HEALTH OFFICER REPORT

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THE CITY OF Fargo FAR MORE

Fargo Cass Public Health
Prevent. Promote. Protect.

HHS HOST "FOOD IS MEDICINE" SUMMIT

Five Food is Medicine principles for educating the public, changing policy, integrating nutrition services:

- Recognizing that nourishment is essential for good health, wellbeing, and resilience.
- Facilitating easy access to healthy food across the health continuum in the community.
- Cultivating understanding of the relationship between nutrition and health.
- Uniting partners with diverse assets to build sustained and integrated solutions.
- Investing in the capacity of under-resourced communities.

USDA & FDA CALL FOR MORE PROGRAMS TO EDUCATE AND IMPROVE AMERICAN DIETS

- USDA encouraging all states to offer a summer feeding program
- FDA working to enhance food package information. Recent changes/efforts:
  - Listing added sugars on food labels
  - Reducing trans fats in foods
  - Voluntary sodium reductions
  - Clearly define “healthy” on food labels
- Medical teams educating patients around nutrition

MEASLES OUTBREAKS ON THE RISE

- Multiple large outbreaks in Europe: 45-fold increase in cases last year
- From 12/01/23 – 01/23/24: 23 cases in U.S.
  - majority of cases unvaccinated
- Outbreaks in Georgia, Ohio, Washington, Philadelphia, New Jersey, California, Missouri
- Vaccination = best protection

GLOBAL MEASLES OUTBREAKS (AS OF 01/12/24)

- *International travel may pose an increased exposure risk. Make sure all vaccinations are up-to-date before traveling.*

Top 10 Countries with Measles Outbreaks*

Rank	Country	Number of Cases
1	Yemen	23,066
2	India**	13,997
3	Kazakhstan	12,801
4	Ethiopia	11,042
5	Russian Federation	7,137
6	Pakistan	6,199
7	Kyrgyzstan	4,701
8	Democratic Republic of the Congo (DRC)***	3,917
9	Iraq	3,541
10	Azerbaijan	3,291

ND MMR RATES LOW

- ND statewide Kindergarten MMR rate 2022-23 school year: 91.8%
- Cass Country Kindergarten MMR rate 2022-23 school year: 94.6%
- ND statewide children 19-35 months up to date with MMR: 80.3%
- Cass Country children 19-35 months up to date with MMR: 82.4%
- Most recent school immunization exemptions: 6.2% (personal belief exemption highest)

SELF-ADMINISTERED FLUMIST?

- FDA reviewing application for nasal spray flu vaccine to be self-administered at home
- Patients still need prescription (provider's office, pharmacy, etc)
- Vaccine would be mailed in temperature-controlled box
- CDC hopeful this will increase flu vaccine rates
- If approved, will be available 2024-2025 flu season