

# Board of Health Update - Health Officer Report


11.17.23

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**Fargo Cass**  
**Public Health**  
Prevent. Promote. Protect.



A large number of white umbrellas are open, filling the frame. In the center, slightly to the right, one umbrella is a vibrant blue, making it stand out from the rest. The umbrellas are arranged in a way that creates a sense of depth, with some in the foreground and others receding into the background. The lighting is soft, and the overall tone is somewhat somber, reflecting the theme of the text.

# New Surgeon General Report on the Epidemic of Loneliness

# The Epidemic of Loneliness

- New and pressing public health crisis of *loneliness*
- National strategy to advance social connection
  - Individuals
  - Governments
  - Workplaces
  - Health systems
  - Community organizations

## Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community



# Physical Health Consequences of Poor Social Connection



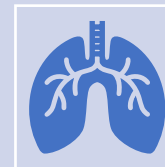
29% increased risk of heart disease



32% increased risk of stroke



50% increased risk of developing dementia for older adults



Increases risk of premature death by > 60%



# Mental Health Effects of Loneliness and Isolation

- Doubles an adult's risk of developing depression
  - > 1:5 U.S. adults are living with a mental illness
- In childhood, increases risk of anxiety and depression both immediately and in the future
  - > 1:3 young adults are living with a mental illness

*\* Addressing loneliness is a critical part of fully addressing the mental health crisis in America*





## Social Connection Benefits Individual Health and Communities

- Evidence shows increased connection:
  - Helps reduce individual risk of serious health conditions:
    - Heart disease
    - Stroke
    - Dementia
    - Depression
  - Connected communities fare better on several measures:
    - Population health
    - Community safety
    - Community resilience responding to natural disasters
    - Prosperity
    - Civic engagement

# Framework to Advance Social Connection



## **Strengthen Social Infrastructure**

Enhance community physical elements (parks, libraries, playgrounds)

Strengthen programs and policies in place

Strengthen social infrastructure - design environments that promote connection and invest in institutions that bring people together

## **Enact Pro-Connection Public Policies**

National, state, local, and tribal governments all play a role

Establish policies to support accessible public transportation or paid family leave

## **Mobilize the Health Sector**

Loneliness is a risk factor for several major health conditions

Health care providers well-positioned to assess patients for risk of loneliness and intervene

# Framework to Advance Social Connection



## **Reform Digital Environments**

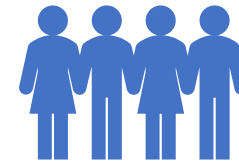
Evaluate relationship with technology

Ensure digital interaction does not detract from meaningful and healing connection with others



## **Deepen Our Knowledge**

Establish a more robust research agenda to further understanding of causes / consequences of social disconnection, populations at risk, and effectiveness of efforts to increase connection



## **Cultivate a Culture of Connection**

Informal practices / cultural norms of everyday life significantly influence relationships

Foster a culture of connection



SOCIAL CONNECTION  
FACT CARD



**Poor social relationships, social isolation, and loneliness can increase your risk of heart disease by 29% and risk of stroke by 32%.<sup>1</sup>**

1. [Valtorta et al., 2016.](#)

SOCIAL CONNECTION  
FACT CARD



**Among older adults, chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50%.<sup>1</sup>**

1. [Lazzari & Rabottini, 2021.](#)

SOCIAL CONNECTION  
FACT CARD



**Living in isolation reduces our chances of survival and social isolation increases the risk for premature mortality by 29%.<sup>1,2</sup>**

1. [Holt-Lunstad et al., 2015.](#)

SOCIAL CONNECTION  
FACT CARD



**Smaller social network size is associated with an increased risk of type 2 diabetes and of other diabetic complications including heart attacks and kidney disease.<sup>1,2</sup>**

1. [Brinkhues et al., 2017.](#)  
2. [Brinkhues et al., 2018.](#)

SOCIAL CONNECTION  
FACT CARD



**Social isolation, or even the perception of isolation, can increase inflammation in the body to the same degree as physical inactivity.<sup>1</sup>**

1. [Yang et al., 2016.](#)

SOCIAL CONNECTION  
FACT CARD



**People with strong perceptions of community belongingness are 2.6 times more likely to report good or excellent health than people with a low sense of belongingness.<sup>1</sup>**

1. [My Health My Community, 2018.](#)

SOCIAL CONNECTION  
FACT CARD



**Children and adolescents who enjoy positive relationships with their peers, parents, and teachers experience improved academic outcomes.<sup>1</sup>**

1. [DuBoid et al., 2011.](#)

SOCIAL CONNECTION  
FACT CARD



**Being more socially connected can improve stress responses and minimize the negative health effects of stress.<sup>1,2</sup>**

1. [Cohen & Willis, 1985.](#)

2. [Southwick, et al., 2016.](#)

SOCIAL CONNECTION  
FACT CARD



**Loneliness and poor social support have been found to significantly contribute to the development and severity of illnesses after exposure to viruses.<sup>1,2</sup>**

1. [Cohen, 2020](#).
2. [LeRoy et al., 2017](#).

