

Utah Health Status Update

KEY FINDINGS

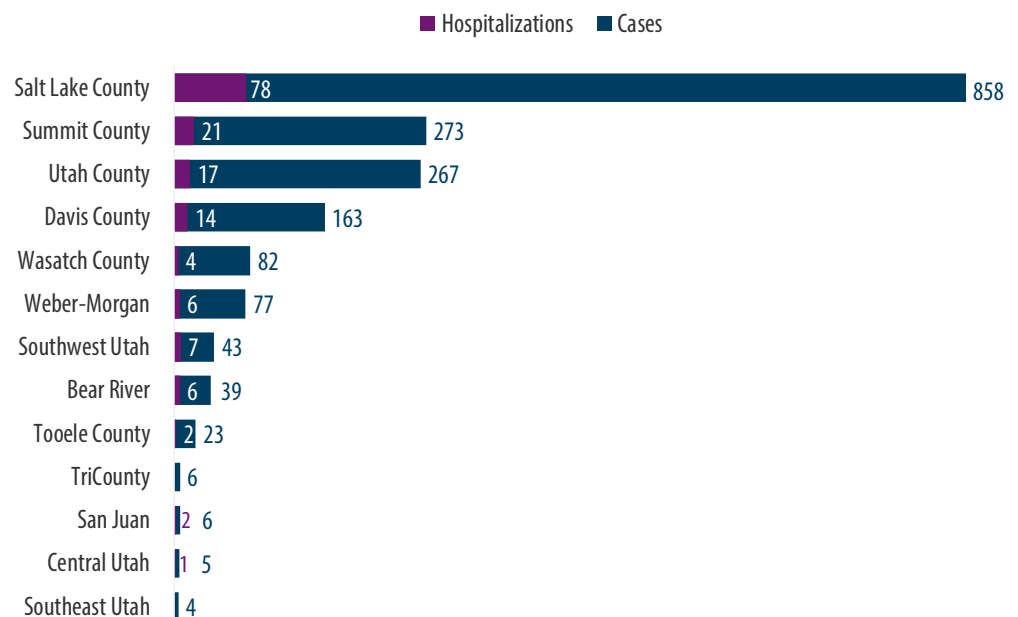
- As of April 8, 2020, the majority of COVID-19 cases in Utah are in Salt Lake County with 858 positive cases, followed by Summit County with 273, Utah County with 267, and Davis County with 163 positive cases (Figure 1).
- Central, Southeast, and TriCounty local health districts have the fewest known cases.
- The Utah Department of Health recommends anyone with symptoms consistent with COVID-19 infection including fever, cough, or shortness of breath (Figure 2) notify healthcare providers before visiting a healthcare practice.
- The first COVID-19 related death in Utah was reported March 22, 2020. As of April 8, 2020, a total of 13 fatalities have been reported as a result of COVID-19 related illness.

COVID-19 Outbreak in Utah

In December 2019, the Utah Department of Health (UDOH) epidemiology staff began tracking a reported outbreak of the novel coronavirus (now known as COVID-19) in Wuhan, China. While most cases of the newly identified virus appeared to be mild, it quickly became clear that the elderly and persons with underlying medical conditions were experiencing severe complications and high rates of death. As cases began spreading from Wuhan throughout China and to other countries, the UDOH staff ramped up their efforts. The Bureau of Epidemiology (BOE) and Emergency Medical Services and Preparedness (BEMSP), along with the Utah Public Health Laboratory, stood up an Incident Command Structure and had their first coordination meeting on January 21, 2020. Health department staff began developing guidance documents, bringing in COVID-19 testing at the Utah Public Health Laboratory, ensuring health care systems and facilities were prepared, and creating educational messages for the public. The UDOH has been coordinating closely with local health departments in Utah, health care systems, first responders, and others to ensure a comprehensive and effective response.

Total Number of Lab-confirmed COVID-19 Cases in Utah

Figure 1. As of April 08, 2020, 1,846 confirmed cases and 158 hospitalizations have been reported in Utah.



Source: <https://coronavirus.utah.gov/case-counts/>

Feature Article Continued

Initial surveillance efforts were focused on preventing travel-associated cases. The UDOH staff monitored travelers returning from China for several weeks, and also assisted in federal efforts to repatriate Utah residents who were on affected cruise ships. The first cases in Utah were residents who traveled to countries experiencing COVID-19 outbreaks, or tourists visiting Utah from affected areas. The first community-acquired case was identified Friday, March 13, in a Summit County resident. Summit County has been hit particularly hard, likely due to the large number of tourists who visit the area. On Sunday, March 22, the first COVID-19 related death in Utah was reported. The most recent Utah COVID-19 case data are available at: <https://coronavirus.utah.gov/latest>.¹

COVID-19 Symptom Checker

Figure 2. The Utah Department of Health has developed some community interventions with infographics to help Utahns identify symptoms that are common with COVID-19 versus symptoms from a cold or flu.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common* <small>(usually dry)</small>	Mild	Common* <small>(usually dry)</small>
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Sometimes	Common	Common
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

CORONAVIRUS UTAH.GOV Utah Coronavirus Information Line 1-800-456-7707

Source: Utah Department of Health

Over the past several weeks, the situation in Utah has been changing rapidly, necessitating flexible response efforts. On March 9, the UDOH announced that a patient infected with COVID-19 had attended the February 22 BYU vs. Gonzaga basketball game and on

March 11, a Utah Jazz player tested positive for COVID-19 shortly before tip-off of the Jazz vs. Oklahoma City Thunder basketball game. Subsequently, the remainder of the NBA season was postponed. Since then, a number of dramatic measures to prevent the spread of COVID-19 were enacted in the state, including the closure of schools, restaurants and bars, and other public places, as well as the implementation of voluntary isolation and quarantine measures. These types of interventions have not been seen in Utah since the 1918 influenza pandemic.

Health Education for Action Against COVID-19

Figure 3. The Utah Department of Health has developed infographics for reducing public risk of contracting and spreading COVID-19 in response to the outbreak.

Reduce Your Risk of Coronavirus

- Clean**: your hands with soap and water or alcohol-based sanitizer
- Avoid**: close contact with anyone who has flu-like symptoms
- Cover**: your mouth and nose when coughing or sneezing. Use a tissue or into your upper sleeve, not your hands

If you develop a cough, fever, or difficulty breathing and have been exposed to someone with COVID-19 or have been to an area with ongoing spread of COVID-19, contact your healthcare provider. Call ahead to let your healthcare provider know about your symptoms and exposure.

Source: Utah Department of Health

Current public health response efforts include rapid identification and isolation of laboratory-confirmed cases, tracing and quarantine of case contacts, as well as providing education to the public about preventing the spread of the disease (Figure 3). It is hoped these aggressive and unprecedented response efforts, combined with community interventions, will be successful in blunting the impact of the outbreak on the Utah population. However, we are at the beginning of the outbreak, so the impact COVID-19 will have on the Utah population remains to be seen.

1. Utah Department of Health COVID-19 website: <https://coronavirus.utah.gov/latest/>. Retrieved on 08 April 2020.

COVID-19 Website and Additional Resources

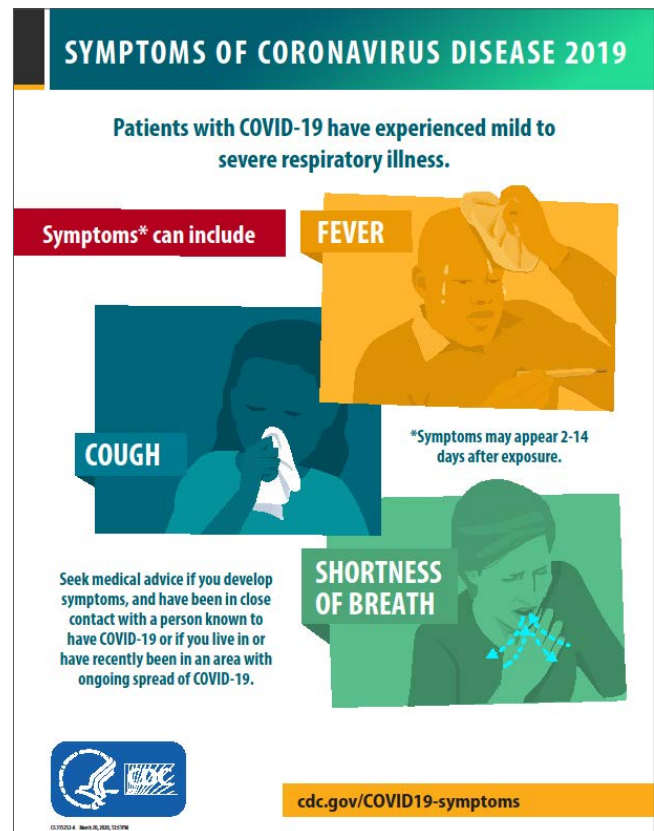
All the latest Utah updates for COVID-19 can be found at <https://coronavirus.utah.gov>, a website launched by the Utah Department of Health.¹ The site includes case counts, the number of deaths due to COVID-19, the number of Utahns tested and hospitalized for the disease, as well as the latest information about statewide public health measures to limit the spread of COVID-19 in Utah. There are a number of links with resources for:

- **Businesses**—social distancing practices for businesses, tips for cleaning workspaces, and preventing employees from getting sick.
- **Education**—guidance for school dismissals and closures, updates from higher education schools in Utah.
- **General Public**—information about the virus, symptoms, prevention guidance, and what to do if you think you might have COVID-19.
- **Healthcare providers**—guidance for collecting, handling, and testing clinical specimens; guidance for management of patients with COVID-19; informational posters for clinical settings, etc.

The COVID-19 website also includes information about how to donate and volunteer to assist during the outbreak, [frequently asked questions](#) about COVID-19, links to [preparedness resources](#), [CDC updates](#) (Figure 1), informational videos, and much more.

CDC Prevention Resources in Response to the COVID-19 Pandemic

Figure 1. The Utah Department of Health COVID-19 website shares resources from the Centers for Disease Control and Prevention on disease prevention, proper sanitation methods, and details of symptoms.



Source: Centers for Disease Control and Prevention, <https://coronavirus.utah.gov/cdc-updates>

1. Utah Department of Health COVID-19 website: <https://coronavirus.utah.gov/>. Retrieved on 08 April 2020.

Monthly Health Indicators

Monthly Report of Notifiable Diseases, February 2020	Current Month # Cases	Current Month # Expected Cases (5-yr average)	# Cases YTD	# Expected YTD (5-yr average)	YTD Standard Morbidity Ratio (obs/exp)
Campylobacteriosis (<i>Campylobacter</i>)	19	31	52	65	0.8
COVID-19 (SARS-CoV-2)	Cases updated at https://coronavirus.utah.gov/case-counts/ .				
Shiga toxin-producing <i>Escherichia coli</i> (<i>E. coli</i>)	38	4	46	7	6.6
Hepatitis A (infectious hepatitis)	1	7	1	7	0.1
Hepatitis B, acute infections (serum hepatitis)	0	1	0	1	0.0
Influenza*	Weekly updates at http://health.utah.gov/epi/diseases/influenza .				
Meningococcal Disease	0	0	0	0	--
Pertussis (Whooping Cough)	7	25	23	52	0.4
Salmonellosis (<i>Salmonella</i>)	16	21	35	47	0.7
Shigellosis (<i>Shigella</i>)	6	4	12	8	1.5
Varicella (Chickenpox)	16	20	30	47	0.6
Quarterly Report of Notifiable Diseases, 4th Qtr 2019	Current Quarter # Cases	Current Quarter # Expected Cases (5-yr average)	# Cases YTD	# Expected YTD (5-yr average)	YTD Standard Morbidity Ratio (obs/exp)
HIV/AIDS†	31	28	127	124	1.0
Chlamydia	2,652	2,354	11,049	9,392	1.2
Gonorrhea	759	546	2,847	2,107	1.4
Syphilis	33	26	137	99	1.4
Tuberculosis	8	7	27	27	1.0
Medicaid Expenditures (in Millions) for the Month of February 2020	Current Month	Expected/ Budgeted for Month	Fiscal YTD	Budgeted Fiscal YTD	Variance over (under) Budget
Mental Health Services	\$ 22.3	\$ 22.4	\$ 125.6	\$ 127.11	\$ (1.5)
Inpatient Hospital Services	25.3	25.4	118.7	120.2	(1.5)
Outpatient Hospital Services	5.3	5.6	29.1	30.9	(1.7)
Nursing Home Services	50.6	50.9	200.9	202.5	(1.6)
Pharmacy Services	12.6	12.4	81.0	82.4	(1.3)
Physician/Osteo Services‡	5.1	5.2	38.3	39.9	(1.6)
Medicaid Expansion Services	64.5	64.3	323.3	324.5	(1.3)
TOTAL MEDICAID	403.1	401.1	2,113.9	2,115.5	(1.7)

|| Updates for COVID-19 can be found at <https://coronavirus.utah.gov>. This includes case counts, deaths, number of Utahns tested for disease, and latest information about statewide public health measures to limit the spread of COVID-19 in Utah.

