



# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 4

APRIL 13, 2015

## SPECIAL POINTS OF INTEREST:

- RWJF ranked Platte County #1 in Missouri for Health Factors in 2015
- Learn about doxycycline misperceptions and how they could be keeping kids from getting lifesaving treatment
- Flu type B persisted in Platte County in March

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For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

## Platte County Ranked #1!

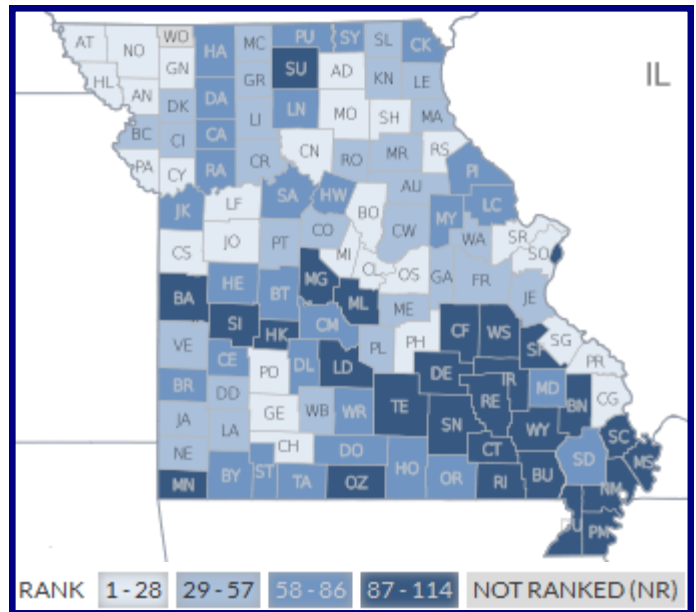
Robert Wood Johnson Foundation recently released their 2015 County Health Rankings, an annual ranking of U.S. counties based on a variety of health measures.<sup>1</sup> Platte County was ranked **#1 in Missouri for "Health Factors"** for the second year in a row and ranked **#3 in "Health Outcomes"**, moving up from a #4 ranking in 2014. Despite these high rankings, Platte County still has areas where **health could be improved:**

- **Smoking:** The adult smoking rate in Platte County (16%) is lower than the Missouri rate but higher than rates of the top 10% U.S. performers.
- **Obesity:** Obesity rates in Platte County adults have been rising significantly in recent years and now top 30%. Platte County's obesity rates, physical inactivity rates, access to exercise opportunities, and food environment index rank slightly better than the state as a whole but below top U.S. performers.
- **Alcohol:** 22% of Platte County adults report extensive binge drinking, the 6th highest rate among Missouri counties. Additionally, 41% of motor vehicle crash deaths in Platte County are alcohol-related, nearly triple the rate of 14% in top U.S. performers.
- **Mental Health:** Despite having higher rates of primary care physicians and dentists per population compared to Missouri rates, Platte County has a lower rate of mental health providers compared to the state rate.

### What is Platte County doing well?

- **Socioeconomic factors:** Platte County has higher rates of high school graduation and college education than the state and a lower rate of unemployment. The rate of children living in poverty is also half the state rate and among the top 10% lowest in the U.S.
- **Uninsured:** The rate of uninsured in Platte County (11%) is among the top U.S. performers and trending downward.
- **Crime:** The violent crime rate is less than half of the state rate and decreasing.
- **Air pollution:** Platte County has one of the lowest average daily densities of fine particulate matter in the state, and it is also among the lowest in the U.S.

Visit <http://www.countyhealthrankings.org/app/missouri/2015/overview> to learn more!



Overall Rankings in Health Factors, Missouri 2015 County Health Rankings, [www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)<sup>1</sup>

# Kids and Doxycycline: New Info

Since 1970, doxycycline has had a warning label from the FDA advising against its use in children less than 8 due to risks of tooth staining.<sup>2</sup> However, a [new study](#) from the CDC suggests that **these warnings are inaccurate and may be doing more harm than good.**<sup>2,3</sup>

In the [study](#), dentists inspected teeth of children who had received doxycycline for suspected Rocky Mountain spotted fever (RMSF) before their 8th birthday and those who had not. They found **no differences between the two groups in tooth color, staining, or enamel.**<sup>2</sup> These findings that short

courses of doxycycline are **not associated** with dental problems in children less than 8 could result in life-saving changes in treatment practices and labeling for doxycycline in this age group.<sup>2</sup> This is particularly important as **children are 5 times more likely than adults to die** from tick-borne diseases like RMSF.<sup>2</sup>

CDC recommends **doxycycline as first-line antibiotic treatment** for RMSF and other rickettsial infections.<sup>2,4</sup> Treatment should be started **as soon as doctors suspect** a rickettsial infection.<sup>2,4</sup> Delaying treatment increases the patient's risk of hospitalization and death.<sup>2</sup>

Several tickborne diseases have high incidence in Missouri. Below are some common Missouri ticks and diseases they transmit:<sup>5</sup>



**American dog tick**  
RMSF, tularemia



**Lone star tick**  
Ehrlichiosis, tularemia, Heartland Virus

## Doxycycline

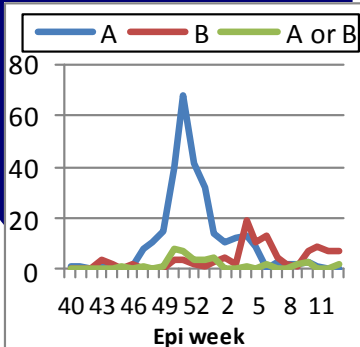
saves lives!

