

Announcements

National Food Safety Education Month — September 2017

September is National Food Safety Education Month. One of CDC's food safety objectives is to raise awareness about healthy practices to prevent food poisoning. Every year in the United States, an estimated one in six persons (48 million persons) become ill, and 3,000 die from eating contaminated food (1). Some persons are at higher risk for foodborne illnesses (food poisoning) or might experience more severe symptoms: children aged <5 years (2), adults aged ≥65 years (3), pregnant women, and those with immune systems compromised by medical conditions, such as cancer, diabetes, and human immunodeficiency virus infection, or by treatments such as chemotherapy.

This year, CDC is focusing on raising awareness about these groups at high risk for foodborne illnesses. Persons in these groups should not eat undercooked animal products (e.g., meat, poultry, eggs, or seafood) (4), raw or lightly cooked sprouts, or unpasteurized milk and juices. They should also avoid eating soft cheese (e.g., queso fresco) unless the product's label indicates that it was made with pasteurized milk.

Information about CDC's activities related to Food Safety Education Month can be found at <https://www.cdc.gov/food-safety/education-month.html>. Information on preventing food poisoning can be found at <https://www.cdc.gov/foodsafety/groups/consumers.html>.

References

1. CDC. Vital signs: incidence and trends of infection with pathogens transmitted commonly through food—foodborne diseases active surveillance network, 10 U.S. sites, 1996–2010. *MMWR Morb Mortal Wkly Rep* 2011;60:749–55.
2. Scallan E, Mahon BE, Hoekstra RM, Griffin PM. Estimates of illnesses, hospitalizations and deaths caused by major bacterial enteric pathogens in young children in the United States. *Pediatr Infect Dis J* 2013;32:217–21.
3. Scallan E, Crim SM, Runkle A, et al. Bacterial enteric infections among older adults in the United States: Foodborne Diseases Active Surveillance Network, 1996–2012. *Foodborne Pathog Dis* 2015;12:492–9. <https://doi.org/10.1089/fpd.2014.1915>
4. US Department of Health and Human Services. *Foodsafety.gov: cook to the right temperature*. Washington, DC: US Department of Health and Human Services; 2017. <https://www.foodsafety.gov/keep/basics/cook/index.html>

Community Preventive Services Task Force Recommendation for Intensive Lifestyle Interventions for Patients with Type 2 Diabetes

The Community Preventive Services Task Force (CPSTF) recently posted new information on its website: “Diabetes Management: Intensive Lifestyle Interventions for Patients with Type 2 Diabetes.” The information is available at <https://www.thecommunityguide.org/findings/diabetes-intensive-lifestyle-interventions-patients-type-2-diabetes>.

Established in 1996 by the U.S. Department of Health and Human Services, the CPSTF is an independent, non-federal panel of public health and prevention experts who are appointed by the director of CDC. The CPSTF provides information for a wide range of persons who make decisions about programs, services, and other interventions to improve population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC.