

17 June 2016

Army Public Health Weekly Update

Army Public Health Center

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 Command.

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

USAFRICOM | USCENTCOM | USEUCOM | USNORTHCOM | USPACOM | USSOUTHCOM

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.



Approved for public release, distribution unlimited.

Contents

U.S. MILITARY

- DARPA aims to mitigate infectious disease by predicting contagiousness
- Experts worry high military suicide rates are 'new normal'
- New center offers tools for health, wellness, behavioral change
- Update: Urinary stones, active component, U.S. Armed Forces, 2011–2015
- What if PTSD is more physical than psychological?

GLOBAL

- Kids' mental health risks rise with poor air quality
- Light pollution 'affects 80% of global population'
- Malnutrition and obesity coexist in many countries, report finds
- Study: Fatal Ebola associated with age, fever, and ... hiccups
- Zika & Ebola outbreaks could be predicted by studying climate & population trends
- ZIKA VIRUS
- CDC details its Zika response plan
- Colombia Zika study: No birth defects in late pregnancy infections
- Gaps in women's health care may derail Zika prevention in Texas, Florida
- Walter Reed scientists test Zika vaccine candidate
- WHO says Olympics should go ahead in Brazil despite Zika virus
- Zika complications seen in 6 US pregnancies so far

INFLUENZA

- CDC: Flu View - Weekly U.S. Influenza Surveillance Report
- NHRC: Febrile Respiratory Illness Surveillance Update
- Panama H1N1 outbreak: Health minister Terrientes resigns as death toll rises
- WHO: Influenza Update

VETERINARY/FOOD SAFETY

- FDA confirms multistate *E coli* outbreak's link to General Mills flour
- FDA drags its feet on food recalls, HHS audit says
- FDA warns Whole Foods on failure to address food safety problems
- Spread of human disease from animals mapped

Follow us!



Facebook



Twitter



YouTube

Correction

The picture posted in last week's Army Public Health Weekly Update with the **Oriental Hornet Fact Sheet** was not, in fact, an Oriental Hornet. It was a lookalike - the Asian Giant Hornet (*Vespa mandarina*). The behavior of the two species is quite different with the Oriental Hornet (*V. orientalis*) being less aggressive.

WELLNESS

- Another delicate topic with aging: when is it time to give up guns?
- Being transgender as a fact of nature
- Facebook offers tools for those who fear a friend may be suicidal
- Higher whole grain consumption lowers deaths, health risks
- Looking indoors to health
- New weight-loss device sucks food directly out of your stomach
- Pediatric exposure to e-cigarettes, nicotine, and tobacco products in the United States
- The parasite underground
- UN health agency group finds coffee poses no cancer risk; issues warning on 'very hot' drinks

USAFRICOM

- Angola: Yellow fever
- Benin: Lassa fever
- Democratic Republic of the Congo: More than 1,000 suspect cases of yellow fever
- Study: Antibiotic stewardship can work in South African hospitals

USCENTCOM

- Saudi Arabia reports asymptomatic MERS cluster

USEUCOM

- ECDC recommends multipronged effort to combat MCR-1 resistance
- Spain: ECDC report describes severe enterovirus outbreak in Spain
- United Kingdom: 'Parents need lessons for children's mental health'

USNORTHCOM

- U.S.: CDC reports another detection of MCR-1 resistance gene in pig sample
- U.S.: Chikungunya
- U.S.: Doctors call gun violence a 'public health crisis'
- U.S.: Feds detail range of steps to limit antibiotic resistance
- U.S.: Obama administration announces key actions to reduce the organ waiting list
- U.S.: Single-dose oral cholera vaccine is first to get U.S. approval
- U.S.: The new American death: overdoses and accidents

USPACOM

- Australia: Better health for Aboriginal youth
- China: Addressing China's declining health culture
- India: Polio strain found in Hyderabad prompts vaccination drive
- Philippines: 44 die in E. Visayas diarrhea outbreak
- Taiwan: Scrub typhus warning issued in Taiwan

USSOUTHCOM

- Brazil: Studies find 'super bacteria' in Rio's Olympic venues, top beaches
- Cuba: U.S. announces health collaboration with Cuba; will coordinate on diseases, R&D
- PAHO reports 9,400 new chikungunya cases; outbreak total tops 2 million

U.S. MILITARY

DARPA aims to mitigate infectious disease by predicting contagiousness

15 June - A new program from the Defense Advanced Research Projects Agency (DARPA) aimed at early prediction of how contagious an infected person will be even before they show symptoms may result in the capability to intervene before that person begins spreading the infection to others and thus mitigate or avoid outbreaks. ... The program, called Prometheus, will attempt to discover a minimal set of biomarkers, defined by DARPA as measurable indicators of the severity or presence of some disease state "that would indicate, less than 24 hours after exposure to a pathogen, whether an individual will become contagious." Early treatment could then be initiated or steps taken, such as limiting exposure, before the infected person begins infecting others.