SOCIAL CONNECTION  
FACT CARD



**Immersion in local community-based activities such as volunteering significantly increases the likelihood of unemployed individuals becoming employed.<sup>1,2,3</sup>**

1. [Wilson, 2000](#).
2. [Jastrzab et al., 2004](#).
3. [Spera et al., 2015](#).

SOCIAL CONNECTION  
FACT CARD



**Social support from friends and family is associated with improved hypertension and diabetes management.<sup>1,2,3,4</sup>**

1. [Magrin et al., 2017](#).
2. [Shahin et al., 2021](#).
3. [Pan et al., 2021](#).
4. [Song et al., 2017](#).

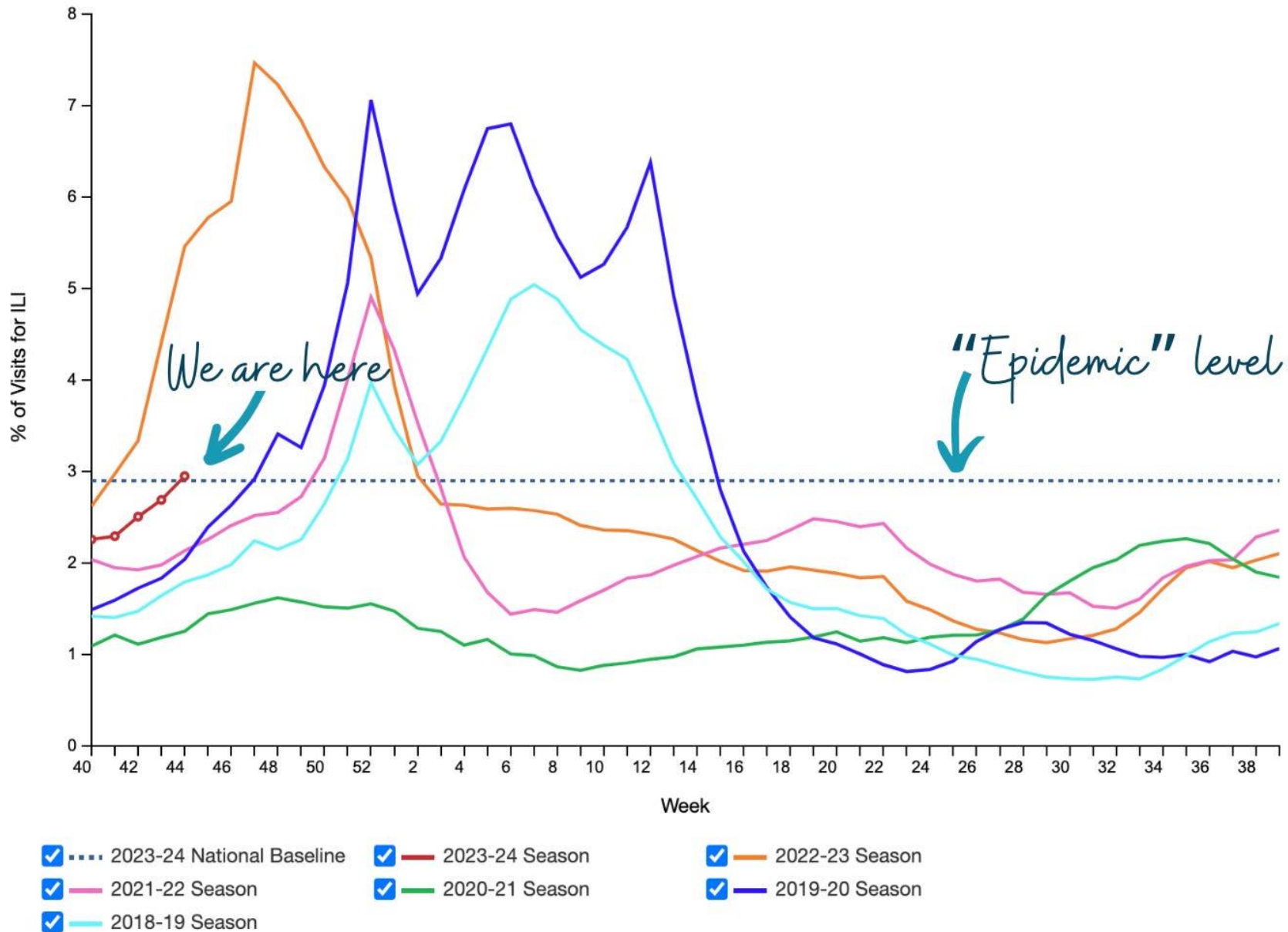
SOCIAL CONNECTION  
FACT CARD



**Adults who report feeling lonely often are more than twice as likely to develop depression as adults who report rarely or never feeling lonely.<sup>1</sup>**

1. [Mann et al., 2022](#).

# Influenza-like illnesses over time



Source: CDC; Annotations KKJ



# Vaccine coverage, adults

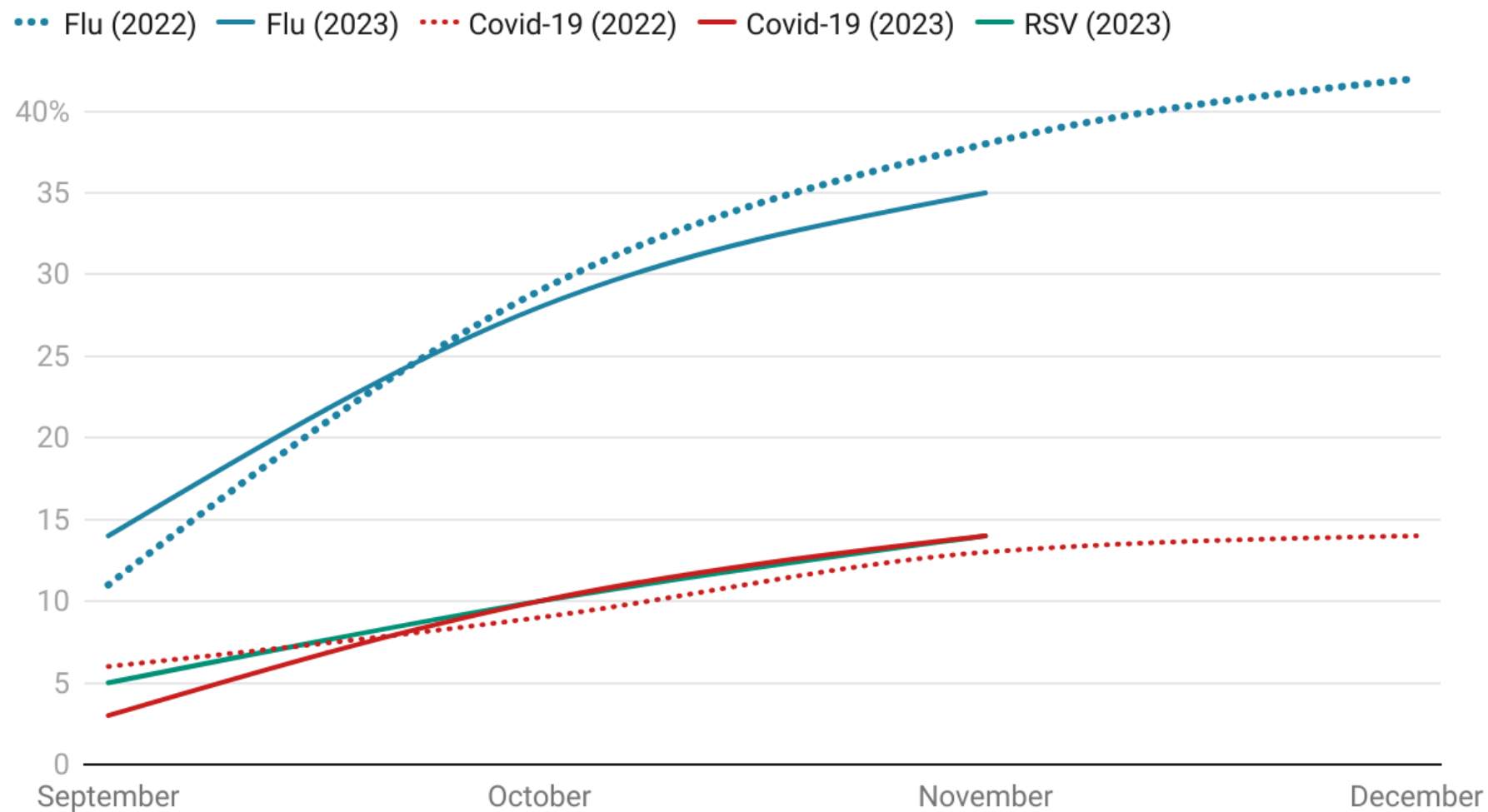


Chart: YLE/Katelyn Jetelina • Source: CDC • Created with Datawrapper

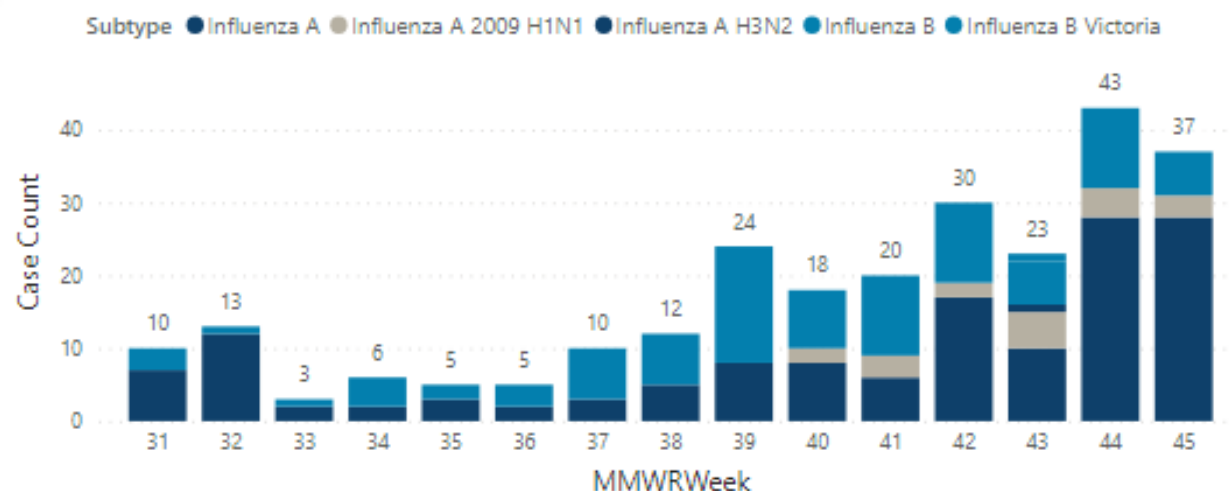
Several markers of influenza activity have trended upwards from the previous week, and three new hospitalizations due to influenza were reported. Now is the perfect time to receive the influenza seasonal vaccine- contact your healthcare provider or visit our website for additional information!

