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National Cholesterol Education Month — September 2001

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. Lowering cholesterol levels reduces the incidence of heart disease and death among persons with or without coronary heart disease. To increase awareness of the importance of monitoring cholesterol levels and taking steps to achieve or maintain healthy levels, the National Cholesterol Education Program (NCEP) sponsors National Cholesterol Education Month every September. This year, the theme is "Know your cholesterol numbers; know your risk."

In May 2001, NCEP released the *Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults, Adult Treatment Panel III* (ATP III), which recommends that adults aged ≥20 years have their cholesterol checked at least once every 5 years. Cholesterol levels can be lowered through lifestyle changes such as dietary improvement, increased physical activity, weight control, drug therapy, or a combination of these (1).

During September, CDC-funded state cardiovascular health programs and their collaborators will conduct programs aimed at increasing awareness and understanding of high blood cholesterol and its impact on heart disease. For example, the Montana state health department and Blue Cross Blue Shield of Montana have developed and broadcast radio public service announcements providing cholesterol education. The Arkansas state health department will provide cholesterol educational information sheets to the public and health-care professionals.

Additional information about how cholesterol may affect health and about the new ATP III guidelines is available at http://www.americanheart.org/cld>, and http://www.cdc.gov/nccdphp/cvd.

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 National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. Executive summary of the third report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATP III). JAMA 2001;285:2486–97.

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State-Specific Trends in High Blood Cholesterol Awareness Among Persons Screened — United States, 1991–1999

High blood cholesterol (HBC) is a major risk factor for heart disease. One of the national health objectives for 2010 is to reduce the percentage of adults aged ≥20 years with total blood cholesterol levels of ≥240 mg/dL (objective 12–14) (1). One strategy for achieving this objective is to increase awareness of HBC. State-specific data allow state health departments to monitor progress in educating the public about awareness of cholesterol levels and the need for persons to maintain low levels of blood cholesterol. To examine state-specific trends in the proportion of screened adults who reported that they were told that they had HBC, CDC analyzed data from the Behavioral Risk Factor Surveillance System (BRFSS) for 1991 through 1999. This report summarizes the results of that analysis and indicates that approximately one fourth of screened survey participants were aware that they had HBC; this proportion increased slightly from 1991 through 1999. Awareness of HBC is a necessary step to help persons take action to lower their cholesterol level and their risk for coronary heart disease.

BRFSS is a random-digit–dialed telephone survey of the noninstitutionalized U.S. population aged ≥18 years. For this report, BRFSS data from 1991, 1993, 1995, 1997, and 1999 were analyzed for 412,322 persons aged ≥20 years from 50 states and the District of Columbia (DC). Survey participants were asked whether they had ever had their blood cholesterol checked and, if so, had a physician or other health-care provider ever told them their blood cholesterol was high. Those who reported having ever had their blood cholesterol checked were included in the analysis and those who reported they had been told they had HBC were classified as being aware they had HBC (n=120,450). Data were weighted to account for the age, race/ethnicity, and sex distribution and nonresponse in each state. Analyses were conducted using SUDAAN 7.0 to account for the complex sampling design and to obtain accurate variance estimates. To allow for comparisons between states, the results were age-standardized with the direct method using the U.S. 2000 standard population (2). Participation rates in BRFSS ranged from 71.4% in 1993 to 55.2% in 1999. The prevalence of cholesterol screening during the preceding 5 years increased from 67.3% in 1991 to 70.8% in 1999 (3).

Among all 50 states and DC that participated in BRFSS during 1999, the agestandardized prevalence of persons screened who were ever told that they had HBC ranged from 20.5% in Oklahoma to 33.7% in Nevada (Table 1). For the 47 states that participated in BRFSS in all years from 1991 through 1999, the age-standardized prevalence of HBC awareness among persons screened increased from 25.7% in 1991 to 28.6% in 1999 (Table 1). The age-standardized prevalence of HBC awareness among persons screened increased in DC and 38 states and ranged from a 0.1 percentage point increase in Delaware to a 7.3 percentage point increase in Florida. The increase in HBC awareness was significant in Alabama, Arkansas, California, Florida, Georgia, Iowa, Maryland, Minnesota, Mississippi, Missouri, New York, North Carolina, Ohio, South Dakota, Tennessee, Texas, and West Virginia. For eight states (Alaska, Arizona, Connecticut, Hawaii, Oklahoma, Rhode Island, South Carolina, and Vermont), the prevalence of persons screened who reported HBC decreased from 1991 to 1999 and ranged from a 5.8 percentage point decline in Oklahoma to a 0.7 percentage point decline in Connecticut. The decrease was significant in Oklahoma. In Virginia, the prevalence of reported HBC among persons who ever had their cholesterol tested remained constant at 31.0% during 1991-1999.

TABLE 1. Prevalence of screened persons who were ever told they had high blood cholesterol, by reporting area — Behavioral Risk Factor Surveillance System, United States, 1991-1999

					0	% point change	
Area	1991*	1993†	1995⁵	1997 [¶]	1999**	1991 to 1999	(95% CI ⁺⁺)
Alabama	25.3	27.6	26.1	27.9	31.3	5.9	(2.6– 9.3)
Alaska	32.9	30.4	28.6	27.5	29.3	-3.6	(-7.5- 0.3)
Arizona	26.4	24.2	26.5	30.7	23.4	-3.0	(-6.6- 0.6)
Arkansas	25.0	27.5	26.7	28.7	29.7	4.7	(1.2– 8.3)
California	25.7	28.4	27.8	29.3	28.9	3.3	(0.8– 5.8)
Colorado	24.9	26.7	28.4	27.8	25.1	0.1	(-2.9- 3.2)
Connecticut	27.4	29.0	24.8	23.2	26.7	-0.7	(-3.7- 2.3)
Delaware	29.6	29.2	29.4	27.8	29.7	0.1	(-3.4- 3.6)
District of Columbia	20.3	18.2	NA NA	18.2	22.1	1.8	(–1.8– 5.4)
Florida	22.8	30.4	28.6	29.8	30.1	7.3	(4.8– 9.8)
Georgia	23.4	26.9	22.5	24.3	28.7	5.3	(2.0- 8.6)
Hawaii	29.7	33.2	26.7	30.0	26.7	-3.0	(-6.4- 0.3)
Idaho	25.3	29.1	26.9	28.4	28.1	2.8	(-0.2- 5.7)
Illinois	27.1	27.8	26.6	31.7	29.6	2.5	(-0.2- 3.7) (-1.2- 6.3)
Indiana	27.1	30.3	29.6	27.6	30.3	3.1	(–1.2– 6.3) (–0.1– 6.3)
lowa	24.3	28.2	27.4	26.5	28.5		(-0.1- 0.3) (1.0- 7.5)
Kansas	24.3 NA	31.5	31.0	26.1	25.8	NA	(1.0- 7.5)
Kentucky	29.5	31.3	29.1	29.0	31.1		(-1.2- 4.5)
Louisiana	29.5 25.4	26.6	25.1 25.9	29.0 26.4	26.2		(–1.2– 4.5) (–2.9– 4.5)
Maine			28.9	31.1		3.6	
	26.3	27.4	26.9 25.2		29.9		(-0.3- 7.5)
Maryland	24.8	26.6		28.3 24.6	29.5	4.7	(1.8– 7.7)
Massachusetts	26.5	27.9	31.0		28.8	2.3	(-0.9- 5.5)
Michigan	30.6	29.6	30.8	30.0	31.2	0.6	(-2.4- 3.7)
Minnesota	24.8	26.8	26.8	29.5	29.4	4.6	(2.3– 6.9)
Mississippi	25.1	31.0	23.9	27.5	29.4	4.3	(0.7– 7.9)
Missouri	24.7	30.8	27.8	28.8	28.4	3.8	(0.6– 6.9)
Montana	27.5	25.8	27.2	29.2	28.1	0.6	(-3.4- 4.7)
Nebraska	23.9	26.2	26.9	28.6	25.7		(-1.6- 5.2)
Nevada	NA	31.6	28.8	26.7	33.7	NA	
New Hampshire	29.5	29.3	26.8	30.6	32.0		(-1.5- 6.6)
New Jersey	24.7	27.8	24.9	27.3	25.4		(-2.5- 3.8)
New Mexico	22.3	28.8	28.3	27.1	25.7	3.4	(-0.2- 7.0)
New York	24.1	28.4	25.6	26.8	27.8	3.7	(0.6– 6.7)
North Carolina	24.9	25.7	23.9	25.7	30.2	5.4	(2.2– 8.5)
North Dakota	26.0	30.6	28.5	28.0	28.3	2.3	(–1.1– 5.8)
Ohio	23.4	27.0	27.3	26.0	31.0	7.6	(3.7–11.4)
Oklahoma	26.4	27.9	27.2	21.7	20.5		-9.1-[-2.6])
Oregon	26.1	28.5	27.9	30.3	26.5	0.4	(–2.6– 3.4)
Pennsylvania	25.6	26.2	28.8	24.3	26.1	0.5	(-2.2- 3.2)
Rhode Island	28.1	26.8	27.1	27.3	27.3	-0.8	(–3.7– 2.2)
South Carolina	27.2	27.1	26.5	23.9	26.3	-0.9	(–3.8– 2.1)
South Dakota	24.1	25.7	23.2	24.3	27.1	3.0	(0.1– 6.0)
Tennessee	24.0	28.4	26.7	28.9	28.1	4.1	(1.4– 6.8)
Texas	26.5	28.7	33.4	28.4	29.7	3.3	(0.1– 6.5)
Utah	24.8	28.2	23.0	26.7	27.7	2.9	(-0.3- 6.1)
Vermont	28.7	26.1	27.5	24.8	26.2	-2.5	(–5.7– 0.8)
Virginia	31.0	27.3	29.1	29.3	31.0	0.0	(-3.4- 3.3)
Washington	26.5	28.8	28.7	24.7	26.8	0.4	(-2.5- 3.2)
West Virginia	29.6	32.0	29.7	29.8	34.2	4.6	(1.5– 7.7)
Wisconsin	26.4	31.4	28.9	25.0	29.4	3.0	(-0.7- 6.7)
Wyoming	NA	NA	27.2	29.0	29.5	NA	
Total ^{§§}	25.7	28.3	27.8	27.6	28.6	2.9	(2.5- 3.4)

^{*} Sample sizes for individual states ranged from 686 to 2387 adults aged ≥20 years who had their cholesterol screened in 1991.

¹ Sample sizes for individual states ranged from 770 to 3083 adults aged ≥20 years who had their cholesterol

Sample sizes for individual states ranged from 770 to 3083 adults aged ≥20 years who had their cholesterol screened in 1993.

Sample sizes for individual states ranged from 830 to 3810 adults aged ≥20 years who had their cholesterol screened in 1995.

Sample sizes for individual states ranged from 1024 to 3449 adults aged ≥20 years who had their cholesterol screened in 1997.

^{**} Sample sizes for individual states ranged from 958 to 5274 adults aged ≥20 years who had their cholesterol screened in 1999.

†† Confidence interval.

§§ Includes 47 states with complete data from 1991 to 1999.

From 1991 to 1999, HBC awareness increased among all demographic groups (Table 2). The percentage of persons who had ever had their cholesterol tested and who reported having been told that they had HBC was consistently higher for successive age groups (from 18.6% among those aged 20–44 years to 42.7% among those aged ≥65 years for 1999). Reported HBC awareness was higher in 1999 than in 1991 among non-Hispanic whites, non-Hispanic blacks, and Hispanics. Numbers for American Indians/Alaska Natives and Asians/Pacific Islanders were too low for meaningful analysis. Awareness of HBC was higher among women than men until 1999 and increased for both men and women.

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Editorial Note: The findings in this report indicate that among persons who had their cholesterol level screened, the percentage who were told by a health-care provider that they had HBC increased significantly from 1991 to 1999. BRFSS data on cholesterol screening trends indicated an increase in the proportion of U.S. adults aged \geq 20 years who were screened during the preceding 5 years for HBC from 67.3% in 1991 to 70.8% in 1999 (3). Possible reasons for this increase include improved efforts by public health

TABLE 2. Prevalence of screened persons who were ever told they had high blood cholesterol, by selected characteristics — Behavioral Risk Factor Surveillance System, United States*, 1991–1999

					q	% point change				
Characteristic	1991	1993	1995	1997	1999	1991–1999	(95% CI†)			
Age group (yrs)										
20–44	17.9	19.7	19.2	18.3	18.6	0.7	(0.2-1.4)			
45–64	33.8	36.2	35.4	35.7	37.0	3.2	(2.3-4.0)			
≥65	34.0	38.8	38.9	40.3	42.7	8.7	(7.7–9.7)			
Race/Ethnicity [§]										
Non-Hispanic white	25.8	28.2	28.1	27.6	28.9	3.1	(2.6-3.6)			
Non-Hispanic black	24.6	28.2	25.9	26.1	27.2	2.6	(1.0-4.3)			
Hispanic	23.7	28.5	26.5	29.6	27.4	3.7	(1.6-5.7)			
Other [¶]	28.9	30.1	26.8	27.5	30.6	1.7	(-0.8-4.3)			
Sex [§]										
Women	25.7	28.3	27.6	27.8	28.1	2.4	(1.8–2.9)			
Men	25.4	27.9	27.7	27.2	29.0	3.6	(2.9-4.3)			

^{*}Included 47 states with no missing data (excluded District of Columbia, Kansas, Nevada, and Wyoming).

[†] Confidence interval.

[§] Age-standardized to the 2000 population.

Numbers for other race groups were too small for meaningful analysis.

programs to increase awareness of cholesterol levels, increased counseling by health-care providers, or an increase in HBC prevalence. However, data from the National Health and Nutrition Examination Survey (NHANES) suggest that cholesterol levels are declining (4).

No national data allow state-level estimates of HBC based on actual blood cholesterol measurements. NHANES used directly measured cholesterol and observed decreasing cholesterol levels among adults between the 1971–1974 and 1988–1994 surveys (4). More recent data from NHANES are not available. The differences in reported HBC across demographic variables (age, sex, and race/ethnicity) in BRFSS are consistent with those measured in NHANES III (4).

The findings in this report are subject to at least two limitations. First, BRFSS data are self-reported, and some respondents may have over or underestimated their HBC status. Patients may not have been told that they had high cholesterol and may have underestimated their HBC status. However, the actual cut-point used by health-care providers is unknown, and patients with borderline high cholesterol may have been told that their cholesterol was high, which might have resulted in an overestimate of true prevalence. Second, because BRFSS is a telephone-based survey, and persons with lower socioeconomic status are less likely than more affluent persons to have a telephone, persons with lower socioeconomic status may be underrepresented.

Control of HBC requires successful implementation of multiple steps among both patients and health-care providers, including ongoing screening for HBC, knowing one's cholesterol levels, and treating and managing HBC through lifestyle changes (e.g., reduced dietary intake of saturated fat and cholesterol, increased dietary intake of viscous fiber, increased exercise, and weight control) and medical treatment as appropriate. The National Cholesterol Education Program of the National Heart, Lung, and Blood Institute recommends that all persons aged \geq 20 years have their cholesterol checked at least once every 5 years (5). In May 2001, NCEP released the third Adult Treatment Panel (ATP III) Report, which includes updated clinical guidelines for cholesterol testing and management (6,7). The new features of ATP III focus on primary prevention among those with multiple risk factors, including an assessment of the 10-year risk for a heart attack, modifications in lipid and lipoprotein classification levels, and implementation of the treatment recommendations.

HBC is a modifiable risk factor for heart disease. The benefits of cholesterol lowering include a decrease in the incidence of coronary heart disease and a decline in mortality among those with or without coronary heart disease (8–10). HBC can be prevented or controlled with increased physical activity, adoption of diets low in saturated fats and cholesterol and high in fruits and vegetables, and with the use of drugs that lower cholesterol.

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Prevalence of Healthy Lifestyle Characteristics — Michigan, 1998 and 2000

Most persons with chronic diseases such as cardiovascular disease, cancer, diabetes, and chronic lung disease share multiple common risk factors and lifestyle behaviors (1). Tobacco use, poor diet, and physical inactivity have been identified as the leading contributors to overall mortality in the United States, accounting for one third of all deaths (2); Michigan has a particularly high burden of chronic disease-related mortality (3). To characterize the prevalence of four healthy lifestyle characteristics (HLCs) (i.e., healthy weight, adequate fruit and vegetable consumption, regular leisure-time physical activity [LTPA], and not smoking) in Michigan residents, data were analyzed from Michigan's Behavioral Risk Factor Surveillance System (BRFSS) for 1998 and 2000. This report summarizes the results of the analysis, which indicate that the proportion of Michigan residents who engaged in all four healthy lifestyle practices was extremely low, and that the prevalence was influenced by sex, education and self-reported health status. The comprehensive assessment of HLCs may be a useful adjunct to chronic disease surveillance.

BRFSS is a random-digit–dialed telephone survey of the noninstitutionalized U.S. population aged ≥18 years. Data were analyzed from 4816 adults for 1998 and 2000 combined. Missing data from 502 persons resulted in a sample size of 4314. Healthy weight was defined as having a body mass index between 18.5 and 25.0. Adequate fruit and vegetable consumption was defined as eating five or more fruits and vegetables daily. Regular LTPA was defined as at least 30 minutes of physical activity five or more times per week. Not smoking was defined according to self-reported absence of current cigarette use (i.e., former or never versus current). Data were weighted to adjust for the probability of selection and the distribution of the state's population by age, race/ethnicity, and sex. Descriptive analyses, including age-adjusted prevalence estimates, were

Healthy Lifestyle Characteristics — Continued

generated for each demographic variable (age, race/ethnicity, education, and household income) and self-reported health status using SUDAAN. Data were standardized by age to the projected 2000 U.S. population. Significant differences in the adjusted odds ratios (AORs) for engaging in all four HLCs were identified using a multiple logistic regression model that contained all independent variables.

