

8 August 2014

Army Public Health Weekly Update

U.S. Army Public Health Command



The Army Public Health Update is a collection of articles taken verbatim from public sources to offer awareness of current health issues and the media coverage given to them. The articles do not necessarily represent US Army Medical Department opinions, views, policy, or guidance, and should not be construed or interpreted as being endorsed by the US Army Medical Department.

U.S. Military | Global | Influenza | Veterinary/Food Safety | Wellness | Contact Us

USAFRICOM | USCENTCOM | USEUCOM | USNORTHCOM | USPACOM | USSOUTHCOM

Approved for public release, distribution unlimited.

Subscription or Comments

If you wish to be added to the APH Weekly Update mailing list, removed from the mailing list, or if you have comments or questions about the update, please [contact us](#).

We welcome your comments. Please feel free to share this update with others who may be interested.



Follow us!



Facebook



Twitter



YouTube

Contents

U.S. MILITARY

- August is Preventive Health Month
- Combat stress among veterans is found to persist since Vietnam
- Report: Female troops struggle to get reproductive health care
- Surveillance of cataract in active component service members, U.S. Armed Forces, 2000–2013
- U.S. Army now exploring 3d bioprinting to treat injured soldiers

GLOBAL

- Experimental non-invasive tests detect rare brain disease
- Philips, Accenture prototype app would let ALS patients mind control their devices
- Strategies to prevent healthcare-associated infections through hand hygiene
- Visual processes 'critical for sharp mind'
- Year-round preventive treatment reduces malaria risk in young children
- EBOLA VIRUS
- CDC issues highest-level alert for Ebola
- Ebola: Global experts begin emergency talks at WHO
- Ebola mortality rate expected to rise as outbreak runs its deadly course
- Ebola outbreak: Spain to accept Europe's first confirmed case of the virus
- Ebola virus disease update - West Africa
- Experimental drug likely saved Ebola patients
- Liberians in America help dispel Ebola myths back home
- Liberia orders cremation of Ebola victims
- Second drug is allowed for treatment of Ebola
- U.S. allows use of Ebola test overseas as crisis deepens
- Why Ebola worries the Defense Department

INFLUENZA

- CDC: Weekly Influenza Surveillance Report
- Google.org: Flu Trends
- Naval Health Research Center: Febrile Respiratory Illness Surveillance Update

VETERINARY/FOOD SAFETY

- CDC's new environmental health tools to improve food safety

Guidelines for Evaluation of US Patients Suspected of Having Ebola Virus Disease

Healthcare providers should be alert for and evaluate suspected patients for Ebola virus infection who have both consistent symptoms and risk factors as follows:

- 1) Clinical criteria, which includes fever of greater than 101.5 degrees Fahrenheit, and additional symptoms such as severe headache, muscle pain, vomiting, diarrhea, abdominal pain, or unexplained hemorrhage; AND
- 2) Epidemiologic risk factors within the past 3 weeks before the onset of symptoms, such as contact with blood or other body fluids of a patient known to have or suspected to have EVD; residence in—or travel to—an area where EVD transmission is active; or direct handling of bats, rodents, or primates from disease-endemic areas.



- China: Melamine, milk-based candy contamination
- Cyclospora illnesses rise, but no common source found
- Recall: Company expands voluntary fruit recall
- USDA launches long-debated poultry inspection changes
- Zoetis plans vaccine against killer U.S. pig virus

WELLNESS

- A little video gaming 'linked to well-adjusted children'
- Brief interventions in primary care not effective for decreasing problem drug use
- Daily aspirin 'cuts bowel and stomach cancer deaths'
- Electronic cigarettes: many questions, limited research
- Many problems lead to thoughts of suicide, study finds
- Marital tension between mom and dad can harm each parent's bond with child, study finds
- Midlife high blood pressure tied to later-life mental decline
- Nutrition basics help fight child obesity
- Pump up the music—especially the bass—to make you feel powerful
- Tidy spaces can prevent kids from becoming overwhelmed and frustrated
- Workers in windowless offices lose 46 minutes of sleep a night
- Working moms have new breastfeeding rights under the ACA

USAFRICOM

- Cameroon: Cholera surges in Cameroon
- Nigeria: Cholera claims 27 lives in Biu Refugee Camp
- Nigeria: Muslim clerics in Nigeria advocate for polio vaccination and mobilize community
- South Africa: The gap to tackle TB

USCENTCOM

- Saudi Arabia: Ramadan pilgrimage season mostly free from MERS

USEUCOM

- United Kingdom: Enhanced UK MERS surveillance found 2 imported cases in 2012-13

USNORTHCOM

- U.S.: Food fight builds as U.S. regulators weigh 'added sugar' label
- U.S.: Fruit and vegetable intake among children — United States, 2003–2010
- U.S.: Heat illness and death among workers — United States, 2012–2013
- U.S.: Life expectancy gap between blacks and whites varies considerably across states
- U.S.: Medicare raises U.S. hospital payment rates for FY2015
- U.S.: New committee will advise HHS on children's health in disasters
- U.S.: Poverty linked to diabetic amputations in California
- U.S.: Prevalence of coronary heart disease or stroke among workers aged <55 years – United States 2008-2012
- U.S.: Study traces long-term decline in US pneumococcal meningitis
- U.S.: Thousands stranded, 1 dead in California mudslides
- U.S.: Top lawyer calls for greater transparency over execution drugs
- U.S.: Toxic algae blooms to persist on Lake Erie, experts say
- U.S.: Wildfires menace homes in 3 western states

USPACOM

- Asia: Japanese encephalitis virus threat in Asia
- China: Earthquake toll reaches 410 as rescuers reach hardest-hit areas
- South Korea: Ebola fear prompts university to cancel Nigerians' invitation

Highlights of CDC Twitter Chat on Ebola

A summary of the questions and answers about Ebola from CDC's Twitter chat on August 4, 2014 from 4pm - 5pm EST. Follow #CDCchat to see the conversation in its entirety.



