



Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 2, ISSUE 5

MAY 13, 2015

SPECIAL POINTS OF INTEREST:

- For National Mental Health Awareness Month, learn how mental health issues affect Platte County residents
- Resources are available for consumers and health professionals regarding the latest *Listeria* outbreak
- Flu season has ended in Platte County

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www.nami.org/mhm

20 Mental Health 15 Month

May is National Mental Health Awareness Month! Here are a few ways mental health and substance abuse problems affect the health of Platte County residents:

Youth 50% of all lifetime cases of mental illness begin by age 14.¹ A 2014 survey of Missouri 6th-12th graders identified mental health as an issue for Platte County students:

- **12.4%** of Platte County students reported they **considered suicide** in the past year²
- **9.1%** of Platte County students reported they **planned suicide** in the past year²
- **5.6%** of Platte County students reported they **attempted suicide** in the past year²
- Nearly **20%** of Platte County students reported being **very sad** in the past 30 days²
- **12%** of Platte County students reported **feeling hopeless about the future** in the past 30 days²

Hospitalizations and ER visits Platte County is designated as a **Health Professional Shortage Area for mental health** care providers.³ A delay or inability to get treatment for mental health problems can lead to serious events such as ER visits and hospitalizations:

- In 2012, mental disorders accounted for **9.5% of all hospitalizations** and 4.5% of all ER visits in Platte County residents^{4,5}
- Platte County **15-24 year olds** have significantly higher rates of hospitalization for mental disorders than any other age group⁴
- In 2013, nearly **30%** of ER visits for mental disorders in Platte County residents were self-paid or no charge visits that were **not paid for with insurance**⁵
- The 2009-2013 rate of **self-inflicted injuries** requiring hospital care is significantly higher among Platte County 15-24 year olds when compared to the Missouri rate for this age group. Over 75% of self-inflicted injuries in Platte County 15-24 year olds were caused by **poisoning or overdose of drugs or alcohol**.⁶

Deaths Mental health and substance abuse problems can lead to death:

- Suicide was Platte County's **8th leading cause of death** and **4th leading cause of years of potential life lost** from 2009-2013.⁷ According to the National Institute of Mental Health, **90%** of those who die from suicide have an underlying mental illness.⁸
- In 2013 alone, there were **5 alcohol-induced deaths** and **13 drug-induced deaths** among Platte County residents.⁹
- **4 people** were **killed** in traffic crashes involving drug- or alcohol-impaired drivers in Platte County in 2013.⁹

To learn more about National Mental Health Awareness Month, check out www.nami.org, www.samhsa.gov, or www.mentalhealthamerica.net.



Blue Bell Creameries has recalled all their products. If you have any Blue Bell products in your freezer, you should throw them away or return them to the place of purchase, even if no one has become ill from eating them¹⁵

Learn About *Listeria*

Listeria monocytogenes has recently been in the news for causing [outbreaks](#) in Blue Bell ice cream, candy apples, soy sprouts, and cheese.¹⁰ Here are some things to know about *Listeria*:

