16 September 2016

Army Public Health Weekly Update

Army Public Health Center

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- Asian nations plan fund to better prepare for health emergencies, says WHO
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Vector-borne Disease Report

West Nile Virus: As of 13 September, 662 human West Nile Virus cases have been reported to the CDC.

Army-wide: 46 pools of Culex spp. mosquitoes tested positive for WNV.

U.S. MILITARY


August 2016 - From 1 January 2005 through 31 December 2014, a total of 87,480 incident diagnoses of the five types of abdominal hernia (incidence rate 63.3 cases per 10,000 person-years) were documented in the health records of 72,404 active component service members. The overall incidence rate of inguinal hernias among males was six times the rate among females. However, incidence rates of femoral, ventral/incisional, and umbilical hernias were higher among females than males. During the 10-year interval, annual incidence rates for most of the five types of hernia trended downward, but rates increased for umbilical hernias in both males and females and for ventral/incisional hernias among females. For most types of hernia, the incidence rates tended to be higher among the older age groups. Medical Surveillance Monthly Report

LabAnswer and the U.S. Army deliver global laboratory information management

6 September - LabAnswer, recognized as a premier provider of laboratory informatics and scientific data management services, today announced the deployment of an enterprise Laboratory Information Management System (LIMS) designed for the Army Public Health Center (Provisional) (APHC) and other public health regions within the U.S. Army Medical Command. The U.S. Army Medical Command (MEDCOM) launched the LIMS solution in three Public Health Command Regions (PHCR) and one Public Health Command Districts (PHCD), including, PHCR-Central in San Antonio, Texas, PHCR-P in Hawaii, PHCR-Pacific in Japan, and PHCD-Korea. The rollout of the enterprise STARLIMS Laboratory Information Management System is transforming the Army’s public health laboratory data management operations from a disparate portfolio of unconnected scientific applications to a powerful laboratory data platform that will drive operational efficiency and quality. PRWeb

Lariam: The 'health tragedy' and the soldiers who pay

12 September - ... In Britain, the Ministry of Defence (MoD) prescribed Lariam to more than
STARRS-LS
Re-Contact Survey

The Study to Assess Risk and Resilience in Servicemembers -- Longitudinal Study (STARRS-LS) is a follow-up to the Army STARRS research effort to promote the overall health of Soldiers and to prevent suicide across the Army. The STARRS-LS re-contact survey will begin on Monday, Sept. 12. The University of Michigan will reach out to Soldiers who previously participated in Army STARRS and have agreed to be contacted again for follow-up research.

17,000 troops between April 2007 and March 2015. ... It remains in use in the British armed forces ... but is not, according to the MoD, the main antimalarial of choice. The number of people who have suffered side-effects after taking the medication remains unclear, but ... between 25 and 35 percent of personnel who had been described Lariam were affected. In May this year, the House of Commons Defence Select Committee criticised the ministry over its distribution of the drug, stating that it should only be used as a "drug of last resort." The drug was developed by the United States Army in the 1970s to protect against the often fatal mosquito-borne tropical disease, and was given to troops from Britain, the US, Australia, Canada and Ireland. Today, it has been linked to cases of mental disorders, suicides and even homicides in the armed forces. Al Jazeera

Military hospitals start drug take-back program

14 September - Military families, troops and retirees now can return unused medication to pharmacies at military treatment facilities as part of a new drug take-back effort. In the past, prescription drugs could not be returned to those pharmacies, although some hospitals did run periodic take-back programs in partnership with other federal agencies, Defense Department officials said. The program, announced this month by the Defense Health Agency, requires pharmacies to have drug disposal bins or mail-in envelopes available to customers, according to a fact sheet. Military.com

Senators: More protection needed for troops who misbehave after trauma

8 September - Eight senators have urged Defense Secretary Ash Carter to follow the Navy's lead in ensuring that service members aren't wrongfully discharged for misconduct stemming from a trauma-related mental health condition. ... In June, Navy Secretary Ray Mabus issued a policy requiring the Navy and Marine Corps to refer any sailor or Marine processed for involuntary administrative separation who has a diagnosed mental health condition to the disability evaluation system. Also, if the service member is being processed out under an other than honorable discharge, the case must be referred to the first general or flag officer in the chain of command for a final determination. Military Times

Sick U.S. sailors and Marines who blame radiation get support from Japan's ex-leader

7 September - ... Several hundred American service personnel who say they became sick from radiation after participating in relief operations for the 2011 tsunami that set off the Fukushima nuclear disaster are now getting high-profile support in Japan. Junichiro Koizumi, prime minister from 2001 to 2006, told reporters Wednesday he has set up a special fund to collect private donations for the former service members, with the goal of collecting $1 million (100 million yen) by the end of next March, mainly to help with medical bills. "I felt I had to do something to help those who worked so hard for Japan," he said at the Foreign Correspondents Club of Japan. Navy Times
Guillain-Barré syndrome (GBS) is a rare condition that affects a person’s immune system by damaging the nerves, causing muscle weakness or paralysis. Recently, countries affected by Zika virus have reported an increase in cases of GBS. The Puerto Rico Department of Health is preparing for a possible increase of patients with GBS as transmission of Zika virus increases. GBS surveillance will help to detect increases of GBS cases and guide public health officials to take quick public health action.

Teamwork key to preventing Soldier suicides, experts say

8 September - ... Fellow soldiers are perhaps best positioned to detect such signs [of suicidal behavior] early on, according to Lt. Gen. Nadja Y. West, Army surgeon general and commander of the Army Medical Command. "Who knows what a person is like better than the person you’re with every day? That person can sense a demeanor change," West remarked. ... West said the Army has seen a dramatic increase in behavioral health visits by Soldiers, from 900,000 patients two years ago to over 2 million within the past year. The increase doesn’t mean the problem is getting worse. It means the word is getting out that seeking help is OK, she added. Another defense is the Army’s embedded behavioral health program. Behavioral health teams are embedded in units to ensure that Soldiers won’t have to leave work to access services at a clinic or hospital. Army.mil

The U.S. military has a huge problem with obesity and it's only getting worse

11 September - ... For the first time in years, the Pentagon has disclosed data indicating the number of troops it deems overweight, raising big questions about the health, fitness and readiness of today’s force. About 7.8 percent of the military — roughly one in every 13 troops — is clinically overweight, defined by a body mass-index greater than 25. This rate has crept upward since 2001, when it was just 1.6 percent, or one in 60. ... And it’s highest among women, blacks, Hispanics and older service members. Military Times

