



## Louisiana Public Health Association E-Newsletter



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## Message from the President

Greetings my fellow LPHA members, it is a pleasure to serve as your 2016-17 President. With the assistance of the Executive Board, we have an exciting year planned for the organization. I had the opportunity to represent LPHA at the APHA Presidents-elect meeting in May and to learn about the PHACT campaign in addition to partnership opportunities that are available to LPHA. As I stated at this past year's annual conference, my major focus areas are strategic planning and increasing organizational memberships. I would like to recognize the Louisiana Primary Care Association (LPCA) as our first organizational member of LPHA.

I would like to thank those members who help with making our Legislative Appreciation Day a success. Our theme was the importance of Medicaid Expansion and information was shared with legislators on health promotion. We were also recognized in the House of Representatives chamber with a resolution proclaiming May, 31, 2016 as LPHA Legislative Appreciation Day.

I'm excited to announce that our 2017 conference will be held from April 3-5, 2017 in Lafayette at the Doubletree hotel. The Conference Planning Committee is working feverishly to ensure that the conference agenda is worthwhile for all LPHA members. We will share more information as the event approaches.

I would like all members to stay engaged, ask questions, and share ideas. Please reach out to me via email at [matthew.valliere@hotmail.com](mailto:matthew.valliere@hotmail.com) or by phone at (504)416-4684 if you have any questions about the organization. I look forward to a successful year for LPHA.

Respectfully,  
 Matthew Valliere  
 2016-17 President  
 Louisiana Public Health Association

## APHA Strategic Map

Central Challenge:  
 Create the **Healthiest Nation**  
 in **One Generation**

**OUR MISSION**  
*For what purpose does APHA exist?*

- Improve the health of the public and achieve equity in health status

**OUR UNIQUE VALUE**  
*What unique role does APHA play in meeting this mission?*

- Community of public health professionals and collective voice advocating for the public's health
- History and broad constituency give us unique perspective

**OUR GUIDING PRIORITIES**  
*What must be accomplished for APHA to achieve its mission?*

- Building public health infrastructure and capacity
- Creating health equity
- Ensuring the right to health and health care



The main goals:

- ◆ Strengthen Public Health Practice
- ◆ Build a Public Health Movement
- ◆ Align Organizational Capacity and Infrastructure

We are planning to cover this more in depth at our upcoming annual conference.

# APHA Midyear Meeting

## Washington, D.C. June 12th -14th

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By Jamie M Roques, MPA, MPH, APRN  
Affiliate Representative to the Governing Council

- The APHA Annual Meeting will be held October 28<sup>th</sup> –Nov 2<sup>nd</sup> in Denver, Colorado.
- Please open and read the affiliate online monthly newsletter. APHA is tracking opening of this and it appears that the majority may not be opening the link. The newsletter really has useful information in it for affiliates.
- I would like to encourage all LPHA members to actively participate in the PHACT campaign. There is some great resources on the APHA website in writing Op-eds and other suggestions to undertake this summer (Like going to your Congressional Senator and Representative's Town Hall meetings if they have them and inquiring about what they are doing for Public Health Funding/ Infrastructure, etc). It is important for members to ask the questions in a public setting and this way you accomplish two important tasks: helping educate the community about what public health is/does/why it is important, etc. and learning your congressional stance on public health issues. You can go to their website and sign-up for their correspondence and notices to stay informed.
- I had the opportunity to meet with Senator Cassidy and spoke to him about the importance of Public Health Funding from CDC and HRSA and how it is used in the state. I also spoke to him about Gun Violence Prevention as the Orlando nightclub shooting had just occurred, the need for ZIKA funding for our state and the importance of the reauthorization of the Child Nutrition Bill. He and his peers in the Senate have been favorable to public health issues/requests. In addition I had the opportunity to meet with Representative Graves' Deputy Chief of Staff. I spoke to him about the same issues and his office shared with me a letter that he received from our Governor requesting funding for the ZIKA virus and a list of everything his office has done to help secure funding for Louisiana. Both were good meetings for LPHA.
- I want to review APHA's Strategic Plan with you. Attached is a schematic drawing of the plan designed to build the healthiest nation in one generation. **(Please See Page 1)**

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*“The welfare of each is bound up in the welfare of all.”*

*-Hellen Keller*

## SUMMERTIME DANGERS: WATER RELATED ILLNESSES

Summer fun often includes water and that can be in public pools, water parks, ponds, rivers or bayous. Fresh water fun, however, does have its share of potential hazards beyond the risk of drowning. The list of potential infectious illnesses that can come from fresh water exposure includes Cryptosporidia, Giardia, Shigella, norovirus, E. Coli and the much publicized, albeit rare, Naegleria fowleri.

Cryptosporidia is a parasitic infection, transmitted by the fecal-oral route and is the leading cause of pool-related outbreaks of diarrhea. The oocysts of Cryptosporidia are highly resistant to chemicals and can survive in treated water. "Crypto" causes acute watery diarrhea and abdominal cramping which can lead to dehydration or even death in immunocompromised hosts.

Giardia, a protozoan or one-celled organism, also includes cysts and trophozoites as part of its life cycle, both of which can be infectious. While infected individuals may be asymptomatic, Giardiasis can cause acute or chronic diarrhea, especially in children. It is most common in untreated bodies of water such as lakes, ponds and streams (or bayous) where it can be transmitted by fecal contamination by either humans or animals (beavers.) While it can be treated with metronidazole (Flagyl), it is often self-limiting (resolves by itself.)

Shigella, a bacterial disease, also causes an acute self-limiting diarrhea of variable intensity. Transmission can occur through contaminated water or by fecal-oral transmission within a household, where 40% of household members may be infected. Antibiotics may be useful, depending on the sensitivity of the organism.

