



# Health Officer Report 12.1.22

Tracie Newman, MD, MPH, FAAP  
Fargo Cass Public Health

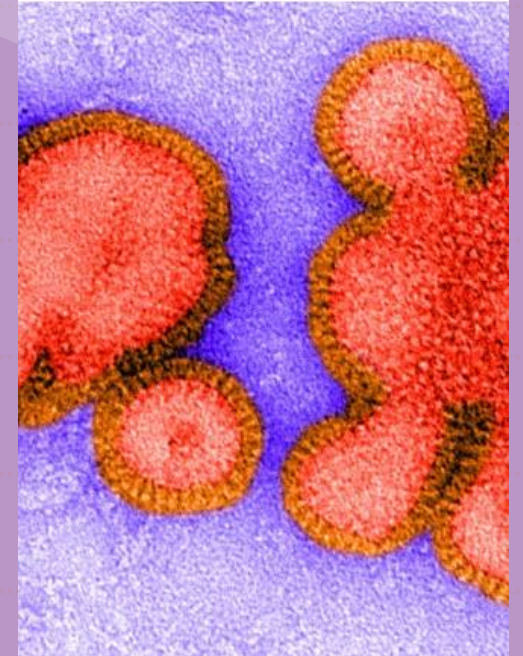
# CDC Weekly U.S. Influenza Surveillance Report (Key Updates for Week 46, ending 11/19/22)

- Seasonal flu activity elevated across the country
- 78% of flu A subtyped are H3N2; 22% H1N1
- 5 new pediatric flu-associated deaths; 12 total this season
- So far this flu season:
  - > 6.2 million illnesses
  - 53,000 hospitalizations
  - 2900 influenza deaths
- Cumulative hospitalization rate higher than any week 46 rates since 2010-2011 season
- Majority of flu viruses tested are antigenically similar to viruses included in the current vaccine



# H3N2 Variant Causing Severe Flu in Kids & Older Adults

- H3N2 flu variant is dominant this season affecting some groups more severely
  - Seasons with more H3N2 strains historically have meant more severe flu seasons (longer duration, more children and elderly affected or with severe disease)
- Percentages currently highest in:
  - Alabama, South Carolina, Tennessee, Virginia, Washington DC
- Public health recs:
  - Stay home when sick, frequent hand washing, cover coughs / sneezes, consider wearing a facemask in crowded indoor spaces



# FLU SEASON IS OFF TO AN ALARMING START.



Flu hospitalizations are the highest they've been at this time of the season in 10 YEARS.



Children under 4 and adults over 65 are at the highest risk of hospitalization.



The first pediatric flu death of the season has already been reported.

# IT'S NOT TOO LATE TO GET YOUR FLU SHOT.



VACCINATE  
YOUR FAMILY

#NotJustTheFlu

#FightFlu

# USDA Proposes Increased WIC Funds for fresh produce

1. USDA wants to permanently increase # of vouchers under WIC Supplemental Nutrition Program for fresh fruits and vegetables while reducing allocation for things like juice and dairy products
2. The changes would also increase access to wider variety of grains and nondairy options



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

## PROPOSED UPDATES TO THE WIC FOOD PACKAGES



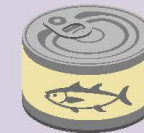
### OVERVIEW

WIC is a powerful public health program, proven to help moms, babies, and young children thrive. USDA's Food and Nutrition Service is recommending science-based updates to the food provided to WIC participants to best meet their nutritional needs and foster healthy growth and development. Some of the proposed changes are highlighted below.



### BREASTFEEDING SUPPORT

Increase support for mothers who mostly, but not exclusively, breastfeed **to support individual breastfeeding goals**



### SEAFOOD

**Improve access to canned fish** to reflect the latest dietary guidance



### DAIRY AND EGGS

**Provide more options**, such as different sizes of yogurt containers or substituting soy yogurt for milk or tofu for eggs



### FRUITS AND VEGETABLES

**Increase fruit and vegetable benefit by 3-4x**, focus on whole fruit, and increase variety of fruits, veggies, and legumes offered



