

2018-2019 Influenza Season Mesa County

Rate of Influenza-Associated Hospitalizations by Season in Mesa County and Colorado

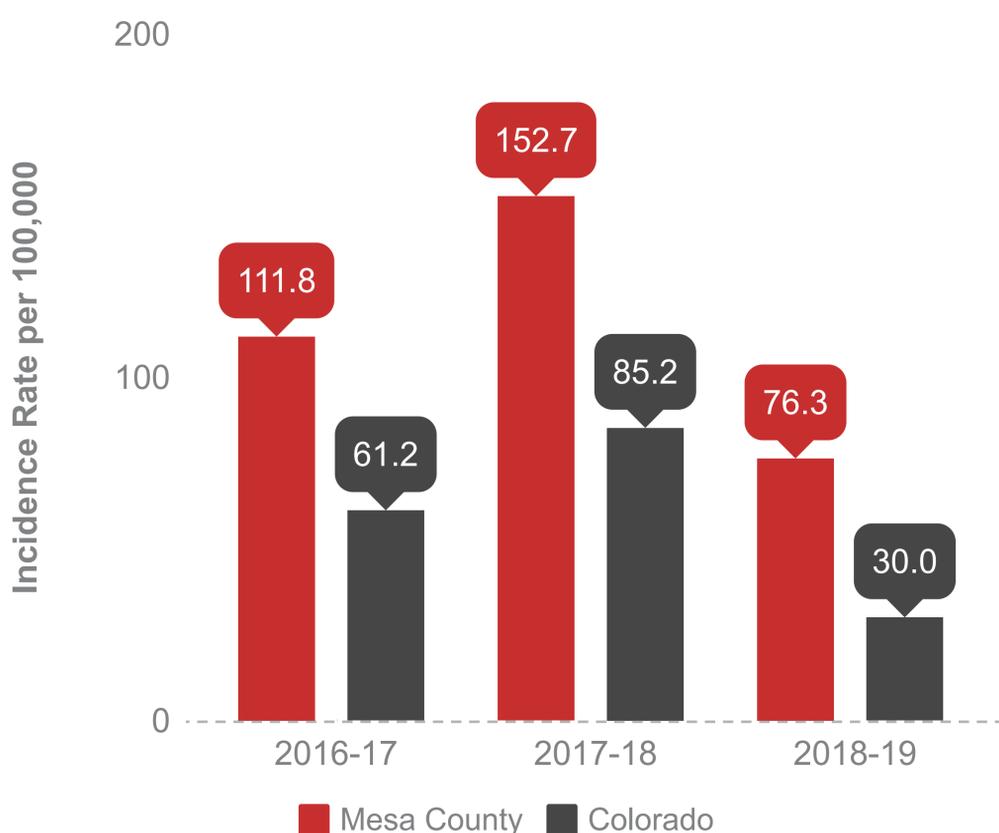
117



hospitalizations during the 2018-19 season.

This is **50% lower** compared to the severe 2017-18 season.

- Influenza in Mesa County is a yearly, predictable epidemic.
- It is a respiratory illness that impacts people of all ages but especially those less than five years old and those 65 years and older.
- Other risk factors include pregnancy, asthma, diabetes, heart disease, and other underlying medical conditions.



Key Takeaways

MODERATE

Nationally, the 2018-2019 influenza season was categorized as moderate severity.

2

The season had two waves of flu. It is unusual to see the dominant strain of flu change midway through a season.



The highest rate of flu hospitalizations occurred in the 0-4 and 65+ year age groups.



Peak hospitalizations occurred during the week of February 23rd with 19 hospitalizations.

7

Seven partners make up the surveillance system including primary care, urgent care, hospitals, and laboratories.



Mesa County Public Health debuted a Flu Meter to track community flu activity.

Demographics

117 people were hospitalized due to influenza in Mesa County during the 2018-2019 flu season.

55% female



Compared to Colorado which had 53% of hospitalizations occurring among females.

Median Age:



