

EPI INSIGHT: CONNECTING THE DOTS

Wake County Health and Human Services (WCHHS) Epidemiology (Epi) Program Newsletter



Welcome to Epi Insight!

Dear Epi Enthusiasts,

As we move through the heart of winter, we're excited to bring you the third edition of Epi Insight: Connecting the Dots. With the new year in full swing, we are here to share the latest valuable public health insights, foster connections, and highlight the impactful work happening across Wake County. Thank you for your engagement and support—we love hearing from you! Stay warm, stay informed, and enjoy this edition.

Epi Program Members:

- Morgan Poole, Epi Program Manager: Leading our team with a focus on COVID-19 Surveillance and Guidance, Wastewater Surveillance, Mpox Surveillance, and Heat-Related Illness Surveillance.
- Katie LaWall, Senior Epidemiologist: Specializing in Injuries (including overdoses), Sexually Transmitted Diseases (STDs), ArcGIS/mapping, and Communicable Diseases (including outbreaks as needed).
- Akanksha Acharya, Senior Epidemiologist: Bringing expertise in Respiratory Virus Surveillance, Communicable Diseases, Chronic Diseases, and Mental Health.
- Marlene Kurt, Epidemiology Specialist: Diving deep and bringing knowledge and expertise in Wastewater Surveillance, COVID-19 Data and Research, Maternal and Child Health Data, ArcGIS/mapping, and often serving as our Community Health Worker Liaison.

Together, we find excitement in supporting various areas of public health. We invite you to follow our journey and engage through our quarterly newsletters.

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EPI WORD OF THE DAY

Welcome to the "Epi Word of the Day," where we share key epidemiological terms to deepen your knowledge and enhance your work in public health. The epi word for this edition is...

INCIDENCE

Definition: The number of new cases of a disease or health condition that occur in a specific population within a defined time period. It is typically expressed as a rate per population at risk.

Quick Tip: To calculate incidence, divide the number of new cases by the population at risk during the time period, then multiply by a standard multiplier (e.g., 1,000 or 100,000).

Example: In 2023, in Wake County, the incidence rate of chlamydia was 533 cases per 100,000 population.

Why it Matters: Tracking incidence is essential for understanding how diseases spread, evaluating the effectiveness of interventions, and making informed decisions about resource allocation. It is particularly important for identifying emerging outbreaks and planning preventive measures, such as vaccination campaigns.

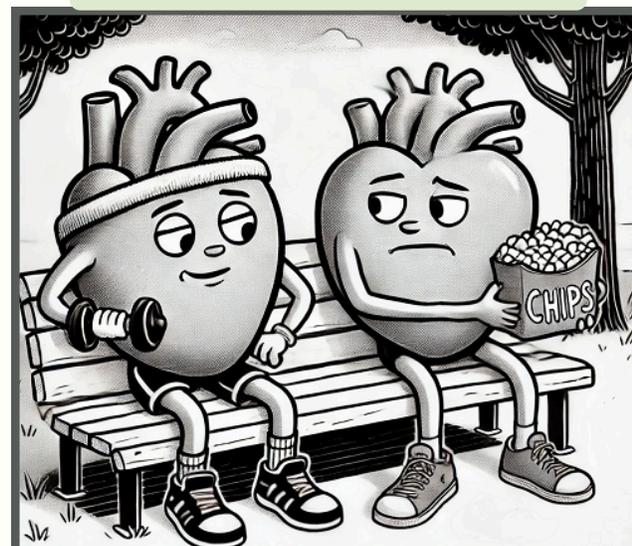
Challenges: Measuring incidence can be difficult due to changes in the at-risk population from births, deaths, or migration. Additionally, determining whether a case is new and whether it occurred within the specified time frame can be tricky.

Dive into Epidemiology! Discover how to calculate incidence rates and other key measures effortlessly using OpenEpi, a free and user-friendly web-based tool!

If you guessed pertussis in our last Epi Puzzler, you were right!

EPI HUMOR CORNER

A HEART TO HEART CHECK-IN



C'mon buddy... Let's trade the cholesterol curls for some cardio curls!