An estimated 37.9% (95% confidence interval [CI]=36.3%–39.5%) of Michigan adults had a healthy body weight, 22.8% (95% CI=21.4%–24.2%) ate the recommended amount of fruits and vegetables, 25.9% (95% CI=24.4%–27.4%) engaged in regular LTPA, and 72.3% (95% CI=70.8%–73.8%) did not smoke. Overall, 11.2% (95% CI=10.1%–12.3%) of adults engaged in none of these practices, 38.6% (95% CI=37.0%–40.2%) in one, 33.3% (95% CI=31.7%–34.9%) in two, 13.9 % (95% CI=12.8%–15.0%) in three, and 3.0% (95% CI=2.5%–3.5%) in all four.

The prevalence of engaging in all four HLCs was significantly different by sex, education, and health status (p<0.05) (Table 1). The prevalence of engaging in all four HLCs was lower in men (age-adjusted prevalence=1.6%) than in women (age-adjusted prevalence=4.5%; AOR=0.3; 95% Cl=0.2–0.5). The prevalence of engaging in all four HLCs increased with education. The prevalence in college graduates was more than three times higher than in those with a high school education or less (AOR=3.2; 95% Cl=1.7–6.1). However, the age-adjusted prevalences were still very low in all three education groups (Table 1). The prevalence of engaging in all four HLCs decreased with decreasing health status. Persons reporting excellent health had a much higher age-adjusted prevalence (7.1% [95% Cl=5.3%–8.9%]) than adults with fair or poor health (1.0% [95% Cl=0.1%–1.9%; AOR=0.1; 95% Cl=0.04–0.4]). However, the prevalence rates in all four groups were low (Table 1).

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Editorial Note: The findings in this report document the low prevalence of healthy lifestyles in Michigan. The prevalence of HLCs in this report is consistent with that in the Nurses Health Study for a similar grouping of five healthy lifestyle behaviors (4) and is indentical to that from the overall 2000 BRFSS data. When compared with other states, obesity and smoking in Michigan are higher than the national average (5). However, the daily consumption of five fruits and vegetables in Michigan is consistent with the national average, and Michigan ranked among the top 10 states for participation in regular and sustained physical activity in 2000.

Disease risk, especially that related to cardiovascular disease, has usually been examined separately. Some studies have measured disease risk more comprehensively by combining factors such as smoking, obesity, hypertension, and high blood cholesterol (6). This study used a similar approach by assessing the combination of healthy factors that reduce disease risk, which may be a useful adjunct to the more traditional risk factor surveillance method.

The findings in this report are subject to five limitations. First, data were self-reported and some responses may be considered socially undesirable. As a result, respondents may both underreport weight (7) and overreport LTPA or fruit and vegetable consumption. Second, BRFSS collects information about LTPA only and may underestimate total activity. Third, BRFSS estimates of daily fruit and vegetable consumption are similar to

Healthy Lifestyle Characteristics — Continued

TABLE 1. Age-specific and age-adjusted* prevalence of all four healthy lifestyle characteristics (HLCs)[†], and adjusted prevalence odds ratios[§] among persons aged 18–74 years — Behavioral Risk Factor Surveillance System, Michigan, 1998 and 2000

Characteristic	No.¶	(%)	(95% CI**)	Odds ratio	(95% CI)
Age group (yrs)					
18–34	1313	(3.1)	(2.0-4.2)	_	
35–54	1996	(2.7)	(2.0-3.4)	0.8	(0.5–1.3)
55–74	1005	(3.6)	(2.4-4.8)	1.4	(0.8-2.4)
Sex ^{††}					
Women	2397	(4.5)	(3.6-5.4)	_	
Men	1917	(1.6)	(1.0-2.2)	0.3	(0.2-0.5)
Race					
White	3603	(3.2)	(2.6-3.8)	_	
Black	500	(1.7)	(0.6-2.8)	0.9	(0.4–1.9)
Education§§					
High school	1701	(1.2)	(0.7-1.7)	_	
Some college	1374	(4.0)	(2.8-5.2)	3.1	(1.7–5.9)
College graduate	1232	(4.9)	(3.6-6.2)	3.2	(1.7–6.1)
Household income					
<\$35,000	1634	(2.6)	(1.7-3.5)	_	
\$35,000-\$50,000	738	(2.6)	(1.4-3.8)	0.7	(0.4–1.4)
>\$50,000	1516	(3.5)	(2.5-4.5)	0.9	(0.5–1.4)
Health status [¶]					
Excellent	952	(7.1)	(5.3-8.9)	_	
Very good	1639	(2.6)	(1.8-3.4)	0.3	(0.2-0.6)
Good	1178	(1.5)	(0.8-2.2)	0.2	(0.1–0.3)
Fair or poor	538	(1.0)	(0.1–1.9)	0.1	(0.04-0.4)

^{*} Prevalence estimates were age-adjusted using the 2000 projected U.S. population.

estimates based on multiple records but are smaller than estimates based on more extensive food-frequency questionnaires (8). Fourth, the number of black respondents in this study was too small for meaningful analysis. Finally, noncoverage and nonresponse biases related to telephone survey data may affect estimates.

Findings from previous epidemiologic studies (6,9) underscore the need for comprehensive primary prevention activities to reduce the prevalence of common chronic disease risk factors. Primary prevention may be a useful strategy in promoting the adoption and maintenance of HLCs (10). Primary prevention includes addressing the underlying social determinants that lead to behavioral and physiologic risk factors by mobilizing both health-care providers and the general population to adopt new policies. These policies include regulatory, educational, and environmental changes designed to facilitate the implementation of prevention programs.

[†]The four HLCs were defined as having a healthy body weight (body mass index between 18.5 and 25.0), getting regular leisure-time physical activity (≥30 minutes, five or more times per week), eating fruits and vegetables five or more times per day, and not smoking.

[§]Based on results of a multiple logistic regression model containing age, sex, education, household income, and health status.

[¶]Unweighted sample size for subgroups and total.

^{**}Confidence interval.

[†] HLC significantly different by sex after adjusting for all variables (p<0.0001).

^{§§} HLC significantly different by education after adjusting for all variables (p<0.0001).

^{*}Response to the question, "Would you say that in general your health is excellent, very good, good, fair, or poor?" HLC significantly different by health status after adjusting for all variables (p<0.0001).

Healthy Lifestyle Characteristics — Continued

In Michigan, two initiatives sponsored by the Michigan Department of Community Health (MDCH) and the Governor's Council on Physical Fitness promote physical activity and healthy weight. First, a voluntary Exemplary Physical Education Curriculum provides school-aged children with the fitness levels, motor skills, activity-related knowledge, and personal/social skills needed for an active life. Second, environmental changes that make it easier and safer for persons to be physically active are encouraged through the "Promoting Active Communities Award," which recognizes communities that enact policies to promote physical activity. To promote a healthy diet, MDCH's 5-A-Day program provides technical support, information, and materials to local agencies to assist them in conducting local programs. MDCH also works with grocery stores to provide education materials and grocery rewards to consumers to encourage them to eat fruits and vegetables.

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Outbreak of Powassan Encephalitis — Maine and Vermont, 1999–2001

Powassan (POW) virus, a North American tickborne flavivirus related to the Eastern Hemisphere's tickborne encephalitis viruses (1), was first isolated from a patient with encephalitis in 1958 (1,2). During 1958–1998, 27 human POW encephalitis cases were reported from Canada and the northeastern United States (3). During September 1999–July 2001, four Maine and Vermont residents with encephalitis were found to be infected with POW virus. These persons were tested for other arbovirus infections found in the northeast after testing for West Nile virus (WNV) infection was negative. This report describes these four cases, summarizes the results of ecologic investigations, and discusses a potential association between ticks that infest medium-sized mammals and the risk for human exposure to POW virus. The findings underscore the need for personal protective measures to prevent tick bites and continued encephalitis surveillance.

Powassan Encephalitis — Continued

Case Reports

Case 1. In June 2001, a 70-year-old man from Kennebec County, Maine, was taken to a local hospital with generalized muscle weakness, somnolence, diarrhea, and anorexia. On clinical examination, he had a fever of 104.7 F (40.4 C), leukocytosis of 11,500/mm³ (normal: 4,300–10,800/mm³), decreased renal function, and anemia. He subsequently developed left-sided hemiplegia and marked confusion. Cerebrospinal fluid (CSF) contained 40 white blood cells (WBCs)/mm³ (normal: <4/mm³) (87% lymphocytes) with elevated protein (96 mg/dL; normal: 20–50 mg/dL). Magnetic resonance imaging (MRI) revealed parietal changes consistent with microvascular ischemia or demyelinating disease. No causes for his apparent stroke were found. After 22 days of hospitalization, he was discharged to a rehabilitation facility. Nearly 3 months after symptom onset, he remains in the facility and is unable to move his left arm or leg. Serum specimens and CSF collected 3 days after hospitalization revealed POW virus-specific lgM; neutralizing antibody (1:640 titer) also was found in serum specimens. Although some cross-reaction with WNV and St. Louis encephalitis (SLE) virus occurred in the lgM assay, no neutralizing antibody was found.

The patient had not left Maine for 25 years. On ecologic investigation, overgrown bushes, leaf piles, and stacks of old lumber and scrap metal covered his property. Family members reported seeing woodchucks, skunks, and squirrels on the property. During the 2 weeks before illness, the patient's main activities were lying on the ground repairing a boat hull and yard work. Approximately 6 weeks after illness onset, nine medium-sized mammals were trapped on or near the patient's property. Collections from these mammals and the grassy and brushy areas of the property yielded 31 ticks (*Ixodes cookei*). Tests for POW virus infection were conducted at CDC. Of the nine mammal serum samples, four (two woodchucks and two skunks) contained neutralizing antibody to POW virus, but no virus was isolated from the ticks.

Case 2. In September 2000, a 53-year-old woman from York County, Maine, sought medical care at a local hospital for loss of balance, visual disturbance, and fever of 103 F (39.4 C). Her clinical examination showed agitation without confusion, ataxia, bilateral lateral gaze palsy, and dysarthria. CSF contained 148 WBCs/mm³ (46% neutrophils, 40% lymphocytes). During hospitalization, she developed altered mental status, generalized muscle weakness, and complete ophthalmoplegia. An electroencephalogram (EEG) indicated diffuse encephalitis, and a MRI showed bilateral temporal lobe abnormalities consistent with microvascular ischemia or demyelinating disease. After 13 days, she was transferred to a rehabilitation facility where she remained for 2 months. Nine months after onset of symptoms, she was walking and had regained her strength, but the ophthalmoplegia continued. A serum specimen collected 19 days after illness onset was positive for POW virus-specific IgM and neutralizing antibody (1:640 titer) and negative for WNV and SLE virus antibodies.

The patient had not left Maine in several months before illness onset. During two visits to a rural vacation home in the month before illness onset, the patient removed several squirrel nests but reported no contact with ticks or rodents. One month after illness onset, an ecologic evaluation of her primary home noted a well-manicured suburban property near brush and woodlands. No evidence of medium-sized mammals was found, and only three *lx. scapularis* were collected; no POW virus was isolated. Nine months after illness onset, an ecologic evaluation of the patient's vacation home found several mammals, but none had ticks, and no serology samples were collected.

Powassan Encephalitis — Continued

Case 3. In July 2000, a 25-year-old man from Waldo County, Maine, sought medical care at a local hospital for fever of 101.3 F (38.5 C), headache, vomiting, somnolence, and confusion. On clinical examination, the patient had difficulty answering simple questions and was intermittently uncooperative. He had bilateral hand twitching, muscle weakness, and pronounced lip smacking. CSF contained 920 WBCs/mm³ (74% lymphocytes) with elevated protein (77 mg/dL). EEG showed diffuse background slowing consistent with encephalitis. After 11 days of hospitalization, he was transferred to a rehabilitation facility. When discharged home 44 days later, the patient required assistance to stand and perform daily activities. Serum specimens and CSF collected 3 days after illness onset were negative for antibody to WNV and SLE virus but positive for POW virus-specific IgM antibody. The serum sample also had neutralizing antibody (1:80 titer) to POW virus. At the time of illness onset, the patient worked as a logger and lived in rural Maine where he raised livestock.

Case 4. In September 1999, a 66-year-old man from Washington County, Vermont, sought medical care at a hospital for somnolence, severe headache, increasing confusion, and bilateral leg weakness that developed over 6 days. On clinical examination, he was afebrile but had slow speech, memory loss, a wide-based gait, and bilateral weakness in proximal lower extremities. CSF contained 54 WBCs/mm³ (95% lymphocytes) and elevated protein (67 mg/dL). An EEG showed diffuse background slowing consistent with encephalitis. When discharged home 11 days later, he could walk but had cognitive difficulties, including severe memory lapses. Serum specimens collected 19 days after illness onset contained POW virus-specific lgM and neutralizing antibody (1:640 titer) but no antibody to WNV and SLE virus. During the month before illness onset, the patient traveled frequently to a vacation home where he saw numerous squirrels and skunks.

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Editorial Note: These four cases of POW encephalitis are the first reported in Maine and Vermont and the first in the United States since 1994 (4). Since the introduction of WNV into the northeastern United States in 1999 (5), testing for POW virus and other arboviruses that cause encephalitis has increased (CDC, unpublished data, 2001). These cases were identified as a direct result of requests for WNV testing. As surveillance continues, knowledge of the epidemiology of POW virus in the United States may increase.

In North America, POW virus has been isolated from four tick species, including *lx. cookei, lx. marxi, lx. spinipalpus*, and *Dermacentor andersoni*; a variant POW virus also has been isolated from *lx. scapularis*; and evidence of infection has been found in 38 mammal species, primarily woodchucks (1,6). Unlike *lx. scapularis*, the primary vector for Lyme disease, *lx. cookei* rarely search for hosts on vegetation and are often found in or near the nests or burrows of medium-sized mammals. Infections have occurred from May to December, with a peak during June–September when ticks are most active (1). Although neither the first or second patients recalled tick bites, ecologic investigations suggest that their illnesses resulted from visiting or living in areas where ticks are common. As with many infectious agents transmitted by *lxodid* ticks, few infected persons recalled tick bites because these ticks are small and can be easily missed (3).

Powassan Encephalitis — Continued

POW encephalitis is associated with significant long-term morbidity and has a case-fatality rate of 10%–15% (1,3). Because there is no vaccine or specific therapy for POW encephalitis, the best means of prevention is protection from tick bite. This includes using insect repellents, wearing light-colored clothing with long sleeves and pants tucked into socks or boots, avoiding or clearing brushy areas, and removing ticks before they attach or as soon after attachment as possible. Checking family pets also can prevent ticks from entering the home. Because *lx. cookei* are often found on woodchucks and skunks and may be the primary vector of POW virus, environmental controls reducing human contact with small and medium-sized mammals should reduce risk for exposure to POW virus-infected ticks. Persons should keep areas adjacent to their home clear of brush, weeds, trash, and other elements that could support small and medium-sized mammals. When removing rodent nests, avoid direct contact with nesting materials and use sealed plastic bags for disposal and to prevent direct contact with ticks.

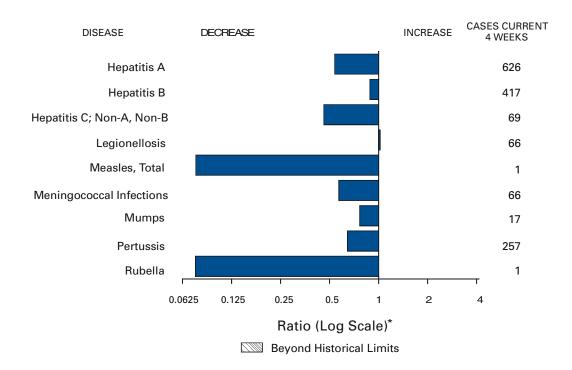
Because of the lack of awareness and the need for specialized laboratory tests to confirm diagnosis, the frequency of POW encephalitis may be greater than previously suspected. POW encephalitis should be included in the differential diagnosis of all encephalitis cases occurring in the northern United States, especially the northeast. Laboratory tests for POW virus infection are not commercially available but can be requested through state public health laboratories for testing at CDC. Awareness should be promoted among clinicians and public health staff, and tick-bite prevention strategies emphasized for the general public.

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^{*}Reference to non-CDC sites on the Internet are provided as a service to MMWR readers and do not constitute or imply endorsement of these organizations or their programs by CDC or the U.S. Department of Health and Human Services. CDC is not responsible for the content of pages found at these sites.

FIGURE I. Selected notifiable disease reports, United States, comparison of provisional 4-week totals ending September 1, 2001, with historical data



^{*} Ratio of current 4-week total to mean of 15 4-week totals (from previous, comparable, and subsequent 4-week periods for the past 5 years). The point where the hatched area begins is based on the mean and two standard deviations of these 4-week totals.

TABLE I. Summary of provisional cases of selected notifiable diseases, United States, cumulative, week ending September 1, 2001 (35th Week)*

	Cum. 2001		Cum. 2001
Anthrax	_	Poliomyelitis, paralytic	_
Brucellosis†	53	Psittacosis†	9
Cholera	3	O fever [†]	15
Cyclosporiasis†	108	Rabies, human	1
Diphtheria	1	Rocky Mountain spotted fever (RMSF)	319
Ehrlichiosis: human granulocytic (HGE) [†]	127	Rubella, congenital syndrome	-
human monocytic (HME) [†]	54	Streptococcal disease, invasive, group A	2,572
Encephalitis: California serogroup viral [†]	26	Streptococcal toxic-shock syndrome [†]	44
eastern equine [†]	4	Syphilis, congenital 1	161
St. Louis [†]	1	Tetanus	17
western equine [†]	-	Toxic-shock syndrome	82
Hansen disease (leprosy)†	51	Trichinosis	14
Hantavirus pulmonary syndrome [†]	5	Tularemia [†]	71
Hemolytic uremic syndrome, postdiarrheal [†]	76	Typhoid fever	170
HIV infection, pediatric ^{†§}	98	Yellow fever	-
Plague	2		

^{-:} No reported cases.
*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date).

[†] Not notifiable in all states.

⁵ Updated monthly from reports to the Division of HIV/AIDS Prevention — Surveillance and Epidemiology, National Center for HIV,

STD, and TB Prevention (NCHSTP). Last update June 26, 2001. Updated from reports to the Division of STD Prevention, NCHSTP.

TABLE II. Provisional cases of selected notifiable diseases, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

								coli O157:H7		
	Cum.	OS Cum.	Chlan Cum.	nydia⁵ Cum.	Cryptos Cum.	poridiosis Cum.	NET Cum.	Cum.	PH Cum.	LIS Cum.
Reporting Area	2001	2000	2001	2000	2001	2000	2001	2000	2001	2000
UNITED STATES NEW ENGLAND Maine N.H. Vt. Mass. R.I. Conn.	19,145 746 20 17 10 411 53 235	26,250 1,420 25 25 27 890 62 391	449,858 14,977 668 809 399 6,857 1,942 4,302	463,520 15,576 965 678 358 6,616 1,700 5,259	1,422 69 11 4 25 22 3 4	1,534 84 13 11 18 27 2 13	1,565 164 21 24 11 84 9 15	2,925 260 18 23 27 123 11 58	1,343 157 22 21 5 77 7 25	2,552 286 25 31 29 126 12 63
MID. ATLANTIC Upstate N.Y. N.Y. City N.J. Pa.	3,974 322 1,996 960 696	5,811 607 3,136 1,153 915	49,973 8,902 19,132 8,038 13,901	43,325 976 17,836 7,872 16,641	164 66 65 4 29	230 61 120 11 38	113 87 8 18 N	304 187 19 98 N	122 85 8 29	210 39 14 95 62
E.N. CENTRAL Ohio Ind. III. Mich. Wis.	1,408 237 165 665 261 80	2,458 388 250 1,365 331 124	67,466 13,962 9,177 17,349 19,591 7,387	79,649 20,725 8,820 22,500 16,741 10,863	418 103 50 1 106 158	433 68 28 59 59 219	374 97 50 93 56 78	706 144 82 145 86 249	282 84 32 80 50 36	541 157 68 117 73 126
W.N. CENTRAL Minn. Iowa Mo. N. Dak. S. Dak. Nebr. Kans.	454 85 47 218 1 18 39 46	614 115 66 286 2 6 43 96	22,864 4,261 1,858 9,007 599 1,201 2,054 3,884	26,080 5,308 3,566 8,892 597 1,201 2,478 4,038	207 99 53 26 7 6 15	158 21 46 22 9 9 43 8	251 92 50 33 12 18 32	421 101 118 85 14 35 50	233 98 39 49 21 19	421 127 109 77 16 40 40
S. ATLANTIC Del. Md. D.C. Va. W. Va. N.C. S.C. Ga. Fla.	6,167 116 751 465 501 49 402 350 757 2,776	7,196 131 842 499 461 42 431 530 872 3,388	86,104 1,912 7,634 1,838 11,965 1,544 13,769 7,750 16,870 22,822	86,827 1,916 9,226 2,122 10,768 1,434 14,905 5,916 18,430 22,110	206 2 28 10 15 1 19 - 74 57	248 5 9 6 11 3 18 - 95 101	141 3 14 - 38 5 30 7 19 25	224 1 19 - 47 11 50 16 34 46	99 4 1 U 30 6 26 9 13 10	217 1 1 U 45 7 54 13 36 60
E.S. CENTRAL Ky. Tenn. Ala. Miss.	977 201 293 224 259	1,295 146 531 337 281	31,630 5,999 9,680 8,269 7,682	33,983 5,335 9,554 10,806 8,288	31 3 8 11 9	37 5 9 12 11	85 41 25 12 7	87 26 38 5 18	79 39 30 6 4	79 25 41 5 8
W.S. CENTRAL Ark. La. Okla. Tex.	2,058 104 472 107 1,375	2,672 126 445 219 1,882	68,974 4,742 11,314 7,147 45,771	69,793 4,457 12,345 5,821 47,170	22 5 7 8 2	85 7 10 7 61	44 6 3 18 17	193 49 13 13 118	59 - 24 20 15	233 34 37 11 151
MOUNTAIN Mont. Idaho Wyo. Colo. N. Mex. Ariz. Utah Nev.	714 12 15 1 140 56 295 63 132	1,007 10 16 7 239 107 319 97 212	25,981 1,305 1,209 564 5,284 3,622 9,684 1,279 3,034	26,868 1,016 1,241 526 7,988 3,278 8,642 1,569 2,608	105 7 12 2 29 18 6 27 4	77 8 4 5 33 7 7 10 3	176 10 29 7 69 10 20 22 9	286 26 44 12 108 15 36 37 8	100 - - 1 54 8 12 24 1	213
PACIFIC Wash. Oreg. Calif. Alaska Hawaii	2,647 290 112 2,204 13 28	3,777 334 113 3,229 15 86	81,889 9,111 3,108 65,435 1,796 2,439	81,419 8,714 4,630 64,073 1,633 2,369	200 37 22 137 1 3	182 U 13 169	217 59 32 113 3 10	444 131 94 183 24 12	212 62 27 119 - 4	352 159 90 91 2 10
Guam P.R. V.I. Amer. Samoa C.N.M.I.	9 580 2 - -	13 759 25 - -	1,764 53 U 85	335 U - U U	- - U -	- - U U	N 1 - U	N 5 - U U	U U U	U U U

N: Not notifiable. U: Unavailable. -: No reported cases. C.N.M.I.: Commonwealth of Northern Mariana Islands.
*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

*Individual cases can be reported through both the National Electronic Telecommunications System for Surveillance (NETSS) and the Public Health Laboratory Information System (PHLIS).

*Chlamydia refers to genital infections caused by C. trachomatis.

*Updated monthly from reports to the Division of HIV/AIDS Prevention — Surveillance and Epidemiology, National Center for HIV, STD, and TB Prevention. Last update June 26, 2001.

TABLE II. (Cont'd) Provisional cases of selected notifiable diseases, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

- Wook	Gonorrhea		Hepati Non-A, I		Legione		Listeriosis	Lyme	
Reporting Area	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.
UNITED STATES	2001 207,338	2000 233,931	2001 2,323	2000 2,205	2001 606	2000 658	2001 292	2001 6,829	2000 10,932
NEW ENGLAND Maine N.H. Vt. Mass. R.I.	4,202 79 107 48 2,089 501	4,424 55 69 43 1,791 412	14 - - 6 8 -	21 2 - 4 10 5	29 4 7 4 5 2	38 2 2 3 15	32 2 2 16	1,989 88 4 409 233	3,316 41 23 982 213
Conn. MID. ATLANTIC Upstate N.Y. N.Y. City N.J. Pa.	1,378 25,210 5,458 8,016 4,958 6,778	2,054 25,017 4,677 7,553 4,964 7,823	978 40 - 896 42	485 25 - 425 35	7 122 39 10 5 68	13 178 47 26 16 89	11 45 19 8 7 11	1,255 3,492 1,912 2 448 1,130	2,057 5,761 2,174 153 2,142 1,292
E.N. CENTRAL Ohio Ind. III. Mich. Wis.	36,350 7,674 3,842 10,832 11,441 2,561	47,155 12,449 4,128 14,062 11,841 4,675	123 8 1 11 103	173 8 - 17 148 -	149 82 14 - 33 20	177 69 26 24 30 28	34 11 4 1 16 2	379 83 16 - 1 279	666 46 19 33 21 547
W.N. CENTRAL Minn. Iowa Mo. N. Dak. S. Dak.	9,762 1,375 428 5,364 19 186	11,575 2,131 804 5,636 44 194	472 7 455 -	398 5 1 382 -	40 9 6 15 1 3 5	44 3 11 21 - 2	9 - 5 - 1	248 202 24 17 -	178 99 21 41 - - 3
Nebr. Kans.	695 1,695	959 1,807	3 7	3 7	1	3 4	3	3 2	3 14
S. ATLANTIC Del. Md. D.C. Va. W. Va. N.C. S.C. Ga. Fla.	53,225 1,122 4,231 1,644 7,019 423 11,257 5,344 9,248 12,937	61,002 1,120 6,271 1,649 6,666 440 12,173 5,572 11,741 15,370	81 - 14 - 9 16 5 - 37	67 2 8 3 13 13 13 1 1 3	132 3 27 7 18 N 7 6 9	108 5 40 - 19 N 9 4 6	50 - 9 - 9 5 2 4 7 14	585 31 379 8 98 10 27 3	834 163 495 3 103 22 35 3
E.S. CENTRAL Ky. Tenn. Ala. Miss.	20,278 2,371 6,436 6,415 5,056	24,433 2,334 7,689 8,298 6,112	159 6 51 2 100	328 29 67 7 225	42 9 21 10 2	25 14 8 2 1	15 4 6 5	33 18 9 6	33 6 19 5 3
W.S. CENTRAL Ark. La. Okla. Tex.	33,805 2,932 7,848 3,302 19,723	36,583 2,538 8,981 2,494 22,570	162 3 75 3 81	547 7 303 6 231	5 - 2 3	20 7 2 11	6 1 - 2 3	7 - 1 - 6	58 5 5 - 48
MOUNTAIN Mont. Idaho Wyo. Colo. N. Mex. Ariz. Utah Nev.	6,695 78 53 46 2,054 592 2,677 104 1,091	7,020 28 59 36 2,110 726 2,916 162 983	238 1 2 191 16 11 9 2 6	54 4 3 2 11 11 13 -	40 - 2 4 11 2 11 7 3	25 1 4 - 8 1 6 5	26 1 1 6 6 6 1 5	10 - 4 3 1 - - 1 1	7 - 1 3 - - - 1 2
PACIFIC Wash. Oreg. Calif. Alaska Hawaii	17,811 2,024 456 14,669 266 396	16,722 1,509 622 14,060 217 314	96 16 10 70 -	132 23 22 85 - 2	47 6 N 37 - 4	43 14 N 29	75 6 3 62 - 4	86 6 6 72 2 N	79 5 6 66 2 N
Guam P.R. V.I. Amer. Samoa C.N.M.I.	399 6 U 7	34 352 - U U	1 - U -	2 1 U U	2 U	1 - U U	- - - -	N - U -	N U U

N: Not notifiable. U: Unavailable. -: No reported cases.
*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

TABLE II. (Cont'd) Provisional cases of selected notifiable diseases, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

weeks ending Septembe		1, 20	o i, aliu Se			nellosis [†]	<u> </u>	
		laria		es, Animal		TSS		HLIS
Reporting Area	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000
UNITED STATES	748	936	4,145	4,739	21,878	24,679	18,195	21,635
NEW ENGLAND	39	49	460	537	1,536	1,547	1,518	1,594
Maine N.H.	4 2	5 1	47 16	90 9	140 129	92 94	121 120	77 97
Vt. Mass.	12	2 20	47 175	43 183	50 927	86 913	45 801	88 907
R.I. Conn.	3 18	5 16	41 134	36 176	82 208	83 279	114 317	115 310
MID. ATLANTIC	198	233	827	847	2,816	3,315	2,554	3,501
Upstate N.Y. N.Y. City	45 104	44 124	532 20	541 8	795 719	773 844	816 790	893 873
N.J. Pa.	21 28	39 26	130 145	113 185	589 713	806 892	527 421	673 1,062
E.N. CENTRAL	70	103	88	113	3,146	3,375	2,690	2,374
Ohio Ind.	20 14	13 5	33 1	33	942 354	799 410	795 310	1,014 435
III. Mich.	1 22	53 21	14 34	19 50	767 551	1,074 609	704 566	1 654
Wis.	13	11	6	11	532	483	315	270
W.N. CENTRAL Minn.	27 6	39 13	243 29	409 65	1,417 381	1,595 369	1,518 474	1,765 481
lowa Mo.	5 9	2 9	55 32	60 35	216 404	230 484	209 549	240 585
N. Dak.	- -	2	29	94	43	47	59 92	56
S. Dak. Nebr.	2	7	25 4	76 _1	110 100	62 146	-	78 111
Kans. S. ATLANTIC	5 207	6 205	69 1,454	78 1,648	163 5,455	257 4,789	135 3,818	214 3,948
Del.	1	3	25	31	58	80	61	92
Md. D.C.	89 13	74 13	179	292	555 57	527 39	603 U	480 U
Va. W. Va.	40 1	41 2	292 102	398 89	931 80	653 107	678 92	640 106
N.C. S.C.	9 5	19 2	404 86	403 107	759 556	657 480	723 459	734 373
Ga. Fla.	12 37	8 43	224 142	218 110	855 1,604	796 1,450	884 318	1,188 335
E.S. CENTRAL	22	31	149	135	1,474	1,458	1,057	1,180
Ky. Tenn.	8 8	9 8	15 87	18 72	236 389	259 389	143 452	186 527
Ala. Miss.	4 2	13 1	47 -	44 1	426 423	393 417	328 134	387 80
W.S. CENTRAL	10	58	510	634	1,562	3,100	1,297	1,878
Ark. La.	3 4	2 10	20	20 3	468 270	433 514	92 458	362 416
Okla. Tex.	2 1	4 42	48 442	44 567	278 546	262 1,891	236 511	196 904
MOUNTAIN	35	35	180	196	1,444	1,841	1,080	1,769
Mont. Idaho	2 3	1 2	31 13	52 9	49 96	69 90	4	81
Wyo. Colo.	18	18	21 -	4 <u>2</u> -	44 406	48 502	43 360	40 491
N. Mex. Ariz.	3	6	11 96	16 66	181 415	164 442	146 368	152 483
Utah Nev.	3 3	4 4	7 1	9 2	155 98	341 185	136 23	346 176
PACIFIC	140	183	234	220	3,028	3,659	2,663	3,626
Wash. Oreg.	4 9	19 30	1	6	337 165	346 213	491 230	471 270
Calif. Alaska	119 1	125 -	196 37	189 25	2,250 28	2,906 39	1,701 2	2,700 25
Hawaii	7	9	-	-	248	155	239	160
Guam P.R.	3	2 4	67	56	405	20 427	U U	U U
V.I. Amer. Samoa	Ū	Ū	Ū	Ū	Ū	Ū	U U	U U
C.N.M.I.	-	U	-	U	8	U	U	U

N: Not notifiable. U: Unavailable. -: No reported cases.

*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

† Individual cases can be reported through both the National Electronic Telecommunications System for Surveillance (NETSS) and the Public Health Laboratory Information System (PHLIS).

TABLE II. (Cont'd) Provisional cases of selected notifiable diseases, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

weel	<u>ks ending</u>			01, and Se	ptember	2, 2000 (3	5th Weel	<u>()*</u>
	NET	Shige SS		PHLIS		philis & Secondary)	Tube	rculosis
Reporting Area	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000
UNITED STATES	10,648	14,589	5,227	8,183	3,721	4,099	7,908	9,408
NEW ENGLAND	185	274	172	263	37	55	290	286
Maine N.H.	6 4	8 4	2 2	11 7	- 1	1 1	7 11	12 15
Vt. Mass.	7 131	3 199	2 116	179	2 19	38	2 164	4 168
R.I.	15	19	19	22	7	4	24	25
Conn.	22	41	31	44	8	11	82	62
MID. ATLANTIC Upstate N.Y.	933 378	1,890 526	582 93	1,209 177	314 19	190 7	1,555 221	1,539 209
N.Y. City N.J.	258 146	776 398	267 157	514 332	161 <i>7</i> 7	81 46	811 337	823 359
Pa.	151	190	65	186	57	56	186	148
E.N. CENTRAL Ohio	2,770 1,948	3,011 232	1,331 923	871 206	616 58	866	832 142	920 198
Ind.	153	1,133	28	129	111	55 257	66	87
III. Mich.	271 202	855 544	204 156	2 491	160 269	298 217	406 171	430 146
Wis.	196	247	20	43	18	39	47	59
W.N. CENTRAL Minn.	1,051 286	1,621 518	851 341	1,375 594	50 21	48 8	303 158	339 108
lowa	316	361	261	260	1	10	18	25
Mo. N. Dak.	199 20	505 12	140 21	356 21	11 -	25 -	91 3	129 2
S. Dak. Nebr.	122 54	4 76	59 -	3 61	2	2	8 2 5	13 14
Kans.	54	145	29	80	15	3	-	48
S. ATLANTIC Del.	1,583	1,871	517	701	1,331	1,351	1,618 9	1,937
Md.	7 106	12 134	7 57	15 73	8 162	7 201	141	10 169
D.C. Va.	42 202	41 311	U 110	U 238	28 76	29 95	51 162	16 188
W. Va. N.C.	8 245	4 124	8 125	3 95	307	3 353	21 236	21 257
S.C.	202	95	91	6 8	178	143	134	186
Ga. Fla.	154 617	167 983	91 2 8	134 <i>7</i> 5	222 350	260 260	290 574	425 665
E.S. CENTRAL	932	656	400	361	406	595	499	596
Ky. Tenn.	340 66	236 249	175 <i>7</i> 5	52 278	30 215	59 358	<i>7</i> 8 192	70 224
Ala. Miss.	175 351	37 134	124 26	28 3	87 74	83 95	164 65	197 105
W.S. CENTRAL	1,062	2,337	714	712	478	560	712	1,404
Ark. La.	415 112	147 199	155 132	43 125	26 100	75 150	100	143 122
Okla.	32	77	15	30	48	82	100	109
Tex.	503	1,914	412	514	304	253	512	1,030
MOUNTAIN Mont.	640 2	713 6	372 -	506 -	167 -	156 -	301 6	346 10
ldaho Wyo.	25 3	41 5	- 1	25 3	- 1	1 1	8 2	6 2
Colo.	157	129	140	91	31	7	78	56
N. Mex. Ariz.	<i>7</i> 9 284	87 290	45 137	63 194	13 111	12 130	21 115	29 139
Utah Nev.	44 46	57 98	41 8	64 66	7 4	1 4	24 47	32 72
PACIFIC	1,492	2,216	288	2,185	322	278	1,798	2,041
Wash. Oreg.	139 58	345 121	167 74	321 80	37 8	47 10	167 74	162 64
Calif.	1,241	1,717	-	1,757	269	220	1,431	1,649
Alaska Hawaii	5 49	7 26	1 46	3 24	8	1	31 95	74 92
Guam P.R.	- 8	34 25	U U	U U	- 172	3 116	- 76	37 109
V.I. Amer. Samoa	Ū	Ū	U U	U U	Ū	Ū	Ū	Ū
C.N.M.I.	4	Ū	Ū	Ū	-	Ŭ	20	Ŭ

N: Not notifiable. U: Unavailable. -: No reported cases.