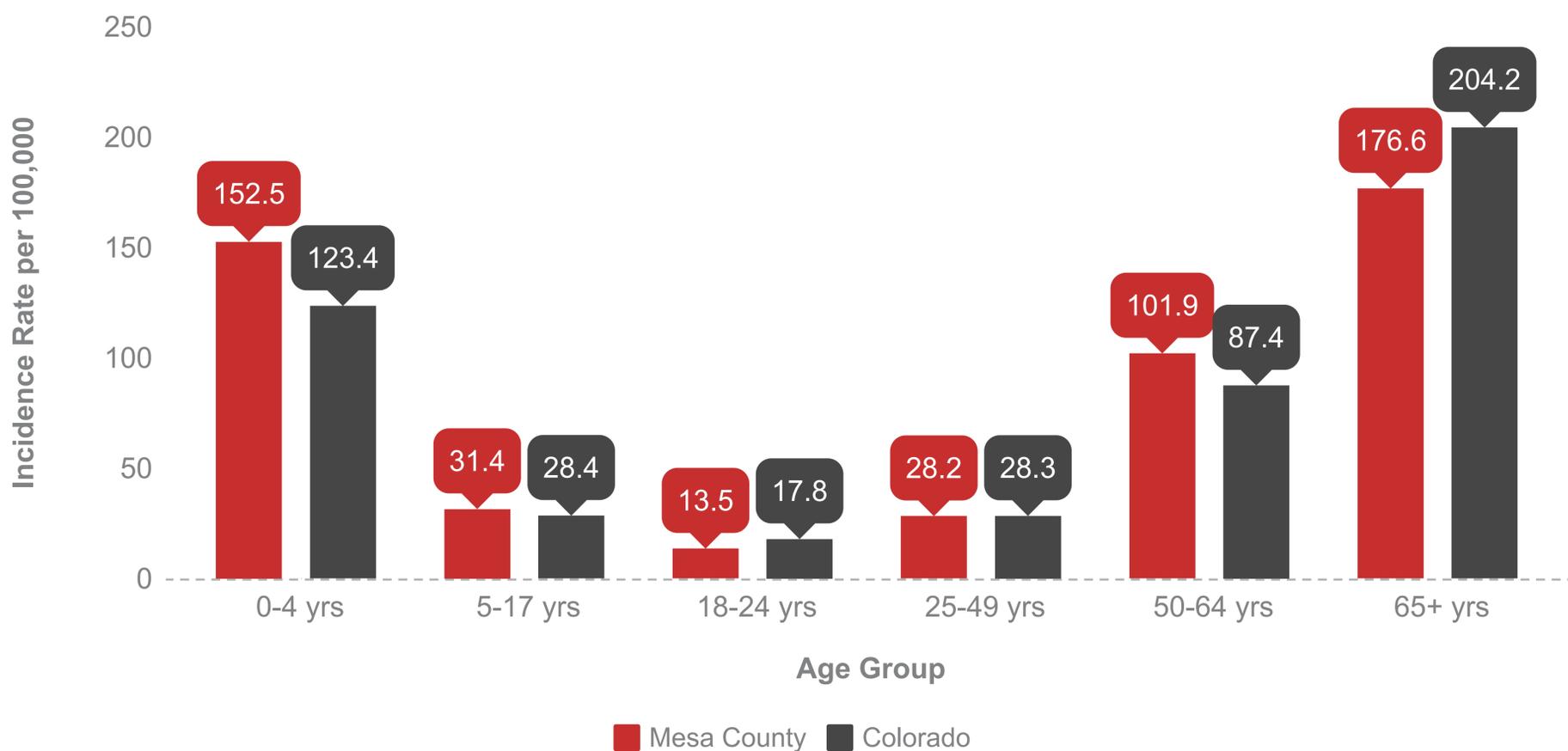
*This is 14 years younger than Mesa County's 2017-18 median age of 73 years old.

Age Range:



Compared to Colorado's range of <1-99 years.

Incidence Rate of Influenza-Associated Hospitalizations by Age Group in Mesa County and Colorado 2018-2019