USSOUTHCOM

- [Caribbean chikungunya cases climb 8%, top 500,000](#)
- [Costa Ricans design app to report dengue breeding sites](#)

U.S. MILITARY

August is Preventive Health Month

5 August – This month, the Military Health System focuses on preventive medicine and encouraging service members, retirees and their families to become more proactive in protecting their health. The Defense Department's Operation Live Well initiative has assembled a set of tools, resources and original content like cookbooks on its website to help you adopt a healthy lifestyle... Health and well-being are largely determined by daily lifestyle. All of these pieces of the puzzle that make up your day-to-day life are mutually reinforcing. [Health.mil](#)

Combat stress among veterans is found to persist since Vietnam

7 August - Most veterans who had persistent post-traumatic stress a decade or more after serving in the Vietnam War have shown surprisingly little improvement since then, and a large percentage have died, a new study finds, updating landmark research that began a generation ago. Members of minorities who enlisted before finishing high school were especially likely to develop such war-related trauma, as were those veterans who had killed multiple times in combat, the study found. [New York Times](#)

Report: Female troops struggle to get reproductive health care

30 July - Active-duty women face immense obstacles in accessing sufficient reproductive and sexual health care in the military health system, according to a new report by a Washington, D.C., think tank. In the 49-page "Out of Range: Obstacles to Reproductive and Sexual Health in the Military," the left-leaning Center for American Progress found disparities between female troops' health care and civilian care, including barriers to obtaining common medications and emergency contraception, abortion access, stigma in seeking care and sexism both on the job and within military health policies. According to the report, rates of sexually transmitted diseases among military women are seven times higher than civilian rates. And 10 percent of active-duty women get pregnant each year, with more than half the pregnancies thought to be unintended — a rate 50 percent higher than the unintended pregnancy rate among civilian women. [Air Force Times](#)

**Infection Prevention
for Patients
Hospitalized with
Ebola**

Standard, contact, and droplet precautions are recommended for management of hospitalized patients with known or suspected Ebola hemorrhagic fever (Ebola HF), also referred to as Ebola Viral Disease (EVD) (See Table below). Note that this guidance outlines only those measures that are specific for Ebola HF; additional infection control measures might be warranted if an Ebola HF patient has other conditions or illnesses for which other measures are indicated (e.g., tuberculosis, multi-drug resistant organisms, etc.).



Surveillance of cataract in active component service members, U.S. Armed Forces, 2000–2013

July 2014 – ...Cataracts most commonly affect individuals aged 40 years and older; however, military members can have occupational exposures (e.g., eye injury) that may make them susceptible to developing cataracts at an earlier age. During the 14-year surveillance period (2000–2013), there were 22,418 cases of cataract diagnosed in active component service members; the female-to-male rate ratio was 1.2. Older service members and service members in the Army (128.7 per 100,000 person-years [p-yrs]) had the highest incidence rate of cataract from all causes while the Marine Corps (63.1 per 100,000 p-yrs) had the lowest incidence rate. Interestingly, the Marine Corps had the highest incidence rate of traumatic cataract compared to the other Services (10.2 per 100,000 p-yrs). [Medical Surveillance Monthly Report](#)

U.S. Army now exploring 3d bioprinting to treat injured soldiers

August 2014 - With 3D printing already being utilized by the U.S Army to supply spare parts at source, and possibly provide nutritional snacks for deployed soldiers, the attention has now turned to 3D bio printing, and treating injured soldiers. Dr. Michael Romanko provides science and technology management support for the Tissue Injury and Regenerative Medicine Project Management Office, or TIRM PMO, with the U.S. Army Medical Material Development Activity, and said that the number of soldiers now surviving blasts had increased, but unfortunately, so too had their injuries... The medical team are concentrating their efforts on skin repair, as this lends itself perfectly to 3D bio printers and is an area of high concern, as deep tissue scar damage can be particularly restricting to injured soldiers. [Inside 3DP](#)

[top of page...](#)

GLOBAL

Experimental non-invasive tests detect rare brain disease

6 August- An analysis of two experimental tests for Creutzfeldt-Jakob disease shows that cells in the nose or a urine sample can detect versions of the brain-destroying illness. The urine test proved effective at identifying the human form of mad cow disease. The research, reported in the New England Journal of Medicine, may make it far easier to diagnose the illness, track its progress in the body and evaluate potential treatments. [Reuters](#)

Vector-borne Disease Report

The latest edition of the Vector-borne Disease Report includes information on chikungunya, DoD mosquito surveillance, tick-borne diseases and West Nile virus.



Philips, Accenture prototype app would let ALS patients mind control their devices

5 August - ...Philips Healthcare and Accenture have teamed up to show off the possibility of using one such device, the Emotiv Insight Brainware, to help patients with amyotrophic lateral sclerosis (ALS) to manage both their care and their life... Philips and Accenture have developed a proof of concept app that would allow such a patient, equipped with an Emotiv sensor, to control Philips devices like the Philips Lifeline Emergency Alert system using only their minds. The tablet also connects to a Google Glass-like wearable display that the user can use to interact with the app. By thinking simple commands like "left" and "down", users can scroll through a menu that allows them to operate Philips' smart TV and smart lights as well as to send simple preconfigured messages by email or text. The app also accepts inputs via touch or eye movement controls. [MobiHealthNews](#)

Strategies to prevent healthcare-associated infections through hand hygiene

August 2014 - ...The intent of this document is to highlight practical recommendations in a concise format, update recommendations with the most current scientific evidence, and elucidate topics that warrant clarification or more robust research. Additionally, this document is designed to assist healthcare facilities in implementing hand hygiene adherence improvement programs, including efforts to optimize hand hygiene product use, monitor and report back hand hygiene adherence data, and promote behavior change. [Infection Control and Hospital Epidemiology](#)

Visual processes 'critical for sharp mind'

4 August - Scientists say they have uncovered a basic process that may help explain why some people's thinking skills decline with age. Research indicates as individuals begin to have difficulties interpreting simple images, their overall intelligence falls too. Psychologists suggest this ability to glean information at a glance may play a critical role in how we deal with more complex tasks... "This research makes us question whether the reason we start to slow up in old age is because the speed at which we apprehend the world slows down." [BBC](#)

Year-round preventive treatment reduces malaria risk in young children

5 August - A year-round preventive drug treatment substantially reduces young children's risk of contracting malaria and poses no serious risk of adverse events, according to a study by researchers funded by the National Institutes of Health. The findings demonstrate that prolonged treatment given from 6 to 24 months of age is safe and effective for young children, according to the study authors. Year-round preventive measures are badly needed in locations like Uganda, where the study took place, and where malaria rates remain high throughout the year. [EurekAlert](#)

Hearing Loss and Healthy Aging - Workshop Summary

The ability to communicate is a cornerstone of healthy aging. When they are unable to communicate, people with hearing impairments can become socially isolated, which can be an important driver of morbidity and mortality in older adults.