Norovirus, the cruise ship nemesis, is a highly contagious viral infection. Outbreaks of norovirus can sweep through nursing homes and cruise ships alike. And, as with most viral diseases, treatment remains symptomatic during the week or so of acute diarrhea. Adequate cleaning of any infected facility (or cruise ship) remains the mainstay of preventing re-infections.

E. Coli 0157-H7 is one of the main serotypes of E. Coli and can cause 90% of the cases of Hemolytic Uremic Syndrome (HUS), a very serious complication of infection with this organism. HUS occurs in less than 8% of E. Coli 0157-H7 infections, but can be life-threatening since it causes destruction of red cells and associated renal failure. Most cases of E. Coli 0157-H7 occur with infected food, but water contaminated either with human or cattle feces can also be a source.

Last but not least, Naegleria fowleri, an amoeba (or amoeba-flagellate, a single-celled free-living organism), can also be found in untreated or inadequately treated water alike. Several highly publicized cases in Louisiana resulted in death by meningoencephalitis. Public health changes subsequently occurred, resulting in more stringent chlorination standards. Naegleria fowleri also occurs naturally in fresh water lakes and bayous. Getting water, especially untreated, up the nose should be avoided since the bony separation between the roof of the nasal cavity and the brain is razor thin and perforated by tiny holes (cribriform plate), easily penetrated by an amoeba.

While most of these infectious agents cause diarrhea (with the exception of Naegleria fowleri), the other symptoms they cause resemble one another. Differentiating one from another, while often unnecessary, generally requires a stool sample (or, as Dr. Raoult Ratard puts it, "The proof is in the poop.") Not drinking untreated fresh water, hand washing and not allowing soiled diapers in public pools go a long way to reducing outbreaks. If symptoms of diarrhea develop, be sure to remain hydrated since dehydration poses the most common risk, especially to infants and the elderly.

Speaking of children, besides the abovementioned infections, drowning remains the greatest danger. As a state, Louisiana has the 3<sup>rd</sup> highest rates of childhood drownings in the U.S. For children aged 1-4 years old, drowning is the leading cause of unintentional injury in our state. Most of the drownings were in pools, tubs or spas (47%), while only 26% occurred in lakes, rivers, ponds, creeks or bayous. Lack of supervision was a contributing risk factor in 42% of drowning deaths. While around 12 children/year die of drowning in Louisiana, another 28 young children (1-4 years old) are hospitalized. A proportionately higher percentage of African-American children die from drowning than Whites.

You can still have fun in the water this summer, but remember the hidden dangers that may be lurking there from infections for adults and children, the latter of whom always require strict supervision and should be taught to swim as early as possible.

David J. Holcombe, M.D., M.S.A.

[www.PoolSafely.gov](http://www.PoolSafely.gov)

[www.ChildrensSafetyNetwork.org/injury-topics/drowning-prevention](http://www.ChildrensSafetyNetwork.org/injury-topics/drowning-prevention)

# Zika Virus Update

## Zika Virus

Zika virus spreads to people primarily through the bite of an infected *Aedes aegypti* and *albopictus* mosquito. The mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people. These mosquitoes are the same species that spread Dengue and Chikungunya.

Zika virus can also spread:

- During sex with a man infected with Zika.
- From a pregnant woman to her fetus during pregnancy or around the time of birth.
- Through blood transfusion (likely but not confirmed).

## Zika Symptoms

Many people infected with Zika may not have symptoms or may have mild symptoms. The most common symptoms are fever, rash, joint pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. Symptoms can last for several days to a week. Once a person has been infected with Zika, they are likely to be protected from future infections.

## Zika Complications

Zika infection during pregnancy can cause fetuses to have a birth defect of the brain called microcephaly. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barré syndrome, an uncommon sickness of the nervous system.

## Zika Treatment

Currently, there is no vaccine to prevent or medicine to treat Zika virus. Treatment recommendations include decreasing physical activity and increasing fluid intake to prevent diarrhea. Medications such as acetaminophen (Tylenol®) or paracetamol reduces fever and pain. Aspirin and non-steroidal anti-inflammatory drugs (NSAIDS) are contraindicated until dengue can be ruled out to reduce the risk of bleeding. According to the National Institute of Allergy and Infectious Disease, the ideal vaccine development timeline for accelerated approval from FDA would be by December 2017.

There have been no locally acquired cases of Zika in Louisiana, but the possibility exists that one could present to the healthcare system in Louisiana. In the State of Louisiana, Zika virus is a reportable disease. To discuss a possible exposure, request laboratory testing, or report a suspected case, contact the Office of Public Health immediately at 504-568-8313 or after hours 800-256-2748.

Early recognition is critical for controlling the spread of Zika. To stay up-to-date on the latest Zika virus information and developments, please visit CDC Zika website at <http://www.cdc.gov/zika/index.html>.



## Upcoming Events

<b>August 8<sup>th</sup></b>	2016 Florida Conference on Aging -Orlando, Florida
<b>August 19<sup>th</sup></b>	State of Disparities in the African American Community -Mayfield, Ohio
<b>August 21<sup>st</sup> – 24<sup>th</sup></b>	Public Health Informatics Conference: "Access, Analysis, Action" -Atlanta, Georgia
<b>August 23<sup>th</sup> – 25<sup>th</sup></b>	National Conference on Health Communications, Marketing, and Media -Atlanta, Georgia
<b>October 28<sup>th</sup> – November 2<sup>nd</sup></b>	APHA Annual Meeting -Denver, Colorado
<b>April 3<sup>rd</sup> – 5<sup>th</sup> 2017</b>	LPHA 2017 Conference -Lafayette, Louisiana

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