

# MIAMI-DADE COUNTY HEALTH DEPARTMENT EPI MONTHLY REPORT

## Pondering on Thanksgiving Turkey, Let's prepare for November

### Inside this issue:

**1** *Pondering on Thanksgiving Turkey, Let's prepare for November*

**3** *Selected Notifiable Disease Reports, Historical data. Miami-Dade County*

**4** *EDC-IS Influenza/Respiratory Illness Surveillance Report*

**5** *Monthly Report, Selected Reportable Diseases/ Conditions in September 2011*

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We're approaching the month of November and that means Thanksgiving is around the corner. Hmm...I can taste and smell the turkey already! I bet turkey is on your mind when Thanksgiving is mentioned. If you are planning to have turkey for Thanksgiving this year, read about 1) the health benefits, 2) food safety and 3) turkey selection to help you make it an enjoyable and healthy meal. Turkey is one of the most common and favorite food selection cooked during the Thanksgiving Holiday. Turkey, along with chicken, is low in fat compared to other meats. And if you think cooking it without the skin will lower the fat, then reconsider. Recent studies have shown that cooking the turkey with the skin seals in the natural juices and the fat from the skin does not seep into the meat<sup>1</sup>. Therefore, dieters wait to remove the skin from the entire turkey after cooking it so that it can develop the moisture and flavor while not increasing total fat content. To go further into detail, are you aware that turkey contains 1 gram of fat per ounce of flesh. A 5 oz serving contains nutrients such as folic acid, protein, phosphorus, vitamins B, B1, B6, zinc and potassium. In addition, if purchasing "fresh" turkey (search for labels at you local grocery store), you can avoid additives such as sodium erythorbate, MSG, and salts that are not found in fresh turkey.

After being informed on the health benefits, lets move towards selecting your turkey. It's recommended to select a "fresh" turkey. The U.S. Department of Agriculture (USDA) guidelines allows the word "fresh" on turkey when the turkey contains no additives as mentioned above and when a turkey has never been stored at a temperature below 26 degrees F. In addition, if you purchase a certified organic turkey, it insures that the turkey was raised with organic feed. Also, take into consideration that fresh turkeys, like other fresh meat and poultry, are highly perishable. You need to be cautious when buying and storing them to avoid spoilage. If you buy one too far in advance, it may start to spoil in your refrigerator before you're ready to cook it.

Once you purchase the turkey, let's think "storage". It is recommended that fresh turkey be stored up to 2 days in the coldest part of the refrigerator. If you purchase the turkey before the holidays including Christmas, freeze it no longer than two months. Let's not forget the left over turkey after the big feast. Cooked turkey should be consumed within 3 days or frozen up to a month. Cooked turkey will retain its moisture if you freeze it in turkey or chicken broth. Turkey must be cooked well and handled properly to avoid cross contamination. Cross-contamination occurs when there is no



proper cleaning of utensil and poor hand washing so please make it your priority to clean all surfaces, utensils and hands with hot soapy water after handling uncooked turkey. The recommended temperature for turkey is 180 degree F. If you are not sure about the exact degree, make sure you have an instant-read thermometer between the thigh and breast and in other cases the center of the stuffing. Lastly, after carving the turkey, promptly refrigerate. Thanksgiving is a wonderful time to spend with family and friends. These tips focus on making sure your event is safe and healthy. Below is a link about some tips on quick serving ideas provided by the George Matelijan Foundation. In addition, there are a few free turkey hotline resources available about purchasing, handling, and baking a turkey. Check it out <http://homecooking.about.com/library/archive/blhelp5.htm>.

#### A Few Quick Serving Ideas

Use ground turkey instead of ground beef in chili con carne recipes. (See our special tips on ground turkey selection provided in the How to Select and Store section.)

On a bed of romaine lettuce, serve diced turkey, cooked cubed sweet potatoes, cranberries and walnuts. Toss with a light vinaigrette for a salad that emanates the flavors of Thanksgiving.

Use ground turkey to make turkey burgers or turkey meat loaf. (Once again, see our special tips on ground turkey selection provided earlier.)

Say olé to turkey burritos. Place cooked turkey pieces on a corn tortilla, sprinkle with shredded cheese and diced tomatoes and onions. Broil for a few minutes until hot.

Turkey salad can be prepared numerous ways and can be served for lunch or dinner. One of our favorite recipes is to combine the turkey with celery, leeks, dried apricots and almonds.

#### References:

<sup>1</sup><http://homecooking.about.com/od/foodhealthinformation/a/turkeyhealth.htm>  
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=125>



### Pecan Pesto Roasted Turkey Breast

#### Ingredients

- 1 cup pecans
  - 3 tablespoons extra-virgin olive oil (EVOO), plus more for oiling pan
  - 1 small onion, peeled and coarsely chopped
  - Zest of 1 lemon
  - 12 fresh sage leaves
  - 1/2 cup flat-leaf parsley leaves
  - Salt and freshly ground black pepper
  - 2 fresh bay leaves
  - 4 tablespoons butter
  - 2 boneless turkey breast halves, skin on (about 2 to 2 1/2 pounds each)
- Serves 8

#### Preparation

Preheat the oven to 450°F.  
Oil the bottom of a roasting pan and set aside.

Place a small, dry skillet over medium heat, add pecans and cook until toasted, stirring and shaking the pan frequently. Remove from the heat and cool slightly.

In a food processor, combine the cooled nuts, onion, lemon zest, sage, parsley, salt, pepper and 3 tablespoons of EVOO. Pulse until you have a coarse paste. Put bay leaves and butter into a small pan over medium-low heat until the butter is bubbling. Remove from the heat and set aside.

Put the turkey breasts on a work surface. Carefully run your fingers between the skin and the flesh from one end, being careful not to pull it completely off, to create a pocket.

Season the turkey breasts generously with salt and freshly ground black pepper. Stuff half of the herb/pecan paste under the skin of each breast, spreading it evenly under the skin. Fold the skin back to cover the pesto.

Transfer turkey breasts to the roasting pan. Using a pastry brush, baste the breasts with half of the bay butter. Place the turkey in the oven and immediately decrease the temperature to 400°F. After 20 minutes, baste the turkey breasts with the remaining butter, and roast for an additional 20-25 minutes, until cooked through, and a thermometer placed in the thickest part of the breast registers 170°F.

Remove from the oven, transfer to a platter, cover, and let rest for 10 minutes.

Recipe by Rachael Ray

# CHILDREN PLAY IS ESSENTIAL FOR HEALTHY DEVELOPMENT

Hurried lifestyle and heavy academic, extracurricular load taking toll; balance is needed!  
 American Academy of Pediatrics (AAP)

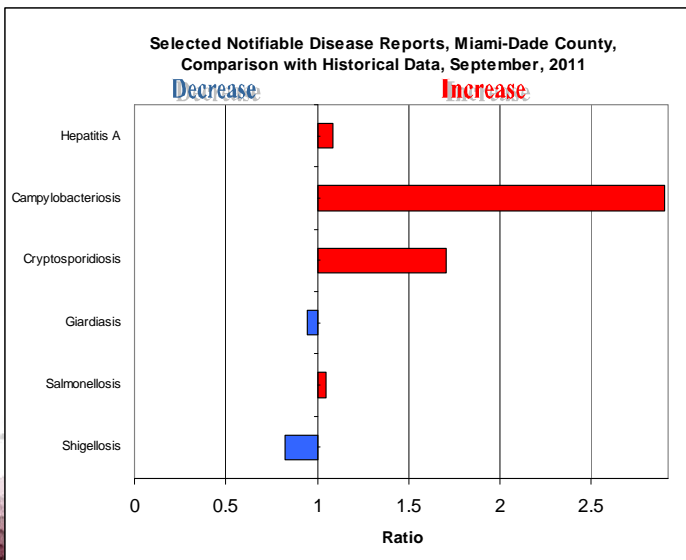
A new report from the American Academy of Pediatrics (AAP) says free and unstructured play is healthy and important for helping children reach important social, emotional, and cognitive developmental milestones as well as helping them manage stress and become resilient.

The report, "[The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds](#)," defends kids play time and unscheduled time. These suggestions include changes in family structure, the increasingly competitive college admissions process, and federal education policies that have led to reduced recess and physical education in many schools. Whereas play protects children's emotional development, a loss of free time in combination with a hurried lifestyle can be a source of stress, anxiety and may even contribute to depression for many children, the AAP report states.

Among the specific guidelines, the report suggests:

- Emphasizing the benefits of "true toys", such as blocks and dolls, in which children use their imagination fully over passive toys that require limited imagination;
- Supporting an appropriately challenging academic schedule for each child with a balance of extracurricular activities. This should be based on each child's unique needs and not on competitive community standards or need to gain college admissions;
- Helping parents evaluate claims by marketers and advertisers about products or interventions designed to produce "super-children;"
- Encouraging parents to understand that each young person does not need to excel in multiple areas to be considered successful or prepared to compete in the real world;
- Suggesting families to choose childcare and early education programs that meet children's social and emotional developmental needs as well as academic preparedness.

In addition the reports states, " The challenge for society, schools, and parents is to strike the balance that allows all children to reach their potential, without pushing them beyond their personal comfort limits, and while allowing them personal free time." Please read the complete article to receive a better insight on the study.