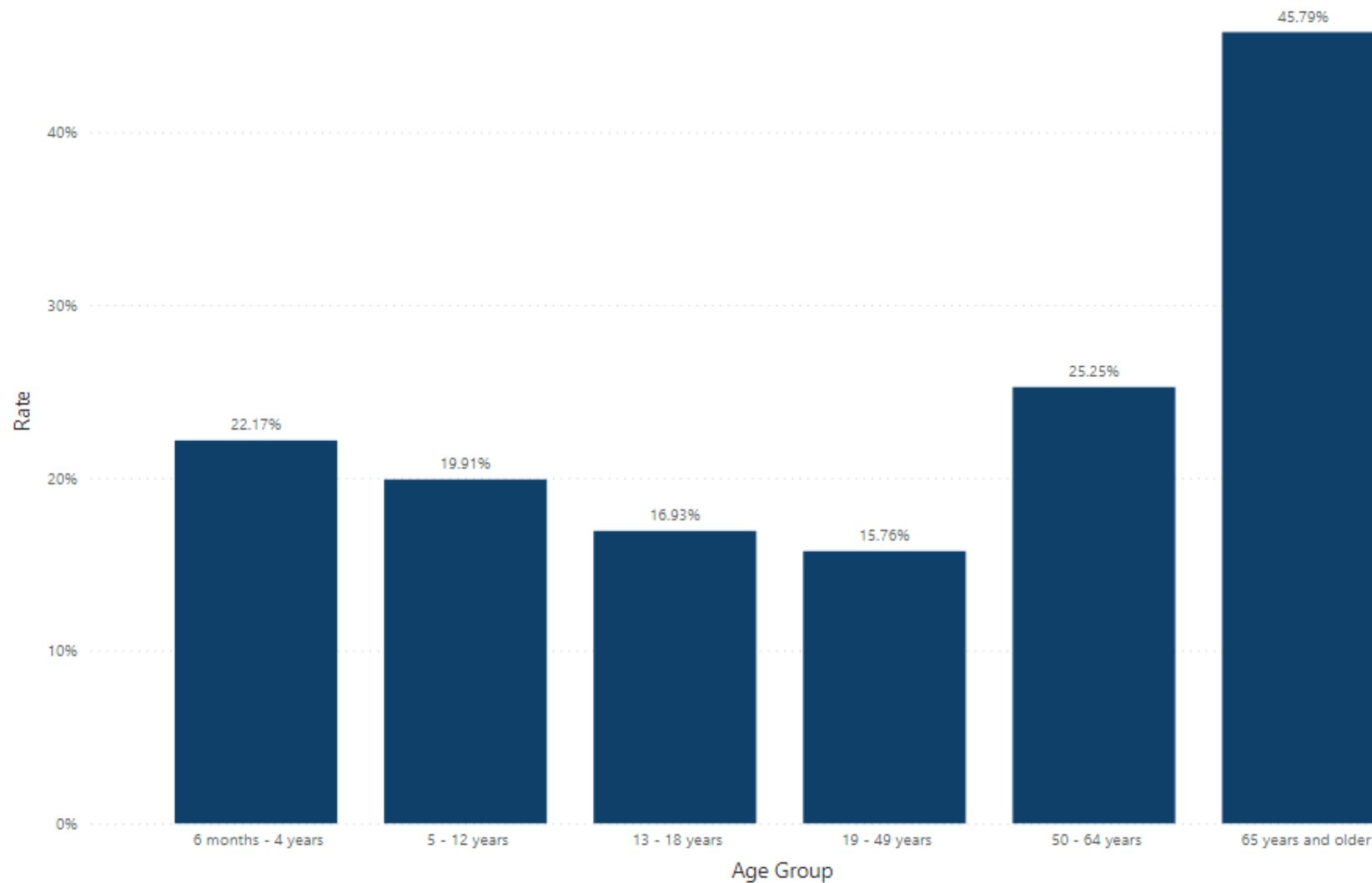
The North Dakota Department of Health and Human Services encourages everyone to take everyday preventative steps to reduce the spread of influenza and other respiratory diseases this fall. Additional information regarding influenza or influenza vaccine can be found at [ndflu.com](http://ndflu.com).

Subtype	Cases in Previous Week	Total for Season
Influenza A	28	141
Influenza A 2009 H1N1	3	19
Influenza A H3N2	0	1
Influenza B	6	97
Influenza B Victoria	0	1
<b>Total</b>	<b>37</b>	<b>259</b>

	Last Week	Season Total
New Influenza Cases:	37	259
Outpatient Visits for Influenza-like Illness:	4.46%	2.41%
Laboratory Specimens Positive for Influenza:	1.76%	0.86%
Percentage of Students Absent from School:	11.20%	4.43%
New Hospitalizations due to Influenza:	3	7
New Deaths due to Influenza:	0	0