[CIDRAP News Scan](#) (fourth item)

Experts worry high military suicide rates are 'new normal'

13 June - Seven years after the rate of suicides by soldiers more than doubled, the Army has failed to reduce the tragic pace of self-destruction, and experts worry the problem is a "new normal." ... The sharp rise in the Army's suicide rate from 2004 through 2009 coincided with unusually heavy demands on the nation's all-volunteer military, as hundreds of thousands of troops, most of them in the Army, deployed to Iraq and Afghanistan. The vast majority have since come home, but suicide rates remain stubbornly high. ... The Army used to post suicide statistics promptly each month, but data is now published by the Pentagon each quarter and often is delayed for months. ... [Carl Castro, a psychologist who retired from the Army in 2013], the former military behavioral health research chief, said the Army never has conducted the kind of peer-reviewed studies necessary to see if its suicide prevention programs actually work. [USA TODAY](#)

New center offers tools for health, wellness, behavioral change

9 June - ... The Fort Rucker Army Wellness Center hosts a ribbon cutting for the opening of the center June 17 at 9 a.m. A U.S. Army Medical Command initiative overseen by the Army Public Health Center, the AWC at Fort Rucker is the 28th center to open its doors and will officially begin seeing eligible Fort Rucker community July 1. The AWC provides active-duty Soldiers, Reserve members, National Guard members, family members, military retirees, and Department of the Army civilians with free standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall wellbeing of Soldiers and family members. [Army Flier](#)

**New APHC
Zika Video:
Returning travelers
play an important
role in the fight
against Zika**

You may have contracted Zika during a trip and not know. Learn about actions you can take to prevent the spread of travel-related Zika in your community.



Army Vector-borne Disease Report

In the latest issue:

West Nile Virus:

Six neuroinvasive cases have been reported by the CDC in 2016. No confirmed or probable cases have been reported in Army AD Service Members and beneficiaries.

PHC-Central:

69 mosquitoes were tested for chikungunya and Zika virus; none were positive for any of these pathogens.



Update: Urinary stones, active component, U.S. Armed Forces, 2011–2015

May 2016 - ... This report documents that, during the past 5 years, rates of incident diagnoses of urinary stones decreased by about 17% in the active component of the U.S. military. During the period, annual rates of inpatient diagnosed cases were low and relatively stable, while rates of outpatient diagnosed cases slightly decreased. Incidence rates were slightly higher among females than males in 2011; however, rates were very similar among males and females from 2012 through 2015. Rates of incident diagnoses among white, non-Hispanic and Native American/Alaska Native service members were consistently 80%–100% higher than among black, non-Hispanic and Asian/Pacific Islander service members and 35%–45% higher than among Hispanic and “other race/ethnicity” service members. During the 5-year period, a total of 3,350 service members received more than one incident diagnosis of urinary stones (“recurrent cases”); one-tenth (10.2%) of all incident cases during the period were recurrent cases. [Medical Surveillance Monthly Report](#)

What if PTSD is more physical than psychological?

10 June - ...For years, many scientists have assumed that explosive blasts affect the brain in much the same way as concussions from football or car accidents. [Neuropathologist Daniel Perl] was a leading researcher on chronic traumatic encephalopathy, or C.T.E., which has caused dementia in N.F.L. players. Several veterans who died after suffering blast wounds have in fact developed C.T.E. But those veterans had other, nonblast injuries too. No one had done a systematic post-mortem study of blast-injured troops. That was exactly what the Pentagon asked Perl to do in 2010. ... All of them had the same pattern of scarring in the same places, which appeared to correspond to the brain’s centers for sleep, cognition and other classic brain-injury trouble spots. ... Perl and his team then compared the damaged brains with those of people who suffered ordinary concussions and others who had drug addictions (which can also cause visible brain changes) and a final group with no injuries at all. No one in these post-mortem control groups had the brown-dust pattern.

[The New York Times](#)

[top of page...](#)

GLOBAL

Kids' mental health risks rise with poor air quality

13 June - Higher levels of air pollution may correspond to higher rates of mental health disorders in kids and teens, according to a new study conducted in Sweden. Researchers found that, in areas with higher levels of pollution, there were more medications dispensed for psychiatric conditions in children and teens, compared with areas with lower levels of pollution. [Live Science](#)

CDC Guidelines for Prescribing Opioids for Chronic Pain

The amount of opioids prescribed in the U.S. quadrupled from 1999-2014. Unfortunately, opioid-related overdose deaths have increased in parallel with prescribing increases, and the amount of pain that patients report remains unchanged.

The CDC Guideline for Prescribing Opioids for Chronic Pain provides recommendations for safer and more effective prescribing of opioids for chronic pain in patients 18 and older in outpatient settings outside of active cancer treatment, palliative care, and end-of-life care.

Date: June 22, 2016

Time: 2:00 - 3:00 pm ET

Participate by Phone:

800-779-0686

(U.S. Callers)

1-312-470-0194

(International Callers)

Passcode: 3377346

[Participate by Webinar](#)

Light pollution 'affects 80% of global population'

10 June - More than 80% of the world's population lives under light-polluted skies, a study suggests. ... The brightness map reveals that 83% of the world's population, and 99% of Europeans and people in the US, live under skies nearly 10% brighter than their natural starry state. For some though the artificial glow was even greater, said Dr Kyba. "About 14% of the world's population don't even use their night-time vision," he explained. "The night is so bright that they use their colour daytime vision to look up at the sky." ... The researchers warn that nights that never get darker than twilight are affecting nocturnal animals, while in humans, the trend has been linked to sleep disorders and disease. Dr Kyba said that while lighting was important for development and safety, technology needed to improve.

[BBC News](#)

Malnutrition and obesity coexist in many countries, report finds

13 June - Twenty countries are triply cursed: They have serious levels of malnutrition, diet-related anemia and obesity, according to the Global Nutrition Report published on Monday. Only China, Vietnam and South Korea had no serious problems with any of the three indicators that health experts used as harbingers of poor nutrition: stunted toddlers, anemic young women and obese adults. The United States, Germany and 12 other countries have significant obesity. [The New York Times](#)

Study: Fatal Ebola associated with age, fever, and ... hiccups

15 June - Among characteristics that might be predictive of death in Ebola patients are older age, presence of fever, and the occurrence of hiccups, according to a retrospective study by Chinese researchers of patients in Sierra Leone. ... The study population comprised 139 consecutive patients with laboratory-confirmed Ebola seen from Nov 15, 2014, to Jan 18, 2015, at the JUI Holding and Treatment Centre in western Sierra Leone. ... Median age of the patients was 29 years, 77 (55.4%) of patients were women and 62 (44.6%) men, and the disease was fatal in 76 (54.7%) of patients. The most common symptoms were fatigue (82.0%), anorexia (70.5%), abdominal pain (59.7%), diarrhea (58.3%), vomiting (56.1%), fever (55.4%), and muscle pain (54.9%). Bleeding was present in only 10.8% of the patients.

