

MORBIDITY AND MORTALITY

WEEKLY REPORT

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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 \geq 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.nhlbi.nih.gov/guidelines/cholesterol>*, http://www.nhlbi.nih.gov/guidelines/cholesterol>*, http://www.nhlbi.nih.gov/guidelines/cholesterol>*, http://www.nhlbi.nih.gov/guidelines/cholesterol>*, http://www.nhlbi.nih.gov/guidelines/cholesterol>*.

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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.

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 \geq 20 years with total blood cholesterol levels of \geq 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 \geq 18 years. For this report, BRFSS data from 1991, 1993, 1995, 1997, and 1999 were analyzed for 412,322 persons aged \geq 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.

Trends in High Blood Cholesterol - Continued

					(% point change	
Area	1991*	1993 ⁺	1995 ^s	1997¶	1999**	1991 to 1999	(95% Cl ⁺⁺)
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		(-2.9- 3.2)
Connecticut	27.4	29.0	24.8	23.2	26.7		(-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	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		(-6.4- 0.3)
Idaho	25.3	29.1	26.9	28.4	28.1		(-0.2- 5.7)
Illinois	27.1	27.8	26.6	31.7	29.6	2.5	(-1.2-6.3)
Indiana	27.2	30.3	29.6	27.6	30.3		(-0.1- 6.3)
lowa	24.3	28.2	27.4	26.5	28.5		(1.0- 7.5)
Kansas	NA	31.5	31.0	26.1	25.8	NA	(110 /10/
Kentucky	29.5	31.3	29.1	29.0	31.1		(-1.2- 4.5)
Louisiana	25.4	26.6	25.9	26.4	26.2		(-2.9- 4.5)
Maine	26.3	27.4	28.9	31.1	29.9	3.6	(-0.3- 7.5)
Maryland	24.8	26.6	25.2	28.3	29.5	4.7	(1.8– 7.7)
Massachusetts	26.5	27.9	31.0	24.6	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		(-3.4-4.7)
Nebraska	23.9	26.2	26.9	28.6	25.7		(-1.6- 5.2)
Nevada	23.3 NA	31.6	28.8	26.7	33.7	NA	(-1.0- 5.2)
New Hampshire	29.5	29.3	26.8	30.6	32.0		(-1.5- 6.6)
New Jersey	23.3	27.8	24.9	27.3	25.4	0.7	(-2.5- 3.8)
New Mexico	22.3	28.8	24.3	27.3	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	24.9	30.6	23.5	28.0	28.3	2.3	(-1.1- 5.8)
Ohio	23.4	27.0	27.3	26.0	31.0		(3.7–11.4)
Oklahoma	26.4	27.0	27.2	20.0	20.5		(-9.1-[-2.6])
Oregon	26.1	27.5	27.2	30.3	26.5	-5.8	(-2.6- 3.4)
Pennsylvania	25.6	26.2	27.5	24.3	26.1		(-2.2- 3.2)
Rhode Island	28.1	26.8	20.0	24.3	20.1	-0.8	(-2.2- 3.2)
South Carolina	27.2	20.8	26.5	27.3	27.3	-0.9	(-3.8- 2.1)
South Dakota	27.2	25.7	20.5	23.9	20.3		(-3.6- 2.1)
Tennessee	24.1	23.7	25.2	24.3	27.1	3.0 4.1	(1.4– 6.8)
Texas	24.0	28.4	33.4	28.4	20.1	3.3	(0.1- 6.5)
Utah	26.5	28.2	23.0	26.4	29.7		(-0.3- 6.1)
	24.8	26.2	23.0	26.7	27.7	-2.5	(-0.3- 0.1) (-5.7- 0.8)
Vermont	28.7 31.0	26.1	27.5	24.8 29.3	26.2 31.0	-2.5	(-3.4- 3.3)
Virginia	26.5	27.3	29.1	29.3 24.7	26.8	0.0	(-3.4- 3.3) (-2.5- 3.2)
Washington							:
West Virginia	29.6	32.0	29.7	29.8	34.2		
Wisconsin	26.4 NA	31.4 NA	28.9	25.0	29.4 29.5	3.0	(-0.7- 6.7)
			27.2	29.0		NA 20	(25 24)
Total ^{§§}	25.7	28.3	27.8	27.6	28.6	2.9	(2.5– 3.4)

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

* Sample sizes for individual states ranged from 686 to 2387 adults aged ≥20 years who had their cholesterol screened in 1991.
 * 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 200 to 5274 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.
 ¹¹ Confidence interval.
 ⁵⁵ Includes 47 states with complete data from 1991 to 1999.

