



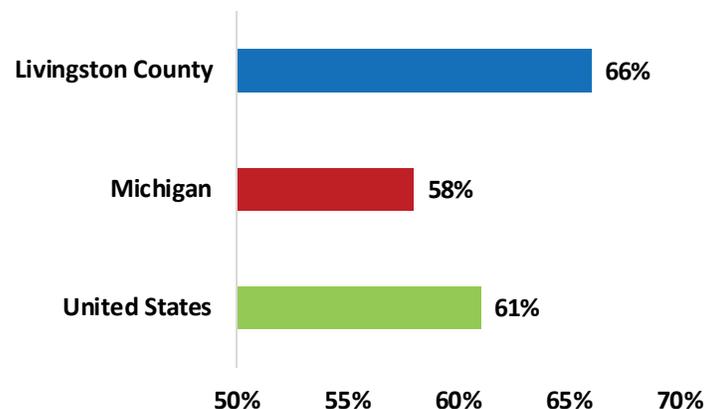
## Adult Immunizations

The Livingston County Department of Public Health recommends immunizations for all adults to help prevent contracting and spreading diseases. Vaccines are especially important for those with chronic conditions and suppressed immune systems who are more likely to develop complications from certain vaccine-preventable diseases. Many people are unaware that vaccines are still needed throughout one's adult life. Specifically, vaccination provides the best protection against influenza (the flu) and pneumonia in adults and is the first and most important step in preventing these contagious illnesses. The CDC also recommends everyday preventative actions (i.e. staying away from people who are sick, covering coughs and sneezes and frequent hand washing) to help slow the spread of germs that cause these respiratory illnesses.

### FLU:

Older adults are at a greater risk of serious complications from the flu when compared with young, healthy adults. This is due to the fact that human immune defenses become weaker with age. People with asthma, Chronic Obstructive Pulmonary Disease (COPD), or other conditions that affect the lungs have a higher risk of complication from the flu even if the condition is mild and symptoms are controlled. Flu is also a common cause of pneumonia. Persons with certain health conditions, like diabetes and asthma, are also more likely to develop bacterial pneumonia as a result of the flu. The CDC recommends that adults age 65 and older get a yearly flu vaccine. In 2014, 66% of Livingston County adults 65 years of age and older reported having been vaccinated against the flu in the past year. This rate was higher than the statewide rate of flu vaccinations (58%), as well as the national rate (61%) in the same year.

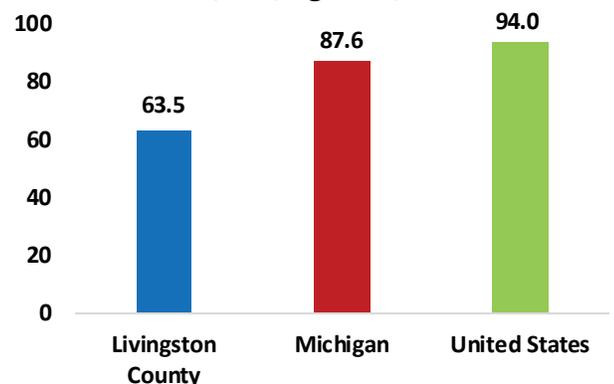
**Flu Vaccine, Age 65+, 2014**



### PNEUMONIA:

Pneumonia infections can often be prevented and can usually be treated. Each year in the United States, about one million people have to seek hospital care due to pneumonia, and about 50,000 people die from the disease. In 2014, the annual rate of pneumonia hospitalizations in Livingston County was 63.5 per 10,000 population. This is significantly less than the Michigan's pneumonia hospitalization rate (87.6 per 10,000), as well as the most recent national rate (94.0 per 10,000) in 2010.