Despite the critical importance of communication, many older adults have hearing loss that interferes with their social interactions and enjoyment of life. People may miss words in a conversation, go to fewer public places, or worry about missing an alarm. Despite rapidly advancing technologies and innovative approaches to hearing health care, fewer than one in seven older Americans with hearing loss use hearing aids.



death rates can be slowed through medical care. Neuman noted that when doctors are able to begin treatment soon after infection, the survival rates from Ebola can increase significantly. [Fox News](#)

Ebola outbreak: Spain to accept Europe's first confirmed case of the virus

6 August - Spain has been preparing to accept Europe's first confirmed case of the Ebola virus. A medically-equipped military jet has been sent to Liberia to repatriate Miguel Pajares, 75, a Spanish missionary priest working at a hospital in the West African country. The priest was one of three missionaries to test positive for the virus at the San Jose de Monrovia Hospital in the Liberian capital, Monrovia. Brother Pajares and his two fellow workers, Chantal Pascaline Mutwamene of Congo and Paciencia Melgar from Equatorial Guinea, belong to the Hospital Order of San Juan de Dios, a Catholic humanitarian group that runs hospitals around the world, and had been helping to treat patients infected with the virus.

[Telegraph](#)

Ebola virus disease update - West Africa

6 August - Between 2 and 4 August 2014, a total of 108 new cases of Ebola virus disease (laboratory-confirmed, probable, and suspect cases) as well as 45 deaths were reported from Guinea, Liberia, Nigeria, and Sierra Leone. A mission briefing with representatives from Member States was held on 5 August at the World Health Organization (WHO). Information about the nature of Ebola virus disease (EVD) was highlighted. This was followed by outlining the essential components for control, including the need for national leadership, improved care and case management, identifying transmission chains and stopping disease spread, and preventing further outbreaks. Among the critical issues are: cross-border infections and travelers; partners reaching the limits of their capacity and ability to respond rapidly, safely, and effectively; and concerns about the socio-economic impact of continued transmission... As of 4 August 2014, the cumulative number of cases attributed to EVD in the four countries stands at 1 711, including 932 deaths. [WHO](#)

Experimental drug likely saved Ebola patients

4 August - Three vials containing an experimental drug stored at subzero temperatures were flown into Liberia last week in a last-ditch effort to save two American missionary workers who had contracted Ebola, according to a source familiar with details of the treatment. The drug appears to have worked. Dr. Kent Brantly's and Nancy Writebol's conditions significantly improved after receiving the medication, sources say. Brantly was able to walk into Emory University Hospital in Atlanta after being evacuated to the United States last week, and Writebol is expected to arrive in Atlanta on Tuesday... A representative from the National Institutes of Health contacted Samaritan's Purse in Liberia and offered the experimental treatment, known as ZMapp, for the two patients, according to the source... According to company documents, four monkeys infected with Ebola survived after being given the therapy within 24 hours after infection. Two of four other monkeys that started

Classified Version of the Weekly Update

An Army Public Health Weekly Update is available with articles classified up to the **SECRET** level from the USAPHC SIPRNet site:

<http://phc.army.smil.mil>

Look under Hot Topics & Current Issues.

To access this version, you will need a **SECRET** clearance and a SIPRNet account.

Links

[A-Z Index](#)

[About USAPHC](#)

[Army Public Health and Health Information Weekly Update Archives](#)

[Medical Surveillance Monthly Report](#)

[Medical Threat Briefings \(AKO\)](#)

[Request USAPHC Services](#)

[USAPHC Library](#)

[USAPHC Homepage](#)

[USAPHC Training](#)

[Contact USAPHC](#)

therapy within 48 hours after infection also survived... The medicine is a three-mouse monoclonal antibody, meaning that mice were exposed to fragments of the Ebola virus and then the antibodies generated within the mice's blood were harvested to create the medicine. It works by preventing the virus from entering and infecting new cells. [CNN](#)

Liberians in America help dispel Ebola myths back home

6 August - ...It's been difficult to contain the largest Ebola outbreak in history, partly because of misunderstanding. This year's outbreak is the first in Liberia, and many locals there are understandably not familiar with the nature of the virus, how it spreads or what treatment to seek. So international health officials have been activating a phone network that spans continents — enlisting Liberian Americans like Togba-Addy to help clear the confusion by reaching out to their families back home. Mobile phones are everywhere in Liberia, even in places where electricity and water are scarce, says Craig Manning, a health communications specialist with the Centers for Disease Control and Prevention. "We can move information through these channels perhaps even more effectively than we can through social mobilization programs in country," he says. Manning spoke Sunday at the Liberian Association of Metro Atlanta's offices, where Togba-Addy and more than a hundred fellow immigrants gathered to ask questions about Ebola. [NPR](#)

Liberia orders cremation of Ebola victims

4 August - The deadly scourge of Ebola means people here no longer shake hands when greeting each other. In taxi cabs where people used to cram onto the laps of others, drivers now can carry only four people or risk fines. Plastic buckets are selling at a record pace to people who fill them with chlorine to disinfect their hands. And Monday Liberian health authorities ordered that all Ebola victims must be cremated as the virus blamed for killing at least 729 people across West Africa shows no sign of slowing down. At least 17 bodies have been abandoned on Monrovia's streets in recent days, health officials say... The mandate to cremate victims comes amid rising community opposition to burials for fear of contamination. Over the weekend, health authorities encountered fierce resistance while trying to bury 22 bodies in Johnsonville, a township in the northwestern outskirts of Monrovia, the capital. [Fox News](#)

Second drug is allowed for treatment of Ebola

7 August- The Food and Drug Administration helped clear the way on Thursday for a second experimental drug to be tried by people in Africa stricken with the Ebola virus. The drug, being developed by Tekmira Pharmaceuticals of British Columbia, was in the initial phase of human testing, which is on healthy volunteers, when the F.D.A. last month halted the trial because side effects were observed. Tekmira announced that the F.D.A., while still saying the drug, called TKM-Ebola, should not be given to healthy volunteers, was now allowing its use to treat patients actually infected with the virus. [New York Times](#)