[CIDRAP News Scan](#) (third item)

Zika & Ebola outbreaks could be predicted by studying climate & population trends

13 June - Predicting zoonotic diseases such as Ebola and Zika may now be a reality through the analysis of fluctuating global demographic and environmental patterns, according to scientists at University College London (UCL). ... Professors from UCL's Department of Genetics have proposed a model that makes use of climate change, human population

Preparing for Pandemics

Given the pace of globalization, urbanization and mobility, the world is increasingly susceptible to pandemics. Migration and urban expansion are bringing people into closer proximity to each other and animals, particularly in developing countries, increasing the likelihood of viruses spreading. And from Zika to Ebola, MERS to H1N1, more diseases are appearing about which we have little or no knowledge.



density, land cover change and human mobility to detect instances of epidemic around the world. The professors note that zoonotic diseases, which make up over 60 percent of transmissible illnesses, seem to adhere to a consistent pattern of occurrence over time. Their findings suggest: "Of the component drivers, climate change and human population growth are predicted to have the largest effects by increasing landscape suitability for the host and human–host contact rates, while land-use change has only a weak impact on the number of future events." [RT](#)

ZIKA VIRUS

CDC details its Zika response plan

14 June - The US Centers for Disease Control and Prevention (CDC) today publicly unveiled a draft of its Zika response plan, which included tiered steps based on *Aedes* mosquito activity and illness levels in a given state. ... The 57-page plan spells out how the CDC will support and help states with key tasks at different stages of the outbreak, ranging from phase level 0 —signifying preparedness activity for when the vector is present or possible in the state—to level 4, when widespread local Zika infections are occurring in several jurisdictions within a state. Based on the plan, most states are currently in phase 0 or 1, meaning *Aedes* mosquitoes are biting and travel-related or sexually transmitted cases have occurred. ... The trigger for the step-up to phase 2 would be a single locally acquired case or a case cluster in a single household. ... Phase 3 consists of widespread local transmission contained to a 1-mile area, and phase 4 is widespread transmission in multiple locations.

[CIDRAP](#)

Colombia Zika study: No birth defects in late pregnancy infections

15 June - Colombia's Zika virus outbreak began last October, 5 months after Brazil's, spreading quickly, and among the nearly 12,000 pregnant women thought to be infected, babies born so far to women infected during their third trimesters are showing no abnormalities, according to a study today in the *New England Journal of Medicine*. Authorities, however, are closely watching outcomes for those infected earlier in their pregnancies when the virus is thought to pose a much greater risk to developing fetuses, the authors of the study noted. [CIDRAP](#)

Gaps in women's health care may derail Zika prevention in Texas, Florida



14 June - Mosquitoes bearing Zika — a virus that can cause birth defects when contracted by pregnant women — are expected to reach the United States as soon as this summer, with Florida and Texas likely to be among the hardest-hit states. But in both, support for women's health care, along

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 APHC](#)

[Army Public Health Weekly Update Archives](#)

[Medical Surveillance](#)

[Monthly Report](#)

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

[Request APHC Services](#)

[APHC Resource Materials](#)

[APHC Homepage](#)

[APHC Training](#)

[Contact APHC](#)

with family planning resources, has been dramatically scaled back, in part because of funding restrictions placed on women's clinics that, in addition to other services, provide abortions. Also, both states declined to expand Medicaid. Those decisions, many advocates say, are putting a squeeze on the health care system's ability to educate women about Zika's risks and minimize its impact.

[Kaiser Health News](#)

Walter Reed scientists test Zika vaccine candidate

9 June - ...[Scientists] at Walter Reed Army Institute of Research are moving quickly, conducting preclinical research on a Zika vaccine candidate with collaborators at the Beth Israel Deaconess Medical Center and planning to start human testing before the year ends. The process has gone quickly, Army Col. (Dr.) Stephen Thomas said during a recent DoD News interview, because the institute's scientists know their flaviviruses. These include the mosquito-borne viruses that cause yellow fever, dengue, Japanese encephalitis and Zika virus diseases. Thomas, an infectious disease physician and a vaccinologist specializing in flaviviruses, is the former deputy commander for operations at WRAIR in Silver Spring, Maryland, and the Zika program lead. ... Because of Zika virus biosurveillance at AFRIMS in Bangkok, Thomas and his colleagues were able early on to get a strain of Zika from Asia that allowed them to do initial experimentation while they waited to get another strain that would be a basis for the vaccine, he said. [Department of Defense](#)

WHO says Olympics should go ahead in Brazil despite Zika virus

14 June - The Olympic Games should go on as planned, the World Health Organization said Tuesday, and athletes and spectators, except for pregnant women, should not hesitate to attend so long as they take precautions against infection with the Zika virus. Pregnant women were advised not to go to Brazil for the event or the Paralympics. ... Some attendees may contract the mosquito-borne infection and even bring it back home, but the risk in August — midwinter in Rio de Janeiro — is relatively low, W.H.O. officials said. Travel related to the Olympics accounts for only a fraction of the travel already occurring to and from countries with Zika transmission, the officials noted. [The New York Times](#)