Trends in High Blood Cholesterol — Continued

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

					9	% point chang	е
Characteristic	1991	1993	1995	1997	1999 -	1991–1999	(95% Cl⁺)
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)
<u>≥</u> 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)
Sex⁵							
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)

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

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

[†] Confidence interval.

[§] Age-standardized to the 2000 population.

¹Numbers for other race groups were too small for meaningful analysis.

Trends in High Blood Cholesterol — Continued

programs to increase awareness of cholesterol levels, increased counseling by healthcare 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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^{*}All *MMWR* references are available on the Internet at <http://www.cdc.gov/mmwr>. Use the search function to find specific articles.

Trends in High Blood Cholesterol — Continued

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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 \geq 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

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 ^{§§}					
<u>≤</u> 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)

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

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

⁺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).

⁸⁹ 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).</p>

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.

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 IgM 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 casefatality 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.

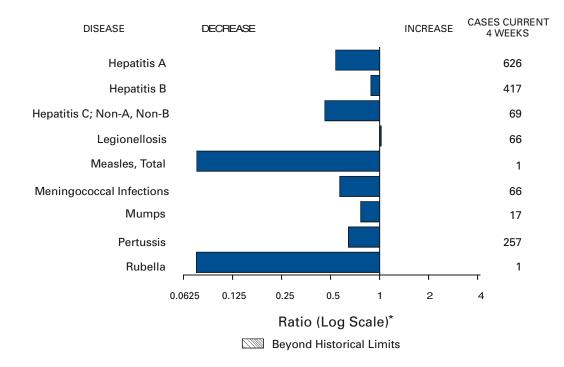


FIGURE I. Selected notifiable disease reports, United States, comparison of provisional 4-week totals ending September 1, 2001, with historical data

* 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.

		Cum. 2001		Cum. 2001
Anthrax		-	Poliomyelitis, paralytic	-
Brucellosis [†]		53	Psittacosis [†]	9
Cholera		3	Q fever [†]	15
Cyclosporiasis	5 [†]	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 [¶]	161
	St. Louis [†]	1	Tetanus	17
	western equine [†]	-	Toxic-shock syndrome	82
Hansen diseas	se (leprosy)†	51	Trichinosis	14
Hantavirus pu	Ilmonary syndrome [†]	5	Tularemia [†]	71
	mic syndrome, postdiarrheal [†]	76	Typhoid fever	170
HIV infection,	pediatric ^{†§}	98	Yellow fever	-
Plague	•	2		

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

-: 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. ¹Updated from reports to the Division of STD Prevention, NCHSTP.

	AT	ne	0	nudio	Currente	noridicala	NICT		<i>coli</i> O157:H	
	Cum.	DS Cum.	Cum.	nydia ^s Cum.	Cum.	poridiosis Cum.	NET Cum.	Cum.	Cum.	LIS Cum.
Reporting Area UNITED STATES	2001 [¶] 19,145	2000 26,250	2001 449,858	2000 463,520	2001 1,422	2000 1,534	2001 1,565	2000 2,925	2001 1,343	2000 2,552
NEW ENGLAND Maine N.H. Vt. Mass. R.I. Conn.	746 20 17 10 411 53 235	1,420 25 25 27 890 62 391	14,977 668 809 399 6,857 1,942 4,302	15,576 965 678 358 6,616 1,700 5,259	69 11 4 25 22 3 4	84 13 11 18 27 2 13	164 21 24 11 84 9 15	2,620 260 18 23 27 123 11 58	157 22 21 5 77 7 25	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. 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 15	158 21 46 22 9 9 43 8	251 92 50 33 12 18 32 14	421 101 118 85 14 35 50 18	233 98 39 49 21 19 - 7	421 127 109 77 16 40 40 12
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 30 6 26 9 13 10	217 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 15 140 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 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 - - 54 8 12 24 1	213 26 9 77 14 27 50 10
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 U	N 1 - U -	N 5 U U	U U U U U	U U U U U

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

N: Not notifiable.
U: Unavailable.
N: 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).
I Chamydia 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.