U.S. allows use of Ebola test overseas as crisis deepens

6 August - U.S. health regulators on Wednesday authorized the use of an Ebola diagnostic test developed by the Pentagon to help contain the world's worst outbreak of the deadly virus. The move was one of a number of steps taken by the U.S. government this week to address the highly contagious disease that has killed more than 930 people in Africa and sickened hundreds more, including two Americans being treated in Atlanta. The diagnostic test was authorized for use abroad on military personnel, aid workers and emergency responders in laboratories designated by the Department of Defense to respond to the Ebola outbreak, the U.S. Food and Drug Administration said. The test, called DoD EZ1 Real-time RT-PCR Assay, is designed for use on individuals who have symptoms of Ebola infection, who are at risk for exposure or who may have been exposed. It can take as long as 21 days for symptoms to appear after infections. [Reuters](#)

Why Ebola worries the Defense Department

5 August - While the public discourse on Ebola has so far been fixated on the public health hazard caused by the disease itself, it may also have awoken an older fear for anti-terror agencies: Could a lethal disease actually be used as a bio-weapon? That fear is made worse by the fact that the current outbreak is occurring near a volatile region that has seen the rise of a variety of terrorist groups nearby such as Boko Haram – the group that abducted more than 200 girls earlier this year. The potential terror risk posed by Ebola does not only add a new dimension to the African outbreak, but it may also speed up efforts to find an effective treatment. The "secret serum" used to treat two Americans who are infected with the virus was developed by a biotech firm called Mapp Biopharmaceutical Inc., which reportedly works with the National Institutes of Health as well as with the Defense Threat Reduction Agency (the latter a military agency specializing in bio-defense). [Washington Post](#)

[top of page...](#)

INFLUENZA

CDC: Weekly Influenza Surveillance Report

During week 30, ending July 26, 2014, 5.7 % of all deaths reported through the 122-Cities Mortality Reporting System were due to pneumonia and influenza. This percentage was below the epidemic threshold of 6.1% for week 30. [FluView](#)

Google.org: Flu Trends

5 August – Estimates of flu activity based on certain Internet search queries indicate that the level of flu activity in the northern hemisphere is minimal and in the southern hemisphere ranges from minimal to high (Australia, New Zealand). [Google.org Flu Trends](#)

Naval Health Research Center: Febrile Respiratory Illness Surveillance Update

For week 31, ending 2 August 2014:

- 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 at or below expected values. [NHRC Febrile Respiratory Illness Surveillance Update](#)

[top of page...](#)

VETERINARY/FOOD SAFETY

CDC's new environmental health tools to improve food safety

4 August - The Centers for Disease Control and Prevention's (CDC's) National Center for Environmental Health has two new food safety tools.

- The [e-Learning on Environmental Assessment of Foodborne Illness Outbreaks](#) is a free interactive online course to help prepare individuals to serve on a team that investigates foodborne illness outbreaks in restaurants and other food service venues. Continuing education units (CEUs) are available.
- The [National Voluntary Environmental Assessment Information System \(NVEAIS\)](#) is a new surveillance system targeted to jurisdictions that inspect and regulate restaurants and other food venues such as banquet facilities, schools, and other institutions. The system provides an avenue to capture underlying environmental assessment data that describes what happened and how events most likely led to a foodborne illness outbreak. [CDC](#)

China: Melamine, milk-based candy contamination

5 August - Authorities in the southern province of Guangdong have seized a huge cache of milk-based candy found to be contaminated with the industrial chemical melamine, which was first found in infant formula milk in 2008, in the latest in a series of blows to consumer confidence in China. The manager of a Guangdong factory has been detained after the latest food scandal emerged, sparking yet another food safety investigation, official media reported. [ProMED-mail](#)

Cyclospora illnesses rise, but no common source found

7 August - States reported more Cyclospora cases last week, but the increase was less than half as steep as the previous week, according to the latest update from the CDC. As of

yesterday, 235 cases have been reported so far this year, 33 more than the previous week. Most of them were reported to the CDC in July, and so far the federal and state investigators haven't identified a common source, though a portion of the illnesses appear to be travel-related. Texas and Michigan have launched outbreak investigations, while Maine and Massachusetts are exploring the increase in lab-confirmed cases. Two more states, Arkansas and Pennsylvania, reported infections to the CDC, raising the number of affected states to 21. So far the largest portion (58%) of cases have been reported from Texas, where interviews that have so far been conducted with sick patients show that 88 patients had not traveled outside the country within 2 weeks of getting sick. [CIDRAP News Scan](#) (second item)

Recall: Company expands voluntary fruit recall

4 August - If you've bought California nectarines, peaches, plums or pluots lately, even the organic kind, check the label carefully. The Wawona Packing Co. in Cutler, California, announced late last week it's expanding a voluntary recall of its products. The fruit may be contaminated with *Listeria monocytogenes*, a bacterium that can cause listeriosis. This serious infection can give you temporary problems such as a high fever, abdominal pain and diarrhea, headaches, stiffness and nausea. The initial recall covered specific lots of fruit packed from June 1 through July 12. The company expanded the recall "as a precautionary step" by five days, to fruit packaged through July 17, in large part because it has "yet to identify with scientific certainty the source" of the *Listeria monocytogenes* at the packaging facility. [Fox 43](#)

USDA launches long-debated poultry inspection changes

1 August – The US Department of Agriculture (USDA) announced yesterday the launch of controversial changes in its poultry inspection system that will shift some inspection duties from government to industry employees, and the agency simultaneously set new requirements designed to control *Salmonella* and *Campylobacter* in poultry. The USDA estimates that the new inspection regime, called the New Poultry Inspection System (NPIS), will prevent up to 5,000 foodborne illnesses per year by using government inspectors more efficiently. But consumer groups that have long objected to the program continue to see it as a reduction of the USDA's poultry inspection efforts. [CIDRAP](#)

