

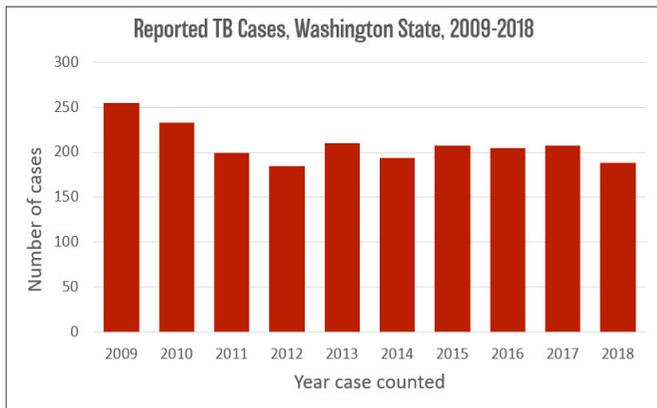
TUBERCULOSIS IN WASHINGTON

Key Points

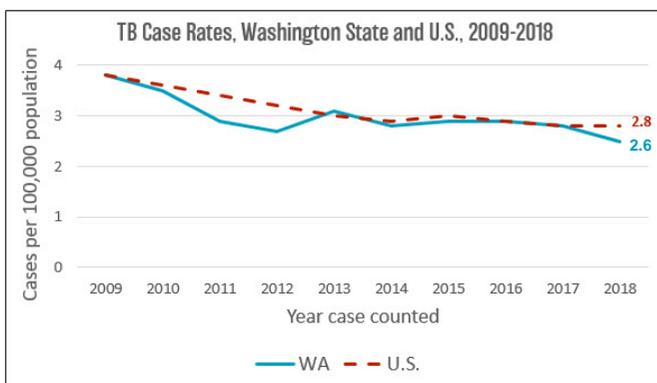
- Tuberculosis (TB) disproportionately affects vulnerable populations in Washington State (WA).
- On average, 4 cases of TB disease are diagnosed in WA each week.
- An estimated 200,000 people in WA are infected with TB.

Reported TB Cases

In 2018, 190 cases of TB disease were reported in WA. This represents a 8.2% decrease from the 207 TB cases reported in 2017.

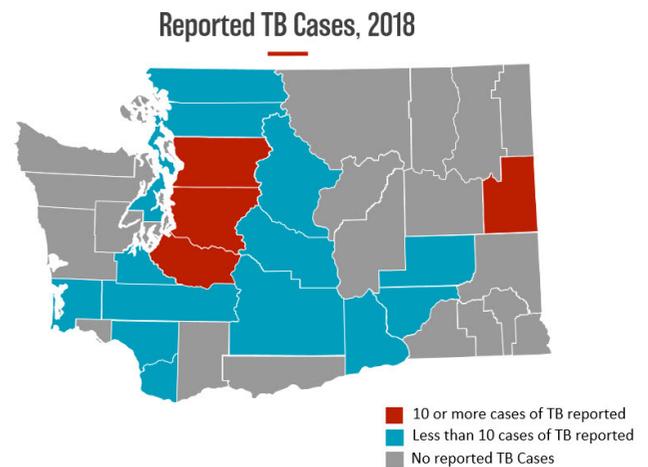


Since 2009, incidence rates of TB in WA have progressed downward overall, similar to the trend seen in the United States (U.S.) as a whole. The WA incidence rate in 2018 of 2.6 (cases per 100,000 population) is the lowest seen in this ten year period. While this decline for WA overall is encouraging, certain WA communities continue to experience disproportionately greater risk of TB disease. In 2018, persons originating from places where TB is more common, and risk of exposure is higher, experienced 28 times the risk of TB disease compared to persons originating from the U.S.



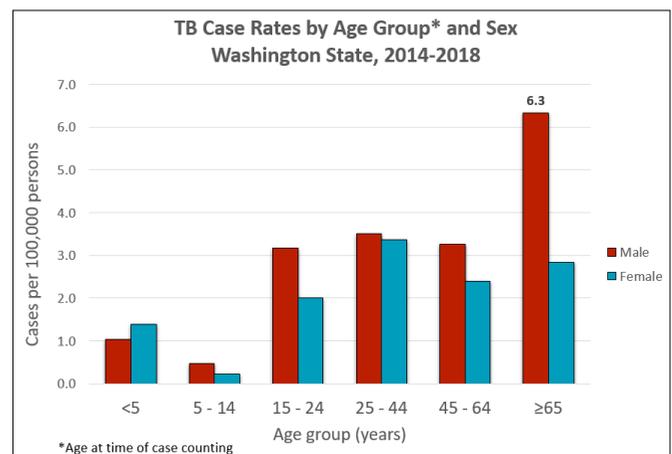
County-Level

In 2018, four Washington counties reported 10 or more TB cases. Together, these four counties accounted for 76% of the 190 cases counted in WA. This distribution of TB case counts is largely influenced by the size and demographics of county populations. Twenty WA counties did not report any TB cases in 2018.



Age and Sex at Birth

Acting separately and together, factors such as age and sex can lead to an increased risk of TB. From 2014-2018, males aged 65 and older experienced the highest TB rate (6.3 cases per 100,000 population) of all age-sex groups.



// Risk Factors



The greatest TB disease burden in WA continues to be among persons having origins outside of the U.S., where risk of exposure to TB is greater. From 2014-2018, WA residents born somewhere other than the U.S., its territories, insular areas, or minor outlying islands accounted for 77.4% of all TB cases.



Known TB exposure is a risk factor for TB in WA. Approximately 200,000 WA residents are estimated to be infected with TB. From 2014-2018, 8.1% of TB cases were a known contact of a person with infectious TB disease, and 2.4% of TB cases had a history of incomplete treatment for latent tuberculosis infection.



Across the U.S., TB continues to affect those experiencing homelessness. In WA, 4.1% of TB cases from 2014-2018 reported having experienced homelessness within the year prior to their TB diagnosis.



Certain medical conditions and health behaviors lessen the ability of the immune system to keep TB infection from progressing to TB disease. Alone or along with other conditions, diabetes mellitus was the most frequently reported medical risk (20.4%) among all cases diagnosed from 2014-2018. During this same five year time period, 3.4% of TB cases were co-infected with HIV. Excess alcohol use was the most commonly recorded risk behavior (6.0%).



// Drug Resistance

Drug resistance is a concern for successful treatment of TB cases. There have been between one and four reported cases of multidrug-resistant TB (MDR-TB) in WA in the last five years. There have been no reported cases of extensively drug-resistant TB (XDR-TB) in WA.



// Mortality

TB is preventable, treatable, and curable, yet it stands as the most deadly of all infectious diseases worldwide. From 2014-2018, there were between five and ten TB-related deaths per year in WA.



- Learn more about TB at www.doh.wa.gov/TB
- For questions about TB, contact Washington State Department of Health Tuberculosis Program: TBServices@doh.wa.gov, 360-236-3443
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