

PROVIDER UPDATE

News from your local Health Department

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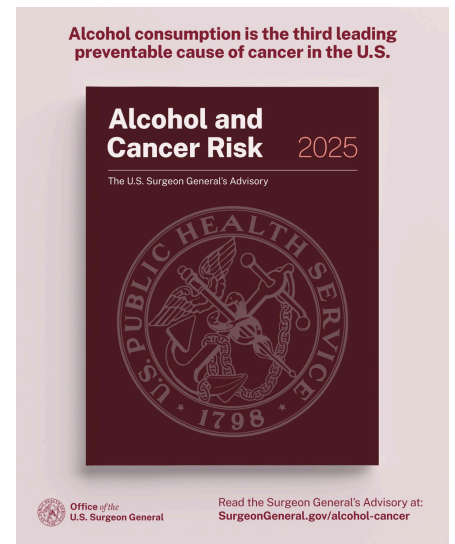
Alcohol and Cancer Risk: Key Insights from the Surgeon General's Advisory

A newly released advisory from the U.S. Surgeon General highlights the significant but underrecognized link between alcohol consumption and cancer risk. Alcohol use is the third leading preventable cause of cancer in the United States, following tobacco use and obesity. The advisory underscores that nearly 100,000 cancer cases and 20,000 cancer deaths annually are attributed to alcohol consumption. Despite these staggering statistics, fewer than half of U.S. adults are aware of the cancer risks associated with alcohol.

The Surgeon General's recommendations call for a multifaceted approach to address this public health concern. Proposed actions include updating health warning labels on alcoholic beverages to include cancer risk information, which would require congressional action. Public health initiatives should prioritize raising general awareness about the link between alcohol and cancer and promoting alcohol use as a modifiable risk factor.

In clinical settings, routine screening for alcohol consumption and patient education informing them about the link between alcohol use and increased cancer risk is recommended along with brief intervention and referral as needed.

These steps aim to empower individuals to make informed choices about their alcohol consumption.



800-432-4121
www.nwhealth.org



231-882-4409
www.bldhd.org



989-356-4507
www.dhd4.org

Radon Action Month



January is Radon Action Month. Northern Michigan Public Health Alliance (NMPHA) is using this month to educate about the dangers of radon gas.

Benzie-Leelanau District Health Department (BLDHD) and Health Department of Northwest Michigan (HDNW) are excited to participate in the "Give a Can, Get a Kit" initiative. Throughout January, the BLDHD, District Health Department #4 (offering kits for just \$5), and HDNW will have home radon test kits available. Donate a nonperishable food or toiletry item during our "Give a Can & Get a Kit" event, and you'll receive a home radon test kit for free! All donations collected this month will go to local food pantries.

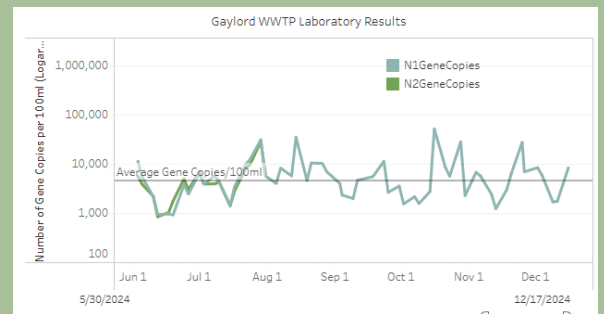
ELGE has created an interactive map that show [Michigan Indoor Radon Results](#).

Monitoring Public Health Through Wastewater Surveillance

Wastewater Surveillance: A Regional Public Health Resource

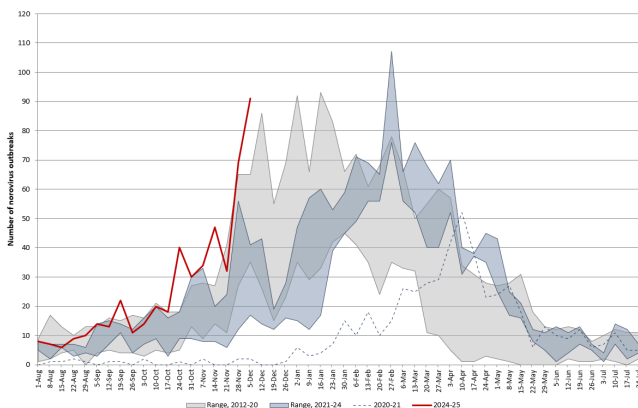
The Northern Michigan Regional Laboratory (NMRL) in Gaylord provides essential wastewater surveillance services for communities across Northern Michigan. This innovative program analyzes wastewater to monitor public health trends, including tracking SARS-CoV-2 levels. While conducted through the HDNW, the NMRL is a resource available to all regional partners.