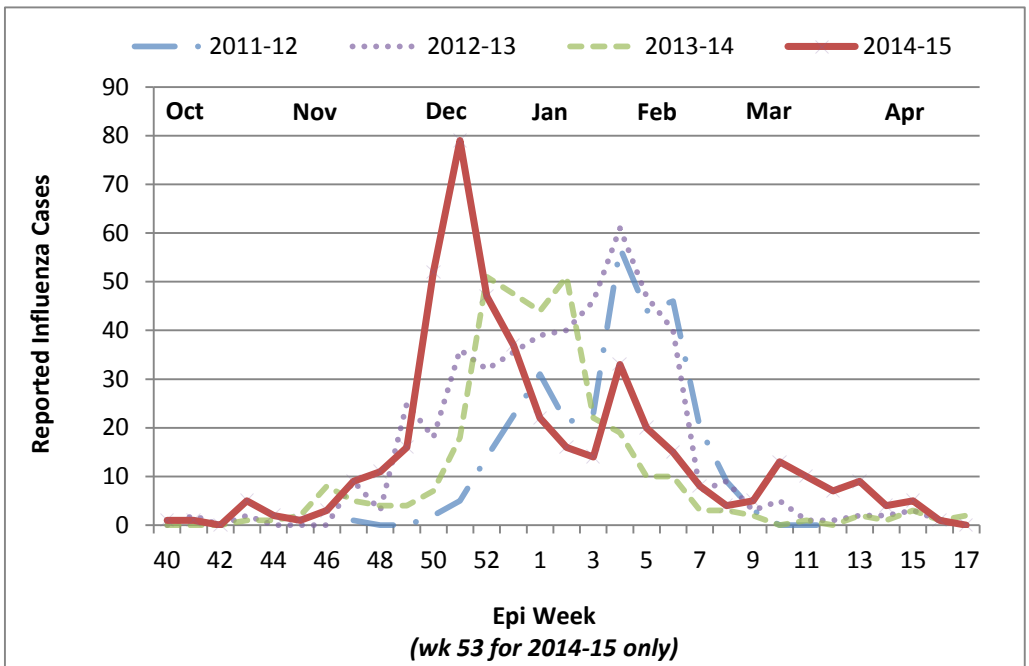
- Listeriosis can develop up to 2 months after eating contaminated food, but symptoms usually start within several days¹¹
- [Symptoms](#) may include fever, muscle aches, headache, stiff neck, confusion, loss of balance, and convulsions¹¹
- Healthy people rarely develop invasive listeriosis, though they may have gastrointestinal symptoms¹¹
- Those at high-risk for invasive listeriosis include pregnant women

and their newborns, older adults, and people with weakened immune systems¹¹

- *Listeria* causes an estimated 1600 illnesses and [260 deaths](#) annually in the U.S.¹²
- Unlike most bacteria, *Listeria* can [grow and multiply in the refrigerator](#). *Listeria* bacteria can be killed by cooking or pasteurization¹³
- Follow recommended [food safety](#) guidelines to prevent an infection of *Listeria*¹⁴

For more info about *Listeria* and possible exposures to consumers during the recent Blue Bell Creameries outbreak, see CDC's [advice for consumers](#)¹⁵ and [information for health professionals](#).¹⁶

Platte County 2014-15 Flu Review



Percent of Platte County flu cases that had not received the 2014-15 flu vaccine, by age group[†]

Age Group	% Unvaccinated
0-4	63%
5-14	70%
15-24	76%
25-49	60%
50-64	58%
65+	21%

[†]only includes cases for which a history of flu vaccination was provided.

- 450 total flu cases* were reported this season to date, more than were reported in any of the past 3 flu seasons. This year's flu season also peaked earlier (above)
- The last reported flu case in Platte County occurred on 4/19/15*
- Flu A peaked the week of Dec 14th, while flu B peaked the week of Jan 25th
- Nearly 90% of all reported flu A cases occurred before Jan 25th, while 75% of all reported flu B cases occurred after Jan 25th
- Of any age group, Platte County 0-4 year olds saw the highest rates of reported flu A, while 5-14 year olds experienced the highest rates of reported flu B
- Flu vaccine history was available for 259 reported cases of flu. 64% of flu cases (including 58% of flu A cases and 67% of flu B cases) had not received a flu vaccine for the 2014-15 season. These numbers also varied by age group (left)

*All flu data includes total reports received as of 5/7/15.

Communicable Disease Report

Notable this month:

Animal bite reporting was lower in April than March of this year. GI reporting continues to be higher than average for this time of year. Other numbers reflect expected reporting for this time of year.

Reportable Diseases April 2015	YTD*							5 YR AVG†
	2015	2014	2013	2012	2011	2010		
Animal Bites	2	18	13	7	14	14	3	10
Gastrointestinal Diseases	4	13	3	15	6	8	4	7
Hepatitis	8	25	20	26	38	27	14	25
STD	4	14	17	17	32	15	25	21
Tuberculosis	1	6	14	25	12	9	6	13
Other	7	23	28	25	39	19	6	23
TOTAL	26	99	95	115	141	92	58	100

*Year-to-date (counts reflect total cases January through April 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>

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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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