	Gono	rrhea	Hepatit Non-A, N		Legione	llosis	Listeriosis		rme ease
Reporting Area	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2000	Cum. 2001	Cum. 2001	Cum. 2000
UNITED STATES	207,338	233,931	2,323	2,205	606	658	292	6,829	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 3 15 3	32 2 2 16 1	1,989 88 409 233	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 16 2	379 83 16 1 279	666 46 19 33 21 547
W.N. CENTRAL Minn. Iowa Mo. N. Dak. S. Dak. S. Dak. Nebr.	9,762 1,375 428 5,364 19 186 695	11,575 2,131 804 5,636 44 194 959	472 7 455 - 3	398 5 1 382 - - 3	40 9 15 1 3 5	44 3 11 21 - 2 3	9 - 5 - 1	248 202 24 17 - 3	178 99 21 41 - 3
Kans. S. ATLANTIC Del.	1,695 53,225 1,122	1,807 61,002 1,120	7 81 -	7 67 2	1 132 3	4 108 5	3 50	2 585 31	14 834 163
Md. D.C. Va. W. Va. N.C. S.C. Ga. Fla.	4,231 1,644 7,019 423 11,257 5,344 9,248 12,937	6,271 1,649 6,666 440 12,173 5,572 11,741 15,370	14 - 9 16 5 - 37	8 3 13 13 1 3 21	27 7 18 N 7 6 9 55	40 - 19 N 9 4 6 25	9 - 9 5 2 4 7 14	379 8 98 10 27 3 - 29	495 3 103 22 35 3 - 10
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 - 10	40 - 2 4 11 2 11 7 3	25 1 4 - 8 1 6 5 -	26 - 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 72 2 N	79 5 66 2 N
Guam P.R. V.I. Amer. Samoa C.N.M.I.	399 6 U 7	34 352 - U U	1 - -	2 1 - U U	2 - - -	- 1 - U U	- - - -	N U U	- N - U U

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

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).

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

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

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).

	NET	Shige		HLIS		philis k Secondary)	Tubo	rculosis
F	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.	Cum.	Curosis
	2001	2000	2001	2000	2001	2000	2001	2000
UNITED STATES NEW ENGLAND	10,648 185	14,589 274	5,227 172	8,183 263	3,721 37	4,099 55	7,908 290	9,408 286
Maine	6	8	2	11	-	1	7	12
N.H. Vt.	4 7	4 3	2 2	7	1 2	1 -	11 2	15 4
Mass. R.I.	131 15	199 19	116 19	179 22	19 7	38 4	164 24	168 25
Conn.	22	41	31	44	8	11	82	62
MID. ATLANTIC	933	1,890	582	1,209	314	190	1,555	1,539
Upstate N.Y. N.Y. City	378 258	526 776	93 267	177 514	19 161	7 81	221 811	209 823
N.J. Pa.	146 151	398 190	157 65	332 186	77 57	46 56	337 186	359 148
E.N. CENTRAL	2,770	3,011	1,331	871	616	866	832	920
Ohio Ind.	1,948 153	232 1,133	923 28	206 129	58 111	55 257	142 66	198 87
III. ⁻	271	855	204	2	160	298	406	430
Mich. Wis.	202 196	544 247	156 20	491 43	269 18	217 39	171 47	146 59
W.N. CENTRAL	1,051	1,621	851	1,375	50	48	303	339
Minn. Iowa	286 316	518 361	341 261	594 260	21 1	8 10	158 18	108 25
Mo. N. Dak.	199 20	505 12	140 21	356 21	11	25	91 3	129 2
S. Dak.	122	4	59	3	-	-	8	13
Nebr. Kans.	54 54	76 145	- 29	61 80	2 15	2 3	25	14 48
S. ATLANTIC	1,583	1,871	51 <u>7</u>	701	1,331	1,351	1,618	1,937
Del. Md.	7 106	12 134	7 57	15 73	8 162	7 201	9 141	10 169
D.C. Va.	42 202	41 311	U 110	U 238	28 76	29 95	51 162	16 188
W. Va.	8	4	8	3	-	3	21	21
N.C. S.C.	245 202	124 95	125 91	95 68	307 178	353 143	236 134	257 186
Ga. Fla.	154 617	167 983	91 28	134 75	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 75	52 278	30 215	59 358	78 192	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	20 714	712	478	560	712	1,404
Ark.	415	147	155	43 125	26 100	75 150	100	143
La. Okla.	32	199 77	132 15	30	48	82	100	122 109
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 12	78 21	56 29
N. Mex. Ariz.	79 284	87 290	45 137	63 194	13 111	130	115	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. Alaska	1,241 5	1,717 7	- 1	1,757 3	269	220	1,431 31	1,649 74
Alaska Hawaii	49	26	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.	-	-	Ŭ	Ŭ	-	-	-	-
Amer. Samoa C.N.M.I.	U 4	U U	U U	U U	U -	U U	U 20	U U
N: Not notifiable	U·Unav	بمنامهام	- No repo					

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

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).

