



**Public Health**  
Prevent. Promote. Protect.  
**Platte County Health Department**

# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 3, ISSUE 3

MARCH 9, 2016

## SPECIAL POINTS OF INTEREST:

- 86 million Americans have prediabetes—found out if you could be one of them
- Spotlight PCHD! Learn about PCHD's WIC program
- Practice steps to prevent norovirus
- Flu is here—influenza cases increased in Platte County in February

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

## Do You Have Prediabetes?

The CDC estimates **1 in 3 American adults have prediabetes**, and 90% of them don't know they have it.<sup>1</sup> According to these estimates, **as many as 28,000 Platte County residents may have undiagnosed prediabetes.**

Test <sup>2</sup>	Normal	Prediabetes	Diabetes
Fasting Plasma Glucose	Less than 100 mg/dl	100 to 125 mg/dl	126 mg/dl or higher
A1C	Less than 5.7%	5.7% to 6.4%	6.5% or higher
OGTT 2hr glucose	Less than 140 mg/dl	140 to 199 mg/dl	200 mg/dl or higher

Prediabetes occurs when **blood sugar levels are higher than normal** but not high enough for a diabetes diagnosis.<sup>1</sup> The American Diabetes Association defines prediabetes as a fasting plasma glucose (FGP) between 100 and 125 mg/dl, an A1C between 5.7% and 6.4%, or an Oral Glucose Tolerance Test (OGTT) 2 hour blood glucose level between 140 and 199 mg/dl.<sup>2</sup>

Prediabetes **increases the risk** for developing **type 2 diabetes, heart disease, and stroke.** However, people may have prediabetes for years without any symptoms, so disease could **go undetected** until serious health problems develop.<sup>1</sup>

The CDC has recently announced a **new PSA campaign** to raise awareness about prediabetes.<sup>3</sup> The campaign encourages people to take a **1 minute test** at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) to learn if they are at risk to have pre-diabetes. Real-time tests are also available as part of interactive TV and radio PSAs. Through these resources, anyone can take the prediabetes risk test with their **smartphone**, on paper, or even by watching a **1 minute YouTube video**<sup>4</sup>. People who receive a high score after taking the test are encouraged to **contact their physician** for further evaluation and testing.<sup>3,5</sup>

**Lifestyle interventions** can help lower the risk that prediabetes will lead to type 2 diabetes.<sup>1,5</sup> CDC's **National Diabetes Prevention Program** offers evidence-based methods for preventing or delaying type 2 diabetes.<sup>6</sup> You can learn more about the National Diabetes Prevention Program (NDPP) and find out how to **join a local NDPP program** by visiting [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) or [www.cdc.gov/diabetes/prevention/index.html](http://www.cdc.gov/diabetes/prevention/index.html).

**KNOW WHERE YOU STAND**

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

(It'll only take a minute!)

Take the Prediabetes Risk Test | Type 2 Diabetes Prevention | Ad Council

Do I Have Prediabetes  
Subscribe 143

73,677

+ Add to Share ... More



## Spotlight PCHD

# Spotlight on WIC

**Did you know greater than 50% of infants born in the United States are served by WIC?** The Special Supplemental Nutrition Program for Women, Infants, and Children, more commonly known as WIC, is a public health and nutrition program that provides nutrition education, breastfeeding promotion and support, healthy supplemental foods, and referrals to health care and community services. WIC serves pregnant women, women postpartum (breastfeeding and non breastfeeding), infants, and children under 5 years of age who are income eligible and who have or are at risk of developing nutrition-related illnesses.

### WIC offers:

- Nutrition education to all participants
- Breastfeeding promotion and support
  - \* Including free hand pumps, Medela double electric breast pump, breastfeeding peer counselors, referrals to lactation consultants
- Healthy supplemental foods
  - \* Including: Milk, eggs, cheese, whole grain cereals, breads, pas-

tas, beans, peanut butter, fruits and vegetables, and more.