**TO REPORT ANY DISEASE AND FOR INFORMATION CALL:  
 Epidemiology, Disease Control & Immunization Services**

- Childhood Lead Poisoning Prevention Program .....305-470-6877
- Hepatitis .....305-470-5536
- Immunizations or outbreaks .....305-470-5660
- HIV/AIDS Program .....305-470-6999
- STD Program .....305-575-5430
- Tuberculosis Program .....305- 575-5415
- Immunization Service .....305-470-5660
- To make an appointment.....786-845-0550



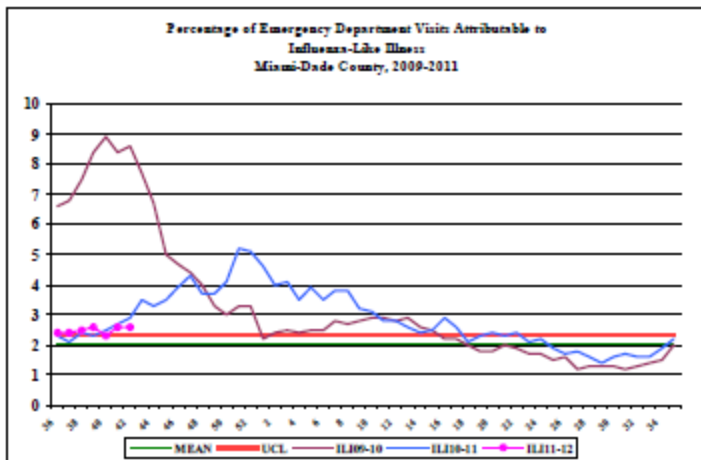
**Miami-Dade County Health Department**  
**EDC-IS Influenza/Respiratory Illness**  
**Surveillance Report**

**Week 42: 10/16/2011– 10/22/2011**

Miami Dade County Health Department EDC-IS collects and analyzes weekly information on influenza activity in Miami-Dade County. On a daily basis, selected Miami-Dade County hospitals electronically transmit hospital emergency department data to the Miami-Dade County Health Department.



This data is then categorized into 11 distinct syndromes. The influenza-like illness (ILI) syndrome consists of fever with either cough or sore throat. It can also include a chief complaint of “flu”. Each week, staff will determine the percentage of all emergency department visits that fall into the ILI category.



During this period, there were 19,747 ED visits; among them 517 (2.6%) were ILI. At the same week of last year, 2.9% of ED visits were ILI.

**PARTICIPATE IN INFLUENZA**  
**SENTINEL**  
**PROVIDER SURVEILLANCE**

**The Miami-Dade County Health Department NEEDS Influenza Sentinel Providers!!**

Sentinel providers are key to the success of the Florida Department of Health’s Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact **Lakisha Thomas** at 305-470-5660.

**About the Epi Monthly Report**

The Epi Monthly Report is a publication of the Miami-Dade County Health Department, Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, contact Lizbeth Londoño at 305-470-6918.





# Miami-Dade County Monthly Report

## Select reportable Disease/Conditions

### September 2011

Diseases/Conditions	2011 Current Month	2011 Year to Date	2010 Year to Date	2009 Year to Date
<b>HIV/AIDS</b>				
AIDS*	77	590	516	683
HIV	118	1190	915	1036
<b>STD</b>				
Infectious Syphilis*	28	237	269	N/A
Chlamydia*	779	6490	6484	N/A
Gonorrhea*	220	1750	1817	N/A
<b>TB</b>				
Tuberculosis**	12	99	115	N/A

#### Epidemiology, Disease Control & Immunization Services

##### Epidemiology

Campylobacteriosis	30	356	160	132
Ciguatera Poisoning	0	12	13	33
Cryptosporidiosis	5	18	19	18
Cyclosporiasis	0	5	1	1
Dengue Fever	6	12	38	2
E. coli, O157:H7	1	8	10	12
E. coli, Non-O157	0	0	0	0
Encephalitis (except WNV)	0	0	0	0
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	22	232	583	483
Influenza Novel Strain	0	0	20	1235
Influenza, Pediatric Death	0	0	0	2
Legionellosis	1	12	7	16
Leptospirosis	0	0	1	0
Listeriosis	3	3	14	0
Lyme disease	0	0	5	3
Malaria	2	15	18	15
Meningitis (except aseptic)	0	0	0	0
Meningococcal Disease	2	12	15	13
Salmonellosis	63	434	335	389
Shigellosis	10	91	155	132
Streptococcus pneumoniae, Drug Resistant	1	62	114	84
Toxoplasmosis	0	0	1	1
Typhoid Fever	0	3	2	3
Vibriosis	0	1	1	0
West Nile Fever	1	1	0	0

##### Immunization Preventable Diseases

Measles	0	0	0	0
Mumps	0	0	3	0
Pertussis	4	24	22	32
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	6	39	63	51

##### Hepatitis

Hepatitis A	5	18	33	37
Hepatitis B (Acute)	1	4	23	11

##### Lead

Lead Poisoning	4	113	184	112
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\*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

\*\*Data on tuberculosis are provisional at the county level.