	H. influ	H. influenzae, Hepatitis (Viral), By Type						CCN/	Meas	les (Rubec	ola)	
	Inva	sive	Α		В		Indige		Impo	rted⁺	Tota	
Reporting Area	Cum. 2001 [§]	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	77 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
Mass.	34	32	146	100	-	10	-	2	-	1	3	3
R.I. Conn.	3 13	2 15	26 161	16 106	17 24	14 30	-	- 1	-	-	- 1	-
MID. ATLANTIC	131	162	667	949 151	657	814 86	-	4 1	-	10 4	14 5	21
Upstate N.Y. N.Y. City	52 34	65 44	170 204	329	93 312	399	-	2	-	1	3	10 10
N.J. Pa.	30 15	31 22	159 134	178 291	64 188	127 202	-	- 1	-	1 4	1 5	- 1
E.N. CENTRAL	124	135	671	1,133	602	486	-	-	-	10	10	7
Ohio Ind.	52 36	41 22	164 63	188 51	79 35	77 36	-	-	-	3	3 4	2
III. Mich.	10 7	46 9	183 222	505 328	100 388	84 266	-	-	-	3	3	3 2
Wis.	19	17	39	61	-	23	-	-	-	-	-	-
W.N. CENTRAL Minn.	46 25	46 23	274 24	541 152	128 13	203 26	-	4 2	-	-	4 2	1 1
lowa Mo.	- 13	- 15	25 72	54 226	16 67	20 104	-	2	-	-	2	-
N. Dak. S. Dak.	6	2	2 1	2	- 1	2 1	-	-	-	-	-	-
Nebr. Kans.	1 1	3 3	28 122	23 84	17 14	30 20	U -	-	U -	-	-	-
S. ATLANTIC	271	202	1,507	900	896	800	-	4	-	1	5	2
Del. Md.	63	- 57	- 187	10 123	- 95	10 88	-	- 2	-	- 1	- 3	-
D.C. Va.	- 19	32	33 89	20 105	11 101	27 103	-	- 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.	20	2	14	117	53	30 75	-	-	-	-	-	-
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.	-	2	433	1,295	290	424	Ū	1	U	-	1	-
MOUNTAIN Mont.	129	87 1	582 9	621 4	403 2	360 4	- U	-	- U	1	1	12
Idaho Wyo.	1 17	3	50 25	19 4	10 31	6	-	-	-	1	1	-
Colo.	29 15	20 18	61	140 56	79 112	55 108	-	-	-	-	-	2
N. Mex. Ariz.	51	34	26 304	313	115	137	-	-	-	-	-	-
Utah Nev.	6 10	7 3	61 46	40 45	23 31	17 32	Ū	-	Ū	-	-	3 7
PACIFIC	82 2	87 F	1,437 92	2,232	773	867	-	26 12	-	17	43 15	15
Wash. Oreg.	17	5 24	62	192 139	88 50	67 72	-	13 3	-	2	15 3	3
Calif. Alaska	34 6	30 6	1,268 14	1,877 11	613 7	710 9	U -	8	U -	10 	18 	9 1
Hawaii	23	22	1	13 1	15	9 9	- U	2	- U	5	7	2
Guam P.R.	- 1	1 3	75	189	127	9 191	-	-	-	-	-	2
V.I. Amer. Samoa	Ū	U	Ū	Ü	Ŭ	U	U U	Ū	U U	Ū	Ū	Ů
C.N.M.I.	-	U	-	U	26	U	U	-	U	-	-	U

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

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.