Zika complications seen in 6 US pregnancies so far

16 June - Stepping up the level of detail in its reporting on Zika infections in pregnant women, the US Centers for Disease Control and Prevention (CDC) today started announcing poor birth outcomes from US states, noting six instances of birth defects—three involving live births. ... The numbers it released today, based on information as of Jun 9, are from one of the CDC's two Zika pregnancy registries: the one that pertains to women in US states and the District of Columbia, which reflects travel-related cases. The CDC added that in the coming weeks it will report poor pregnancy outcomes from the second registry, the one that tracks Zika infections in US territories. So far three US infants have been born live with Zika related birth defects, a group of conditions that include microcephaly, other brain

abnormalities, eye problems, and a host of nerve, muscle, and joint issues. Three women infected with Zika virus have had pregnancy losses—miscarriages, stillbirths, and abortions—with birth defects. [CIDRAP](#)

[top of page...](#)

INFLUENZA

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

Pneumonia and Influenza (P&I) Mortality Surveillance for 2015-2016 Influenza Season Week 22 ending June 4, 2016:

- Based on NCHS mortality surveillance data available on June 9, 2016, 5.8% of the deaths occurring during the week ending May 21, 2016 (week 20) were due to P&I. This percentage is below the epidemic threshold of 6.9% for week 20.
- During week 22, 6.2% of all deaths reported through the 122 Cities Mortality Reporting System were due to P&I. This percentage was below the epidemic threshold of 6.4% for week 22. [CDC](#)

NHRC: Febrile Respiratory Illness Surveillance Update

For 2016 Week 23 (through 11 June 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 at or below expected values. [Naval Health Research Center](#)

Panama H1N1 outbreak: Health minister Terrientes resigns as death toll rises

15 June - In a follow-up to the H1N1 influenza outbreak in Panama, which the government recently declared a national health alert, La Prensa reports (computer translated) that Panamanian Health Minister Francisco Javier Terrientes submitted his resignation, according to sources close to President Juan Carlos Varela. ... The outbreak has resulted in 22 deaths and 671 hospitalizations due to the virus. Approximately half remain admitted and 38 are in intensive care. [Outbreak News Today](#)

WHO: Influenza Update

13 June - Influenza activity in the temperate zone of the northern hemisphere continued to decrease to inter-seasonal levels. In temperate countries in the southern hemisphere,

influenza activity started to increase in South America and South Africa, but remained low overall in most of Oceania. [WHO](#)

[top of page...](#)

VETERINARY/FOOD SAFETY

FDA confirms multistate *E coli* outbreak's link to General Mills flour

13 June - The US Food and Drug Administration (FDA) has confirmed that *Escherichia coli* O121 found in a sample of General Mills flour from the home of one of the patients in a 38-case outbreak matches the strain infecting people. Whole-genome sequencing of *E coli* O121 isolates from the patient's flour showed that they were "closely genetically related [to] the clinical isolates from human illnesses," the FDA said in a Jun 10 statement. "The flour came from a lot that General Mills has recalled." ... The outbreak involved 38 people in 20 states, with 10 hospitalizations but no deaths or cases of hemolytic uremic syndrome (kidney failure), [CIDRAP News Scan](#) (first item)

FDA drags its feet on food recalls, HHS audit says

10 June - The Food and Drug Administration (FDA) is often far too slow to get food companies to recall tainted products, says an audit report by the Department of Health and Human Services (HHS), citing cases in which firms waited months before recalling contaminated nut and cheese products that caused multiple illnesses. "FDA does not have adequate policies and procedures to ensure that firms take prompt and effective action in initiating voluntary food recalls," the HHS Office of Inspector General (OIG) said in the Jun 8 report. ... In response, FDA officials said that most recalls are launched less than a week after a problem is identified and that the agency recently set up a committee whose duties include reviewing slow-moving cases in an effort to spur faster responses. [CIDRAP](#)

FDA warns Whole Foods on failure to address food safety problems

15 June - Prepared foods are an increasingly important part of the grocery business, delivering fat margins at a time when sales of traditional packaged foods are lackluster. But the strategy also comes with serious risks. In the clearest example yet, the Food and Drug Administration this month sent a stern warning letter to Whole Foods Market, a longtime champion of fresh and healthy foods, saying that the company had failed to address a long list of food safety issues at its food processing plant outside of Boston. Among the problems cited: condensation dripping from the ceiling near food; an ammonium-based sanitizer used on a work surface near the preparation of a salad; and a failure to separate dirty dishes from ready-to-eat-salads. [The New York Times](#)

Spread of human disease from animals mapped

13 June - Scientists say they have developed a better way to predict how animal diseases can spill over into humans. Their model for Lassa fever, which is spread by rats, predicts that there will be twice as many human cases of the disease in Africa by 2070. The method can be applied to other disease threats such as Ebola and Zika, they say. ... Scientists ... looked at about 400 known outbreaks of Lassa fever between 1967 and 2012. ... They developed a model to calculate how often people are likely to come into contact with disease-carrying animals and the risk of the virus spilling over. It shows more areas of West Africa are at risk from Lassa fever spill-over events than previously thought. ... The projected increase in cases is largely due to climate change, with the rat that passes it to people (*M. natalensis*) thriving in hot and wet conditions, they say. Meanwhile, growth in human populations in certain areas will mean more people coming into contact with the rodent. [BBC News](#)

[top of page...](#)

WELLNESS

Another delicate topic with aging: when is it time to give up guns?

11 June - ... In a nation with widespread gun ownership and an aging population, firearm removal has been added to the burdens of caring for older relatives — alongside seizing the car keys and taking away the checkbook. Experts in public safety and geriatric care say that relatives often lack guidance in navigating these difficult conversations. Instead, they are sneaking guns from the homes of parents with Alzheimer's, covertly disabling pistols belonging to aging sharpshooters, and in many cases avoiding the topic altogether, something that concerns people working in medicine and law enforcement. ... [As] much as 40 percent of the country's older population has a firearm in the home, according to the Pew Research Center, and about 11 percent of people 65 and older have Alzheimer's.