*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

† Individual cases can be reported through both the National Electronic Telecommunications System for Surveillance (NETSS) and the Public Health Laboratory Information System (PHLIS).

TABLE III. Provisional cases of selected notifiable diseases preventable by vaccination, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

	H. influ	ienzae,	ana Se Н	epatitis (Vi			1	CCK	Meas	les (Rubec	ola)	
	Inva	sive	Α		В		Indige		Impo	rted⁺	Tota	
Reporting Area	Cum. 2001⁵	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	2001	Cum. 2001	2001	Cum. 2001	Cum. 2001	Cum. 2000
UNITED STATES	937	875	6,399	8,588	4,275	4,640	-	45	-	40	85	64
NEW ENGLAND Maine	58 1	67 1	361 8	262 14	61 5	<i>7</i> 7 5	-	4	-	1	5	6
N.H. Vt.	4 3	12 5	12 8	18 8	11 4	12 6	U	- 1	U	-	- 1	3 3
Mass.	34	32	146	100	-	10	-	2	-	1	3	-
R.I. Conn.	3 13	2 15	26 161	16 106	17 24	14 30	-	1	-	-	- 1	-
MID. ATLANTIC Upstate N.Y.	131 52	162 65	667 170	949 151	657 93	814 86	-	4 1	-	10 4	14 5	21 10
N.Y. City N.J.	34 30	44 31	204 159	329 178	312 64	399 127	-	2	-	1 1	3 1	10
Pa.	15	22	134	291	188	202	-	1	-	4	5	1
E.N. CENTRAL Ohio	124 52	135 41	671 164	1,133 188	602 79	486 <i>7</i> 7	-	-	-	10 3	10 3	7 2
Ind. III.	36 10	22 46	63 183	51 505	35 100	36 84	-	-	-	4 3	4 3	3
Mich.	7 19	9 17	222 39	328	388	266 23	-	-	-	-	-	2
Wis. W.N. CENTRAL	46	46	274	61 541	- 128	203	-	4	-	-	4	- 1
Minn. Iowa	25	23	24 25	152 54	13 16	26 20	-	2	-	-	2	<u>i</u>
Mo. N. Dak.	13 6	15 2	72 2	226 2	67	104 2	-	2	-	-	2	-
S. Dak.	-	-	1	-	1	1	-	-	-	-	-	-
Nebr. Kans.	1 1	3 3	28 122	23 84	17 14	30 20	U -	-	U -	-	-	-
S. ATLANTIC Del.	271	202	1,507	900 10	896	800 10	-	4	-	1	5	2
Md. D.C.	63	57	187	123	95 11	88 27	-	2	-	1	3	-
Va.	19	32	33 89	20 105	11 101	103	-	1	-	-	1	2
W. Va. N.C.	10 40	5 19	8 124	49 109	20 133	10 160	-	-	-	-	-	-
S.C. Ga.	5 67	7 52	59 584	39 170	24 216	8 142	-	1	-	-	1	-
Fla.	67	30	423	275	296	252	-	-	-	-	-	-
E.S. CENTRAL Ky.	61 2	37 12	265 83	307 39	300 31	328 61	-	2 2	-	-	2 2	-
Tenn. Ala.	31 26	16 7	105 63	108 43	155 61	157 35	-	-	-	-	-	-
Miss.	2	2	14	117	53 455	75 705	-	-	-	-	-	-
W.S. CENTRAL Ark.	35 -	52 1	635 53	1,643 109	455 66	705 72	-	1 -	-	-	1 -	-
La. Okla.	3 32	15 34	53 96	56 183	29 70	106 103		-		-	-	-
Tex. MOUNTAIN	- 129	2 87	433 582	1,295 621	290 403	424 360	U	1	U	- 1	1 1	- 12
Mont.	-	1	9	4	2	4	Ū	-	Ū	-	-	-
ldaho Wyo.	1 17	3 1	50 25	19 4	10 31	6 1	-	-	-	1 -	1 -	-
Colo. N. Mex.	29 15	20 18	61 26	140 56	<i>7</i> 9 112	55 108	-	-	-	-	-	2
Ariz. Utah	51 6	34 7	304 61	313 40	115 23 31	137 17	-	-	-	-	-	3 7
Nev.	10	3	46	45		32	U	-	U	-	-	
PACIFIC Wash.	82 2	87 5	1,437 92	2,232 192	773 88	867 67	-	26 13	-	17 2	43 15	15 3
Oreg. Calif.	17 34	24 30	62 1,268	139 1,877	50 613	72 710	Ū	3 8	Ū	10	3 18	9
Alaska Hawaii	6 23	6 22	14 1	11 13	7 15	9 9	-	2	-	- 5	- 7	1 2
Guam	_	1	<u>-</u>	1	-	9	U	-	U	-	-	-
P.R. V.I.	1 	3 	75 	189 	127 	191 	Ū	-	Ü		- .ī	2
Amer. Samoa C.N.M.I.	U -	U U	U -	U U	U 26	U U	U U	U -	U U	U -	U -	U U

N: Not notifiable. U: Unavailable. -: No reported cases.
*Incidence data for reporting year 2001 are provisonal and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

† For imported measles, cases include only those resulting from importation from other countries.

† Of 194 cases among children aged <5 years, serotype was reported for 95, and of those, 17 were type b.

TABLE III. (Cont'd) Provisional cases of selected notifiable diseases preventable by vaccination, United States, weeks ending September 1, 2001, and September 2, 2000 (35th Week)*

		jococcal ease	Осрго	Mumps	., 2000	(33111	Pertussis			Rubella	
Reporting Area	Cum. 2001	Cum. 2000	2001	Cum. 2001	Cum. 2000	2001	Cum. 2001	Cum. 2000	2001	Cum. 2001	Cum. 2000
UNITED STATES	1,560	1,558	2	150	247	78	2,988	4,194	- 2001	17	107
NEW ENGLAND Maine N.H. Vt. Mass. R.I.	83 1 10 5 47 2	92 7 9 2 54 7	- U - -	- - - - -	4 - - 1 1	- U - -	263 - 25 25 194 5	1,085 31 79 173 751 14	- U - -	- - - - -	11 - 2 - 8 -
Conn. MID. ATLANTIC Upstate N.Y. N.Y. City N.J. Pa.	18 166 46 31 39 50	13 176 47 35 33 61	- - - - -	- 17 3 9 2 3	2 19 6 6 3 4	1 1 - -	14 216 117 34 13 52	37 389 179 54 30 126	- - - - -	- 5 1 3 1	1 8 1 7 -
E.N. CENTRAL Ohio Ind. III. Mich. Wis.	200 70 29 20 46 35	268 63 31 68 76 30	- - - -	14 1 1 10 2	18 7 - 6 4 1	5 1 - 2 2	367 217 46 41 39 24	486 228 62 54 55 87	- - - - -	3 1 2 -	1 - - 1 - -
W.N. CENTRAL Minn. Iowa Mo. N. Dak. S. Dak. Nebr. Kans.	104 15 21 39 5 4 10	109 17 22 51 2 5 5 7	- - - - - U	8 3 - - - 1 4	14 - 6 4 - 1 3	14 11 - - - U 3	168 58 17 69 - 3 4 17	306 180 34 48 2 3 9	- - - - - U	3 - 1 1 - - - 1	1 - - - - 1
S. ATLANTIC Del. Md. D.C. Va. W. Va. N.C. S.C. Ga. Fla.	301 3 35 - 31 11 58 31 36 96	223 - 22 - 35 10 32 18 37 69	2 2	26 - 4 - 6 - 3 2 7 4	37 - 8 - 8 - 5 10 2	7 1 3 3	163 21 1 31 2 51 26 7 24	310 8 78 3 44 1 74 23 27 52	-	4 - - - - - 2 2	60 - - - - 52 6 - 2
E.S. CENTRAL Ky. Tenn. Ala. Miss.	103 18 44 30 11	109 23 45 30 11	- - - -	3 1 - - 2	4 - 2 2 -	5 1 2 2	85 18 37 27 3	88 44 25 16 3	- - - -	- - - -	5 1 1 3
W.S. CENTRAL Ark. La. Okla. Tex.	176 16 56 24 80	166 11 38 22 95	- - - - U	8 1 2 - 5	25 1 5 - 19	2 2 - - U	248 11 2 1 234	223 31 15 12 165	- - - - U	- - - -	7 1 1 - 5
MOUNTAIN Mont. Idaho Wyo. Colo. N. Mex. Ariz. Utah Nev.	76 3 7 6 27 11 11 7	71 4 6 - 23 6 22 7 3	- U - - - - - U	9 1 1 1 2 1 1	16 1 - 1 - 1 4 4 5	38 U - 12 2 23 1 U	1,039 21 165 2 205 89 491 57 9	494 24 45 3 271 76 51 15 9	- U - - - - - U	1 - - 1 - - -	2 - - 1 - 1
PACIFIC Wash. Oreg. Calif. Alaska Hawaii	351 53 30 257 2 9	344 36 45 249 6	- N U -	65 1 N 29 1 34	110 5 N 77 8 20	6 5 1 U -	439 104 35 268 3 29	813 239 88 437 18 31	- - - U -	1 - - - - 1	12 7 - 5 -
Guam P.R. V.I. Amer. Samoa C.N.M.I.	- 4 - U -	- 8 - U U	U - U U	- - - U -	12 - - U U	U U U U	- 2 - U -	3 5 U U	U - U U	- - - U -	1 - - U U

N: Not notifiable.