VA proposes rule to consider certain diseases associated with exposure to contaminants in the water supply at Camp Lejeune

9 September - The Department of Veterans Affairs (VA) has published proposed regulations to establish presumptions for the service connection of eight diseases affecting military members exposed to contaminants in the water supply at Camp Lejeune, N.C. The presumptive illnesses apply to active duty, reserve and National Guard members who served for no less than 30 days at Camp Lejeune between August 1, 1953 and December 31, 1987, and are diagnosed with the following conditions: adult leukemia, aplastic anemia and other myelodysplastic syndromes, bladder cancer, kidney cancer, liver cancer, multiple myeloma, non-Hodgkin's lymphoma, [and] Parkinson's disease. U.S. Department of Veterans Affairs

GLOBAL

A cinematic approach to drug resistance

8 September – ... [S]cientists from Harvard Medical School and Technion-Israel Institute of
Technology have designed a simple way to observe how bacteria move as they become impervious to drugs. ... [T]he team constructed a 2-by-4 foot petri dish and filled it with 14 liters of agar ... to nourish organisms as they grow. ... [R]esearchers divided the dish into sections and saturated them with various doses of medication. The outermost rims of the dish were free of any drug. The next section contained a small amount of antibiotic — just above the minimum needed to kill the bacteria — and each subsequent section represented a 10-fold increase in dose. ... Over two weeks, a camera mounted on the ceiling above the dish took periodic snapshots that the researchers spliced into a time-lapsed montage. The result? A powerful, unvarnished visualization of bacterial movement, death, and survival; evolution at work, visible to the naked eye. Harvard Gazette

Blame it on the boys: how to stop vampire bats from spreading rabies

14 September - ... Vampire bats are the biggest cause of rabies in Latin America. ... Using a series of ingenious genetic studies, [Daniel] Streicker and his team tracked the movement and social networks ... of hundreds of bats across South America. With the data, they could predict where rabies will likely cause problems in the next five years or so. ... Right after male bats go through puberty — at about a year old — they leave their roost and take to the sky. ... “The females were sedentary,” he says. ... The movements of the males matched up with those of the rabies virus. ... The findings also suggest a better way to manage outbreaks: Figure out where the virus is going to strike next and vaccinate the residents of the farms in the area — both the people and their animals. NPR

Doctors test drones to speed up delivery of lab tests

13 September - Three years ago, Geoff Baird bought a drone. ... [H]is big hope is that drones will soon fly tubes of blood and other specimens to Harborview Medical Center, where he works as a clinical pathologist running the hospital’s chemistry and toxicology labs. In the near future, Baird and others say, drones could transform health care — not only in rural areas by bringing critical supplies into hard-to-reach places, but also in crowded cities where hospitals pay hefty fees to get medical samples across town during rush hour. By providing a faster, cheaper way to move test specimens, drones could speed diagnoses and save lives. NPR

Lice no longer stopped by common drugstore remedies

14 September - Many common over-the-counter lice remedies are no longer effective at stopping these critters from taking up residence on kids’ heads, according to a study that has some doctors recommending prescription remedies instead. Two non-prescription options in particular that parents often buy to stop lice – permethrin (Nix) and synergized pyrethrins (Rid) – can no longer keep the bugs away, said Dr. William Ryan, one of the study authors. "For decades they have been widely and easily available and have been used over
and over, and it is inevitable that resistance will emerge when that happens,” said Ryan, former head of development at Sklice, a maker of prescription lice lotion. Reuters

New wheelchair lets you cruise through town standing

13 September - Israeli technology start-up UPnRIDE Robotics is launching an innovative upright, self-stabilizing wheelchair at a medical conference in Germany next month and the company hopes the device will hit the market next year. Before then, UPnRIDE needs to pass two clinical trials, one with the U.S. veteran association in New York, to help it get regulatory approval and ensure health insurance companies can assist customers with the hefty price tag. ... [The] new four-wheel chair, which uses a gyroscope similar to that in a two-wheeled Segway and self-stabilizing software, Goffer can maneuver upright over uneven urban terrain and join conversations face to face with people standing up. Reuters

Plumbing pathogens costly and increasingly resistant to antibiotics

12 September - A study today in the Journal of Public Health Policy examined US hospitalizations caused by opportunistic premise plumbing pathogens (OPPP) like legionellosis from 1991 to 2006 and found they are costly, especially among those over the age of 65. Additionally, growing antibiotic resistance to OPPP raises the economic burden of disease. After looking at 100 million Medicare records, researchers identified 617,291 hospitalized infections caused by three OPPPs: Legionella pneumophila, Mycobacterium avium, and Pseudomonas aeruginosa. Calculations showed that the three OPPP infections in elderly patients cost about $600 million per year over the study period. Antibiotic resistance was present in about 2% of those cases, but when it was present, it was resistant to multiple drugs. CIDRAP News Scan (fourth item)

Study links household antimicrobial chemicals to antibiotic resistance

9 September - A new study has found a connection between antimicrobial substances found in household dust and levels of antibiotic resistance genes. ... [R]esearchers collected 44 dust samples from a mixed-use athletic and educational facility, then analyzed the samples for antimicrobial chemicals, microbial community profiles, and antibiotic resistance gene profiles. ... Overall, the dust contained low levels of triclosan and low concentrations of antibiotic resistance genes. But further analysis revealed six positive associations between the concentration of an antimicrobial chemical and the relative abundance of an antibiotic resistance gene. ... Last week, the Food and Drug Administration announced a ban on triclosan and 18 other antimicrobial and antiseptic chemicals commonly found in over-the-counter soaps. CIDRAP ASP News Scan (fifth item)
Study: One fifth of *Salmonella* blood isolates resistant to antibiotics

9 September - A new study ... shows that 20% of *Salmonella* isolates collected from blood samples are resistant to antimicrobials, including first-line antibiotics. According to the authors ... drug-resistance in nontyphoidal *Salmonella* is now a serious health threat. The isolates were collected from blood samples gathered from 2003 to 2013 in the United States through the National Antimicrobial Resistance Monitoring System (NARMS). Men over the age of 65 were at greatest risk for infection with *Salmonella* resistant to first-line treatments. Nineteen percent of isolates were resistant to tetracycline, a commonly used antibiotic. Ceftriaxone resistance slightly increased in blood isolates over the study period.