[The New York Times](#)

Being transgender as a fact of nature

13 June - ... [Transgender] individuals seeking treatment [need] to know the risks involved. Long-term studies of people who underwent sex reassignment surgery have been conducted in Sweden and Denmark. A Swedish team from the Karolinska Institute and the University of Gothenberg followed 324 people who underwent sex reassignment surgery and compared them with matched controls in the general population. After an average follow-up of 11.4 years, men and women who had sex reassignments had death rates three times higher from all causes. Suicide rates were especially high, suggesting "the need for continued psychiatric follow-up" among those undergoing sex change, the authors

wrote. ... The recent Danish study, by researchers in Copenhagen, investigated postoperative diseases and deaths among 104 men and women representing 98 percent of those who underwent sex reassignment surgery in Denmark from 1978 through 2010. One person in three had developed an ailment, most often cardiovascular disease, and one in 10 had died, with deaths occurring at an average age of 53.5. [The New York Times](#)

Facebook offers tools for those who fear a friend may be suicidal

14 June - ... With more than 1.65 billion members worldwide posting regularly about their behavior, Facebook is planning to take a more direct role in stopping suicide. On Tuesday, in the biggest step by a major technology company to incorporate suicide prevention tools into its platform, the social network introduced mechanisms and processes to make it easier for people to help friends who post messages about suicide or self-harm. With the new features, people can flag friends' posts that they deem suicidal; the posts will be reviewed by a team at the social network that will then provide language to communicate with the person who is at risk, as well as information on suicide prevention. The timing coincides with a surge in suicide rates in the United States to a 30-year high. The increase has been particularly steep among women and middle-aged Americans. [The New York Times](#)

Higher whole grain consumption lowers deaths, health risks

16 June - Whole grain intake is related to a clear dose-dependent reduction in the risk for coronary heart disease, stroke, cardiovascular disease, total cancer deaths, and all-cause mortality, the authors of a new meta-analysis report. ... The authors also observed reductions of 19%, 36%, 20%, and 21%, respectively, in the relative risk for mortality from respiratory disease, diabetes, infectious disease, and all deaths not related to cancer or cardiovascular disease between high and low intakes of whole grains. Most of the studies showed "a clear dose-response relation with further reductions with intakes up to seven to seven and a half servings a day (210-225 g/day)," the authors write. [Medscape](#)

Looking indoors to health

15 June - ... [Joe] Allen, who directs the Healthy Buildings Program at the Chan School's Center for Health and the Global Environment, began his keynote speech by stressing the impact that project managers and facilities teams have on health due to what he called the "90 percents." People spend 90 percent of their time indoors, and 90 percent of the operating costs of a building are related to the health, salaries and benefits of the occupants. Of the more than 80,000 chemicals in commercial use in the United States, less than 15 percent have health data available. Many building products and materials used in interior building spaces contain harmful chemicals linked to adverse health impacts on humans. "How can we organize this information to inform practice?" Allen asked. The solution he offered is focusing on transparency related to building materials and products, and excluding unnecessary chemicals of concern in the built environment. [Harvard Gazette](#)

New weight-loss device sucks food directly out of your stomach

15 June - ... [The] AspireAssist is a very real medical device, approved by the FDA for installation in people 22 or older “with a body mass index of 35 to 55, and who have failed to achieve and maintain weight loss through non-surgical weight-loss therapy.” It allows patients to drain predigested food from their stomachs into a nearby toilet. Installing the AspireAssist starts with surgeon making a hole in the abdomen. ... [A] tube is installed connecting the stomach to a “skinport” outside the body. ... Shortly after eating, patients are supposed to connect the skinport to an outboard device and a bag of water. It goes like this:

- Open valve
- Drain food into toilet
- Force water back into the stomach
- Repeat for five to ten minutes until “up to 30% of your meal” is gone

[The] FDA warns that patients using the AspireAssist will need “frequent medical visits” and “frequent monitoring by a health care provider.” [Gizmodo](#)

Pediatric exposure to e-cigarettes, nicotine, and tobacco products in the United States

June 2016 - ... From January 2012 through April 2015, the National Poison Data System received 29,141 calls for nicotine and tobacco product exposures among children younger than 6 years, averaging 729 child exposures per month. Cigarettes accounted for 60.1% of exposures, followed by other tobacco products (16.4%) and e-cigarettes (14.2%). The monthly number of exposures associated with e-cigarettes increased by 1492.9% during the study period. Children <2 years old accounted for 44.1% of e-cigarette exposures, 91.6% of cigarette exposures, and 75.4% of other tobacco exposures. Children exposed to e-cigarettes had 5.2 times higher odds of a health care facility admission and 2.6 times higher odds of having a severe outcome than children exposed to cigarettes. One death occurred in association with a nicotine liquid exposure. [Pediatrics](#)

The parasite underground

16 June - ... Over the past decade, thousands of people around the world have introduced parasites into their bodies on purpose, hoping to treat immune-related disorders. Some have drawn inspiration directly from Vik’s case study, which appeared in the journal *Science Translational Medicine* in 2011. But many more have been inspired by the same research that inspired Vik. A confluence of factors is driving what is essentially an amateur quest to “rewild” the modern body and restore it to an imagined prelapsarian state. The internet has facilitated the sharing of information, both reliable and not. But maybe more important, scientists are wrestling with germ theory, a cornerstone of modern medicine, and beginning to articulate a more nuanced idea: that the organisms in our bodies not only make us sick but also keep us healthy. Participants in the parasite underground see themselves as acting

on this new emerging paradigm. [The New York Times](#)

UN health agency group finds coffee poses no cancer risk; issues warning on 'very hot' drinks