Zoetis plans vaccine against killer U.S. pig virus

5 August – Zoetis Inc, the world's largest animal-health company, plans to seek U.S. approval before the end of this year to sell its vaccine against a virus that has killed about 13 percent of the U.S. hog herd. If approved, the new drug would rival the only vaccine available so far. Zoetis, which was spun off from drugmaker Pfizer Inc last year, expects to ask the U.S. Department of Agriculture for a "conditional license" to sell its vaccine against Porcine Epidemic Diarrhea virus, or PEDv, Chief Executive Officer Juan Ramon Alaix told analysts during a quarterly earnings call on Tuesday. [Reuters](#)

[top of page...](#)

WELLNESS

A little video gaming ‘linked to well-adjusted children’

4 August – Scientists found young people who spent less than an hour a day engaged in video games were better adjusted than those who did not play at all. But children who used consoles for more than three hours reported lower satisfaction with their lives overall. The research is published in the journal *Pediatrics*. Experimental psychologist Dr Andrew Przybylski analysed British surveys involving 5,000 young people aged 10 to 15 years old.

[BBC](#)

Brief interventions in primary care not effective for decreasing problem drug use

6 August - Brief interventions given in the primary care setting do not help reduce problem drug use, according to two *JAMA* studies. In the first study, some 870 adults with problem drug use at safety-net primary care clinics were randomized to either a single, 30-minute intervention using motivational interviewing followed 2 weeks later by a telephone booster, or to usual care. The primary outcomes — days of drug use in the past 30 days and a drug use composite score — did not differ significantly between the groups during the 12-month follow-up. In the second study, some 530 adults with drug use were randomized to one of two brief counseling interventions or no intervention at an urban primary care clinic. The interventions involved either a 10- to 15-minute interview with health educators that included creating a plan to change behavior, or 30 to 45 minutes of motivational interviewing, followed by a brief booster session, with counselors. At 6 months, the number of days of drug use did not differ significantly across the groups. [NEJM Journal Watch](#)

Daily aspirin ‘cuts bowel and stomach cancer deaths’

5 August – Taking aspirin every day can reduce the chance of developing or dying from bowel and stomach cancers, a review of all available evidence suggests. And scientists predict if everyone aged 50 and above in the UK took the drug for 10 years, some 122,000 deaths could be prevented over two decades. But they warn aspirin can cause internal bleeding and say medical advice must be sought before using it. The Queen Mary University of London report is in the *Annals of Oncology*. [BBC](#)

Electronic cigarettes: many questions, limited research

5 August – Electronic cigarettes (ECIGs) are booming in popularity—but there's still only limited evidence on their potential health risks, or their advertised benefits in helping people to quit smoking, according to a research review in the July/August *Journal of Addiction Medicine*, the official journal of the American Society of Addiction Medicine... "[Very] little is known about the acute and longer-term effects of ECIG use for individuals and the public health, especially given the dramatic variability in ECIG devices, liquids, and

user behavior." [EurekAlert](#)

Many problems lead to thoughts of suicide, study finds

1 August – Older adults contemplating suicide do not cite depression as the primary reason, according to research presented recently at the annual meeting of the American Association for Geriatric Psychiatry. More often, they blame their struggles with illness, disability, financial concerns, family difficulties and bereavement for their suicidal thoughts. All of these factors may contribute to depression. But the finding suggests that treatment of depression alone may not be sufficient to reduce suicide rates among the elderly. [New York Times](#)

Marital tension between mom and dad can harm each parent's bond with child, study finds

4 August – Children suffer consequences, too, when mom and dad argue or have tension in their relationship, experts warn. Dads, in particular, let the negative emotions and tension from their marriage spill over and harm the bond they have with their child, says a new study's lead author, psychologist Chrystyna D. Kouros, Southern Methodist University, Dallas. The findings drive home the conclusion that the quality of a marriage is closely tied to each parent's bond with their child, Kouros said. [SMU Research](#)

Midlife high blood pressure tied to later-life mental decline

5 August - People with high blood pressure in middle age are more likely to experience cognitive decline - a common precursor of dementia - in their 70s and 80s, according to new research. The U.S. study spanning 20 years found steeper mental decline at the end of that period among people who started out with hypertension or even slightly elevated blood pressure - so-called prehypertension - in their 50s and 60s. These new results strengthen a link experts already knew about, lead author Dr. Rebecca F. Gottesman told Reuters Health. High blood pressure has been tied to an increased risk of stroke and dementia in other studies. [Reuters](#)

Nutrition basics help fight child obesity

4 August - With childhood obesity levels at an all-time high, parents, schools—even whole communities—are getting behind the movement to help young people eat healthier. As you head down the supermarket aisle, registered dietitian Shirley Blakely says you should zero-in on two things:

- the Nutrition Facts label—tells the number of calories and percentage of a day's worth of nutrients in one serving.
- the ingredients on the label of all prepared and packaged foods—lists every ingredient that went into the product, with the predominant ingredient first, the next most prominent second, and so on in descending order. [FDA](#)

Pump up the music—especially the bass—to make you feel powerful

5 August – It's the day of the big game – before heading out to the field, you put on your headphones and blast some music to pump you up. The music seemingly empowers you to do great things. This effect is not all in your head – according to new research, music truly does make us feel powerful. But not all songs have the same effect, researchers found, and the levels of bass are a key factor in their effectiveness. "When watching major sports events, my coauthors and I frequently noticed athletes with their earphones on while entering the stadium and in the locker room," says Dennis Hsu of the Kellogg School of Management at Northwestern University. "The ways these athletes immerse themselves in the music – some with their eyes steely shut and some gently nodded along the beats – seem as if the music is mentally preparing and toughening them up for the competition about to occur." [EurekaAlert](#)

Tidy spaces can prevent kids from becoming overwhelmed and frustrated

4 August – If you're concerned that your child's perpetually messy room will cause him to grow up to be a disorganized, ineffective adult, rest easy. A tidy room isn't necessarily as crucial to a child's development as parents might expect, though it certainly does offer short- and long-term benefits... But... cleaning and organizing a bedroom or playroom presents myriad teachable moments for all ages. "There are wonderful opportunities to work on color matching, classifying, and sorting," she says. "For older kids, it can be planning ahead, having a goal, outlining the steps to get to that goal." ... And... an organized room can help prevent kids from becoming frustrated, anxious, and overwhelmed. [Reuters](#)

Workers in windowless offices lose 46 minutes of sleep a night

5 August - Nothing tops an office with a door on the universal workplace wish list, but a desk near a window that lets in natural light probably ranks a close second... [New] evidence suggests employers should look at daylight exposure less as a mark of accomplishment and more as a matter of public health. So says an interdisciplinary team of architects and medical researchers that recently conducted a small case study comparing people exposed to natural light at their jobs with those who aren't. The window workers scored better on common self-report health and sleep surveys; they also slept 46 minutes more a night, on average, as measured by a sleep monitor. [Co.Design](#)

Working moms have new breastfeeding rights under the ACA

5 August - Under the Affordable Care Act, employers must provide time and space for new mothers to express milk for their babies until the child turns one year old... The law allows

women to pump for a “reasonable amount of time,” as often as necessary, and requires employers to provide a clean, private space other than a bathroom for them to do so.

[Reuters](#)

[top of page...](#)

USAFRICOM

Cameroon: Cholera surges in Cameroon

6 August – Rains and insecurity caused by Nigerian Islamist militants are aggravating a cholera outbreak in northern Cameroon which has killed at least 75 people and infected some 1,400 others since April. Water scarcity, poor public health care and risky hygienic practices have rekindled the disease which badly hit the country between 2009 and 2011, experts say... The first cholera case was in a Nigerian family who were among a group of refugees fleeing to Cameroon from bombings and attacks by Nigeria’s Boko Haram extremist militia in April. Scarcity of safe drinking water, open defecation and other poor hygienic habits have exacerbated the cholera cases in northern Cameroon. [IRIN](#)

Nigeria: Cholera claims 27 lives in Biu Refugee Camp

4 August – The Borno State Commissioner for Health, Dr. Salma Anas Kolo, yesterday said 27 persons had so far died of cholera in one of the Internally Displaced Persons (IDPs) camps in Biu. The commissioner who spoke on phone from Biu where she had proceeded from Maiduguri to monitor the case of cholera outbreak in one of the two camps established by the National Emergency Management Agency (NEMA) for over 10,000 displaced persons from Damboa, said 16 persons died in the camp and 11 others died at the hospital where they were taken to for treatment. She also revealed that the total number of cholera cases at the camp came to about 375 with about 30 of them hospitalised. [allAfrica](#)

Nigeria: Muslim clerics in Nigeria advocate for polio vaccination and mobilize community



6 August - A few years ago, northern Nigeria was a global epicenter of polio transmission, but a program that mobilized local Muslim clerics, who were once opposed to immunization and are now advocates for vaccination, has helped radically reduce infections, according to researchers... Working with a government health agency, [researchers]

used mobile roadside film shows to educate the community about the risks of polio and show testimonies from caretakers of polio sufferers and those affected by the disease. And

they directly involved local Muslim leaders called imams, who had been distrustful of the vaccination programs, to mobilize the communities... In six months of the pilot program, the number of immunized children younger than 5 went from 2,755 to 11,364. [Washington Post](#)

South Africa: The gap to tackle TB

6 August – Tuberculosis is showing signs of stabilising in the Western Cape, although there are several obstacles to overcome, research by the Desmond Tutu TB Centre at Stellenbosch University has shown. Director of the DTTC, Professor Nulda Beyers, says while the estimated incidence of TB is rising in South Africa, with more than 55,000 people dying from TB every year, there has been a steady increase in the cure rate of new smear positive TB cases in the Western Cape. [allAfrica](#)

[top of page...](#)

USCENTCOM

Saudi Arabia: Ramadan pilgrimage season mostly free from MERS

3 August – Saudi Arabia reported 10 confirmed new cases of a deadly respiratory disease during Islam's fasting month of Ramadan, and subsequent Eid al-Fitra holiday, after fears that an influx of pilgrims over the period might spread the infection more widely... Hundreds of people were infected by Middle East Respiratory Syndrome (MERS) in the kingdom in April and May, raising concerns about the pilgrimage in Ramadan and during October's Haj, when millions of people will travel to Mecca and Medina. MERS, which is thought to originate in camels, causes coughing, fever and pneumonia in some and has killed around 40 percent of people it has infected in the kingdom. [Reuters](#)

[top of page...](#)

USEUCOM

United Kingdom: Enhanced UK MERS surveillance found 2 imported cases in 2012-13

5 August - An enhanced system of surveillance for MERS-CoV in England turned up 2 cases of the disease among 77 potential candidates meeting case definitions in its first year of operation, according to a dispatch yesterday in Emerging Infectious Diseases. The numbers are small, say the authors, but in the context of emerging pathogens, reporting data like

theirs can help optimize case detection and surveillance systems... Of 77 individuals meeting the case definition from Sep 24, 2012, to Oct 15, 2013, 2 cases were confirmed, as were cases in 2 contacts of the second case-patient. The positive predictive value of clinical manifestations increased as the severity of disease increased. [CIDRAP News Scan](#) (first item)

[top of page...](#)

USNORTHCOM

U.S.: Food fight builds as U.S. regulators weigh 'added sugar' label

4 August- ...U.S. food regulators say the public needs to know how much sugar manufacturers add to their products, beyond the sweetener that naturally occurs in the raw ingredients. Companies such as Campbell Soup Company oppose the addition. While the company says it supports better food labels, it warns that making a distinction in the source of sugar risks dangerous confusion. This week the Food and Drug Administration will begin reviewing thousands of public comments on proposed new labeling regulations that would require food makers to specify how much sugar they are adding to products. Current labeling laws only require them to list total sugar content. [Reuters](#)

U.S.: Fruit and vegetable intake among children — United States, 2003–2010

8 August - Total fruit intake among children increased from 0.55 [calories] CEPC in 2003–2004 to 0.62 in 2009–2010 because of significant increases in whole fruit intake (0.24 to 0.40 CEPC). Over this period, fruit juice intake significantly decreased (0.31 to 0.22 CEPC). Total vegetable intake did not change (0.54 to 0.53 CEPC). No socio-demographic group met the Healthy People 2020 target of 1.1 CEPC vegetables, and only children aged 2–5 years met the target of 0.9 CEPC fruits. [Morbidity and Mortality Weekly Report](#)

