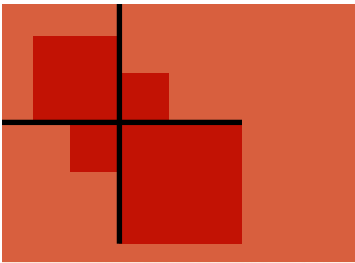


# Epi Monthly Report

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## Heart Disease and Prevention in Miami-Dade County

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### Introduction

Heart disease is currently the leading cause of death for both men and women in the United States, accounting for approximately 1 in 4 deaths every year. The term “heart disease” can refer to several cardiovascular conditions, but the most common form of heart disease among Americans is coronary artery disease (CAD), or a build-up of plaque in the arteries which can lead to a heart attack. Heart disease continues to be of concern in our community, where many residents may be at risk for heart disease due to biological and behavioral factors.

### Risk Factors for Heart Disease

Lifestyle, family history, age, and environment all can play a role in increasing a person’s risk for heart disease. According to the Centers for Disease Control and Prevention (CDC), about half (47%) of all Americans have at least three risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Other medical conditions like diabetes can also increase a person’s risk of developing heart disease. Genetic factors probably also play a part in increased risk of heart disease, however, it is similarly likely that people with a family history of heart disease also share common

environments that increase their risk. The risk for heart disease increases even more when family history combines with unhealthy behaviors like lack of physical activity, smoking, and poor diet.

Risk of heart disease varies across racial/ethnic groups: In 2013 non-Hispanic whites, non-Hispanic Blacks, and American Indians were more likely than other racial groups to die of heart disease. Age also plays a role: a person’s risk of developing heart disease increases as they get older.

Lifestyle choices can either lower or increase a person’s risk of developing heart disease. Choosing an unhealthy diet that is high in saturated fats and sodium can increase risk, as can a lack of exercise. Being physically inactive increases the chances of developing other risk factors for heart disease such as obesity and high cholesterol. Substance use can also influence a person’s risk of developing heart disease: too much alcohol can raise blood pressure levels and increase triglycerides, an artery-hardening form of cholesterol. Any use of tobacco products also increases risk.

### Heart Disease in Miami-Dade County

Data on heart disease in Miami-Dade County was obtained from the 2013



Florida Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a statewide telephone sampling survey that provides population-based estimates of various health conditions and related risk factors among Florida residents aged 18 and older.

Data from the 2013 BRFSS show that compared to the state of Florida, Miami-Dade County had a lower percentage of adults who had ever been told they had coronary heart disease, heart attack, or stroke and a lower percentage of adults who have ever been told they had high blood cholesterol. However, the data also show that residents of Miami-Dade County are less likely to have a personal doctor or have any type of insurance coverage. Therefore, there may be some underrepresentation of heart disease diagnosis or related risk factors by individuals that have not seen a healthcare provider.

Non-Hispanic blacks were more likely to have a cardiovascular disease in Miami-Dade County in 2013 (Figure 1). This is primarily due to a higher percentage of non-Hispanic blacks who were told they had a stroke or coronary heart disease compared to non-Hispanic whites and Hispanics (Figure 2 and 3). However, non-Hispanic blacks were less likely to have been told they had a heart attack compared to non-Hispanic whites and Hispanics (Figure 4). Nonetheless, cardiovascular disease was less common among Hispanics. These patterns were different compared to the state of Florida, where non-Hispanic whites were instead more likely to have cardiovascular disease (Figure 1). Compared to non-Hispanics, Hispanics were less likely to have been told they had a stroke or coronary heart disease (Figure 2). Risk

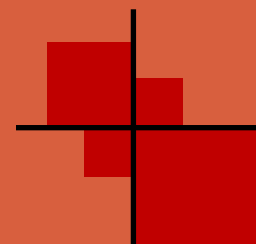
factors for heart disease were also different when comparing Miami-Dade and Florida (Figure 5). Whereas residents in Miami-Dade were more likely to be overweight, drink heavily, have a sedentary lifestyle, and not have any type of insurance coverage, Florida residents were more likely to be obese, have high cholesterol and diabetes, and currently smoke.