Click to learn more.

Source: CDC<sup>4</sup>

Remember to fax your flu reports weekly to PCHD at (816) 858-2087

2014-15 Influenza Season: Reported Influenza Cases, Weeks 40-53, 1-13



# Platte County Influenza Report

March Flu Report		Epi Week					Month	YTD
Age Group	Type	9	10	11	12	13	total	(wks 40-53, 1-13)
0 - 1	Type A						0	13
	Type B		1		1		2	3
	Type A or B						0	0
2 - 4	Type A		1				1	24
	Type B			1		1	2	9
	Type A or B						0	2
5 - 14	Type A		1				1	77
	Type B	1	2	3	1	2	9	54
	Type A or B		1				1	9
15 - 24	Type A						0	35
	Type B		1	2			3	8
	Type A or B	1	1				2	7
25 - 49	Type A	1		1			2	73
	Type B		3	2	4	2	11	23
	Type A or B		1			1	2	16
50 - 64	Type A						0	33
	Type B			1	1	2	4	9
	Type A or B	1				1	2	4
65 +	Type A	1	1				2	34
	Type B						0	4
	Type A or B						0	3

### Notable this month:

A total of 44 flu cases were reported in March, bringing the season total to 440. Flu activity in March was similar to that in February, with flu type B predominating. Incidence of flu type B in adults aged 25-64 this month is the highest rate of flu type B seen in this age group so far this season.

### Flu totals\*

#### Weeks 9-13:

A	6
B	31
A or B	7

#### Year to date:

A	289
B	110
A or B	41

\*Reflect total reports received as of 4/6/15.

# Communicable Disease Report

## Notable this month:

Animal bites: Animal bite reporting continues to exceed normal reporting for this time of year, with reporting currently doubling the 5 year average year-to-date.

Gastrointestinal diseases: PCHD received a total of 6 reports and complaints for GI illness in the month of March, which triples the average number of GI reports typically seen over the past 5 years in March. However, only two of these reports were for confirmed cases of a notifiable disease and required a full disease investigation.

Reportable Diseases March 2015	YTD*						5 YR AVG†	
	2015	2014	2013	2012	2011	2010		
Animal Bites	7	16	11	5	11	11	2	8
Gastrointestinal Diseases	6	9	2	11	5	5	2	5
Hepatitis	6	17	15	18	34	21	12	20
STD	2	10	10	16	20	10	19	15
Tuberculosis	1	5	14	15	9	7	6	10
Other	4	16	11	15	22	16	6	14
<b>TOTAL</b>	<b>26</b>	<b>73</b>	<b>63</b>	<b>80</b>	<b>101</b>	<b>70</b>	<b>47</b>	<b>72</b>

\*Year to date (counts reflect total cases January through March of the given year)

† Five year average is of YTD counts for years 2010-2014.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaselist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://www.sos.mo.gov/adrules/csr/current/19csr/19c20-20.pdf>

## References

1. Robert Wood Johnson Foundation. 2015 County Health Rankings. Retrieved from <http://www.countyhealthrankings.org/app/missouri/2015/rankings/platte/county/factors/overall/snapshot>
2. CDC. Misperceptions Keep Kids from Getting Lifesaving Treatment for Tickborne Diseases. Mar 17, 2015. Retrieved from <http://www.cdc.gov/media/releases/2015/p0317-tickborne-diseases.html>
3. Todd SR, Dahlgren FS, Traeger MS, et al. No visible dental staining in children treated with doxycycline for suspected Rocky Mountain spotted fever. *J Pediatr*. Mar 14, 2015. [Epub ahead of print]. <http://www.jpeds.com/article/S0022-3476%2815%2900135-3/fulltext>
4. CDC. Rocky Mountain spotted fever: New research on doxycycline. Mar 16, 2015. Retrieved 2015, Apr 1, from <http://www.cdc.gov/rmsf/doxycycline/index.html>
5. MDHSS. Tick-borne disease. Retrieved 2015, Apr 2, from <http://health.mo.gov/living/healthcondiseases/communicable/tickscarrydisease/index.php>

## Platte County Health Department

### North

212 Marshall Road  
Platte City, MO 64079  
(816)858-2412  
Fax (816)858-2087

### South

1201 East Street  
Parkville, MO 64152  
(816)587-5998  
Fax (816)587-6028

## Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
  - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
  - *Birth & Death Certificates*
- Family Healthcare Clinic
  - *Physician*
  - *Nurse Practitioner*
- Walk-In Clinic
  - *Adult/Child /Travel Vaccinations*
  - *HIV/STD Testing*
  - *Pregnancy Testing*

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Our Blog

**April is**  
**Alcohol**  
**Awareness**  
**Month**



The 2015 County Health Rankings identified **alcohol abuse** as a problem in Platte County. Learn more about this issue at [ncadd.org](http://ncadd.org).