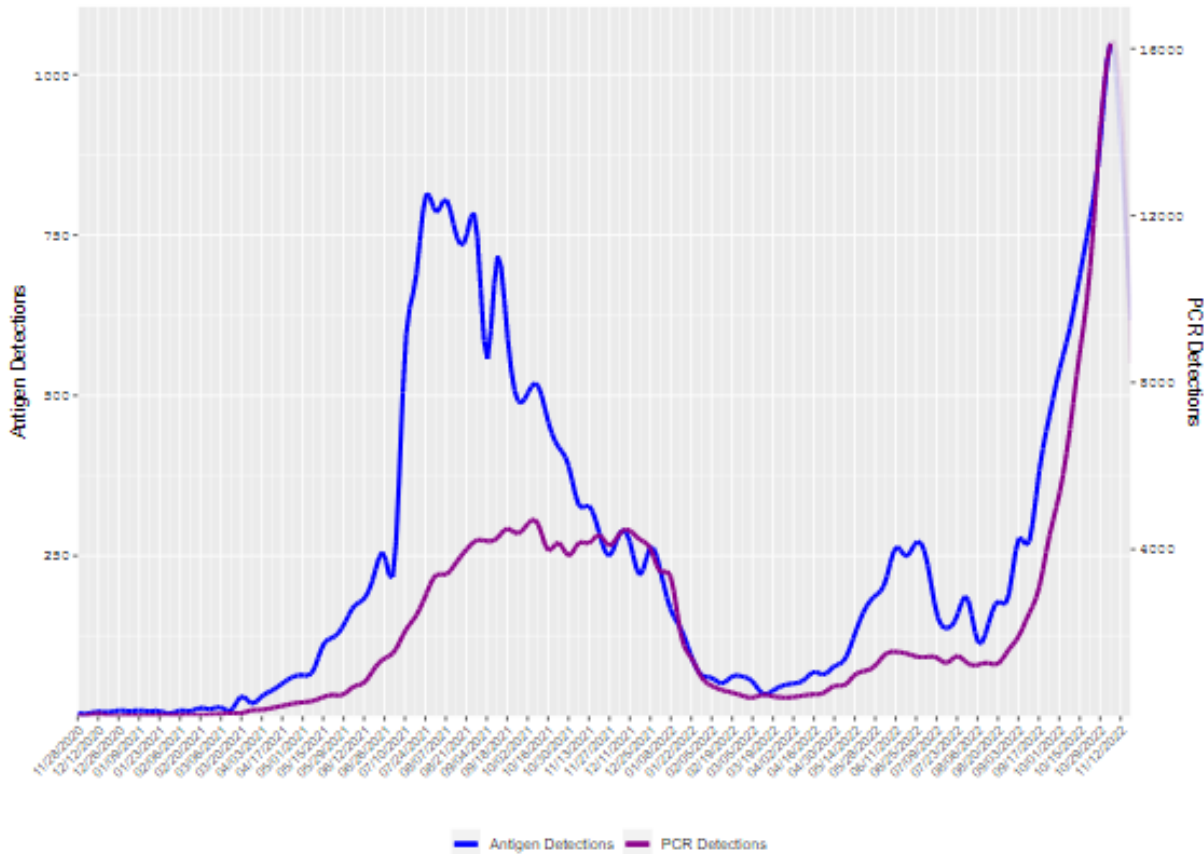
### GRAINS

**Expand whole grain options** to include things like quinoa, blue cornmeal, and whole wheat bagels

# Rising RSV Rates Nationally and Statewide

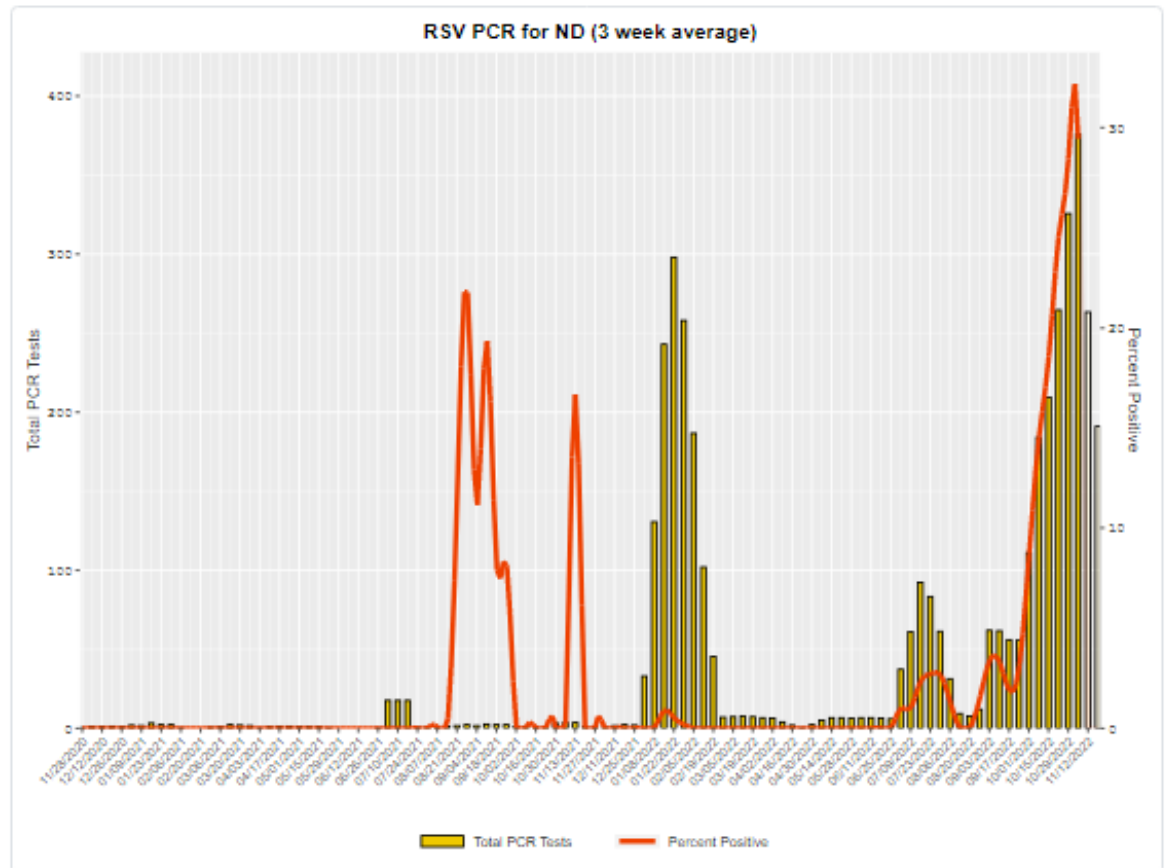
## Detections

RSV Numerator Data for the US



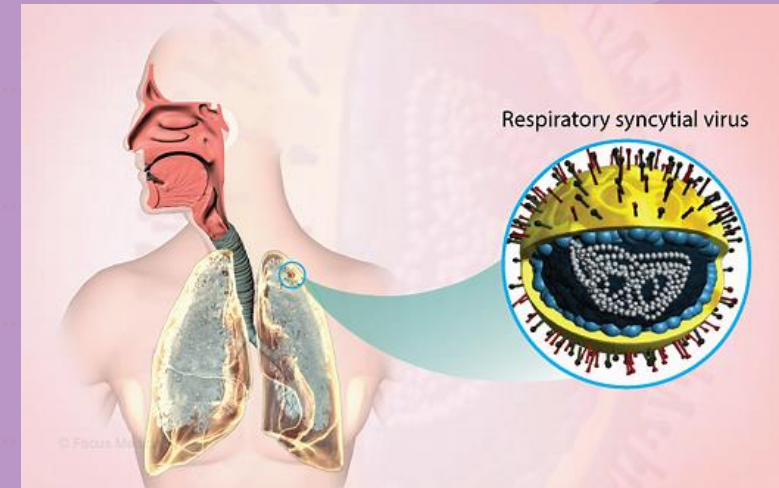
## Total PCR Tests

RSV PCR for ND (3 week average)



# RSV (Respiratory Syncytial Virus)

- Common seasonal respiratory virus
- Typically causes mild cold-like symptoms and most people recover in 1-2 weeks
- More serious illness in infants and older adults
- In infants < 1, most common cause of bronchiolitis (inflamed small airways in lungs) and pneumonia
- Each year in U.S., there are an estimated 58,000-80,000 RSV hospitalizations for kids < 5



# PROTECT YOUR CHILD from RSV



**Avoid close contact with sick people**



**Wash your hands often**

**Cover your coughs  
& sneezes**



**Clean & disinfect surfaces**



**Avoid touching your face  
with unwashed hands**



**Stay home when you're sick**



[www.cdc.gov/rsv](http://www.cdc.gov/rsv)



# Pfizer to Seek FDA Approval for RSV Vaccine This Year

- Maternal RSV vaccine given to pregnant mothers to protect newborns during first few months of life
- 81.8% efficacy against severe RSV illness in infants 0-90 days old; 69.4% efficacy for 1<sup>st</sup> 6 months of life
- Vaccine well tolerated with no safety concerns for moms or babies



# Resources

- [Weekly U.S. Influenza Surveillance Report | CDC](#)
- [NDDHS](#)
- [USDA Proposes Science-Driven Updates to Foods Provided Through WIC | USDA](#)
- [RSV \(Respiratory Syncytial Virus\) | CDC](#)
- [Pfizer Announces Positive Top-Line Data of Phase 3 Global Maternal Immunization Trial for its Bivalent Respiratory Syncytial Virus \(RSV\) Vaccine Candidate | Pfizer](#)