### Influenza Cases by Week Number





N.D.  
Statewide  
Flu Coverage  
2022-23  
Season

## COVID-19 Cases Overview

Last Updated: 11/10/2023

POPULATION

762,062

COUNTY

All



Hover over a value and click the icon for more information

### THIS WEEK

11/3/2023 - 11/9/2023

WEEKLY NEW POSITIVE CASES

619

7 DAY CASE RATE PER 100,000 INDIVIDUALS

81

### CUMULATIVE

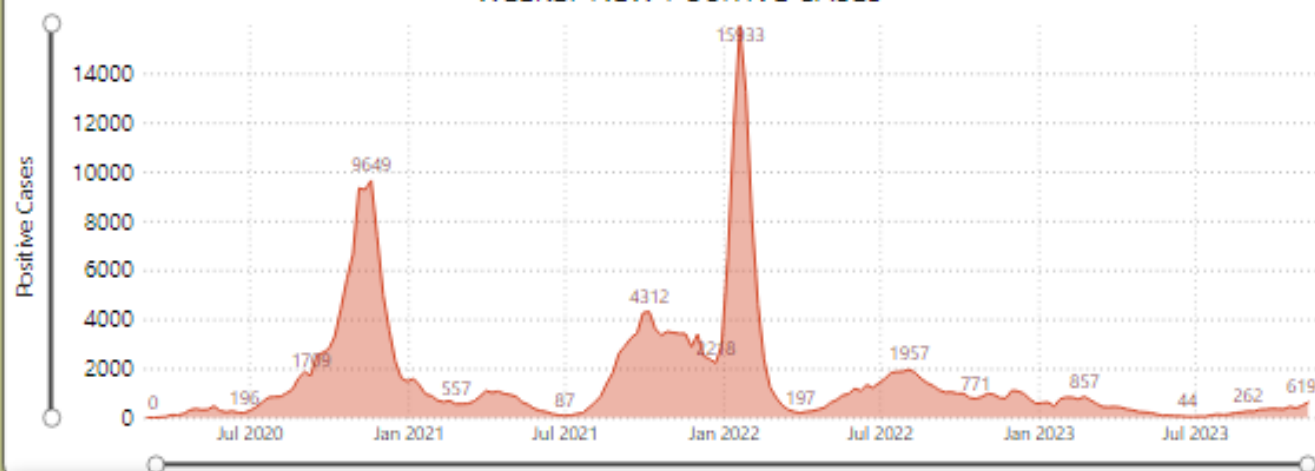
TOTAL POSITIVE CASES

297,296

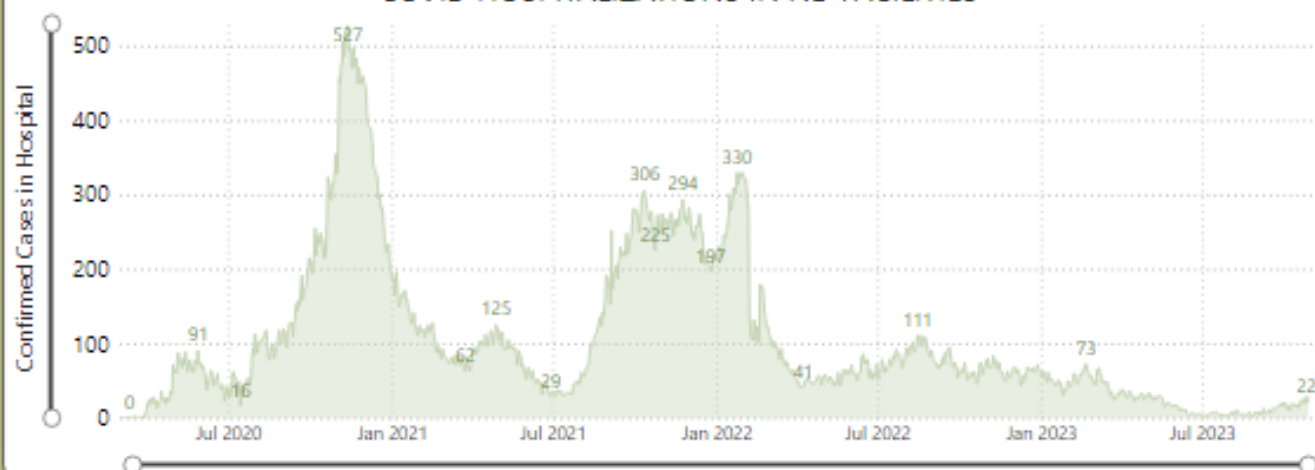