-: No reported cases.

*Incidence data for reporting year 2001 are provisional and cumulative (year-to-date). Incidence data for reporting year 2000 are finalized and cumulative (year-to-date).

TABLE IV. Deaths in 122 U.S. cities,* week ending September 1, 2001 (35th Week)

		All Cau	ıses, By	Age (Y		50.	P&I	10011111		All Cau	ıses, By	Age (Y	ears)		P&I†
Reporting Area	All Ages	≥65	45-64	25-44	1-24	<1	Total	Reporting Area	All Ages	≥65	45-64	25-44	1-24	<1	Total
NEW ENGLAND Boston, Mass. Bridgeport, Conn Cambridge, Mass Fall River, Mass. Hartford, Conn. Lowell, Mass. Lynn, Mass. New Bedford, Ma New Haven, Conn Providence, R.I. Somerville, Mass Springfield, Mass Waterbury, Conn. Worcester, Mass. MID. ATLANTIC Albany, N.Y. Allentown, Pa. Buffalo, N.Y. Camden, N.J. Elizabeth, N.J. Erie, Pa.§	. 12 26 45 25 5 ss. 19 . 47 53 . 3	363 88 U 99 23 35 20 5 5 30 39 22 23 33 42 1,131 33 35 6 8 8 8	38 U 3 2 2 9 9 4 4	33 12 U - 1 - 1 3 6 - 4 2 3 122 1 1 3 4 2 1	6 2 U 1 1 1 1 28 2 1 3 2 2 1 - 1	9 5 U 1 1 1 1 23 5 - 2	51 18 U 1 1 3 2 2 3 4 2 - 3 6 6 7 8 4 - 4	S. ATLANTIC Atlanta, Ga. Baltimore, Md. Charlotte, N.C. Jacksonville, Fla. Miami, Fla. Norfolk, Va. Richmond, Va. Savannah, Ga. St. Petersburg, Fla. Washington, D.G. Wilmington, D.G. E.S. CENTRAL Birmingham, Al. Chattanooga, Te Knoxville, Tenn. Lexington, Ky. Memphis, Tenn. Mobile, Ala. Montgomery, A Nashville, Tenn.	97 55 74 60 61 61 62 62 61 64 64 64 64 64 64 64 64 64 64 64 64 64	731 96 104 49 96 59 22 40 30 49 118 68 U 488 100 44 62 22 124 63 U 73	260 47 34 18 20 16 16 19 11 13 45 21 U 145 31 12 24 4 30 19 U 125	114 20 18 5 13 17 5 5 11 12 U 42 10 43 17 7 9 U 8	39 5 4 4 3 2 4 9 1 1 5 1 U 18 4 3 2 4 2 4 9 1 4 4 3 1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	43 9 5 5 4 3 8 3 3 1 2 U 13 3 1 - 4 1 U 4	57 5 14 6 12 7 2 5 4 2 U 60 18 5 5 2 17 4 U 9
Jersey City, N.J. New York City, N.Y. Newark, N.J. Paterson, N.J. Philadelphia, Pa. Reading, Pa. Rochester, N.Y. Schenectady, N.Y. Scranton, Pa. Syracuse, N.Y. Trenton, N.J. Utica, N.Y. Yonkers, N.Y.	Y. 1,076 U 15 U 29 15 99	742 U 9 U 19 12 79 17 31 53 12 U	212 U 4 U 6 3 14 - 8 11 3	90 U 1 U 3 - 6 1 2 4 2	16 U 1 U 1 U	16 U - U - - - - -	43 U - U 1 2 8 1 - 11 1 1 - U	W.S. CENTRAL Austin, Tex. Baton Rouge, La Corpus Christi, Dallas, Tex. El Paso, Tex. Ft. Worth, Tex. Houston, Tex. Little Rock, Ark. New Orleans, La San Antonio, Te Shreveport, La. Tulsa, Okla.	Tex. 59 200 89 103 336 53	883 38 31 40 107 53 70 203 33 U 132 71 105	312 19 11 15 55 21 22 65 10 U 37 26 31	134 11 9 3 17 5 7 47 5 U 14 8	71 4 4 1 12 7 3 13 4 U 15 3 5	33 1 1 9 3 1 8 1 U 3 3 3	79 4 11 4 21 4 U 12 9 6
E.N. CENTRAL Akron, Ohio Canton, Ohio Canton, Ohio Chicago, Ill. Cincinnati, Ohio Cleveland, Ohio Dayton, Ohio Detroit, Mich. Evansville, Ind. Fort Wayne, Ind. Grand Rapids, Mi Indianapolis, Ind. Lansing, Mich. Milwaukee, Wis. Peoria, Ill. South Bend, Ind. Toledo, Ohio Youngstown, Ohi W.N. CENTRAL Des Moines, Iowa Duluth, Minn. Kansas City, Kans Kansas City, Kans Kansas City, Mo. Lincoln, Nebr. Minneapolis, Min Omaha, Nebr. St. Louis, Mo. St. Paul, Minn. Wichita, Kans.	183 34 120 32 50 48 76 0 63 798 1 27 27 21 110 46	986 24 42 58 99 136 82 20 33 1111 23 35 39 60 29 29 74 37 102 55 52 52 59	8 8 U 17 37 44 18 U 5 11 6 7 50 8 27 4 8 6 10 7 160 19 6 10 17 5 25 16 20 15	86 31 U 5 14 15 6 U 2 4 1 1 10 10 2 3 2 3 3 5 5 4 1 2 7 2 1 2 6 10 2 9 10 2 9 10 10 10 10 10 10 10 10 10 10 10 10 10	34 11 10 29 41 10 - 3 11 - 4 11 2 - 2 2 1 25 2 2 - 9 11 41 51 2	34 1 · U 3 4 4 5 1 U · 1 · 2 8 1 3 1 2 1 1 1 · 16 3 · · · 3 1 · 1 1 4 3	80 2 4 4 U 2 6 6 10 5 U 4 4 3 3 1 1 7 7 1 4 1 6 1 1 7 1 1 9 3 1 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	MOUNTAIN Albuquerque, N Boise, Idaho Colo. Springs, C Denver, Colo. Las Vegas, Nev. Ogden, Utah Phoenix, Ariz. Pueblo, Colo. Salt Lake City, U Tucson, Ariz. PACIFIC Berkeley, Calif. Fresno, Calif. Glendale, Calif. Honolulu, Hawa Long Beach, Cal Los Angeles, Cal Pasadena, Calif. Portland, Oreg. Sacramento, Cal San Diego, Calif. Santa Cruz, Calif. Santa Cruz, Calif. Sattle, Wash. Spokane, Wash. Total	40 olo. 55 104 209 29 1600 33 tah 120 124 1,652 10 133 37 ii 65 27 30 U iff. 179 141 162 162 162 162 164 164 164 164 164 164 164 164 164 164	647 73 29 41 61 130 20 20 101 20 77 95 1,172 10 98 29 48 19 360 U 132 20 U 119 21 49 78 6,943	191 21 10 4 24 51 3 29 8 24 17 309 - 18 7 14 15 100 31 4 26 9 9 21 2,061	95 14 1 7 13 21 4 14 3 10 8 10 2 1 1 43 1 1 10 12 10 10 10 11 13 22 1 10 10 10 10 10 10 10 10 10 10 10 10 1	31 1 - 1 4 - 1 5 1 8 2 7 7 2 41 2 15 - U 6 5 5 0 4 - 3 1 1 2 93	19 2 2 2 2 2 1 7 7 1 2 2 27 3 1 1 2 2 9 9 2 U 3 3 4 U 2 2 1 7 2 1 7 2 1 7 2 1 7 2 1 7	64 10 3 2 8 12 2 7 1 10 9 124 - 10 3 3 3 3 4 - U 17 16 U 13 6 6 11 5 6 6 11 5 6 6 6 7 6 7 7 7 8 6 7 8 6 7 8 7 8 8 7 8 8 8 8

U: Unavailable. -:No reported cases.

*Mortality data in this table are voluntarily reported from 122 cities in the United States, most of which have populations of ≥100,000. A death is reported by the place of its occurrence and by the week that the death certificate was filed. Fetal deaths are not included.

† Pneumonia and influenza.

Because of changes in reporting methods in this Pennsylvania city, these numbers are partial counts for the current week. Complete counts will be available in 4 to 6 weeks.

† Total includes unknown ages.

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