

# Top 10 Communicable Disease Report Utah, 2013



- ◆ The Utah Department of Health (UDOH) monitors more than 75 communicable diseases in the state.
- ◆ The list below shows the 10 most common communicable diseases reported to public health authorities.
- ◆ Many cases of disease go undiagnosed and unreported; therefore, the numbers shown are lower than what occurs in the community.

## Reported Communicable Diseases — Utah, 2013

Disease	Number of reported cases*	Rank		% change in UT from 2012	
		Utah	U.S.†		
Chlamydia	7,536	1	1	↓	1.1%
Pertussis (“Whooping Cough”)	1,308	2	5	↓	17.8%
Influenza-associated hospitalizations¶	1,079	3	-	↑	77.5%
Hepatitis C§¶	991	4	-	↑	2.8%
Gonorrhea	951	5	2	↑	98.1%
Campylobacter¶	507	6	-	↑	12.4%
Salmonella	322	7	3	↑	23.8%
Hepatitis B, chronic#	257	8	-	↑	3.2%
Streptococcal disease, invasive¶	256	9	-	↓	5.2%
Giardia	229	10	8	↓	20.2%

### Highlights

**Chlamydia**—Though numbers remain stable in Utah, chlamydia continues to represent the largest number of reported disease cases. Chlamydia is easily spread through unprotected sexual contact; however, the majority of infected individuals experience no signs or symptoms. This disease mainly affects younger populations and untreated chlamydia can eventually result in infertility.

**Gonorrhea**—Gonorrhea is a sexually transmitted disease that has increased 98% from 2012 to 2013. The increase has occurred in both men and women. Even after treatment a person can get re-infected making gonorrhea a difficult disease to manage. The UDOH and local health departments are closely monitoring the increase in gonorrhea.

**Hepatitis C**—Hepatitis C is spread through contact with contaminated blood. It affects the liver and can lead to cirrhosis and liver cancer. Most people do not show symptoms. The Centers for Disease Control and Prevention (CDC) recommend that persons born between 1945 and 1965, and those at increased risk of coming in contact with blood, get tested for hepatitis C at least once. There is currently no vaccine to protect against HCV; however, curative treatments have recently become available.

**Influenza-associated hospitalizations**—UDOH monitors trends in hospitalized cases of influenza (flu). Reports to UDOH increased 78% from 2012. Frequent hand-washing and getting an annual flu vaccine are the best protection against flu. Infants, older populations, and those with compromised immune systems are at greatest risk of hospitalization and death from flu.

**Pertussis (“Whooping Cough”)**—Pertussis spreads easily from person to person through coughing and sneezing. Complications may be particularly severe in children less than one year of age. Pertussis vaccination can prevent the spread of disease and is recommended for people of all ages, especially pregnant women and those who care for infants. A Tdap booster is required for 7<sup>th</sup> grade entry in Utah.

**U.S. and Utah case counts for reporting year 2013 are provisional and subject to change.**

\*Case counts are determined using print criteria outlined in the CDC Nationally Notifiable Diseases 2013 Event Code List.

†U.S. ranking based on CDC Notifiable Diseases and Mortality Tables. MMWR Weekly is available at: <http://www.cdc.gov/mmwr/pdf/wk/mm6252md.pdf>.

§Includes both acute and chronic hepatitis C.

¶Not a nationally notifiable disease/condition.

#National data not published due to quality concerns.