- Referrals to health care and community services
- Health and dental screenings and diet assessments

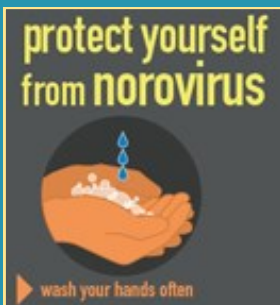
Services offered by **appointment only**, same day appointments may be available. All WIC services are free, **call 816-587-5998** for an income screening and to schedule your WIC appointment.

Appointments offered in Parkville Monday-Friday 8:00am-5:15pm or Platte City Wednesday 8:15am-5:15pm

Income eligibility will be determined at the first WIC visit by providing all household income from the last 30 days (including unemployment, child support, tips, alimony, etc.)

- Family size of 1 making less than \$419.00 per week will be eligible. For each additional family member add \$148.00 per week (pregnant women count as 2 family members).

**“This institution is an equal opportunity provider.”**



*It only takes 18 norovirus particles to infect another person.*

Learn more at [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus)

Source: CDC<sup>9</sup>

# Learn How to Prevent Norovirus

Norovirus is the most common cause of gastroenteritis in the U.S., causing an estimated **20 million illnesses each year.**<sup>7</sup> Common symptoms of norovirus include **stomach pain, nausea, vomiting, and diarrhea.**

Norovirus is found in **vomit and stool** of an infected person and spreads by:<sup>7</sup>

- **eating** foods or drinking liquids contaminated with norovirus
- **touching surfaces** with norovirus and then putting hands or fingers in your mouth
- **direct contact** with a person who is infected with norovirus.

Norovirus is highly contagious – a person with norovirus infection can **shed billions** of norovirus particles but it **only takes 18 particles to infect another person.**<sup>8</sup> People with norovirus are contagious from the moment they begin feeling sick until at least a few days after they recover. Anyone can

get norovirus and they can get it more than once in their lifetime.<sup>7</sup>

Norovirus **caused over 3,000 outbreaks** in the U.S. from 2009-2012.<sup>7</sup> Common outbreak settings include **health care facilities** (63% of reported outbreaks), **restaurant** and banquet facilities (22%), and **school or day-care facilities** (6%).<sup>7</sup> Practice these prevention tips to protect yourself and others from norovirus:<sup>7</sup>

- **Wash your hands** carefully with soap and water
- Carefully rinse fruits and vegetables and cook shellfish thoroughly before eating
- **Do not prepare food while sick** or for at least 2 days after you recover
- **Clean and disinfect** contaminated surfaces using a **bleach-based** household cleaner or solution
- **Wash laundry thoroughly**

# Platte County Influenza Report

Platte County 2015-16 Reported Influenza Cases							
1/31/16-2/27/16		Epi Week				Total	STD*
Age Group	Type	5	6	7	8		(40-52, 1-8)
0- 1	Type A					0	0
	Type B					0	0
	Type A or B					0	0
2 - 4	Type A			2	1	3	5
	Type B		1		1	2	3
	Type A or B					0	0
5 - 14	Type A			3	4	7	8
	Type B		1	10	2	13	17
	Type A or B			1	1	2	4
15 - 24	Type A			1	1	2	3
	Type B		2		2	4	6
	Type A or B					0	3
25 - 49	Type A		1	2	7	10	16
	Type B		1			1	8
	Type A or B			1	1	2	6
50 - 64	Type A		3		4	7	10
	Type B			1	1	2	3
	Type A or B					0	1
65 +	Type A			1	1	2	3
	Type B			1		1	2
	Type A or B					0	0

## Flu totals<sup>†</sup>

Weeks 5-8:

A	31
B	23
A or B	4

\*Season to date:

A	45
B	39
A or B	14

<sup>†</sup> Reflect total reports received as of 3/4/16

## Notable this Month:

Reported flu began increasing above previous levels the week of Feb 14. 98 flu cases have been reported season to date.