		jococcal ease		Mumps	_, 2000		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	-	17	107		
NEW ENGLAND Maine N.H. Vt. Mass.	83 1 10 5 47	92 7 9 2 54	- - U -		4 - - 1	- - U -	263 - 25 25 194	1,085 31 79 173 751	- - U -	- - -	11 - 2 - 8		
R.I. Conn.	2 18	7 13	-	-	1 2	-	5 14	14 37	-	-	- 1		
MID. ATLANTIC Upstate N.Y. N.Y. City N.J. Pa.	166 46 31 39 50	176 47 35 33 61	- - -	17 3 9 2 3	19 6 3 4	1 1 - -	216 117 34 13 52	389 179 54 30 126		5 1 3 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 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.	104 15 21 39 5 4 10	109 17 22 51 2 5 5	- - - - U	8 3 - - - 1	14 6 4 - 1	14 11 - - - U	168 58 17 69 - 3 4	306 180 34 48 2 3 9	- - - - - U	3 - 1 - - -	1 - - - - 1		
Kans.	10	7	-	4	3	3	17	30	-	1	-		
S. ATLANTIC Del. Md. D.C.	301 3 35	223 22	2 - -	26 - 4	37 - 8	7 - 1	163 - 21 1	310 8 78 3	-	4 - -	60 - -		
Va. W. Va. N.C. S.C. Ga. Fla.	31 11 58 31 36 96	35 10 32 18 37 69	- - 2 - -	6 - 3 2 7 4	8 - 5 10 2 4	3 - 3 - -	31 2 51 26 7 24	44 1 74 23 27 52		- - 2 - 2	- 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 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.	76 3 7 6 27	71 4 6 - 23	- U - -	9 1 1 1 1	16 1 - 1	38 U - 12	1,039 21 165 2 205	494 24 45 3 271	- U - -	1 - - 1	2 - - 1		
N. Mex. Ariz. Utah Nev.	11 11 7 4	23 6 22 7 3	- - - U	2 1 1 1	1 4 5	2 23 1 U	89 491 57 9	76 51 15 9	- - - U	- - -	- 1 - -		
PACIFIC Wash. Oreg. Calif. Alaska Hawaii	351 53 30 257 2 9	344 36 45 249 6 8	- N U -	65 1 29 1 34	110 5 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.	4	- 8 -	U Ū	-	12	U - U	2	3 5	U - U	- -	1 - -		
Amer. Samoa C.N.M.I.	U -	U U	Ŭ U	U -	U U	Ŭ U	U	U U	Ŭ U	U	U U		

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)*

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).