CIDRAP ASP News Scan (second item)

U.S. scientists test tiny water purifier powered by light

8 September - US scientists say they have invented a tiny water-purifying device, which is about the size of a person's fingertip and harnesses light to kill harmful bacteria. In laboratory experiments, the ultrathin 1cm-by-2cm miniature tablet-like device, which was placed in a water container, killed 99.9 percent of bacteria in just 20 minutes, according to a study published last month in the Nature Nanotechnology journal by a team from Stanford University in California. ... Liu's team developed a device that harnesses both ultraviolet rays and visible light at an unprecedented rate to kill harmful bacteria, and the results are "very promising", Liu told Al Jazeera. Al Jazeera

ZIKA VIRUS

About 200 Zika cases recorded in Thailand: ministry

13 September - Thailand has recorded about 200 cases of Zika since January, the health ministry said on Tuesday, making it a country with one of the highest numbers of confirmed cases in the region. It was the first time Thailand’s health ministry has confirmed the number of Zika cases this year. The announcement comes a day after health experts called on Thailand to be more transparent in reporting the Zika threat to the public after health officials played down risks from rising infections of the mosquito-borne virus. Reuters

HHS awards $350,000 to American Academy of Pediatrics to help children affected by Zika

8 September - The U.S. Department of Health and Human Services (HHS) today announced a $350,000 supplement to a one year cooperative agreement with the American Academy of Pediatrics (AAP) to help expand capacity for caring for children who are or may be impacted by the Zika virus. AAP will use these funds to provide technical assistance and education, including tele-consultation, to clinicians at community health centers and other
Monkey study reveals Zika damage in developing brain

12 September - Showing the closest link yet between Zika virus and fetal brain injury in an animal model that closely resembles humans, researchers today described brain abnormalities in the fetus of a macaque experimentally infected during the late stage of her pregnancy. ... The mother was inoculated at 119 days of gestation, which corresponds to about 28 weeks of a human pregnancy. ... The mother didn't show any symptoms, such as fever, rash, or conjunctivitis. ... The researchers saw periventricular lesions in the occipital-parietal lobes. Weekly ultrasounds had also shown a growth lag in the fetal biparietal diameter. White matter stopped growing about 3 weeks after inoculation at a rate that would have resulted in microcephaly, according to the report. ... Autopsy revealed Zika virus in the fetal brain at levels higher than in the mother, as well as evidence of the virus in the eye, liver, and kidney. CIDRAP

Study confirms Zika causes brain birth defects, questions remain

15 September - Early results from a crucial case-control study in Brazil have confirmed a direct causal link between Zika virus infection in pregnant women and the brain damaging birth defect microcephaly in their babies, scientists said on Thursday. But while preliminary findings from the first 32 cases involved in the study confirm causality, the researchers said, the true size of the effect will become clear only after full analysis of all 200 cases and 400 controls. ... After taking samples and conducting brain scans, the researchers found that 41 percent of mothers of babies with microcephaly tested positive for Zika infection in blood or cerebrospinal fluid samples, compared with none of those whose babies did not have microcephaly. A high proportion of mothers of both microcephaly and non-microcephaly babies also tested positive for another mosquito-borne virus, dengue fever, as well as other infections such as herpes, rubella and toxoplasma. Reuters

What doctors learned from 42 infants with microcephaly

14 September - "These babies do not catch up as they grow," says Dr. Antonia Augusto Moura da Silva of the Federal University of Maranhao, Sao Luis, Brazil. He’s describing the findings from a study of 48 babies whose mothers were believed to have been infected with the Zika virus. Forty-two of the children were diagnosed with microcephaly. ... The infants were studied for about four months and up to eight months of age. Born below average on measures of weight, length and head circumference, they fell even further below average as time passed. ... "We were expecting some degree of falling behind average, but we were astonished by the degree to which they were lagging behind."... Even when babies exposed to the Zika virus in the uterus are born with normal-sized heads, they might suffer other forms of brain damage. NPR
Zika may spread through bodily fluids, study finds

13 September - ... [I]nformation released Tuesday by federal and state health officials suggest that contact with bodily fluids, such as tears, discharge from infected eyes, saliva, vomit, urine or stool, could have been how a Utah man became infected after caring for his elderly father. The father died in June after contracting Zika from travel abroad. The father’s blood had a level of infectious virus 100,000 times as high as the average level reported in people infected with Zika. ... The son recovered fully. Health officials are recommending that family contacts and close friends caring for Zika patients who are very sick avoid contact with the patient’s bodily fluids and use good hand hygiene. ... Health-care workers are urged to continue to apply standard precautions. The Washington Post

INFLUENZA

CDC: Flu View - Weekly U.S. Influenza Surveillance Report

For 2015-2016 Influenza Season Week 35 ending September 3, 2016:

Novel Influenza A Viruses: No additional human infections with novel influenza A viruses were reported to CDC during week 35. To date, a total of 18 (Michigan [12] and Ohio [6]) human infections with H3N2v viruses have been identified during 2016, all reported during the month of August. One of the 18 persons was hospitalized as a result of H3N2v illness. No deaths have occurred. All variant virus infections have been associated with swine exposure in fair settings and no human-to-human transmission has been identified.

Pneumonia and Influenza (P&I) Mortality Surveillance:

- NCHS Mortality Surveillance Data: Based on NCHS mortality surveillance data available on September 8, 2016, 5.1% of the deaths occurring during the week ending August 20, 2016 (week 33) were due to P&I. This percentage is below the epidemic threshold of 6.0% for week 33.
- 122 Cities Mortality Reporting System: During week 35, 5.2% of all deaths reported through the 122 Cities Mortality Reporting System were due to P&I. This percentage was below the epidemic threshold of 5.7% for week 35. CDC

Defense schools to require flu vaccines for all students

14 September - Department of Defense Education Activity public schools soon will require all students worldwide to get an annual flu vaccine as part of an updated vaccination policy, officials said. ... "The requirement goes into effect starting this school year (Fall 2016) and will be a required vaccine for all students for every school year," [school officials] said. The
ECDC: Flu News Europe

Weeks 31–35/2016 (1 August–4 September 2016):

- Influenza activity in the WHO European Region has remained at low levels, with all countries reporting low-intensity influenza activity.
- Few influenza viruses were detected among both sentinel and non-sentinel specimens.
- Data from the 16 countries or regions reporting to the European monitoring of excess mortality for public health action (EuroMOMO) project indicate that all-cause mortality was within the normal range in reporting countries during this period.