The wastewater surveillance dashboard offers real-time data from various monitoring sites, serving as an early warning system for COVID-19 trends. This tool helps communities respond proactively to potential outbreaks, supporting health and preparedness across the region. Learn more at [NW Health](#).



www.nwhealth.org/northern-michigan-regional-laboratory/

Food Safety and Norovirus Prevention



www.cdc.gov/norovirus/php/reporting/norostat-data.html

Norovirus is a highly contagious virus that can cause vomiting, diarrhea, and stomach cramps. In Michigan, outbreaks often occur in places like restaurants and schools. To prevent norovirus and other foodborne illnesses, practice proper handwashing, avoid cross-contamination, and ensure food is cooked and stored at safe temperatures.

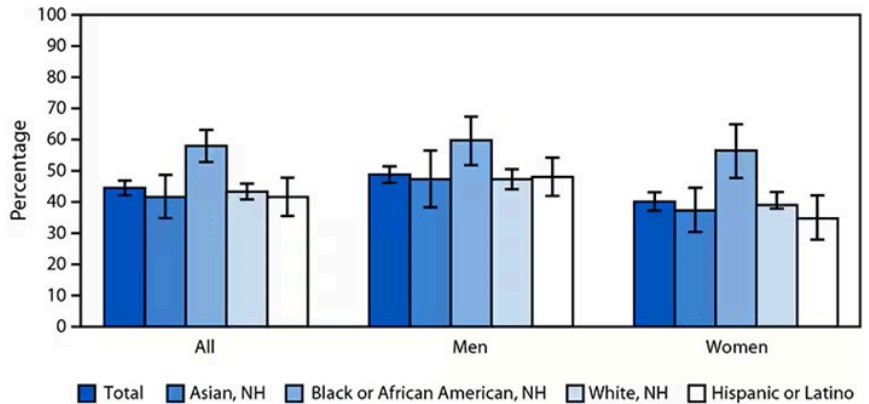
The data in the graph (left) includes Alabama, Colorado, Massachusetts, Michigan, Minnesota, Nebraska, New Mexico, North Carolina, Ohio, Oregon, South Carolina, Tennessee, Virginia, and Wisconsin through the [National Outbreak Reporting System \(NORS\)](#) by week of illness onset, 2012–2025.

Residents are encouraged to report suspected foodborne illnesses to local health departments. For more information, visit the [CDC food safety page](#).

Age-Adjusted Percentage of Adults Aged ≥18 Years with Hypertension, by Sex and Race and Ethnicity — United States, August 2021–August 2023

The CDC recently published updated data on hypertension prevalence among U.S. adults (August 2021–August 2023). The age-adjusted findings reveal significant disparities in hypertension rates across sex and racial/ethnic groups:

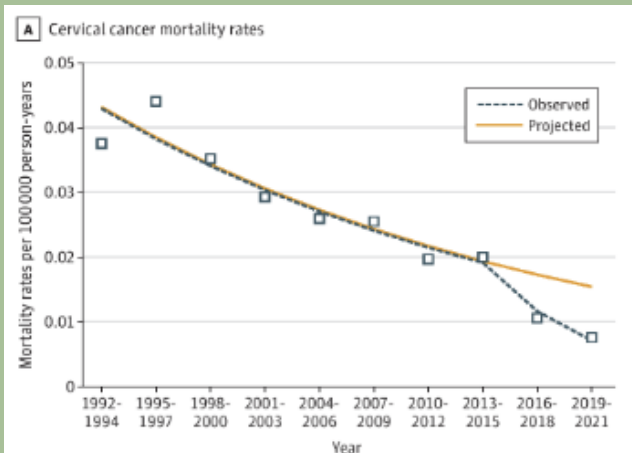
- Men have higher hypertension prevalence than women across most racial/ethnic categories.
- Black adults experience the highest rates of hypertension compared to other groups.