DEATHS

1 CLICK TO VIEW AT VITAL...

WEEKLY NEW POSITIVE CASES



COVID HOSPITALIZATIONS IN ND FACILITIES



STATEWIDE HOSPITAL  
CAPACITY  
AS OF 10/28/2023

PERCENT INPATIENT BEDS  
OCCUPIED

68%

PERCENT ICU BEDS  
OCCUPIED

46%

INPATIENT BEDS OCCUPIED  
WITH COVID

19

ICU BEDS OCCUPIED WITH  
COVID

3

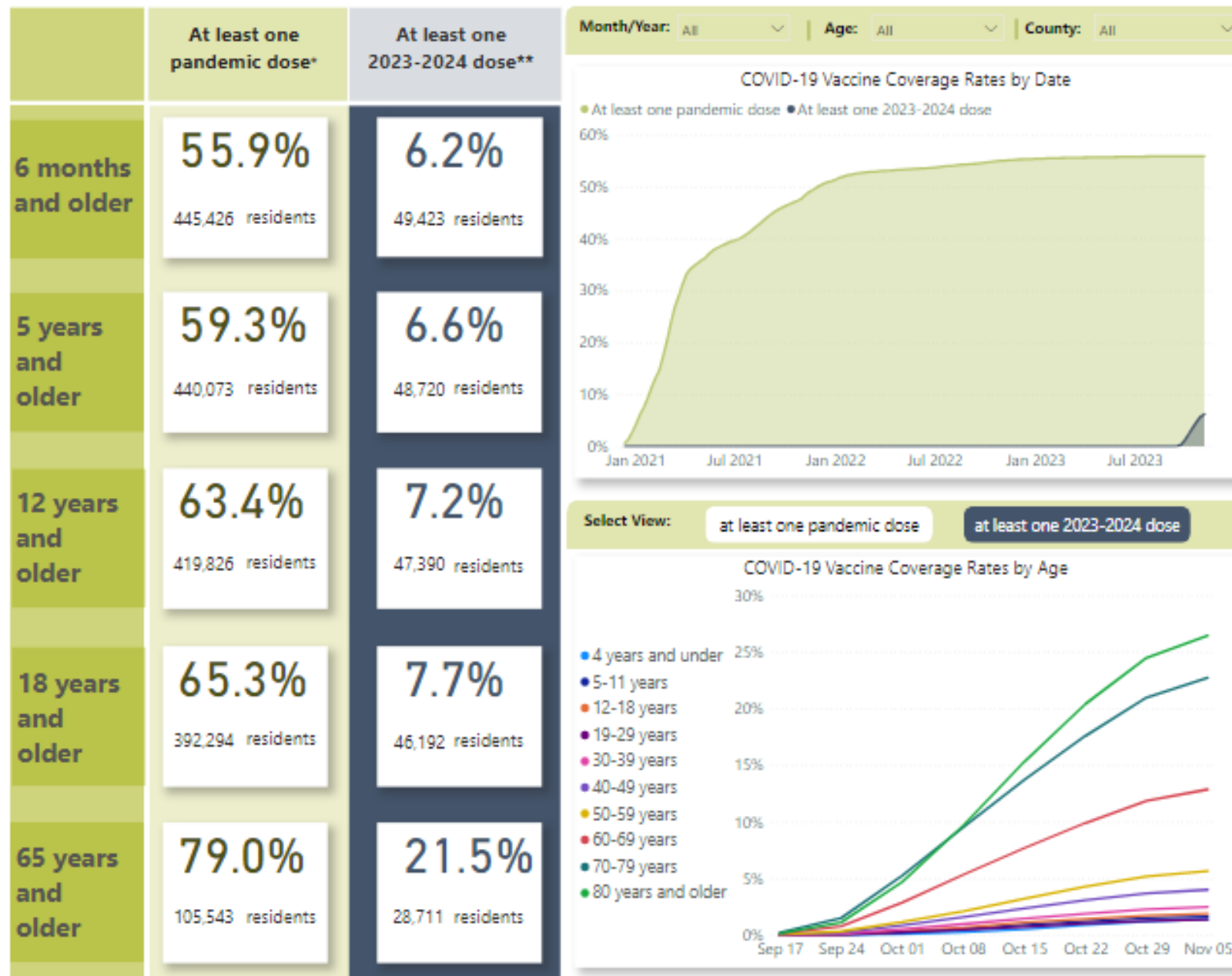
WEEKLY COVID ADMISSIONS

38



# COVID-19 Vaccine Coverage Rates

Select filters to view time, age group, or county specific data.