European Center for Disease Prevention and Control/WHO

Female sex hormone may protect women from worst effects of the flu

15 September - In mouse studies, researchers ... have found that progesterone – a female sex hormone contained in most forms of hormone-based birth control – appears to stave off the worst effects of influenza infection and, in an unexpected finding, help damaged lung cells to heal more quickly. The findings ... suggest that sex hormones have an effect far beyond the reproductive system and that progesterone may one day be a viable flu treatment for women. Johns Hopkins Bloomberg School of Public Health News

NHRC: Febrile Respiratory Illness Surveillance Update

For 2016 Week 36 (through 10 September 2016):

- Influenza: No new cases of NHRC laboratory-confirmed influenza among US military basic trainees.
- FRI surveillance at all eight U.S. military basic training centers indicated FRI rates were elevated at Fort Benning.
- NHRC is able to test for novel influenza strains, MERS coronavirus, enterovirus EV-68, Ebola virus, and Zika virus. Naval Health Research Center

Study notes evidence of airborne H5N2 1 km from affected US barns

13 September - Researchers detected H5N2 highly pathogenic avian influenza (HPAI) viruses in air samples collected inside, immediately outside, and up to 70 meters from affected barns during the 2015 outbreak in the Midwest. ... They also found H5N2 RNA in air samples up to 1 kilometer from barns that housed infected flocks. Researchers from the University of Minnesota and U.S. Department of Agriculture obtained air samples from 3 affected farms in Minnesota, 1 in Iowa, and 2 in Nebraska. Flock sizes ranged from 4,205 to 1.8 million poultry. CIDRAP Avian Flu Scan (first item)
USAFSAM: DoD Global, Laboratory-Based, Influenza Surveillance Program

During 7 August - 3 September 2016 (Surveillance Weeks 32 - 35), a total of 39 specimens were collected and received from 25 locations. Results were finalized for 37 specimens from 25 locations. During Week 32, one influenza B virus was identified. The percent positive for Week 32 was 14.3% while Weeks 33, 34, and 35 were 0%. The influenza percent positive for the season is currently 25%. US Air Force School of Aerospace Medicine

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VETERINARY/FOOD SAFETY

$21.8 million to help implement FDA produce safety rule

10 September - The U.S. Food and Drug Administration (FDA) has announced that $21.8 million in federal money will go to 42 states for use in implementing FDA’s new regulation, “Standards for the Growing, Harvesting, Packing, and Holding of Produce for Human Consumption.” ... The purpose of [the Food Safety Modernization Act] is to prevent foodborne illness from dangerous pathogens like E. coli, Listeria, Salmonella and others.
Food Poisoning Bulletin

Pilot program pairs some PTSD vets with service dogs

13 September - Some veterans with mental health issues will now be entitled to a service dog — at least for now — as U.S. Rep. Mike Thompson, announced a pilot program. The co-chair of the Military Veterans Caucus announced that the Department of Veterans Affairs has launched a pilot program to offer service dog benefits to veterans with mental health diagnoses, such as post-traumatic stress disorder. The program will pair 100 veterans with a mobility-limiting mental health diagnoses, including ones that limit their ability to conduct normal social activities and navigate public spaces, with a highly trained assistance dog.
Stars and Stripes

Rex Animal Health is using genomics to keep livestock healthy

12 September - A startup called Rex Animal Health wants to protect livestock from illnesses that can quickly turn into epidemics, and help farmers breed animals with the healthiest and most attractive traits. Today at Disrupt SF, Rex unveiled technology to help veterinarians provide clinical support at the point on the farm, and predict the genetic causes of
problematic traits in their herds, and in the diseases affecting them. ... Rex Animal Health’s platform lets the people who raise cattle, pigs, chickens and any other animals in the food supply chain keep a digital record of their health issues, even converting notes on paper into digital data. TechCrunch

**Study finds resistant *E coli* common in UK poultry, pork samples**

9 September - A new study out of England has found antibiotic resistant *Escherichia coli* bacteria in nearly a quarter of pig and poultry meat samples purchased at UK supermarkets. The study ... analyzed 189 UK-origin pork and poultry samples bought at seven of the UK’s largest supermarkets. In their analysis, the researchers found that 24% of the chicken samples tested positive for extended spectrum beta-lactamase *E coli*, which are resistant to cephalosporin antibiotics. ... The researchers also found that 51% of the *E coli* found in the pork and poultry samples were resistant to trimethoprim, which is commonly used to treat lower urinary tract infections, while 19% showed resistance to gentamicin, an antibiotic used in upper respiratory tract infections. No resistance to fluoroquinolones or colistin was found in any of the *E coli* isolates. CIDRAP ASP News Scan (sixth item)

**Study notes high rates of ESBL *E coli* on Chinese swine farms**

9 September - More than half of farm pigs and one in five workers on those farms harbor extended-spectrum beta-lactamase (ESBL)–producing *Escherichia coli*, according to a small study in the *Journal of Food Protection*. Researchers obtained rectal swabs from 60 pigs on four pig-fattening farms in Shandong province in eastern China and from 40 workers on the farms. ... The investigators found that 34 of 60 pigs (56.7%) and 8 of 40 farm workers (20%) tested positive for ESBL-producing *E coli*. And the swine isolates had the same genotypes, antibiotic resistance profiles, and other factors as the human isolates. They concluded, “These findings were suggestive for transfer of ESBL-producing *E. coli* between animals and humans.” CIDRAP ASP News Scan (eighth item)

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**WELLNESS**

Can teenage defiance be manipulated for good?