15 June– An international working group of scientists convened by the World Health Organization (WHO) has concluded that coffee should no longer be considered a carcinogen, although it found limited evidence that drinking very hot beverages can cause oesophageal cancer. A summary ... focused on the carcinogenicity of drinking coffee, maté and very hot beverages. "These results suggest that drinking very hot beverages is one probable cause of oesophageal cancer and that it is the temperature, rather than the drinks themselves, that appears to be responsible," said Dr. Christopher Wild, Director of the International Agency for Research on Cancer. [UN News Centre](#)

[top of page...](#)

USAFRICOM

Angola: Yellow fever

14 June - On 21 January 2016, the Ministry of Health of Angola notified WHO of an outbreak of yellow fever (YF). The first case (with onset date of 5 December 2015) was identified in Viana municipality, Luanda province. As of 10 June, 3,137 suspected cases, including 345 deaths, had been reported from all the 18 provinces of Angola. A total of 847 cases had been laboratory-confirmed. The confirmed cases are from 78 districts of 16 provinces. ... Efforts to strengthen surveillance are ongoing, and the number of cases in the country is slowly decreasing, though new clusters of cases are being reported in new districts. The epidemiological trend and pattern show that YF virus circulation continues to extend to other provinces and the risk for exportation to other countries with close linkages to Angola still exists. [WHO](#)

Benin: Lassa fever

13 June - On 25 January 2016, the National IHR Focal Point of Benin notified WHO of an outbreak of Lassa fever (see DON published on 19 February). On 23 May 2016, the Ministry of Health of Benin declared the end of the outbreak. The announcement came 42 days after the detection of the last Lassa fever case in the country (10 April 2016). A total of 54 suspected cases, including 28 deaths, were reported from eight regions. ... Five of the 54 suspected cases are health workers from the Borgou region. Three of these 5 health workers were laboratory-confirmed. Two of these 5 health workers passed away. [WHO](#)

Democratic Republic of the Congo: More than 1,000 suspect cases of yellow fever

16 June - The Democratic Republic of the Congo has reported 1,044 suspected cases of yellow fever since March, including 71 deaths, up from three probable cases and 57 laboratory-confirmed a week ago, the World Health Organization said on Thursday. In the latest tally, 61 of the cases have been laboratory-confirmed in the Congo, formerly Zaire, following importation of the mosquito-borne virus from Angola, the United Nations health agency said in its latest weekly update on the outbreak. "The majority of these cases in DRC are male and they are mainly aged 20 to 34 years. The male preponderance is likely to reflect the gender of workers returning from Angola," it said. [Reuters](#)

Study: Antibiotic stewardship can work in South African hospitals

14 June - A pharmacist-driven antibiotic stewardship (AS) program in a large, diverse hospital network in South Africa achieved an 18% reduction in antibiotic consumption, demonstrating that such programs can work in settings where expertise and resources are limited. ... The program focused on such steps as preventing excessively long antibiotic treatment regimens and using several of the drugs at the same time. Most of the hospitals had never had any kind of antimicrobial stewardship program before. The project involved Netcare Hospitals, a private network with 47 urban and rural facilities across South Africa. [CIDRAP](#)

[top of page...](#)

USCENTCOM

Saudi Arabia reports asymptomatic MERS cluster

16 June - Saudi Arabia today reported five new MERS-CoV cases in Riyadh that involve asymptomatic infections from healthcare or household contact. The spike in MERS-CoV (Middle East respiratory syndrome coronavirus) activity follows several weeks of just a slow trickle of cases, many of them primary ones. A statement from the Saudi Ministry of Health (MOH) gave few details about the connections among the Riyadh cases. ... Two of the cases announced today involve healthcare workers, both of them foreign women, ages 55 and 57. The MOH said their infections represent secondary healthcare-related exposure. The other three patients had household contact exposure to the virus. They are a 31-year-old foreign woman, a 20-year-old Saudi woman, and a 58-year-old Saudi man. Saudi Arabia's newly reported cases boost its total number of MERS-CoV infections to 1,393, which includes 593 deaths. Ten people are currently being treated for their illnesses, the MOH said. [CIDRAP](#)

[top of page...](#)

ECDC recommends multipronged effort to combat MCR-1 resistance

15 June - The MCR-1 resistance gene, which has now been detected in at least 20 countries and renders bacteria resistant to the last-resort antibiotic colistin, poses a "substantial public health risk" to the European Union and must be combatted on a range of fronts, the European Centre for Disease Prevention and Control (ECDC) said today in its latest rapid risk assessment. "This plasmid-mediated gene epidemic is of exceptional public health concern because it further limits treatment options in patients with infections caused by multidrug-resistant (MDR) gram-negative bacteria and can spread colistin resistance more easily between bacteria and humans than colistin resistance resulting from chromosomal mutation," the agency said. [CIDRAP News Scan](#) (first item)

Spain: ECDC report describes severe enterovirus outbreak in Spain

16 June - An outbreak of an especially large and severe enterovirus A71 (EV-A71) outbreak in kids younger than 10 in Spain's Catalonia region that began in the middle of April has so far sickened 87, with 22 still in the hospital, the European Centre for Disease Prevention and Control (ECDC) said today in a risk assessment. Children sickened in the outbreak have had neurologic symptoms, the ECDC said. Most cases have resolved, with the exception of the hospitalized patients, which includes seven in intensive care units. So far no other European countries are reporting enterovirus outbreaks or any indications of the illness. The ECDC warned that the epidemiologic pattern of EV-A71 in Europe is changing because of molecular evolution and increasing likelihood of new imported virus strains. [CIDRAP News Scan](#) (first item)

United Kingdom: 'Parents need lessons for children's mental health'