* Influenza is circulating but still considered low severity across Utah. Both influenza B (58%) and influenza A (42%) are currently being detected, with the majority of influenza A viruses being H1N1 subtype. Hospitalizations have continued to increase with 54 being reported so far, which is normal for this time of year. More information and weekly reports can be found at <http://health.utah.gov/epi/diseases/influenza>.

† Diagnosed HIV infections, regardless of AIDS diagnosis.

Notes: Data for notifiable diseases are preliminary and subject to change upon the completion of ongoing disease investigations. Active surveillance for West Nile Virus will start in June for the 2020 season.

Monthly Health Indicators

Program Enrollment for the Month of February	Current Month	Previous Month	% Change§ From Previous Month	1 Year Ago	% Change§ From 1 Year Ago
Medicaid	292,952	290,842	+0.7%	265,267	+10.4%
CHIP (Children's Health Ins. Plan)	16,814	17,048	-1.4%	17,766	-5.4%
Commercial Insurance Payments#	Current Data Year	Number of Members	Total Payments	Payments per Member per Month (PMPM)	% Change§ From Previous Year
Medical	2018	10,355,207	\$ 3,146,492,372	\$ 303.86	-0.9%
Pharmacy	2018	8,195,234	543,507,290	66.32	+3.6%
Annual Community Health Measures	Current Data Year	Number Affected	Percent \ Rate	% Change§ From Previous Year	State Rank** (1 is Best)
Obesity (Adults 18+)	2018	618,400	27.8%	+10.1%	13 (2018)
Child Obesity (Grade School Children)	2018	38,100	10.6%	+11.6%	n/a
Cigarette Smoking (Adults 18+)	2018	200,100	9.0%	+0.9%	1 (2018)
Vaping, Current Use (Grades 8, 10, 12)	2019	37,100	12.4%	+11.3%	n/a
Binge Drinking (Adults 18+)	2018	236,700	10.6%	-7.7%	1 (2018)
Influenza Immunization (Adults 65+)	2018	182,300	52.0%	-7.1%	16 (2018)
Health Insurance Coverage (Uninsured)	2018	300,300	9.5%	-3.1%	n/a
Motor Vehicle Traffic Crash Injury Deaths	2018	239	7.6 / 100,000	-16.2%	8 (2018)
Drug Overdose Deaths Involving Opioids	2018	404	12.8 / 100,000	-0.9%	24 (2018)
Suicide Deaths	2018	665	21.0 / 100,000	-1.5%	46 (2018)
Unintentional Fall Deaths	2018	262	8.3 / 100,000	+14.8%	31 (2018)
Traumatic Brain Injury Deaths	2018	604	19.1 / 100,000	-6.5%	28 (2018)
Asthma Prevalence (Adults 18+)	2018	205,500	9.2%	+3.6%	21 (2018)
Diabetes Prevalence (Adults 18+)	2018	185,900	8.3%	+17.5%	12 (2018)
High Blood Pressure (Adults 18+)	2017	532,900	24.5%	+3.8%	3 (2017)
Poor Mental Health (Adults 18+)	2018	418,300	18.8%	+3.1%	20 (2018)
Coronary Heart Disease Deaths	2018	1,624	51.4 / 100,000	-5.8%	4 (2018)
All Cancer Deaths	2018	3,262	103.2 / 100,000	+1.3%	1 (2018)
Stroke Deaths	2018	919	29.1 / 100,000	+1.6%	24 (2018)
Births to Adolescents (Ages 15-17)	2018	363	4.9 / 1,000	-15.3%	10 (2018)
Early Prenatal Care	2018	35,975	76.2%	-1.0%	n/a
Infant Mortality	2018	255	5.4 / 1,000	-7.0%	24 (2017)
Childhood Immunization (4:3:1:3:3:1:4)††	2018	36,400	72.0%	+5.9%	22 (2018)

‡ Medicaid payments reported under Physician/Osteo Services does not include enhanced physician payments.

§ Relative percent change. Percent change could be due to random variation.

Figures subject to revision as new data is processed.

** State rank based on age-adjusted rates where applicable.

†† Data from 2018 NIS for children aged 24 months (birth year 2016).