Additional data on cardiovascular disease was obtained from the Florida CHARTS Death and Morbidity Statistics (Figure 6). In the past twenty years, the rates of hospitalizations from congestive heart failure (CHF) and death rates from heart disease have decreased. However, death rates from heart disease have remained steady for the last few years possibly signaling a need for new interventions.

### **Behaviors for a Healthy Heart**

Heart disease can be preventable if a person makes healthy heart choices. Choosing to live a healthy lifestyle can help one to keep their blood pressure at healthy levels, maintain normal cholesterol and blood sugar levels, and lower the risk of a heart attack. Preventing future or treating current medical conditions can also help to lower risk.

- **Eat a healthy diet:** Choose a diet that is full of fresh fruits and vegetables, and high in fiber. Eat lean proteins and limit sodium intake to maintain a healthy blood pressure. Eating fewer processed foods can also limit the intake of sugars and salts that could increase blood sugar and cholesterol.
- **Exercise:** Make physical activity a normal part of your daily routine. Aim for 20 to 30 minutes of moderate-





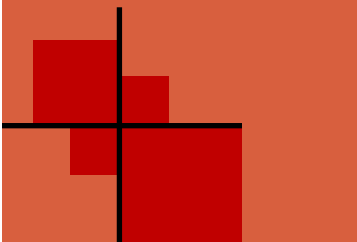
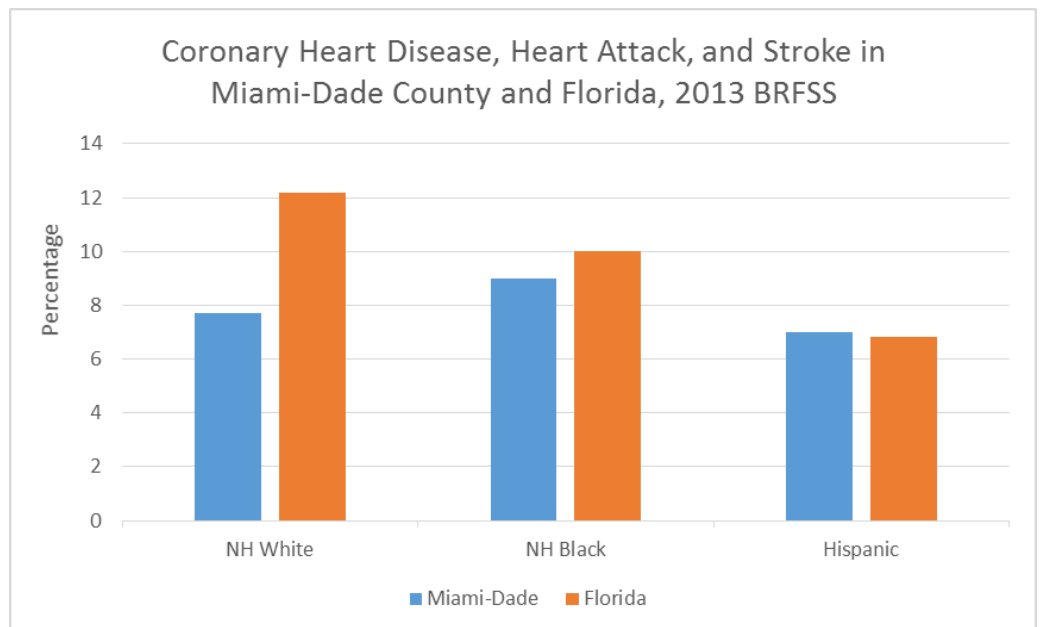
intensity exercise every day. Examples of exercise include brisk walking, cycling and swimming.

- Limit alcohol use: Men should drink no more than 2 alcoholic beverages per day, and women should drink no more than 1 per day. Avoid binge drinking.
- Do not smoke: If you currently smoke, quitting will help to decrease your risk of developing heart disease. If you do not currently smoke or use tobacco products, don't start.
- Check your cholesterol: Get a

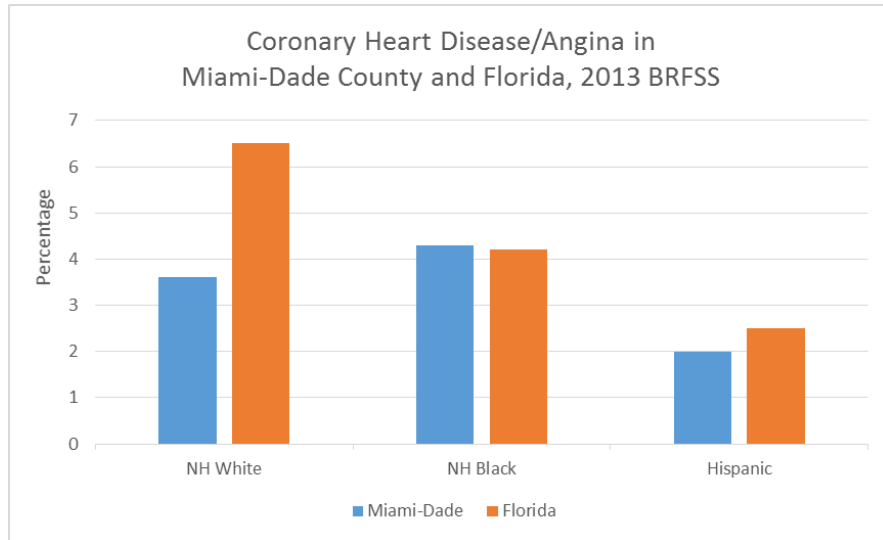
blood test to check your cholesterol levels at least once every 5 years.

- Check your blood pressure: Go to regular physical check-ups with your doctor to make sure that your blood pressure is within a health range.
- If you are diabetic, manage your blood sugar: Monitor your levels very carefully and watch what you eat. Accept lifestyle and diet changes that will keep your blood sugar levels under control.

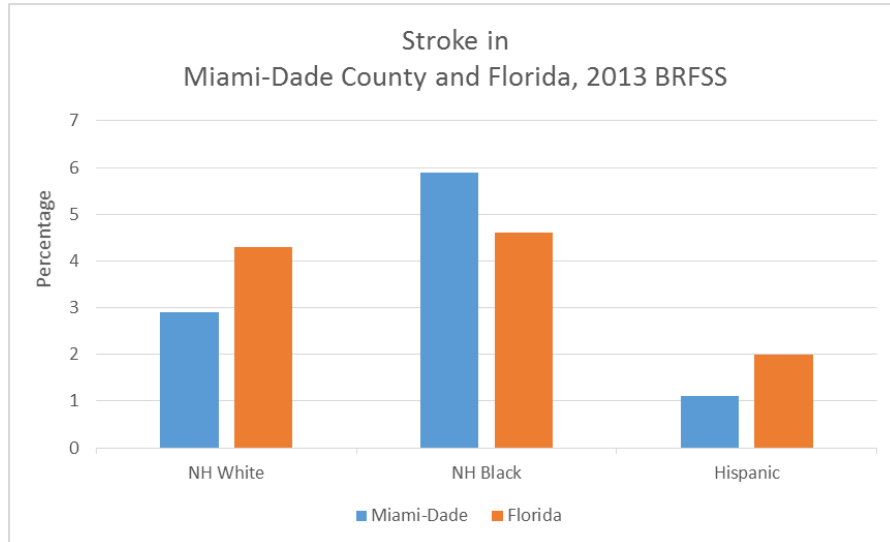
**Figure 1**



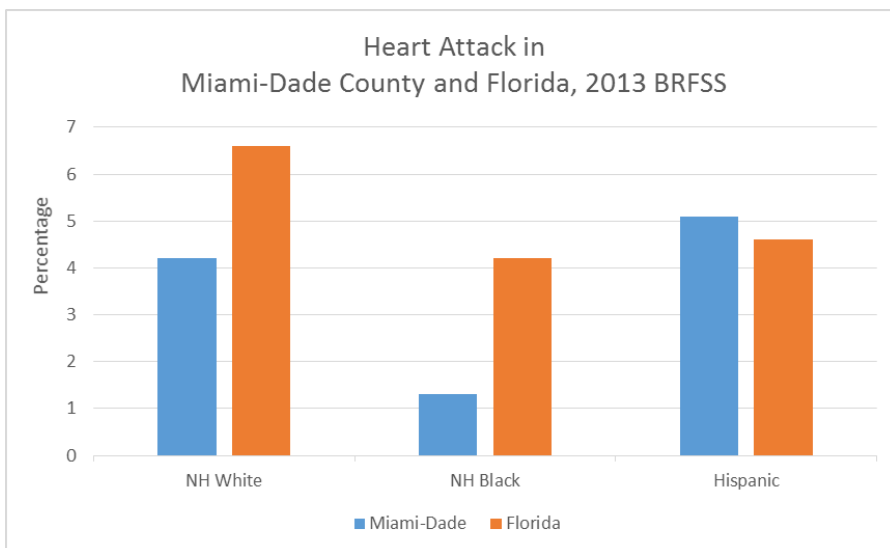
**Figure 2**



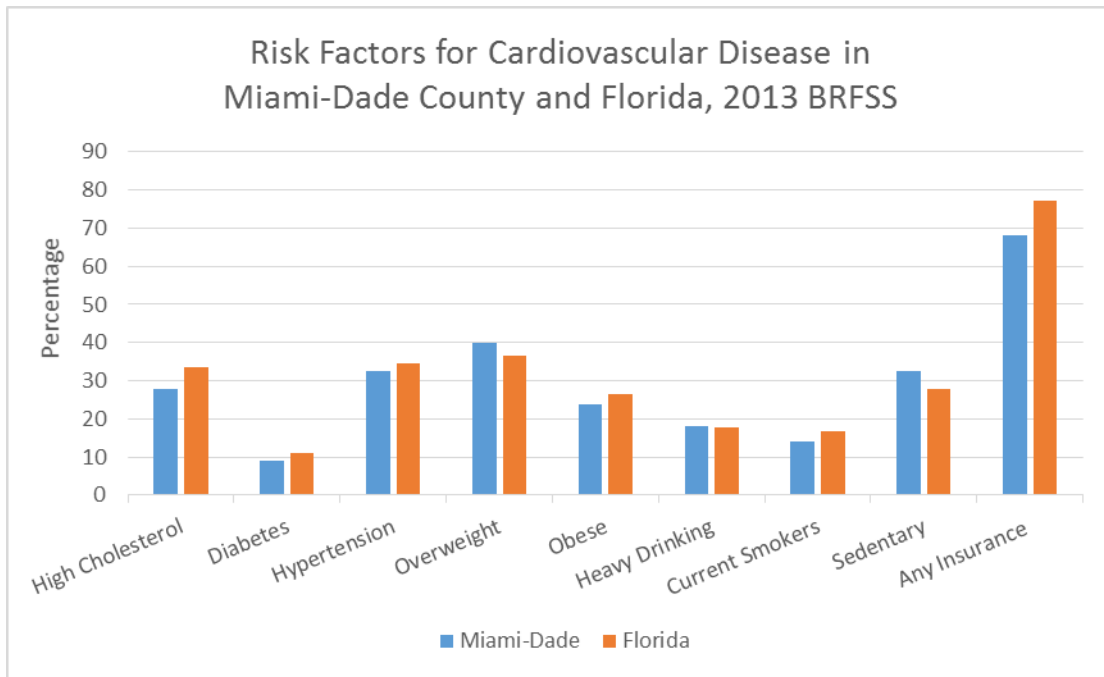
**Figure 3**



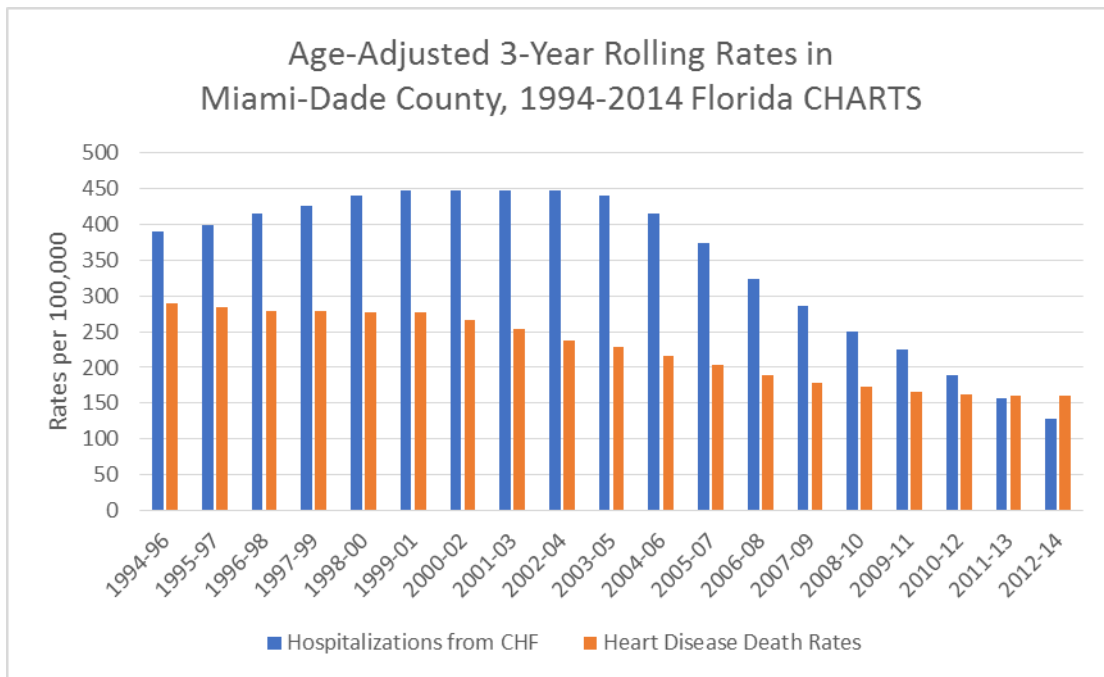
**Figure 4**



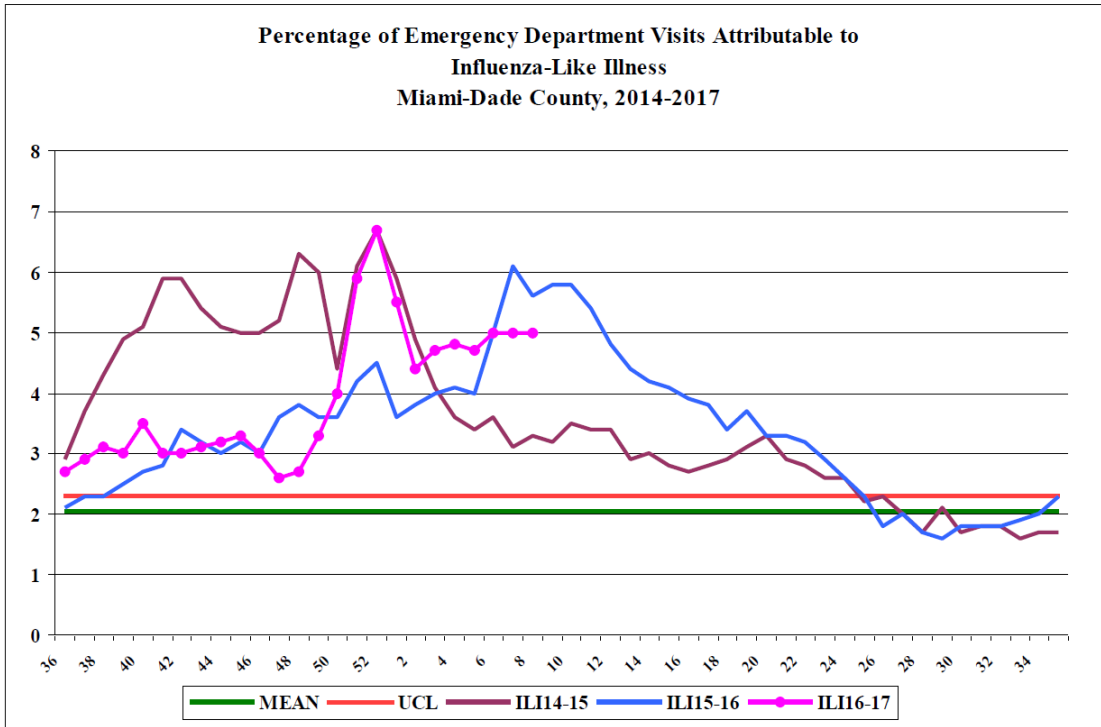
**Figure 5**



**Figure 6**



**Influenza-Like-Illness, All Age**



During this period, there were 32,489 ED visits; among them 1,608 (5.0%) were ILI. At the same week of last year, 5.6% of ED visits were ILI.

**PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE**

**Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!**

**TO REPORT ANY DISEASE AND FOR INFORMATION CALL:**  
**Epidemiology, Disease Control & Immunization Services**

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Childhood Lead Poisoning
- Prevention Program .....305-470-6877
- Hepatitis .....305-470-5536
- Immunizations or outbreaks .....305-470-5660
- HIV/AIDS Program .....305-470-6999