These statistics underscore the importance of equitable screening, treatment, and patient education efforts. Providers are encouraged to prioritize blood pressure management and address social determinants of health that may impact outcomes.

Explore the full data: [CDC Hypertension QuickStats](#)

Cervical Health



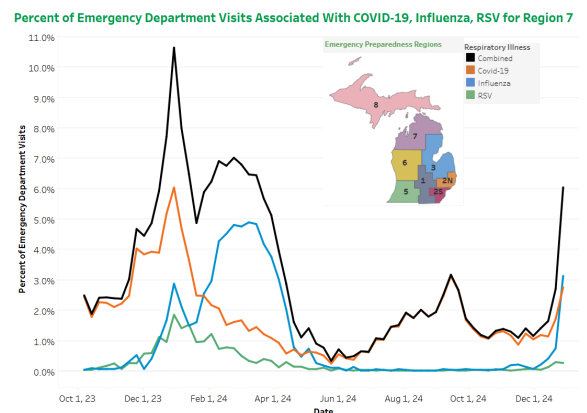
A recent study published in JAMA demonstrates a 62% reduction in cervical cancer deaths among young women under 25, likely attributed to the introduction of the HPV vaccine. This underscores the effectiveness of the HPV vaccine in preventing the HPV infections that most commonly lead to cervical cancer. The vaccine is most effective when administered before exposure to the virus, which is why it is recommended for all children at ages 11 or 12.

As healthcare providers, it's important to discuss the HPV vaccine with patients and parents, emphasizing its safety, effectiveness, and long-term protection. Encourage vaccination at the recommended age to ensure the highest level of protection. For additional resources and information about HPV vaccination, refer to the [CDC HPV Vaccination](#).

Respiratory Illness Tracker

With the recent spike in visits to the emergency department for [COVID-19](#) and [influenza cases](#), it's still important than ever to stay protected.

The COVID and influenza vaccines are the best defense against serious illness and is available for everyone aged six months and older. Keeping up to date with vaccines helps protect our community.

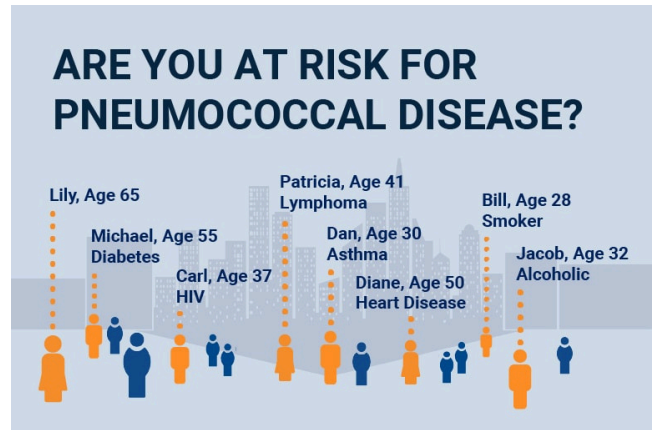


Routine Pneumococcal Vaccination Lowered from age 65 to 50

The CDC has updated its routine pneumococcal vaccination recommendations to include all adults aged 50 years and older, expanding eligibility to better protect against pneumococcal disease. This change aims to reduce the risk of severe illnesses like pneumonia, meningitis, and bloodstream infections among adults who may not yet qualify under traditional guidelines for those aged 65 and older.

Healthcare providers should now consider pneumococcal vaccination for all adults over age 50 as well as younger adults with underlying health conditions that increase their risk. This expanded guidance simplifies vaccination recommendations and broadens access to lifesaving protection.

CDC offers [PneumoRecs VaxAdvisor](#) as a free app to quickly and easily provide patient-specific pneumococcal vaccine guidance. There's also a web-based version that doesn't require a download.



Universal Hepatitis B Vaccination Now Recommended for Adults 19–59

The CDC's Advisory Committee on Immunization Practices (ACIP) recommends universal hepatitis B vaccination for all adults aged 19–59 years who did not previously receive the vaccine series. This updated guidance, published in the Morbidity and Mortality Weekly Report (MMWR), shifts from risk-based vaccination to a universal approach, aiming to better prevent hepatitis B virus (HBV) infections, which can lead to chronic liver disease and liver cancer. Adults aged 60 and older without known risk factors may also receive the vaccine based on shared clinical decision-making.

