

TUBERCULOSIS IN WASHINGTON

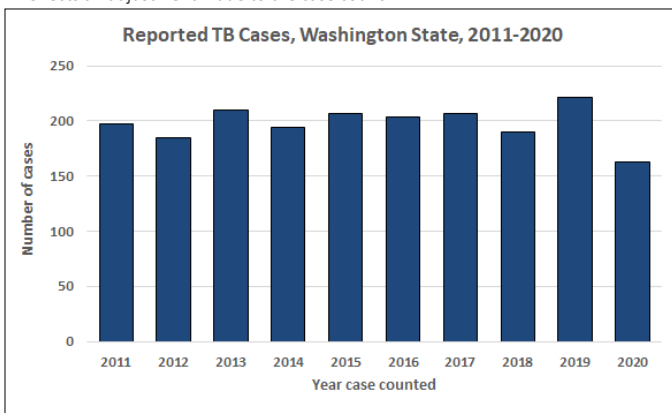
Key Points

- Tuberculosis (TB) disproportionately affects vulnerable populations in Washington State (WA).
- On average, 3 cases of TB disease are diagnosed in WA each week.
- An estimated 200,000 people in WA are infected with TB.
- The COVID-19 pandemic has had an impact on TB, as they are both infectious diseases that primarily attack the lungs and can present with similar symptoms.

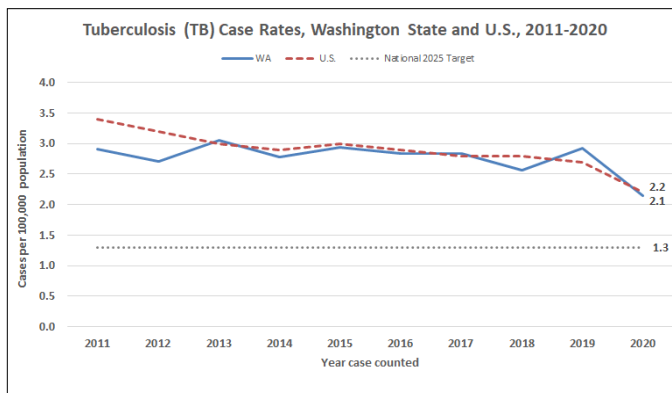
Reported TB Cases

In 2020, 163 cases of TB disease were reported in WA.* This represents a 26.24% decrease from the 221 TB cases reported in 2019.

*Reflects an adjustment made to the case count.

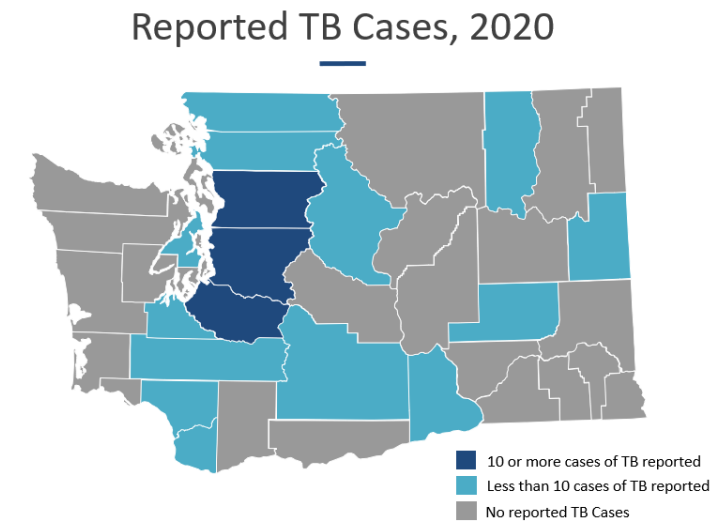


Since 2011, incidence rates of TB in WA have progressed downward overall, similar to the trend seen in the United States (U.S.) as a whole. The WA TB incidence rate in 2020 was 2.1 cases per 100,000 population. While overall decline in TB incidence is encouraging, the current level of progress in the elimination of TB remains insufficient to eliminate TB in the United States in this century. We must continue to find and treat cases of active TB disease and also test and treat latent TB infection to prevent progression to disease and turn TB elimination into a reality.



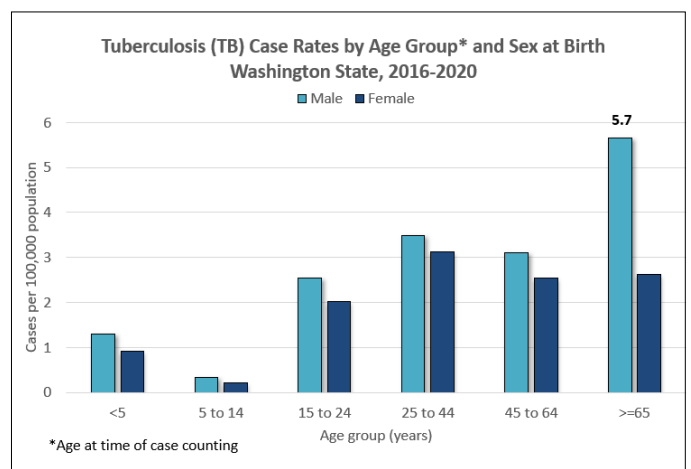
County-Level

In 2020, three Washington counties reported 10 or more TB cases. Together, these three counties accounted for 77.3% of the 163 cases counted in WA. Twenty-three WA counties did not report any TB cases in 2020.



Age and Sex at Birth

Acting separately and together, factors such as age and sex can lead to an increased risk of TB. From 2016-2020, males aged 65 and older experienced the highest TB rate (5.7 cases per 100,000 population) of all age-sex groups.



// Risk Factors



The greatest TB disease burden in WA continues to be among persons born outside of the U.S., where risk of exposure to TB is greater. From 2016-2020, WA residents born somewhere other than the U.S., its territories, insular areas, or minor outlying islands accounted for 77.9% 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 2016-2020, 7.3% of TB cases were a known contact of a person with infectious TB disease, and 2.5% 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 2016-2020 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. Diabetes mellitus was the most frequently reported medical risk (20.9%) among all TB disease cases diagnosed from 2016-2020. 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 eight reported cases of multidrug-resistant TB (MDR-TB) in WA per year over the last five years. To date, 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 2016-2020, there were between five and ten TB-related deaths per year in WA.



The Clock is TICKING
TO REACH THE #TBTARGETS2022

- 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, 206-418-5500