Though flu B was slightly higher than flu A in Platte County earlier this season, flu A surpassed flu B levels the week of Feb 21.

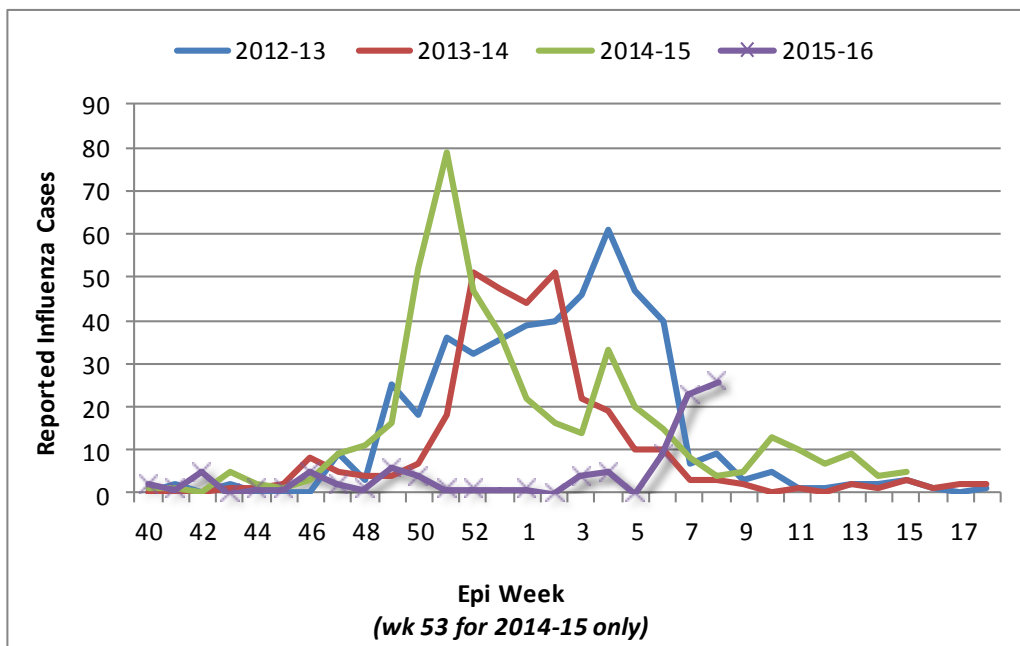
Flu incidence in Feb and season to date has been highest among 5-14 year olds and 0-4 year olds.



## Reminder:

Fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) for a copy of the reporting form.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2015-16 season-to-date<sup>†</sup>



*Influenza season begins— reported flu rates began spiking in Platte County the week of February 14th (Epi week 7).*

# Communicable Disease Report

**Notable this month:** Gastrointestinal disease and STD rates remained higher than average in February and YTD\*. Gastrointestinal diseases investigated in the month of February included 4 cases of shigella and 2 complaints of gastrointestinal illness. STD cases reported in February included 4 chlamydia and 3 gonorrhea. Other totals reflect expected reporting for the time of year.

Reportable Diseases February 2016	YTD*							5 YR AVG†
	2016	2015	2014	2013	2012	2011		
Animal Bites	1	9	9	3	6	5	6	
Gastrointestinal Diseases	6	3	1	10	3	2	4	
Hepatitis	4	11	9	13	21	15	14	
STD	7	8	6	8	12	8	8	
Tuberculosis	3	4	11	9	5	5	7	
Other	10	12	8	13	20	10	13	
<b>TOTAL</b>	<b>31</b>	<b>47</b>	<b>44</b>	<b>56</b>	<b>67</b>	<b>45</b>	<b>52</b>	

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

† Five year average is of YTD counts for years 2011-2015.

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://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

## References

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8. CDC. Norovirus For Healthcare Providers: Clinical Overview. Jul 26, 2013. Retrieved 2016, Mar 7 from <http://www.cdc.gov/norovirus/hcp/clinical-overview.html>
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## Platte County Health Department

### North

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(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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