Providers are encouraged to implement universal hepatitis B vaccination in their practices to increase coverage and reduce the burden of HBV. This recommendation streamlines vaccination strategies, making it easier to protect individuals who might not be aware of their risk. For more details, refer to the full ACIP guidance in the [MMWR report](#).

2025 Immunization Schedules Now Available

Your child needs vaccines as they grow!
2025 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more? Visit this QR code to find out which vaccine your child might need. Or visit www2.cdc.gov/vaccines/imzapps/

VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS		
RSV antibody	Depends on mother's RSV vaccine status		Depends on child's health status													
Hepatitis B	Dose 1	Dose 2	Dose 3													
Rotavirus	Dose 1		Dose 2	Dose 3												
DTaP	Dose 1		Dose 2	Dose 3		Dose 4										Dose 5
Hib	Dose 1		Dose 2	Dose 3		Dose 4										
Pneumococcal	Dose 1		Dose 2	Dose 3		Dose 4										
Polio	Dose 1		Dose 2	Dose 3		Dose 4										
COVID-19	At least 1 dose of the current COVID-19 vaccine															
Influenza/Flu	Every year. Two doses for some children															
MMR	Dose 1										Dose 2					
Chickengox	Dose 1															
Hepatitis A	2 doses separated by 6 months															

KEY

- All children should be immunized at this age
- Some children should get this dose of vaccine or preventive antibody at this age

Talk to your child's health care provider for more guidance if:

- Your child has any medical condition that puts them at higher risk for infection.
- Your child is traveling outside the United States. Visit www.cdc.gov/travel for more information.
- Your child misses a vaccine recommended for their age.

www.cdc.gov/vaccines/imz-schedules/index.html

The 2025 immunization schedules, approved by the Advisory Committee on Immunization Practices (ACIP), are now available. These updated schedules provide the latest recommendations for vaccines across the lifespan, including changes to routine vaccinations for children, adolescents, and adults. Key updates ensure alignment with current evidence to optimize protection against preventable diseases.

Healthcare providers are encouraged to review the new schedules and incorporate them into their clinical practice. The schedules are designed to support timely and effective vaccination, contributing to the health and safety of individuals and communities. Access the 2025 immunization schedules on the [CDC website](#).

**Benzie-Leelanau District
Health Department**

**2020-2024
Communicable
Disease Report**

The table includes confirmed, probable, and suspect cases reported to LHD. Find more information about CD reporting at the [Health Care Professional’s Guide to Disease Reporting in Michigan](#)

Disease	2020	2021	2022	2023	2024
HIV/AIDS, Adult	0	1	1	3	0
Multisystem Inflammatory Syndrome	0	1	0	0	0
Novel Coronavirus COVID-19	1464	3783	3820	754	459
Campylobacter	3	11	8	14	15
Cryptosporidiosis	2	4	2	1	1
Giardiasis	0	2	1	1	5
Norovirus	0	0	22	2	1
Salmonellosis	6	6	5	8	9
Shiga toxin-producing Escherichia coli --(STEC)	0	1	3	2	3
Shigellosis	0	1	1	1	3
Yersinia enterocolitica	1	2	7	1	5
Flu Like Disease*	458	9	255	526	925
Influenza	9	14	142	76	112
Meningitis - Aseptic	2	2	2	1	5
Meningitis - Bacterial Other	0	0	2	0	2
Streptococcus pneumoniae, Inv	6	2	1	5	6
Blastomycosis	0	1	0	0	0
CPO	0	0	1	1	1
Candida auris	0	0	0	1	1
Coccidioidomycosis	0	2	0	4	3
Cryptococcosis	0	1	0	0	0
Cyclosporiasis	0	1	1	0	0
Gastrointestinal Illness	112	0	182	573	533
Guillain-Barre Syndrome	0	1	0	0	1
Head Lice	0	0	33	84	37
Histoplasmosis	0	1	2	1	4
Legionellosis	2	0	0	0	0
Strep Throat	4	0	29	237	132
Streptococcal Dis, Inv, Grp A	1	0	1	3	6
Tularemia	0	0	0	0	1
Vibriosis - Non Cholera	0	0	0	0	1
Rabies: Potential Exposure & PEP	10	11	5	11	4
Chlamydia (Genital)	43	68	55	49	32
Gonorrhea	5	17	11	10	5
Syphilis - Early Latent	2	0	0	0	0
Syphilis - Primary	0	0	0	1	0
Syphilis - Unknown Duration or Late	1	2	0	2	0
Latent Tuberculosis Infection	1	0	0	6	1
Nontuberculous Mycobacterium	1	1	4	2	0
Tuberculosis	1	0	0	0	0
Chickenpox (Varicella)	0	1	2	1	1
H. influenzae Disease - Inv.	1	1	2	2	1
Pertussis	0	0	0	1	5
Shingles	0	0	0	0	1
VZ Infection, Unspecified	1	5	1	3	6
Anaplasmosis	0	0	0	0	10
Babesiosis	0	0	1	1	1
Dengue Fever	0	0	0	1	1
Lyme Disease	18	49	32	47	43
Malaria	0	0	0	0	2
West Nile Virus	0	0	0	1	0
Hepatitis B, Chronic	0	0	1	1	2
Hepatitis C, Chronic	5	8	5	3	11