U.S.: Heat illness and death among workers — United States, 2012–2013

8 August - ...During the 2-year period reviewed, 20 cases of heat illness or death were cited for federal enforcement under paragraph 5(a)(1) among 18 private employers and two federal agencies. In 13 cases, a worker died from heat exposure, and in seven cases, two or more employees experienced symptoms of heat illness. Most of the affected employees worked outdoors, and all performed heavy or moderate work, as defined by the American Conference of Governmental Industrial Hygienists. Nine of the deaths occurred in the first 3 days of working on the job, four of them occurring on the worker's first day. Heat illness prevention programs at these workplaces were found to be incomplete or absent, and no

provision was made for the acclimatization of new workers. [Morbidity and Mortality Weekly Report](#)

U.S.: Life expectancy gap between blacks and whites varies considerably across states

4 August - Racial differences in life expectancy have declined nationally but still vary substantially across U.S. states, according to a new study by McGill University researchers. The findings, published in the journal *Health Affairs*, suggest that state policies could play a key role in further reducing racial differences in mortality. The researchers calculated annual state-specific life expectancies for blacks and whites from 1990 to 2009 and found that progress was uneven across states during the past two decades... "Some states have clearly done much better than others. For example, we found large improvements in New York, but the gap actually increased in Wisconsin. More generally, we found that states in the Northeast made considerably more progress than states in the West for both men and women, but even within regions of the U.S. there was a lot of heterogeneity among states," says Harper, the study's first author. [EurekAlert](#)

U.S.: Medicare raises U.S. hospital payment rates for FY2015

4 August – The U.S. government said on Monday that it will increase the operating payments that acute-care and long-term care hospitals receive from Medicare for inpatient care for the federal fiscal year that begins on Oct. 1. The Centers for Medicare and Medicaid Services (CMS) announced a 1.4 percent rate update for 3,400 acute care hospitals and a 1.1 percent rate update for 435 long-term care hospitals for fiscal year 2015. Under a final rule released on Monday, CMS also said it would distribute \$7.65 billion in payments to hospitals for uncompensated care, a decrease from the \$8.56 billion it initially proposed. [Reuters](#)

U.S.: New committee will advise HHS on children's health in disasters

1 August - Fifteen experts will serve on a new federal advisory committee focusing on health needs of children in disasters, from natural disasters to bioterrorism incidents, Health and Human Services Secretary Sylvia M. Burwell announced today. The National Advisory Committee on Children and Disasters will provide advice and consultation to the Secretary on comprehensive planning and policies to meet the unique health needs of children before, during, and after a disaster or other public health emergency... The committee was established under the Pandemic and All-Hazards Preparedness Reauthorization Act of 2013. [HHS](#)

U.S.: Poverty linked to diabetic amputations in California



5 August - People with diabetes in low-income neighborhoods in California are twice as likely to have a leg or foot amputated as those living in wealthier areas, according to a study released Monday... About one in seven Californians has diabetes, a metabolic disease that leads to high blood sugar. The vast majority are Type 2 cases, in which the body doesn't use insulin properly. Amputations are a serious complication of the disease but are generally preventable with proper care. The disease can lead to blindness, kidney disease and death. The study didn't determine the cause of the higher rates of amputations, but researchers said less access to ongoing primary care, coordinated teams of providers and trained specialists likely contributes to the problem. In addition, patients in low-income neighborhoods may not be as educated about their health and may have fewer places to buy healthy food or to exercise safely. [Kaiser Health News](#)

U.S.: Prevalence of coronary heart disease or stroke among workers aged <55 years – United States 2008-2012

1 August – Cardiovascular disease accounts for one in three deaths in the United States each year, and coronary heart disease and stroke account for most of those deaths (1). To try to prevent 1 million heart attacks and strokes by 2017, the U.S. Department of Health and Human Services launched the Million Hearts initiative, promoting proven and effective interventions in communities and clinical settings. In workplace settings, cardiovascular disease can be addressed through a Total Worker Health program, which integrates occupational safety and health protection with health promotion. [CDC](#)

U.S.: Study traces long-term decline in US pneumococcal meningitis

6 August - The US incidence of pneumococcal meningitis cases and deaths fell significantly between 1997 and 2010, with much of the drop following the introduction of conjugate vaccines in the early 2000s and the recommendation for use of adjunctive dexamethasone in 2005, according to a new report in *The Lancet Infectious Diseases*... Overall, the team found that the incidence of *Streptococcus pneumoniae* infections dropped from 0.8 per 100,000 people in 1997 to 0.3 per 100,000 in 2010 (risk ratio, 0.3737; 95% confidence interval [CI], 0.1825-0.7656). [CIDRAP News Scan](#) (second item)

U.S.: Thousands stranded, 1 dead in California mudslides

4 August - About 2,500 people were stranded after thunderstorms caused mountain mudslides in Southern California, while one person was found dead in a flooded creek Sunday, authorities said. The mudslides swallowed cars, campers and vans. One person was

killed after swift-moving floods swept their car away, authorities said. The stranded included 500 children and adults who had arrived at a Forest Falls, California, campground Sunday morning. "Our concern is that they're isolated at that campground and no longer have access out of the mountain," San Bernardino County Fire spokesman Kyle Hauducoeur said. The debris flow engulfed one home. [ABC News](#)

U.S.: Top lawyer calls for greater transparency over execution drugs

1 August - Attorney General Eric Holder is calling on states to be more transparent about the drug cocktails used in executions in the wake of a series of botched lethal injections that have renewed a national debate over the death penalty. States that impose capital punishment have turned to new suppliers of chemical combinations for lethal injections after European drug makers objected to having their products used for that purpose. Since then, a number of death row inmates have argued that untested drugs of questionable quality could cause undo harm and suffering in violation of the U.S. Constitution. [Reuters](#)

U.S.: Toxic algae blooms to persist on Lake Erie, experts say

4 August - Toledo's drinking water is once again safe, Mayor Michael Collins announced as he took a sip from a glass at a Monday morning news conference — but scientists say the harmful algal blooms at the heart of the water crisis are likely to persist well into the future given a confluence of shifting agricultural practices, invasive mussels, and global climate change... The water is likely to remain safe to drink for "a while," Gary Fahnenstiel, a research scientist with the University of Michigan's Water Center in Ann Arbor and an expert on harmful algal blooms, told NBC News. Water managers have added more activated carbon to the water at the intake point in Lake Erie, and chlorine has been added to the system to help clean the water — strategies experts hope will keep the water safe, noted Jeff Reutter, director of Ohio Sea Grant at Ohio State University. [NBC News](#)