12 September - ... A new study ... finds that teenagers make wiser choices if they are encouraged to reimagine healthy behavior as an act of defiance. The researchers ... randomly assigned 489 eighth graders to different groups. One group read the kind of article you’d find in any health class. It explained how the body processes food;
recommended a diet low in sugar and fat; and featured colorful pictures of fresh foods. Another group read an exposé of cynical practices by some food companies, such as reformulating food to make it more addictive and labeling unhealthy products to make them appear healthy. "We cast the executives behind food marketing as controlling adult authority figures, and framed the avoidance of junk food as a way to rebel against their control," explained the researchers. ... [T]he next day ... the students were asked to choose which snacks they wanted in anticipation of a long-planned celebration. ... Teenagers who had read the exposé article chose fewer junk food items than those in the control groups. They were 11 percentage points more likely to forgo at least one unhealthy snack, like Oreos, Cheetos or Doritos, in favor of fruit, baby carrots or trail mix, and seven percentage points more likely to choose water over Coca-Cola, Sprite or Hi-C. The New York Times

How the sugar industry shifted blame to fat

12 September - The sugar industry paid scientists in the 1960s to downplay the link between sugar and heart disease and promote saturated fat as the culprit instead, newly released historical documents show. The internal sugar industry documents ... suggest that five decades of research into the role of nutrition and heart disease — including many of today’s dietary recommendations — may have been largely shaped by the sugar industry. ... The documents show that a trade group called the Sugar Research Foundation, known today as the Sugar Association, paid three Harvard scientists the equivalent of about $50,000 in today’s dollars to publish a 1967 review of sugar, fat and heart research. The studies used in the review were handpicked by the sugar group, and the article, which was published in the prestigious New England Journal of Medicine, minimized the link between sugar and heart health and cast aspersions on the role of saturated fat. The New York Times

Long daytime naps are 'warning sign' for type-2 diabetes

15 September - Napping for more than an hour during the day could be a warning sign for type-2 diabetes, Japanese researchers suggest. ... Their research found there was a link between long daytime naps of more than 60 minutes and a 45% increased risk of type-2 diabetes, compared with no daytime napping - but there was no link with naps of less than 40 minutes. The researchers said long naps could be a result of disturbed sleep at night, potentially caused by sleep apnoea. ... Sleep deprivation, caused by work or social life patterns, could also lead to increased appetite, which could increase the risk of type-2 diabetes. But it was also possible that people who were less healthy or in the early stages of diabetes were more likely to nap for longer during the day. BBC News

More ammunition in the battle against opioid overdoses

15 September - In 2014, more people died of drug overdoses than in any other year, and the majority of the deaths involved an opioid. In fact, “more Americans die from drug overdoses than car crashes,” said Sylvia Burwell, HHS secretary, in announcing new actions the department is taking to combat the opioid epidemic. ... Among the changes: SAMHSA finalized a rule to allow practitioners who can prescribe buprenorphine for up to 100 patients for a year or more now to treat up to 275 patients. ... Another important change
was to the IHS Prescription Drug Monitoring Program (PDMP). ... Opioid prescribers and pharmacists will now be required to check state PDMP databases before prescribing or dispensing any opioid for > 7 days. ... The IHS has also announced that it will train hundreds of law enforcement officers of the Bureau of Indian Affairs on how to use naloxone and provide them with the drug. **Federal Practitioner**

**Pair of studies underscore benefits of prenatal Tdap vaccination**

14 September - Immunization with the tetanus, diphtheria, and pertussis (Tdap) vaccine during roughly the third pregnancy trimester was more effective than postpartum vaccination at preventing pertussis in babies in their first weeks of life, according to a retrospective cohort study. ... Tdap received during the recommended 27-to-36-week period was 85% more effective than postpartum vaccination at preventing pertussis in babies younger than 8 weeks old. ... In other Tdap research, a group including two authors of the above study found that babies with pertussis who were born to mothers who were vaccinated during pregnancy had less severe disease compared with unvaccinated mothers. **CIDRAP News Scan** (second item)

**Physical inactivity among adults aged 50 years and older — United States, 2014**

16 September - ... Overall, 27.5% of adults aged ≥50 years reported no physical activity outside of work during the past month. Inactivity prevalence significantly increased with increasing age, and was 25.4% among adults aged 50–64 years, 26.9% among adults aged 65–74 years, and 35.3% among adults aged ≥75 years. Inactivity prevalence was significantly higher among women than men, among Hispanics and non-Hispanic blacks than among non-Hispanic whites, and among persons reporting ever having had one or more of seven selected chronic diseases than among those not reporting one. Inactivity prevalence significantly increased with decreasing levels of education and increasing body mass index. **Morbidity and Mortality Weekly Update**

**Sleep 'prioritises memories we care about'**

10 September - A study has found that during sleep, the experiences you care about are more likely to enter your long-term memory. Eighty non-Welsh speaking participants were taught Welsh words before either a period of wake or sleep. Those who slept showed an increased ability to learn the words, and the effect was greatest in those who placed personal value on the language. This suggests that memories perceived as important undergo preferential treatment by the brain during sleep. While it has long been established that sleep helps the consolidation of memories, this is the first study to show that the effect is influenced by how much you care about the memory. **BBC News**
Smoking and drinking rates among U.S. teenagers fall to new lows

8 September - Smoking and drinking among teenagers fell to new lows in 2015, new federal data show, as young Americans continued to shift away from the habits of their parents. Just 9.6 percent of adolescents, ages 12 to 17, reported using alcohol in 2015, down from 17.6 percent in 2002, according to the data. Far fewer adolescents smoke every day: about 20 percent in 2015, down from 32 percent in 2002. The numbers came from the Substance Abuse and Mental Health Services Administration, a federal agency that tracks addiction and mental health issues in the United States. The New York Times

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USAFRICOM

Nigeria: 284 ill, 154 dead from Lassa fever in Nigeria

13 September - It's been 1 year since a Lassa fever cases began appearing in Nigeria, and now officials say 284 people have contracted the disease while 154 have died, with new cases popping up across the country each day. ... Dr. Chikwe Ikpeazu, director-general of the Nigeria Centers for Disease Control, said Lassa fever is not yet an epidemic, but recent deaths could change that status. The news article said that unlike the country's response to the related Ebola virus, there's been complacency by the Nigerian government to address Lassa fever. Critics say the dearth of medical professionals and proper surveillance mechanisms have allowed it to erupt since the first wave of cases were reported in August of 2015. CIDRAP News Scan (third item)