District Health
Department No. 4

2020-2024 Communicable Disease Report

The table includes confirmed, probable, and suspect cases reported to LHD. Find more information about CD reporting at the [Health Care Professional's Guide to Disease Reporting in Michigan](#)

Disease	2020	2021	2022	2023	2024
HIV/AIDS, Adult	1	1	1	2	0
Multisystem Inflammatory Syndrome	0	1	0	0	0
Novel Coronavirus COVID-19	2774	8997	5633	1835	1169
Campylobacter	12	10	13	6	16
Cryptosporidiosis	8	1	8	5	2
Giardiasis	8	4	4	1	6
Listeriosis	1	0	0	0	0
Norovirus	0	1	2	1	1
Salmonellosis	4	6	7	9	8
Shiga toxin-producing Escherichia coli --(STEC)	1	0	0	2	2
Shigellosis	0	0	2	0	1
Yersinia enteritis	1	2	2	0	0
Flu Like Disease*	52	0	49	0	37
Influenza	255	12	277	148	160
Meningitis - Aseptic	0	1	1	1	0
Meningitis - Bacterial Other	1	0	0	1	1
Streptococcus pneumoniae, Inv	8	1	12	13	8
Blastomycosis	1	1	2	3	1
CPO	1	3	2	1	3
Candida auris	0	0	0	0	1
Coccidioidomycosis	0	0	7	6	4
Creutzfeldt-Jakob Disease	0	0	0	0	1
Encephalitis, Primary	0	0	0	0	1
Gastrointestinal Illness	22	0	0	0	52
Guillain-Barre Syndrome	0	0	0	0	1
Head Lice	0	0	2	0	0
Histoplasmosis	0	2	7	5	8
Legionellosis	1	1	1	1	2
Q Fever Acute	1	0	0	0	0
Q Fever*	0	0	1	0	0
Staphylococcus Aureus Infect.*	2	1	0	0	0
Strep Throat	0	0	5	0	0
Streptococcal Dis, Inv, Grp A	0	3	0	11	12
Rabies Animal	1	0	0	0	1
Rabies: Potential Exposure & PEP	92	66	66	88	72
Chlamydia (Genital)	113	131	95	98	71
Gonorrhea	16	14	7	5	12
Syphilis - Primary	0	0	0	1	0
Syphilis -Secondary	1	0	1	0	2
Syphilis -Unknown Duration or Late	0	0	0	2	1
Latent Tuberculosis Infection	1	1	6	13	11
Nontuberculous Mycobacterium	2	5	10	7	3
Tuberculosis	0	1	2	0	1
Chickenpox (Varicella)	3	0	1	5	1
H. influenzae Disease - Inv.	1	1	4	3	4
Mumps	1	0	0	0	0
Pertussis	1	0	0	6	0
Shingles	0	1	1	0	1
VZ Infection, Unspecified	1	5	2	3	2
Dengue Fever	0	0	1	0	0
Ehrlichiosis, all types	0	0	0	0	1
Encephalitis, California Serogroup	0	1	0	0	1
Lyme Disease	4	3	6	12	9
Rickettsial Disease - Spotted Fever	0	1	0	0	0
Hepatitis B, Acute	2	0	1	0	0
Hepatitis B, Chronic	3	2	4	1	0
Hepatitis C, Acute	3	0	4	0	0
Hepatitis C, Chronic	40	24	17	20	22
Hepatitis E	0	0	0	1	0