- STD Program .....305-575-5430
- Tuberculosis Program .....305- 575-5415
- Immunization Service .....305-470-5660
- To make an appointment.....786-845-0550

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact  
**Lakisha Thomas** at 305-470-5660.

**About the Epi Monthly Report**

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Emily Moore at (305) 470-6918.



# Miami-Dade County Monthly Report Select Reportable Disease/Conditions January 2017

Diseases/Conditions	2017 Current Month	2017 Year to Date	2016 Year to Date	2015 Year to Date
<b>HIV/AIDS</b>				
AIDS*	33	33	27	28
HIV	91	91	106	107
<b>STD</b>				
Infectious Syphilis*	23	23	22	19
Chlamydia*	895	895	680	562
Gonorrhea*	211	211	158	124
<b>TB</b>				
Tuberculosis**	2	2	3	5
<b>Epidemiology, Disease Control &amp; Immunization Services</b>				
<b>Epidemiology</b>				
Campylobacteriosis	16	16	19	19
Chikungunya Fever	0	0	0	1
Ciguatera Poisoning	0	0	0	0
Cryptosporidiosis	0	0	1	0
Cyclosporiasis	0	0	0	0
Dengue Fever	0	0	2	1
Escherichia coli, Shiga Toxin-Producing	0	0	1	2
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	2	2	8	5
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	0	0
Legionellosis	3	3	0	1
Leptospirosis	1	0	0	0
Listeriosis	0	1	0	0
Lyme disease	0	0	0	0
Malaria	0	0	0	0
Meningitis (except aseptic)	0	0	0	0
Meningococcal Disease	2	0	0	0
Salmonella serotype Typhi (Typhoid Fever)	0	0	0	0
Salmonellosis	20	20	33	32
Shigellosis	2	2	12	6
Streptococcus pneumoniae, Drug Resistant	2	2	0	0
Vibriosis	1	1	0	0
West Nile Fever	0	0	0	0
<b>Immunization Preventable Diseases</b>				
Measles	0	0	0	0
Mumps	0	0	0	0
Pertussis	0	0	0	0
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	1	1	1	0
<b>Hepatitis</b>				
Hepatitis A	2	2	1	0
Hepatitis B (Acute)	0	0	0	0
<b>Healthy Homes</b>				
Lead Poisoning	6	6	2	4

\*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

\*\* Data on tuberculosis are provisional at the county level.