Nigeria: How Boko Haram is keeping polio alive in Nigeria

14 September - ... Last year, the World Health Organization declared [Nigeria] to be "polio-free." That milestone meant the disease was gone from the entire continent of Africa. ... But that declaration of "polio-free" turned out to be premature. Three new cases of polio have been confirmed in areas liberated from Boko Haram militants, prompting health officials to launch a massive campaign to vaccinate millions of children across four countries in West and Central Africa. ... The immediate concern is to make sure all children in Borno state are vaccinated, but parts of the state remain under the militants' control. So polio immunizers have set up vaccination posts on the roads just outside the Boko Haram-controlled areas. "We only get access to the children when there's some incursion by the military and they [the children] come out," Ohuabunwo says. NPR
South Sudan outbreaks: Cholera, malaria, measles and kala-azar

10 September - The World Health Organization (WHO), in a release yesterday, reported on the response to multiple outbreaks in the strife-redden country of South Sudan. ... **Cholera** was confirmed in Juba on 21 July 2016 in the aftermath of the recent escalation of violence in Juba. ... As of 6 September 2016, a total of 1762 cholera cases, including 26 deaths had been reported from five states. ... More than 1.3 million **malaria** cases have been reported since the beginning of 2016. Malaria cases started rising in early May and, during the week of 30 May 2016, an outbreak was declared in Bentiu, a camp for internally displaced people. By 28 August 2016, 31 counties in 8 states had exceeded the malaria epidemic threshold countrywide. ... Since the beginning of 2016, more than 1600 **measles** cases, including at least 19 deaths, have been reported countrywide. ... **Kala-azar** is the most severe form of leishmaniasis, a disease spread by sandflies. ... In 2016, more than 1000 cases including 42 deaths have been reported in South Sudan. Outbreak News Today

Tanzania: Official death toll in Tanzania earthquake rises to 17

13 September - The number of people killed following a rare earthquake in the Lake Victoria region over the weekend has risen to 17, a Tanzanian official said Tuesday. The 5.7-magnitude earthquake also left 252 people injured and 840 families homeless, George Simbachawene, the minister of state in the office of the president, told the National Assembly. People died in collapsing homes. More than 1,200 houses need repair, and the government has closed two secondary schools that were heavily damaged by Saturday's quake, he said. ... The quake was felt in western Kenya and parts of Uganda, which share the waters of Lake Victoria. Tremors also were felt in Rwanda's capital, Kigali. VOA

USCENTCOM

Afghanistan: Why Afghanistan is worried about the meaty feasts of Eid Al-Adha

11 September - Eid al-Adha, an important Muslim holiday, starts on Monday in many countries. [H]ealth officials in some countries — Afghanistan, in particular [are] wringing their hands about health risks. ... Studies have shown that during Eid al-Adha, opportunities for people to pick up [Crimean-Congo
hemorrhagic fever] from animals, or from their ticks, go way up. Around the holiday, a lot of animals are transported and traded, sometimes across borders and often from rural areas to urban ones. That makes it easier for other animals, like rodents or pets, to pick up the virus. And the mingling of livestock can also introduce new variants of the virus. The way animals are slaughtered on the holiday adds to the risk. ...During Eid al-Adha, some celebrants opt to slaughter the animals on their own or hire a non-professional butcher to kill the animal on the roadside or in a backyard. NPR

Saudi Arabia: WHO: No major health events at the Hajj, flu levels lower
14 September - No major disease outbreaks or other public health threats surfaced during the Hajj pilgrimage that just concluded in Saudi Arabia, which drew about 2 million people, the World Health Organization (WHO) said today after wrapping up its mission in the country to support the health ministry. Before the event, the Saudi Ministry of Health (MOH) and the WHO did a risk assessment of health hazards that could crop up during the pilgrimage and the MOH undertook several preventive measures in, for example, infection prevention, risk communication, and how to avoid heat illness. Early findings point to a decline in flu morbidity and mortality compared with last year's Hajj, the WHO said.
CIDRAP News Scan (fourth item)

Syria: Study finds high rate of MDR pathogens in hospitalized Syrian children
13 September - Researchers at a hospital in Israel are reporting a high rate of multidrug-resistant (MDR) pathogen carriage among Syrian children who were ill or wounded during the ongoing Syrian civil war. The study ... involved 128 children admitted to the hospital for multiple trauma and acute or chronic illness from March 2013 to February 2016. Of the 128 children, 107 were screened for five MDR pathogens: extended-spectrum beta-lactamase-producing Enterobacteriaceae (ESBL), carbapenem-resistant Enterobacteriaceae (CRE), methicillin-resistant Staphylococcus aureus, MDR Acinetobacter baumannii (MDR-AB), and vancomycin-resistant Enterococcus. The researchers identified MDR pathogens in 89 of the 107 children (83%), with all five classes of pathogen being represented. Infections were present in 24 of the children (19%), with urinary tract, surgical site, and bone infections being the most prevalent. Two thirds of infections were caused by ESBL, 20% by MDR-AB, and 15% by CRE. CIDRAP News Scan (second item)

Syria: The doctors saving lives in Aleppo via Skype
13 September - The battle over Aleppo has been raging for more than five years - with the Syria city under siege for much of this time. The medical and humanitarian situation is desperate. Two years ago, British doctor David Nott got into Aleppo to help train doctors there. Now he's helping to get round the siege by directing life-saving operations via Skype. BBC News (video)
**USEUCOM**

Russia: A Siberian river has mysteriously turned blood red

8 September - Alarmed Russians are sharing photos on social media of a Siberian river that has suddenly and mysteriously turned blood red. Russian authorities are trying to determine the cause of the ominous change to the Daldykan River, located above the Arctic Circle and flowing through the mining town of Norilsk. Two major theories are emerging to explain the change. "The first is that the red color comes from the large quantity of iron that occurs naturally in the ground in that region," National Geographic said. "The second is a chemical leak." Russia's Ministry of Natural Resources and Environment said in a statement that it suspects the latter explanation: "According to our initial information, a possible reason for the pollution of the river might be a break in the pipeline" belonging to a local factory, which is owned by the nickel and palladium giant Norilsk Nickel. According to the BBC, the government daily Rossiiskaya Gazeta suggested that the pipeline could be leaking waste copper-nickel concentrate. NPR

United Kingdom: Britain's failure to tackle female genital mutilation a 'national disgrace': lawmakers

14 September - The failure of British authorities to bring one successful prosecution for female genital mutilation in more than 30 years is a "national scandal", lawmakers said on Thursday calling for greater action against professionals not reporting the practice. Female genital mutilation (FGM) has been a criminal offence in Britain since 1985 and new legislation in 2003 introduced a jail term of up to 14 years for British citizens carrying out FGM abroad, even in countries where it is legal. Last year the government made it compulsory for teachers, social workers, doctors, nurses and midwives to report FGM with campaigners fearing many cases are going unnoticed because they happen at a young age and abroad. Reuters