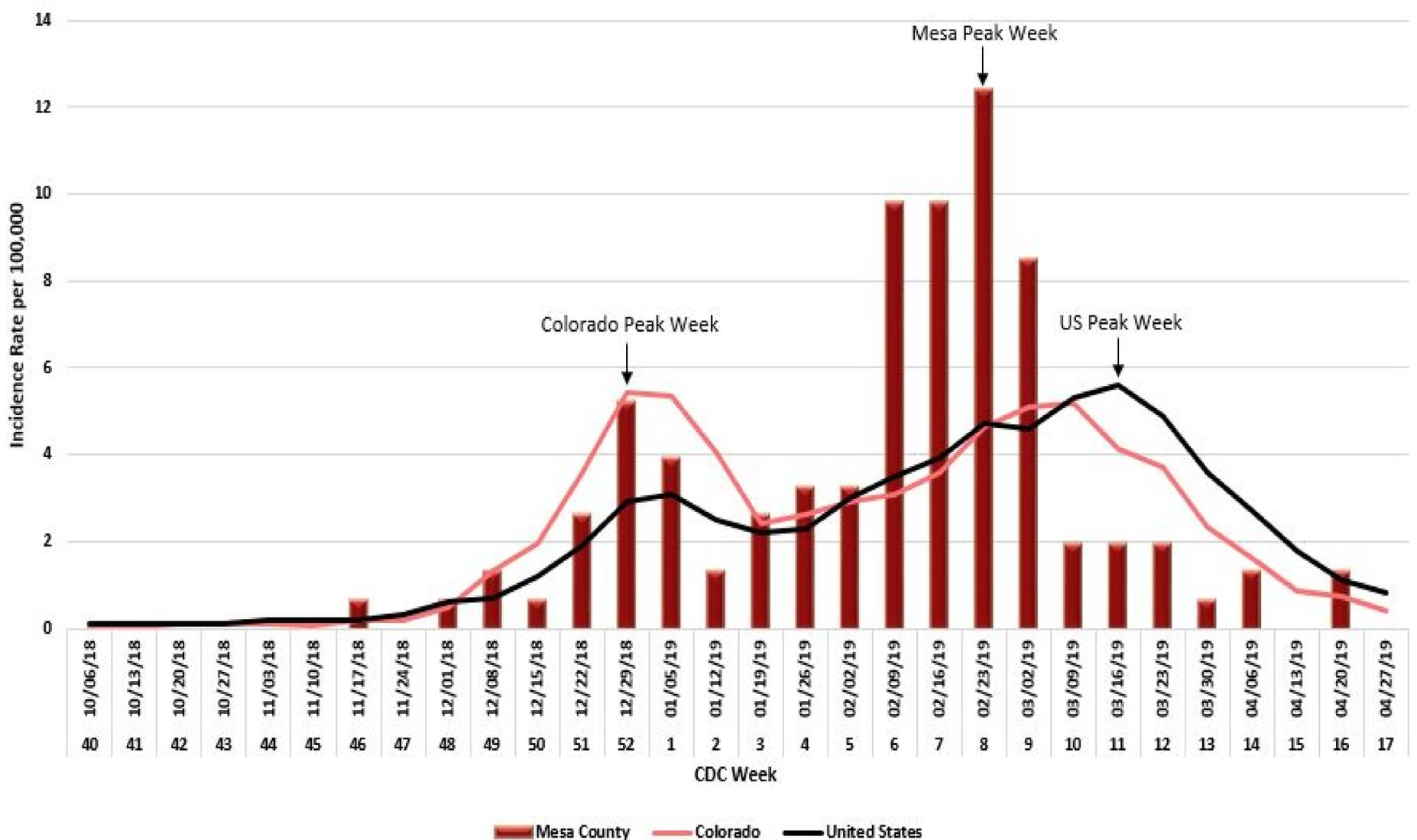


Influenza typically causes illness in a U-shaped curve.

A U-shaped curve indicates higher rates of hospitalization in the youngest and oldest populations with significantly lower rates in the middle age groups.

The 2018-19 flu season followed this pattern.

Incidence Rate of Influenza-Associated Hospitalizations in Mesa County, Colorado, and the United States by Week

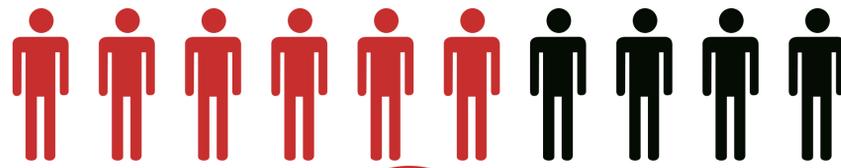


Peak Week of Hospitalizations

Mesa County	Colorado	United States

- A peak week is the week in which the most hospitalizations due to influenza were recorded during a flu season.
- Influenza activity is hard to predict but typically the peak week falls between December and February. This was true for Mesa County and Colorado but not for the United States.
- Mesa County experienced a more severe flu season than Colorado and the United States with an extended period in February of higher rates of flu hospitalization.

Flu Immunizations



6 in 10

hospitalized cases were immunized*

*Among 94 cases for which immunization information was available. This is the same proportion as the 2017-18 flu season.

40%

Among adults 18+ in Mesa County, approximately 40% report receiving an annual flu vaccine.

45%

Nationally, 45% of adults 18+ reported receiving an influenza vaccine for the 2018-19 season.

GOAL

The Healthy People 2020 goal is for 70% of adults to report receiving the yearly flu vaccine.



An annual seasonal flu vaccine is the best way to help protect against the flu.