		All Cau	ises, By	Age (Ye	ears)		, P&I [†]		All C			/ 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 9 23 35 20 5 18 30 39 22 29 29 29 29 29 29 29 29 29 29 29 29	38 U 3 2 9 4 - 13 8 1 5 10 6 304 8 4 17 3 -	33 12 U - 1 - 1 3 6 - 4 2 3 122 1 3 4 2 1 2 1 2 2	62 U - - - 1 1 1 1 1 28 2 1 3 2 1	9 5 U - - 1 - - - 1 1 1 23 5 - 2 -	518U11322342·366 784·3·4	S. ATLANTIC Atlanta, Ga. Baltimore, Md. Charlotte, N.C. Jacksonville, Fla Miami, Fla. Norfolk, Va. Richmond, Va. Savannah, Ga. St. Petersburg, I Tampa, Fla. Washington, D. Wilmington, De E.S. CENTRAL Birmingham, Al Chattanooga, Te Knoxville, Tenn Mobile, Ala. Montgomery, A Nockyoile, Tono	97 55 50 51a. 68 180 C. 104 I. U 706 a. 148 enn. 64 27 . 169 90 27 . 169 94 1a. U	731 96 104 49 96 59 22 40 30 49 118 68 100 44 62 22 22 124 63 0 73	260 47 34 18 20 16 16 19 11 13 5 21 U 145 31 24 30 19 25	114 20 18 5 3 5 5 11 12 4 2 10 4 3 1 7 9 8	39 5 4 4 3 2 4 9 1 1 5 1 U 8 4 3 1 - 4 2 U 4	4395543833 - 12U 1331 41U4	57 5 14 6 12 7 - 2 - 5 4 2 U 60 18 5 5 2 17 4 U 9
File, Fa.s Jersey City, N.J. New York City, N.J. Paterson, N.J. Philadelphia, Pa. Philadelphia, Pa. Pittsburgh, Pa.§ Reading, Pa. Rochester, N.Y. Schenectady, N.Y. Scranton, Pa.§ Syracuse, N.Y. Trenton, N.J. Utica, N.Y. Yonkers, N.Y.	24 7. 1,076 U 15 U 29 15 99	34 16 742 9 0 19 12 79 17 31 53 12 12 12 0	6 212 U 4 U 6 3 14 - 8 11 3 1	1 90 U 1 U 3 - 6 1 2 4 2 - U	16 U 1 U 1 - - - - U	- 16 U - - - - - - - - - - - - - - - - - -	4 43 U U 1 2 8 1 1 1 1 1 U	Nashville, Tenn. W.S. CENTRAL Austin, Tex. Baton Rouge, La Corpus Christi, Dallas, Tex. El Paso, Tex. Ft. Worth, Tex. Little Rock, Ark. New Orleans, La San Antonio, Te Shreveport, La. Tulsa, Okla.	Fex. 59 200 89 103 336 53 . U x. 201 111 152	883 38 31 400 107 53 70 203 33 U 132 71 105	312 19 11 55 21 22 65 10 U 37 26 31	134 11 9 3 17 5 7 47 5 U 14 8 8	71 4 12 7 3 13 4 U 15 3 5	33 1 9 3 1 8 1 U 3 3 3	79 4 - 4 11 4 21 4 U 12 9 6
E.N. CENTRAL Akron, Ohio Canton, Ohio Chicago, III. Cincinnati, Ohio Cleveland, Ohio Columbus, Ohio Dayton, Ohio Dayton, Ohio Detroit, Mich. Evansville, Ind. Fort Wayne, Ind. Grand Rapids, Mid Indianapolis, Ind. Lansing, Mich. Milwaukee, Wis. Peoria, III. Rockford, III. South Bend, Ind. Toledo, Ohio Youngstown, Ohi W.N. CENTRAL Des Moines, Iowa Duluth, Minn. Kansas City, Kans Kansas City, Kans Kansas City, Kans St. Louis, Mo. St. Louis, Mo. St. Paul, Minn. Wichita, Kans.	183 34 120 32 50 48 76 0 63 798 77 27 27 27 27 41 110 46	986 244 2 U 88 99 61 82 U 33 51 6 3 31 1 23 77 25 38 39 652 54 49 02 97 4 70 25 66 52 59 54 49 02 97 4 70 25 66 52 59	8 8 U 17 37 4 18 U 5 11 6 7 50 8 27 4 8 6 10 7 16 19 6 10 17 5 25 16 29 15	86 3 1 U 5 14 15 6 U 2 4 1 1 10 1 10 2 3 2 3 3 55 4 1 2 7 2 12 6 10 2 9	34 1 1 U 2 9 4 1 U - 3 1 - 4 1 2 - 2 - 2 1 25 2 9 1 4 1 5 1 2	34 1 - U 3 4 5 1 U - 1 - 2 8 1 3 1 2 1 1 - 16 3 - 3 1 - 1 1 4 3	8247766627431484323171 46147193 28	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, Ca Pasadena, Calif. Portland, Oreg. Sacramento, Ca San Jose, Calif. Sant Francisco, C San Jose, Calif. Sant Aruz, Calif. Sant Aruz, Calif. Satta Cruz, Calif. Seattle, Wash. Tocma, Wash. TOTAL	40 colo. 55 104 209 29 160 33 tah 120 1,652 1,652 1,652 1,652 10 133 37 ii 65 if. 39 iif. 527 30 U lif. 179 . 147 talif. U f. 26 f. 26	$\begin{array}{c} 647\\73\\29\\41\\61\\130\\20\\101\\20\\77\\95\\1,172\\10\\98\\29\\48\\19\\360\\20\\U\\132\\97\\U\\119\\21\\49\\78\\6,943\end{array}$	31 U 31 26 9 21	95 14 1 7 13 21 4 14 3 10 8 10 - 2 1 43 1 U 12 10 U 6 1 13 2 1 783	31 1 4 5 1 8 2 7 2 41 - 4 - 2 15 - U 6 5 U 4 - 3 1 1 2 93	19 2 2 2 2 2 2 2 2 1 7 - 1 2 2 7 - 1 2 2 7 - 3 1 1 2 9 2 U 3 4 U 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	64 10 3 2 8 12 2 7 1 0 9 124 - 10 3 3 3 4 - U 7 16 U 13 3 6 11 5 6 34 5 6

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

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. ¹ Pneumonia and influenza. ⁸ 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. ⁹ Total includes unknown ages.

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