**Pneumonia Hospitalization Rates per 10,000, Age 65+, 2014**



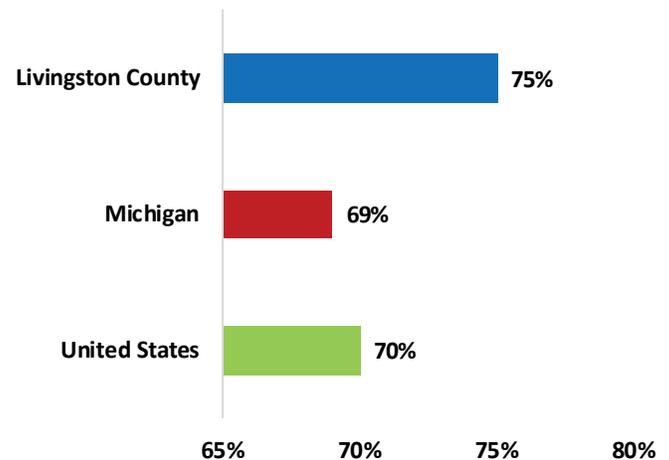


## Adult Immunizations

### PNEUMONIA (cont'd)

Most of the people affected by pneumonia in the United States are adults. Many of these deaths could be prevented with vaccines and appropriate treatment (such as antibiotics and antivirals). The CDC recommends two pneumococcal vaccines for adults 65 years or older. Adults should receive a dose of the pneumococcal conjugate vaccine (PCV13) first, followed by a dose of the pneumococcal polysaccharide vaccine (PPSV23) at least one year later. In 2014, 75 % of Livingston County adults 65 years of age and older reported having been vaccinated against pneumonia in the past year (dose type was not reported).

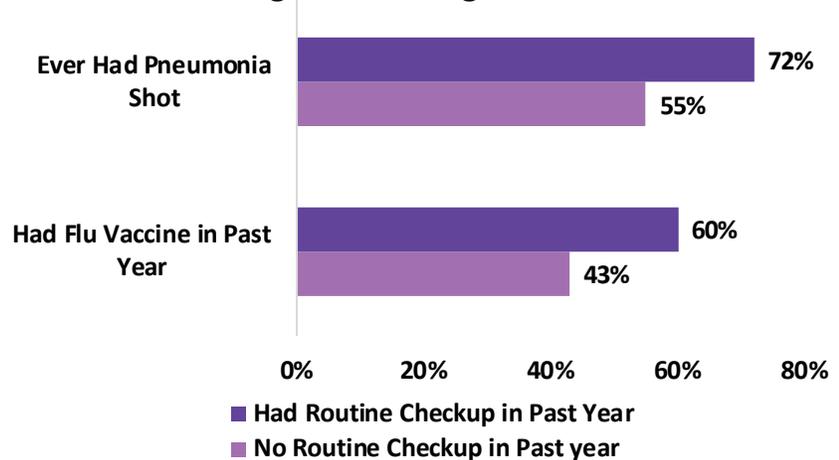
Self Reported Pneumonia Vaccine, Age 65+, 2014



### IMMUNIZATION OPPORTUNITY: ROUTINE CHECK UP

Regular health exams and tests are important for an individual's preventative health, which includes proper immunization practices. During routine checkups, patients and their primary care physicians discuss how to improve one's health and prevent disease. Patients may receive recommended tests or immunizations during this visit. Depending on a patient's health and personal risk factors, the immunizations schedule may differ from the standard recommendations. In Livingston County, it is estimated that 86 % of adults 65 years of age and older had a routine checkup within the past year, which is slightly lower than the 88% of Michigan adults of the same age range in 2014.

Immunizations By Routine Checkup Status, Age 65+, Michigan, 2014



Michigan adults who had a routine checkup within the past year were more likely to have also had a flu vaccine within the past year (65+ years) [60% vs. 43%], and to have ever had a pneumonia vaccine (65+ years) [72% vs. 55%] when compared to adults who had not had a routine checkup within the past year. Based on statewide experiences between routine checkups and immunizations for adults aged 65+, Livingston County rates for the same age group should at least mirror the statewide statistics.

If you would like more information or to leave feedback, please visit: <https://www.surveymonkey.com/r/LivHealthFeedback>

Sources: 2014 Livingston BRFSS; 2014 MiBRFSS; 2014 BRFSS; Centers for Disease Control and Prevention; American Lung Association, Trends in Influenza and Pneumonia

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