**USNORTHCOM**

U.S.: 9/11 first responders battle toxic exposures 15 years later

11 September - In the years after the 9/11 attacks, health experts have learned more about how the debris, smoke and wreckage affected the health of first responders and other survivors of the attacks. Those who stayed in the area and breathed in the dust and smoke...
have been found to be more at risk for a host of health problems, including cancer, asthma, mental health disorders and gastrointestinal diseases. ... The FDNY reports that in addition to the 343 FDNY members killed on 9/11, another 127 firefighters have died of illnesses related to working at Ground Zero in the past 15 years. This includes 17 people who died in the last year, according to the FDNY. The Uniformed Firefighters Officers Association (UFOA) reports that 1,396 members have cancers associated with exposures at Ground Zero, 5,723 have gastrointestinal issues and more than 5,500 have lower airway issues. Many of these current and former FDNY members have two conditions. ABC News

**U.S.: Don't kiss that kitty - cat-scratch fever is making people sicker**

15 September - Cat-scratch disease, as the name suggests, is spread by cats. It has long been considered a mild illness, but a study finds that people are getting more serious complications, which can be fatal. And kissing kittens increases the risk of being infected. ... It’s the first large-scale evaluation of the illness in the United States in over 15 years. While the total number of people infected with the disease has gone down, the number of people becoming seriously ill has increased. Symptoms typically involve fatigue, fever and swollen lymph nodes. But in a small number of cases, cat-scratch disease can cause the brain to swell or infect the heart. Infections like those can be fatal if they aren’t properly treated. NPR

**U.S.: Firefighting chemicals are contaminating the water of 16.5 million people**

7 September - ... [In] Portsmouth, New Hampshire ... Pease Air Force Base ... used large quantities of chemicals called highly fluorinated compounds to fight fires and in practice drills. These chemicals ... harm the immune system and brain, are linked to cancer and obesity, and disrupt the normal activity of bodily hormones. ... In May 2014, a test revealed significant levels of perfluorooctane sulfonic acid (PFOS) in the site's main well. ... Since then, the U.S. Air Force, working with the EPA and New Hampshire Department of Health and Human Services, has begun to clean up the contamination. ... The Air Force has identified 200 current and former bases where fluorinated compounds may have been released, and it tests for their presence in groundwater and drinking water. Newsweek

**U.S.: Health care providers scramble to meet new disaster readiness rule**

9 September - An estimated 72,315 American health care providers and suppliers — from hospitals and nursing homes to dialysis facilities and care homes for those with intellectual disabilities — will have a little over a year to meet federal disaster preparedness requirements completed this week by the Centers for Medicare and Medicaid Services. The new rule is aimed at preventing the severe breakdown in patient care that followed disasters including Hurricane Katrina and Hurricane Sandy, while also strengthening the ability to provide services during other types of emergencies, such as pandemics and
terrorist attacks. The rule is unusual in that it has provisions for 17 different provider types, among them those that patients rely on to live at home, like outpatient surgery sites, physical therapy offices and home health agencies. The New York Times

U.S.: Michael Bloomberg gives $300 million to Hopkins public health school for new initiative

15 September - The Johns Hopkins Bloomberg School of Public Health has received a $300 million gift from businessman and former New York Mayor Michael Bloomberg — coinciding with the institution's 100th anniversary — to be used to launch an initiative it says will transform the way the country approaches public health issues. It is the largest gift ever for the school and the first to focus primarily on domestic health issues. The gift brings Bloomberg's giving to Johns Hopkins institutions to $1.5 billion. The new effort with the funds from Bloomberg will be called the Bloomberg American Health Initiative. The efforts will focus on five areas of public health including drug addiction, obesity, gun violence, adolescent health and environmental threats. The Baltimore Sun

U.S.: Too soon to tell if 9/11 firefighters face increased cancer risk

15 September - Fifteen years after the 9/11 attacks, the jury is still out on whether firefighters who worked at the World Trade Center site have increased odds of developing cancer, a U.S. study suggests. ... The current study ... found firefighters who responded to the attacks in New York don't appear to have a greater cancer risk than firefighters from San Francisco, Chicago and Philadelphia who were not part of the 9/11 emergency response – with the exception of two cancer types. "Within the first eight years after 9/11 there was no difference in the risk of cancer overall between the two firefighter groups, although the risks of thyroid cancer and prostate cancers were elevated among WTC-exposed firefighters compared with non-WTC-exposed firefighters," said one of the study's authors, Rachel Zeig-Owens. ... Firefighters that responded to 9/11 were more than three times as likely to get a thyroid cancer diagnosis during the study period as their peers in the unexposed group. ... Later in the study period, from 2005 to 2009, the 9/11 group was also about 38 percent more likely to get a prostate cancer diagnosis than the firefighters in other cities. Reuters

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Asian nations plan fund to better prepare for health emergencies, says WHO

9 September - Eleven countries in South and East Asia on Friday agreed to establish an emergency fund to strengthen their health services to better respond to outbreaks of
diseases, including emerging viruses such as Zika, the World Health Organisation (WHO) said on Friday. Made up of India, Bangladesh, Bhutan, South Korea, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka, Thailand and Timor-Leste, the South East Asia region is highly susceptible to disasters such as floods which can result in disease outbreaks. The region is also threatened by a range of emerging diseases such as SARS, MERS CoV, pandemic influenza and Zika, say experts, adding that countries remain ill-prepared to effectively contain an outbreak should it occur. Reuters

**Australia: 3 new strains of norovirus cause epidemic in Australia**

13 September - Scientists from the University of New South Wales (UNSW) have identified three new strains of norovirus that have caused an epidemic of gastrointestinal disease in Australia this winter. Officials estimate that hundreds of thousands of Australians—most in nursing homes, hospitals, cruise ships, and daycares—have been infected with these new strains. Researchers said two of the viruses are hybrids that evolved from the Sydney 2012 strain, and the other strain likely originated in Asia. CIDRAP News Scan (first item)

