

# FACT SHEET

## Influenza & Pneumonia

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*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.