U.S.: Wildfires menace homes in 3 western states

5 August – ...The summer wildfires weren't entirely unexpected. Fire officials had been warning of dangerous conditions because of the drought... The [Eiler and the Bald Fire] were among about a dozen that had burned some 209 square miles across the state and that more than 7,500 federal and state firefighters battled, state fire spokeswoman Capt. Amy Head said. Gov. Jerry Brown declared a state of emergency on Saturday, saying the circumstances and magnitude of the wildfires were beyond the control of any single local government and required the combined forces of regions to combat. **California** is 35 percent above average in the number of fires it's seen so far this year, state fire spokesman Dennis Mathisen said Sunday. The state is also 44 percent above average in the amount of land burned.

Meanwhile, a major wildfire in the Siskiyou Mountains along the Oregon-California border

slowed as temperatures cooled, but it still jeopardized 270 residences after burning six scattered rural homes... Overall, nine large fires were burning across 118 square miles of forest and rangeland in **Oregon**, most of them east of the Cascade Range. Three of them were nearly fully contained.

In **Washington** state, a wind-whipped blaze destroyed about a dozen structures and prompted an evacuation notice for about 80 homes in Kittitas County. [ABC News](#)

[top of page...](#)

USPACOM

Asia: Japanese encephalitis virus threat in Asia

4 August – Mosquitoes all over the globe carry and spread some of the most debilitating diseases known to man, and do so in a manner that's often difficult to predict with any kind of certainty. These vector-borne diseases can cause serious illness or can be fatal. Some of these diseases, such as Japanese encephalitis, referred to as JE, have the potential to cause extensive brain damage, which may result in seizures, paralysis, weakness, neurological or psychiatric problems. JE has no specific treatment if contracted. [Army.mil](#)

China: Earthquake toll reaches 410 as rescuers reach hardest-hit areas

5 August - China raised the death toll from a devastating weekend earthquake to 410 on Tuesday as rescuers fought broken roads and rubble to reach the hardest-hit areas. Rescue workers were still struggling on Tuesday to get supplies to the stricken area, a mountainous zone in China's southwestern Yunnan province. At one point, a boulder blocking a winding mountain road created a traffic jam of rescue personnel and volunteers. Some people trying to reach the area abandoned their vehicles and trudged the distance on foot... More than 2,300 were injured in the quake, authorities said on Tuesday, which struck Sunday afternoon in a rural but relatively densely population region. Authorities had said that the quake affected more than one million people in Yunnan province, with tens of thousands of homes collapsing. [Wall Street Journal](#)

South Korea: Ebola fear prompts university to cancel Nigerians' invitation

3 August – A South Korean university rescinded an invitation for three Nigerians to attend a conference and a group of South Korean medical volunteers called off a trip to West Africa amid growing concerns about the spread of the deadly Ebola virus. The Duksung Women's University in Seoul said in a statement the school "politely withdrew" its invitation for three

Nigerian students to attend an international conference that it is co-hosting with the United Nations starting from Monday. Fear about a possible spread of the deadly virus had prompted a student from the university to post a plea on the country's presidential office Web site, asking for the cancellation of the entire event. [Reuters](#)

[top of page...](#)

USSOUTHCOM

Caribbean chikungunya cases climb 8%, top 500,000

4 August – The tally of chikungunya cases in the Caribbean climbed by nearly 38,000 last week, topping the half million mark, with the Dominican Republic again contributing most of the increase, according to an Aug 1 update from the Pan American Health Organization (PAHO). The total reached 513,393 cases, compared with 473,523 a week earlier, an increase of 37,870, or 8.0%. Those numbers include suspected and confirmed illnesses that are locally acquired and imported cases. The vast majority of them—508,122 as of Aug 1—are suspected local cases. [BBC](#)

Costa Ricans design app to report dengue breeding sites

6 August - A free app that allows the public to report pools and other areas of water where dengue-carrying mosquitoes have laid their eggs could help control outbreaks of the disease in Costa Rica and beyond, say its developers and health officials. Costa Rican company GeoTecnologías joined forces with the country's Ministry of Health to develop the Dengue Breeding Report application. The app allows the public to report mosquito 'hatcheries' to the ministry and will allow the ministry to map this data. The ministry regularly sends workers to find and spray pesticides on hatcheries. But it currently lacks a sophisticated system for recording these visits. In the last year alone, Costa Rica has had the highest number of dengue cases in its history — almost 50,000 — according to the ministry... [The] app has four sections. The main one enables users to store the precise location — or georeference — of a dengue breeding site, along with details such as photographs, the type of hatchery, their name and contact details and when the data were collected. [Thomson Reuters Foundation](#)

[top of page...](#)

[U.S. Military](#) | [Global](#) | [Influenza](#) | [Veterinary/Food Safety](#) | [Wellness](#) | [Contact Us](#)

[USAFRICOM](#) | [USCENTCOM](#) | [USEUCOM](#) | [USNORTHCOM](#) | [USPACOM](#) | [USSOUTHCOM](#)

The *Army Public Health Weekly Update* does not analyze the information as to its strategic or tactical impact on the US Army and is not a medical intelligence product. Medical intelligence is available from the [National Center for Medical Intelligence](#).

External Links: The appearance of external hyperlinks does not constitute endorsement by the U.S. Army of this Web site or the information, products, or services contained therein. For other than authorized activities such as military exchanges and MWR sites, the U.S. Army does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this product.

Although Health Information Operations avoids links to sites that may be blocked, all sites may not be accessible from all locations. While we verify the links at the time of publication, we cannot guarantee that they will be active in the future.

Articles appearing in the Update do not necessarily represent US Army Medical Department opinions/views, policy, or guidance, and should not be construed or interpreted as being endorsed by the US Army Medical Department.

The *Army Public Health Weekly Update* is published by the Health Information Operations Program, Deputy Chief of Staff for Communication, United States Army Public Health Command.