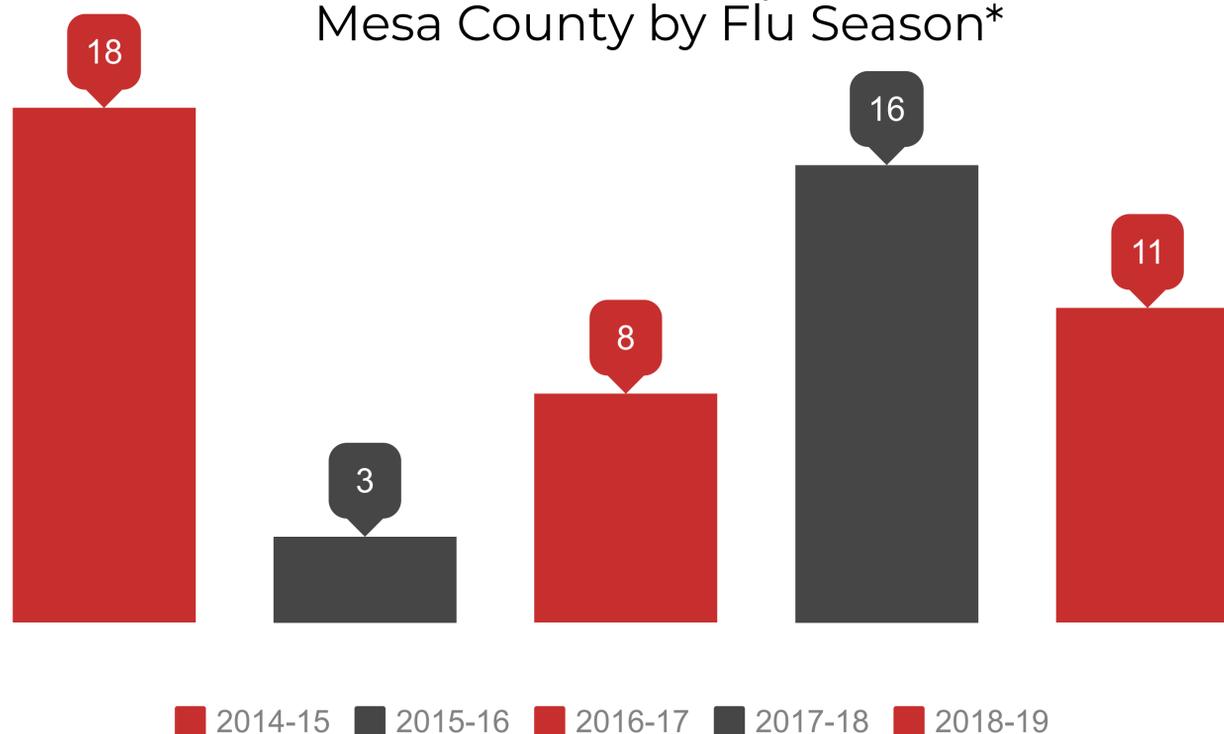
It can help prevent illness and reduce the risk severe outcomes such as hospitalization and death due to flu.

Flu Outbreaks

During the 2018-2019 season, there were **11** flu outbreaks reported to Public Health.

Six (55%) of those occurred in long-term care facilities, three (27%) occurred in child care facilities, and two (18%) were in school settings.

Flu Outbreaks Reported in Mesa County by Flu Season*



*Includes lab-confirmed and suspected flu outbreaks.

Flu remains the leading cause of reported outbreaks in Mesa County.

32% of all reported outbreaks from 2018-2019 were due to flu.

Influenza Basics

Symptoms



Fever



Muscle or
body aches



Sore
Throat



Cough



Fatigue

Uncomplicated flu symptoms typically resolve after 3-7 days

Types of Influenza

Influenza A

Type A is responsible for the majority of seasonal flu cases. There are many different varieties, but two main variations cause the majority of disease.

Influenza B

Type B is only found in humans. It is thought to be less severe than Type A but can still cause serious illness.

Public Health Recommendations

- Expand access to primary care to reduce the number of emergency department visits due to influenza.
- Continue public education on what influenza is and what it isn't.
- Provide public education on the seasonal flu shot, especially to at-risk groups (pregnant women, adults over 65 years, and anyone with an underlying medical condition).
- Strengthen Mesa County's healthcare system's capacity to handle a surge of patients with influenza through improving bed availability and increasing situational awareness.
- Bolster Mesa County's healthcare system to be better prepared for a severe flu season by enhancing cross-sector partnerships and further improving infection prevention efforts throughout the county.
- Expand data collection through lab tests, and primary and urgent care visits on flu-related illness.

See more data collected through Mesa County's Flu Surveillance at:
<https://health.mesacounty.us/flu-meter/>

Community Partners

- St. Mary's Hospital
- Community Hospital
- Colorado Canyons Hospital & Medical Center
- Grand Junction VA Medical Center
- Primary Care Partners
- Community Care of the Grand Valley
- Colorado Mesa University Student Health Center

Sources:
Centers for Disease Control and Prevention Colorado Electronic Disease Reporting System
Colorado Department of Public Health and Environment
Mesa County Public Health