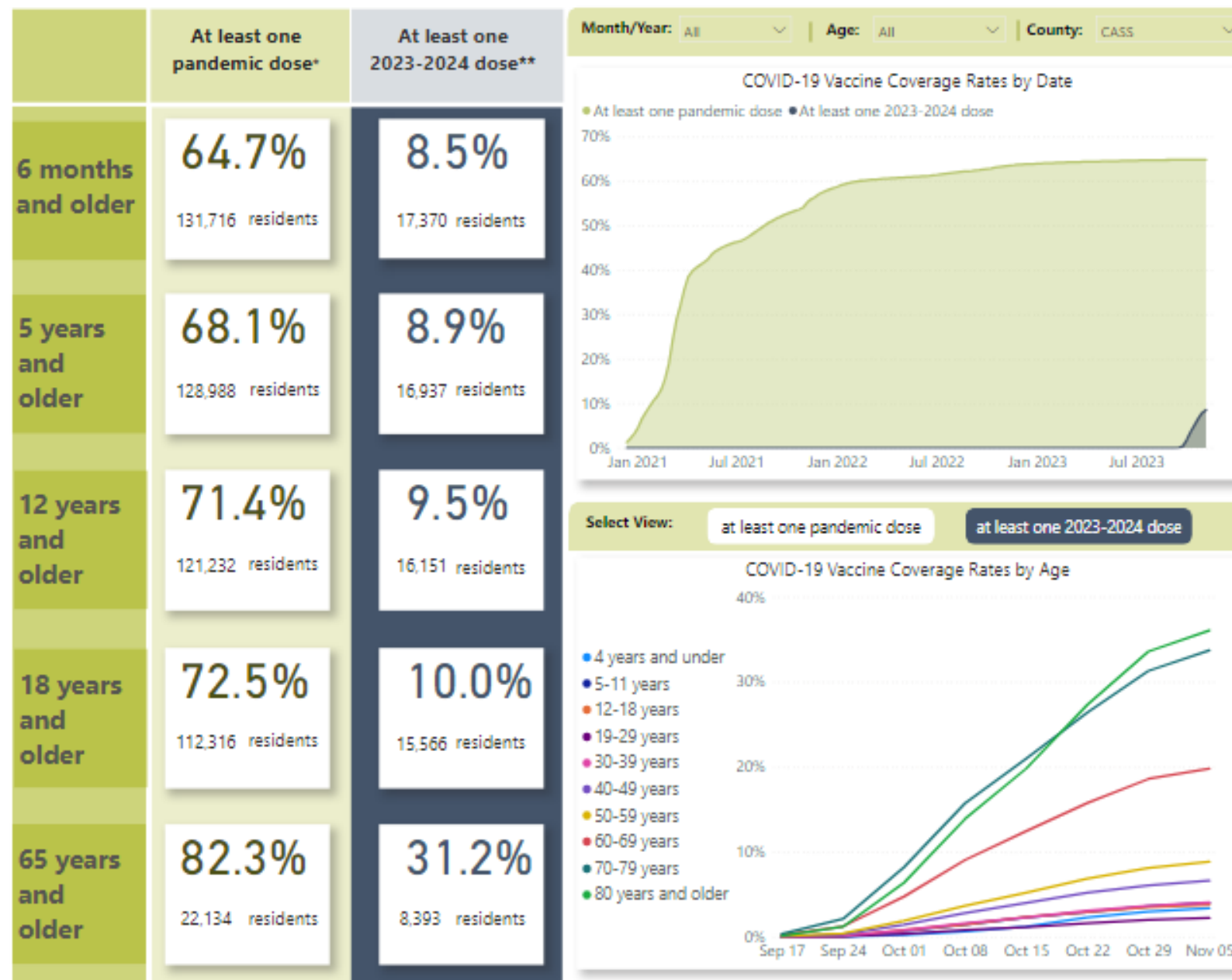


\*At least one pandemic dose: one or more doses of any monovalent or bivalent COVID-19 vaccine between 12/14/2020-9/11/2023

\*\*At least one 2023-2024 seasonal dose: one or more doses of any 2023-2024 seasonal COVID-19 vaccine.

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# FALL 2023 VACCINES

**What are the options?**

**Who is eligible?**

**How well do they work?**

**When should I get it?**

## INFLUENZA



A shot that targets 4 strains of seasonal flu

6 months and older

Reduces the risk of going to the doctor by 53%

October is ideal, as vaccine protection wanes over a season

## COVID-19



Updated vaccine formula targeting XBB – an Omicron subvariant

Options: Moderna and Pfizer (mRNA) or Novavax (protein)

6 months and older

Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease

Protection against **severe disease**: Get now

Protection against **infection**: Best to get it right before a wave, which can be challenging to time

**Recently infected?** Wait at least 3-4 months

## RSV (OLDER ADULTS)



2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level

60 years and older

82-86% efficacy against severe disease

Now; no need to juggle timing as protection is durable

## RSV (PREGNANCY)



Pfizer's vaccine called ABRYSVO

Pregnant people (then protection will pass to baby for protection in first 6 months of life)

82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months

32 to 36 weeks of pregnancy and only during Sept-January

## RSV MONOCLONAL ANTIBODY



This is not a vaccine (doesn't teach the body to make antibodies) but rather a proactive medication (provides antibodies)

All infants <8 months. High-risk infants 8-19 months

Reduces risk of hospitalization and healthcare visits by ~80%

Now. Protection lasts 4-6 months

# Resources

- [Social Connection — Current Priorities of the U.S. Surgeon General \(hhs.gov\)](#)
- [Influenza | Health and Human Services North Dakota](#)
- [Coronavirus Cases | Health and Human Services North Dakota](#)
- [COVID-19 Vaccine Dashboard | Health and Human Services North Dakota](#)