15 June - Parents should have lessons provided by the government on how to raise their children, Britain's leading public health expert has said. Professor John Ashton, outgoing president of the Faculty of Public Health (FPH), said children were neglected by some schools and parents. He said the state should help stop children being crippled by conditions such as anxiety, anorexia and obesity. The FPH has released a report calling for mental health improvements. It says: "Mental, emotional or psychological problems account for more disability than all physical health problems put together. Although we cannot say yet exactly how much of the burden of mental illness could be prevented, we know prevention is possible." [BBC News](#)

[top of page...](#)

U.S.: CDC reports another detection of MCR-1 resistance gene in pig sample

14 June - Federal officials have detected the MCR-1 resistance gene in another *Escherichia coli* isolate taken from a pig, bringing to three the number of US detections in 3 weeks, after the gene was found in late May in samples from a person and a separate pig. MCR-1 confers resistance to colistin, an antibiotic of last resort for drug-resistant infections. The gene was first detected in China in November 2015, and since then at least 20 countries have reported it. [CIDRAP News Scan](#) (first item)

U.S.: Chikungunya

14 June - On 2 June 2016, the National IHR Focal Point of the United States of America notified PAHO/WHO of the first laboratory-confirmed case of locally-acquired Chikungunya virus in the state of Texas. The patient, who is from Cameron County, became ill in November 2015. ... Unlike previously reported cases of Chikungunya virus among Texas residents, the patient had no recent history of travel. However, since the patient contracted the infection more than six months ago and the entomological investigations confirm the absence of chikungunya virus in local mosquitoes, the primary risk of infection for the USA at this time remains travel-related. [WHO](#)

U.S.: Doctors call gun violence a 'public health crisis'

14 June - The worst mass shooting in modern U.S. history has prompted the American Medical Association to call gun violence a "public health crisis" and urge that Congress fund research into the problem. The AMA, which lobbies on behalf of doctors, said on Tuesday it will press Congress to overturn 20-year-old legislation that blocks the Centers for Disease Control and Prevention from conducting research on gun violence. A 29-year-old gunman slaughtered 49 people at a gay nightclub in Orlando, Florida, before dawn on Sunday. ... "Even as America faces a crisis unrivaled in any other developed country, the Congress prohibits the CDC from conducting the very research that would help us understand the problems associated with gun violence and determine how to reduce the high rate of firearm-related deaths and injuries." Congress placed restrictions on CDC funding of gun research into the federal budget in 1996 at the urging of gun rights supporters who claimed the agency was biased toward gun control. [Reuters](#)

U.S.: Feds detail range of steps to limit antibiotic resistance

16 June - Federal officials at a congressional hearing this week outlined a range of measures to combat antimicrobial resistance (AR), such as increased laboratory capacity, a national

genome sequencing database, and an incubator program to help get new experimental drugs into clinical testing. The battle to save antibiotics gained new urgency recently with the discovery of the MCR-1 resistance gene in human and swine bacteria in the United States. [CIDRAP](#)

U.S.: Obama administration announces key actions to reduce the organ waiting list

13 June - ... Today, the Obama Administration, as well as dozens of companies, foundations, universities, hospitals, and patient advocacy organizations are ... announcing a new set of actions that will build on the Administration's efforts to improve outcomes for individuals waiting for organ transplants and support for living donors. The Department of Defense (DOD) is announcing more than \$160 million in public-private investment in a new Advanced Tissue Biofabrication Manufacturing Innovation Institute to research and develop next-generation manufacturing techniques that can be used to repair and replace cells and tissues and that may one day lead to organ replacement. DOD also is announcing \$7 million in awards to small businesses working to advance the science and technology of organ and tissue preservation. ... More than 12 organizations including Facebook, ORGANIZE, Tinder, and Twitter are developing new tools and public advocacy campaigns to increase the options and ease of registering to be an organ donor, with a goal of achieving 1 million new registrations and social declarations by the autumn of 2016. Amy Poehler's Smart Girls will create content and use its social channels to promote organ donation and registration throughout summer and autumn of 2016. [The White House](#)

U.S.: Single-dose oral cholera vaccine is first to get U.S. approval

13 June - A single-dose oral cholera vaccine intended for international travelers has been approved by the US Food and Drug Administration (FDA), making a cholera vaccine available to US travelers for the first time. The vaccine, Vaxchora, made by PaxVax, is intended for people ages 18 through 64 who plan to travel to cholera-ridden areas, the FDA announced Jun 10. It targets *Vibrio cholerae* serogroup O1, the globally dominant cause of cholera. Vaxchora is the only cholera vaccine approved by the FDA, the agency said. Two other oral cholera vaccines, Dukoral and ShanChol, are available elsewhere, but they require two doses and can take weeks to confer protection, according to the Centers for Disease Control and Prevention (CDC). [CIDRAP](#)

U.S.: The new American death: overdoses and accidents

10 June - Accidents are killing more Americans each year, increasingly from overdoses and falls. A new report from the National Safety Council said that in 2014, more than 136,000 Americans died accidentally. That's up 4.2 percent from the year before and a jump of 15.5 percent over a decade. And the accident rate has risen despite a 22 percent plunge in car crash deaths since 2005. Overdose and accidental poisonings are up 78 percent over a decade — pushing aside car crashes as the No. 1 accidental killer in the U.S. They killed

42,032 people, about 6,000 more than vehicle accidents. Opioid overdoses killed 13,486 people in 2014, the non-profit safety council reported. Falls are up 63 percent over a decade, which experts said is a function of an aging society. [NBC News](#)

[top of page...](#)