**Australia: Cancer overtakes heart disease as Australia's biggest killer**

13 September - Cancer has become Australia's biggest killer, overtaking heart disease for the first time to take more lives than any other ailment, a government health agency said in a report released on Tuesday. Indigenous Australians also fare much worse than non-indigenous on almost every health score, according to Australia's Health 2016 report. ... The total number of deaths from cancer was 44,100 in 2013, the institute said, for the first time surpassing the number of deaths from cardiovascular disease, including heart attacks and stroke. Lung cancer is Australia's most common fatal cancer. Reuters

**India: Study finds 'alarming' resistance levels in neonatal sepsis in India**

13 September - A new study has found that sepsis accounts for nearly a quarter of newborn deaths in India, with most episodes occurring within 3 days of birth. The study also found that the infecting pathogens are marked by an alarming degree of antimicrobial resistance. ... From those 88,636 live births, 13,530 newborns were enrolled in the study after admission to a neonatal intensive care unit (NICU), and 1,934 received a final diagnosis of sepsis. The incidence of total sepsis was 14.3%, and nearly two-thirds of cases occurred within 72 hours of birth. Sepsis was the underlying cause of death in 24% of the enrolled newborns who died during the study. CIDRAP

**North Korea mobilizes after floods kill at least 133**

12 September - North Korea is mobilizing to deal with a disastrous flood that killed more than 130 people, destroyed tens of thousands of homes and crippled infrastructure in its
northern-most province. Brigades of soldiers from around the country have been enlisted to help victims of the flooding which began Aug. 29 and was caused by Typhoon Lionrock. According to a U.N. report issued by the Office for the Coordination of Humanitarian Affairs, the floods displaced tens of thousands of people and destroyed homes, buildings and critical infrastructure. North Korean media said it was the worst single case of downpours and high winds since 1945, though that claim couldn't be verified. The report said the government has confirmed 133 people were killed and another 395 missing. It said more than 35,500 houses, schools and public buildings were damaged, with 69 percent completely destroyed. It reported widespread inundation of farmland and at least 140,000 people in urgent need of assistance. ABC News

Sri Lanka: ‘Big success story’ - Sri Lanka is declared free of malaria

12 September - After a long struggle, Sri Lanka, the large island nation southeast of India, was declared free of malaria last week by the World Health Organization. It has been more than three years since the last case. "This is a big success story," said Dr. Pedro L. Alonso, the director of the W.H.O.'s global malaria program. "And it's an example for other countries." Sri Lanka almost succeeded in eliminating malaria 50 years ago, but its huge effort fell apart. The country became the example most frequently cited by malariologists to show how defeat could be pried from the jaws of victory. The New York Times

Typhoon Meranti slams into China after battering Taiwan

14 September - Typhoon Meranti, downgraded from super typhoon status, slammed into mainland China's Fujian Province early Thursday morning local time. The storm reached land as the equivalent of a Category 2 or 3 hurricane. ... Hours earlier, Meranti brought ferocious winds, drenching rain and pounding waves to Taiwan on Wednesday, even though the center of the storm slid just south of the island nation. Wind and rain knocked out power to nearly 200,000 homes, forced schools and businesses to close and canceled flights. 2016, with winds estimated at 190 mph. That also made it the strongest on Earth since 2013, when Super Typhoon Haiyan killed more than 6,000 people in the Philippines. USA Today

WHO: Asian nations see drop in malaria, but artemisinin resistance a concern

9 September - A new report from the World Health Organization (WHO) says that the six countries of the Greater Mekong subregion—China, Vietnam, Cambodia, Laos, Myanmar, and Thailand—cut their malaria incidence by 54%, and saw an 84% drop in malaria deaths, from 2012 to 2015. Myanmar achieved the greatest reduction (62%) in malaria cases, followed by Vietnam (52%). ... The WHO attributes the declines to ... long-lasting insecticide treated nets, rapid diagnostic tests, and artemisinin-based combination therapies (ACTs). ... The WHO report say that artemisinin resistance in the Plasmodium falciparum parasite,
which accounts for most malaria cases and deaths, has now been detected in Cambodia, Laos, Myanmar, Thailand and Vietnam. CIDRAP ASP News Scan (seventh item)

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Chile: Unwelcome surprise: a disease-spreading chigger turns up in Chile

10 September - ... [S]crub typhus has made an appearance in the Western hemisphere: Three patients were diagnosed between January 2015 and February 2016 in Chiloe Island off the coast of southern Chile, almost 7,500 miles away from where the disease is typically found. ... Discovering scrub typhus in Chile, of course, has implications for the people in the rural area where it turned up. "But it also has global significance," says Dr. Thomas Weitzel. ... "Worldwide, we have to rewrite all the chapters of this disease and think wider." It's not an easy disease to diagnose. ... The disease is thought to kill 140,000 patients a year, often due to misdiagnosis. The cause of death is pneumonia or heart problems. In Chile or other countries outside the scrub typhus triangle, health care workers attempting to diagnose a disease with common symptoms like fever, rash and headache might well consider an unknown infection for which the first line of treatment would most likely be penicillin, says Weitzel. The problem is, penicillin is ineffective against scrub typhus. Doxycycline is the antibiotic that knocks out the disease. NPR

Haiti: PAHO reports spike in cholera cases in Haiti

13 September - The Pan American Health Organization (PAHO) reported yesterday that Haiti accounts for 96% of all cholera cases in the Americas and is on pace to see more cases this year than in 2014 or 2015. So far in 2016, three countries have reported a total of 27,839 cases of the waterborne disease. Ecuador has 1 case, the Dominican Republic has 1,039, and Haiti, which has been battling a cholera epidemic since October of 2010, reported 26,799 cases, including 242 deaths. In all of 2014 Haiti had 27,754 cases, and last year it reported 36,065. In 2013 the country had almost 59,000 cases. CIDRAP News Scan (fourth item)

PAHO reports 510 new chikungunya cases

12 September - Countries and territories in the Americas reported only 510 new cases of chikungunya last week, raising the 2016 total to 253,020, the Pan American Health Organization (PAHO) reported late last week, while a new study notes that transmission from mothers to newborns is a concern. ... In the study ... researchers analyzed data on 169 symptomatic newborns who had lab-confirmed chikungunya infections at four major hospitals in three Central and South American nations. They found that the rates of
transmission from mother to child ranged from 27.7% to 48.3%. Only one center reported deaths, for a case fatality rate in that hospital of 5.3%. 
CIDRAP News Scan (second item)

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