

FACT SHEET

Influenza & Pneumonia

People who are at high risk of influenza complications and should get a yearly influenza immunization include: anyone with a chronic or long-term health condition, such as diabetes, heart disease, and asthma; adults age 50 or over; infants age 6 months to 23 months; women who will be pregnant during the influenza season; and health-care workers. Household contacts or caregivers of adults or children at high risk should also receive a yearly influenza immunization.

General Statistics

- During the 2004-2005 influenza season, there were more than 10,855 reported laboratory-confirmed influenza cases in Missouri.
- During the 2004-2005 influenza season, more than 3,050 Missourians died due to influenza and pneumonia.
- In 2003, more than 3,201 Missourians were hospitalized with a primary diagnosis of pneumococcal pneumonia and/or influenza in Missouri.
- The risk of hospitalization increases when additional risk factors exist, including diabetes and other risk factors like the presence of heart disease, renal disease, and older age.

Risks for People With Diabetes

- Receiving pneumonia and influenza (flu) immunizations is especially important for people with diabetes because they are at increased risk for complications from these illnesses
- People with diabetes are six times more likely to be hospitalized with flu complications.
- People with diabetes are about three times more likely to die with pneumonia or influenza-like illness than people without diabetes.
- Persons with diabetes, age 25 to 54, are four times more likely to die from influenza or pneumonia than people of the same age who do not have diabetes.
- Death rates among people with diabetes increase by 5-15% during influenza epidemics.
- According to 2001-2004 Missouri Vital Statistics, a total of 296 Missourians with diabetes died with pneumonia or influenza.
- According to 2002 & 2003 Behavioral Risk Factor Surveillance System (BRFSS) data, 38.8% of all Missouri adults with diabetes are not immunized against influenza, and 49% are not immunized against pneumococcal disease, the most frequent causes of pneumonia.