USPACOM

Australia: Better health for Aboriginal youth



14 June - Life expectancy for Aboriginal people is approximately ten years lower than other Australians. The generational transference of past trauma and hardship continues to impact the mental and physical well-being of Aboriginal youth. ... Telethon Kids Institute researcher, Katrina Hopkins has studied the

foundations of resilience and found having a friend with social skills and a supportive family makes a critical difference to the mental health, and in turn, the physical health, of vulnerable Aboriginal youth. [Medical Xpress](#)

China: Addressing China's declining health culture

13 June - ... [The] President of the Chinese Nutrition Society (CNS) [launched] a much overdue set of dietary guidelines for China in time for Nutrition Week, May 15-21. The new guidelines address the needs of a gigantic urbanizing population that is facing an obesity and diabetes epidemic, while also starting to incorporate sustainability concepts into the dietary agenda. ... This generation has been raised on excessively processed food loaded with salt, sugar, fat and chemicals, such as fast food and sugary drinks. ... China has the largest population living with obesity, according to a report by the Lancet Medical Journal. In a 35-year span, the rate of overweight Chinese children has skyrocketed from 5% to 20% — as compared to the 17% of children aged 2—19 years in the United States. ... Even though China has one-fifth of the world's population, it has a disproportionately large one-third of the world's diabetics. ... [The] new guidelines do support sustainability in three ways. (1) It emphasizes seasonal vegetables and fruits, which are more likely to be grown locally. ... (2) It discourages food waste. [Huffington Post](#)

India: Polio strain found in Hyderabad prompts vaccination drive

15 June - The health authorities in the southern Indian state of Telangana have issued a high alert in Hyderabad, the state capital, after finding a strain of polio in sewage water there, a state health official said Wednesday. A polio vaccination drive will begin on

Monday, the health authorities said, with the aim of vaccinating about 300,000 children in parts of Hyderabad and in the Rangareddy district also part of the state of Telangana, according to a statement from India's Ministry of Health and Family Welfare. ... "We have to avoid any kind of risk, even though nobody has been affected," said Rajeshwar Tiwari, the principal secretary for the Ministry of Health in Telangana. "We want to remain a polio-free nation." [The New York Times](#)

Philippines: 44 die in E. Visayas diarrhea outbreak

14 June - The death toll from the diarrhea outbreak in Eastern Visayas has reached 44 this week with 3,496 sickened by contaminated water and poor sanitation, the Department of Health regional office here reported on Monday. ... [The] number of casualties continues to rise even as local health officials have stepped up monitoring efforts in the bid to contain the illness. ... The official said that DOH is in control of the situation as they're able to treat most cases through medication and distribution of aquatabs and chlorine to curb contamination. [The Standard](#)

Taiwan: Scrub typhus warning issued in Taiwan

13 June - Taiwan health officials are advising the public to take steps to prevent chigger bites as the number of scrub typhus rise in areas of the country. According to Taiwan CDC's surveillance data, as of June 2016, a total of 117 scrub typhus cases have been confirmed in Taiwan this year. [Outbreak News Today](#)

[top of page...](#)

USSOUTHCOM

Brazil: Studies find 'super bacteria' in Rio's Olympic venues, top beaches

11 June - Scientists have found dangerous drug-resistant "super bacteria" off beaches in Rio de Janeiro that will host Olympic swimming events and in a lagoon where rowing and canoe athletes will compete when the Games start on Aug. 5. The findings from two unpublished academic studies seen by Reuters concern Rio's most popular spots for tourists and greatly increase the areas known to be infected by the microbes normally found only in hospitals. They also heighten concerns that Rio's sewage-infested waterways are unsafe. ... The super bacteria can cause hard-to-treat urinary, gastrointestinal, pulmonary and bloodstream infections, along with meningitis. The CDC says studies show that these bacteria contribute to death in up to half of patients infected. ... Waste from countless hospitals, in addition to hundreds of thousands of households, pours into storm drains, rivers and streams crisscrossing Rio, allowing the super bacteria to spread outside the city's hospitals in recent years. [Reuters](#)

Cuba: U.S. announces health collaboration with Cuba; will coordinate on diseases, R&D

13 June - The United States said Monday it will collaborate with Cuba on health issues, the latest step in an historic rapprochement between the one-time bitter adversaries. An agreement between the U.S. and Cuba calls for "coordination across a broad spectrum of public health issues, including global health security, communicable and non-communicable diseases, research and development, and information technology," according to the U.S. Department of Health and Human Services. ... HHS said that the U.S. and Cuba "share an interest in detecting and responding to emerging infectious diseases such as dengue and chikungunya, [and other] serious mosquito-borne viral diseases," such as the Zika virus.

[CNBC](#)

PAHO reports 9,400 new chikungunya cases; outbreak total tops 2 million

13 June - PAHO late last week reported 9,424 new chikungunya cases, to bring the 2016 total in the Americas to 127,253 cases and the overall total since the outbreak began past 2 million. The previous 2 weeks saw increases of only 1,184 and 2,446 suspected and confirmed cases, respectively. PAHO's latest update was posted on Jun 10. The vast majority of new cases are from Bolivia, which reported 8,821 such cases over 69 weeks, bringing its 2016 total to 15,721. Colombia added 278 cases this past week; it now has 15,903 for the year. El Salvador logged 101 new cases and now has 4,949 for the year. PAHO reported no new chikungunya-related deaths, keeping that figure at 16 for the year. The outbreak was first reported in December 2013 on St. Martin in the Caribbean with the first recorded cases of the disease in the Americas. Since then PAHO has reported 2,007,220 suspected or confirmed cases, including 284 deaths. [CIDRAP News Scan](#) (third Item)

[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 we avoid 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 Command opinions/views, policy, or guidance, and should not be construed or interpreted as being endorsed by the US Army Medical Command.

The *Army Public Health Weekly Update* is published by the Public Health Information Directorate, Army Public Health Center.

