said they currently vaped went from 9% in 2016 to more than 22% in 2018. With some brands, using just one vaping pod is the equivalent of smoking 20 cigarettes. These statistics underscore the need for a coordinated, multi-pronged campaign to address the vaping epidemic.

For more information, visit [idph.iowa.gov/tupac/vaping-information](http://idph.iowa.gov/tupac/vaping-information).

### Free opioid overdose reversal drug naloxone available in Iowa

Iowans who want to be prepared in the event they encounter someone experiencing an opioid overdose can now obtain free naloxone (Narcan nasal spray) through the statewide Tele-Naloxone Project. The result of a partnership between IDPH and UIHC, the project hopes to remove the barriers of cost and access for individuals. Anyone who may be in a position to assist in the event of an opioid overdose is encouraged to receive Narcan education and have a supply on hand. Naloxone is safe and easy to use, but most importantly, it may save a life in the event of opioid overdose.

Funded by the federal State Opioid Response grant, individuals wanting to obtain naloxone participate in a brief consultation with a UIHC pharmacist using a mobile phone platform. Then, a free kit(s) is mailed to the individual anywhere in the state.

For more information and to order naloxone, visit [www.naloxoneiowa.org](http://www.naloxoneiowa.org).

### In the news: Top 10 health questions America asked Dr. Google in 2019

[www.cnn.com/2019/12/12/health/health-questions-trending-google-2019-trnd/index.html](http://www.cnn.com/2019/12/12/health/health-questions-trending-google-2019-trnd/index.html)

### In the news: 'Four hours to walk off pizza calories' warning works, experts say

[www.bbc.com/news/health-50711652](http://www.bbc.com/news/health-50711652)

### In the news: Malaysia reports first case of polio since 1992

[www.reuters.com/article/us-malaysia-health-polio/malaysia-reports-first-case-of-polio-since-1992-idUSKBN1YCOAG](http://www.reuters.com/article/us-malaysia-health-polio/malaysia-reports-first-case-of-polio-since-1992-idUSKBN1YCOAG)

## Infographic: The impact of e-cigarettes on the lung

**AMERICAN LUNG ASSOCIATION**

### The Impact of E-Cigarettes on the Lung

E-cigarettes are a relatively new tobacco product that have been sold in the US for about a decade. The e-cigarettes currently in the U.S. marketplace have not been systematically reviewed by the Food and Drug Administration to determine their impact on lung health. While much remains to be determined about the long-term health consequences of these products, the American Lung Association is very troubled by the mounting evidence about the impact of e-cigarettes on the lungs.

**The Inhalation of Harmful Chemicals Can Cause Irreversible Lung Damage and Lung Disease**

In January 2018, the National Academies of Sciences, Engineering and Medicine<sup>1</sup> released a consensus study report that reviewed over 800 different studies.

Their report made clear: using e-cigarettes causes health risks. It concluded that e-cigarettes have oxidants and emit a number of potentially toxic substances. The Academies' report also states there is compelling evidence that youth who use e-cigarettes are at increased risk for coughing/wheezing and an increase in asthma exacerbations.

1. A study from the University of North Carolina found that the two primary ingredients found in e-cigarettes propylene glycol and vegetable glycerin – are toxic to cells and that the more ingredients in an e-cigarette, the greater the toxicity.<sup>2</sup>

2. E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.<sup>3</sup>

3. E-cigarettes also contain acetone, a hydrocarbon primarily used to fill nails. It can cause acute lung injury and COPD and may cause asthma and lung cancer.<sup>4</sup>

4. Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are made up of an e-cigarette user exhales the chemical cocktail created by e-cigarettes.

5. In 2014, the Surgeon General concluded that an unfiltered emission contains "toxic, irritative particles. Flavorings such as diacetyl, a chemical linked to serious lung disease, include organic compounds, such as benzene, which is found in car exhaust, and heavy metals, such as nickel, tin, and lead."<sup>5</sup>

6. The Food and Drug Administration has not found any e-cigarettes to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should use FDA-approved NRTD or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.

1-800-LUNGUSA | Lung.org

To view in full size, visit

[www.lung.org/assets/documents/stop-smoking/impact-of-ecigarettes-on-lung.pdf](http://www.lung.org/assets/documents/stop-smoking/impact-of-ecigarettes-on-lung.pdf).

### **Meeting announcements and training opportunities**

IDPH and SHL will be hosting a webinar, *Making Respiratory Virus Data Useful for Health Care Providers: Help Us Help You*, on Monday, January 27, 2020, from 12:00 -1:00 PM. The webinar is intended for health professionals who utilize information on respiratory virus trends. Presenters will demonstrate how data at both the national and state level can be used to determine virus circulation throughout the year. A major focus will cover efforts to improve data accessibility to allow health care providers to guide diagnostic, prevention and control practices. 1.0 P.A.C.E.® credit will be offered through ASCLS-IA, pending approval. To register, visit [zoom.us/webinar/register/WN\\_o4OZj24SSpymE5wuMONFNA](https://zoom.us/webinar/register/WN_o4OZj24SSpymE5wuMONFNA).

**NOTE: The next version of the Epi Update will be distributed on Friday, January 10, 2020**

### **Have a healthy and happy holiday season!**

Center for Acute Disease Epidemiology  
Iowa Department of Public Health  
800-362-2736