Health Department of
Northwest Michigan

2020-2024
Communicable
Disease Report

The table includes confirmed, probable, and suspect cases reported to LHD. Find more information about CD reporting at the [Health Care Professional’s Guide to Disease Reporting in Michigan](#)

Disease	2020	2021	2022	2023	2024
HIV/AIDS, Adult	0	1	1	5	0
Multisystem Inflammatory Syndrome	1	0	0	0	0
Novel Coronavirus COVID-19	4102	12070	10534	2417	1741
Amebiasis	1	0	0	0	0
Campylobacter	32	16	17	27	26
Cryptosporidiosis	5	8	5	4	10
Giardiasis	7	13	6	3	15
Listeriosis	0	0	0	1	0
Norovirus	0	18	24	6	1
Salmonellosis	18	8	10	17	12
Shiga toxin-producing Escherichia coli --(STEC)	0	4	4	6	3
Shigellosis	0	2	0	2	4
Yersinia enteritis	2	1	6	0	7
Flu Like Disease*	5424	3913	8119	6518	5609
Influenza	24	12	307	201	310
Meningitis - Aseptic	0	0	1	2	3
Meningitis - Bacterial Other	0	0	2	1	2
Meningococcal Disease	0	0	0	1	0
Streptococcus pneumoniae, Inv	3	7	10	7	6
Blastomycosis	3	0	2	1	1
Brucellosis	0	0	1	0	0
CPO	2	0	1	2	4
Candida auris	0	0	0	1	0
Coccidioidomycosis	0	2	3	4	1
Creutzfeldt-Jakob Disease	1	0	0	1	0
Cyclosporiasis	0	1	2	2	0
Gastrointestinal Illness	67	37	10	133	48
Guillain-Barre Syndrome	0	0	0	0	1
Head Lice	140	123	101	129	129
Histoplasmosis	2	3	2	1	2
Kawasaki	0	1	0	0	0
Legionellosis	0	1	0	3	2
Q Fever Acute	0	0	0	2	0
Strep Throat	339	115	231	941	638
Streptococcal Dis, Inv, Grp A	1	3	3	12	5
Trachoma	0	0	0	1	0
Vibriosis - Non Cholera	0	1	0	0	0
Rabies Animal	1	0	1	1	0
Rabies: Potential Exposure & PEP	66	47	97	70	83
Chlamydia (Genital)	180	209	213	184	136
Gonorrhea	24	32	17	16	10
Syphilis - Early Latent	2	3	1	3	1
Syphilis - Primary	0	1	2	2	0
Syphilis - Secondary	0	1	0	2	1
Syphilis - Unknown Duration or Late	5	1	2	2	6
Latent Tuberculosis Infection	1	6	10	5	8
Nontuberculous Mycobacterium	4	8	3	1	3
Tuberculosis	0	2	0	0	0
Chickenpox (Varicella)	1	0	2	12	2
H. influenzae Disease - Inv.	1	1	4	3	1
Mumps	1	0	0	0	0
Pertussis	1	0	1	0	17
Shingles	10	8	2	2	1
VZ Infection, Unspecified	11	9	3	7	2
Babesiosis	0	1	0	0	0
Lyme Disease	2	2	4	32	34
Malaria	0	1	0	0	0
Hepatitis A	1	0	1	0	0
Hepatitis B, Acute	2	1	2	0	2
Hepatitis B, Chronic	3	4	5	5	1
Hepatitis C, Acute	3	2	1	1	1
Hepatitis C, Chronic	33	36	27	31	17
Hepatitis E	0	0	0	0	1



Dr. Joshua Meyerson serves as the Medical Director for three local health departments in northern Michigan: Health Department of Northwest Michigan, Benzie-Leelanau District Health Department, and District Health Department No. 4.