EPI SNAPSHOT

by Morgan Poole, Epidemiology Program Manager

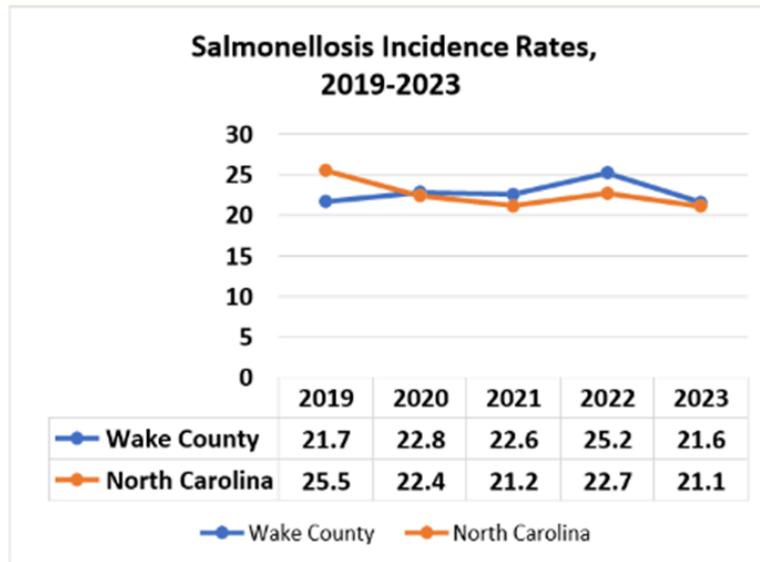
Epidemiology Snapshot: Foodborne Illness Activity in Wake County, North Carolina.

Welcome to our latest Epidemiology Snapshot, where we provide a concise overview of recent and current disease/illness trends and surveillance efforts. In this edition, we focus on reported cases of foodborne illnesses and their trends (2023), highlight common pathogens and sources, and share risk factors and recommendations so you can stay vigilant every season of the year!

Foodborne Illness Overview: Foodborne illnesses remain a preventable, significant public health challenge. Over 200 diseases are caused by eating food contaminated with bacteria, viruses, parasites or chemical substances such as heavy metals. Foodborne diseases (illnesses) are caused by contamination of food and occur at any stage of the food production, delivery and consumption chain. The illness comes about by eating contaminated food. The onset of symptoms may occur within minutes to weeks and often includes nausea, vomiting, diarrhea, or fever. Because the symptoms are often flu-like, many people do not recognize that the illness is caused by harmful bacteria or other pathogens in food. Some factors that may increase your risk of illness include: improper food storage, infrequent handwashing, and undercooked food.

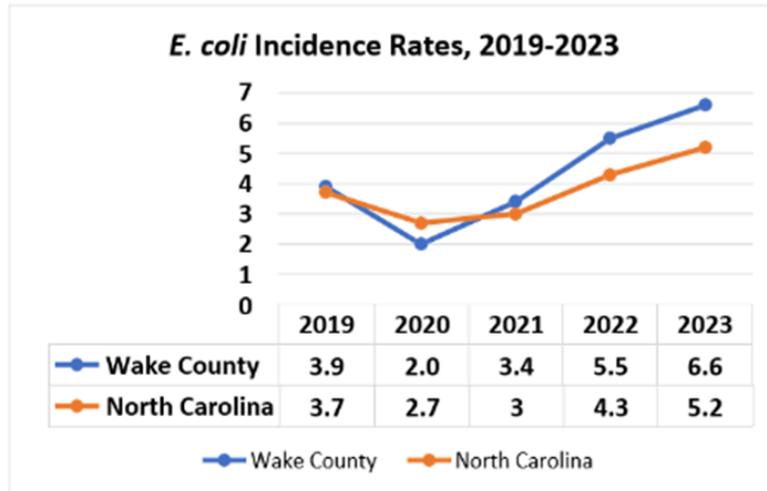
Reported Cases and Trends:

In 2023, five of the top ten reported communicable diseases in Wake County were foodborne illnesses (Salmonellosis, Campylobacter, E. coli, Shigellosis, and Cryptosporidiosis). 750 cases of foodborne illness were reported, a 16% increase compared to 2022 (645). Several cases required hospitalizations however, no fatalities were associated with illnesses reported. All foodborne and/or gastrointestinal outbreaks must be reported to the local health department and the North Carolina Division of Public Health (NC DPH). In 2023, the Wake County Health and Human Services (WCHHS) Communicable Disease Team (CDST) investigated 10 outbreaks involving foodborne and/or gastrointestinal illnesses that involved at least 350 sickened individuals.



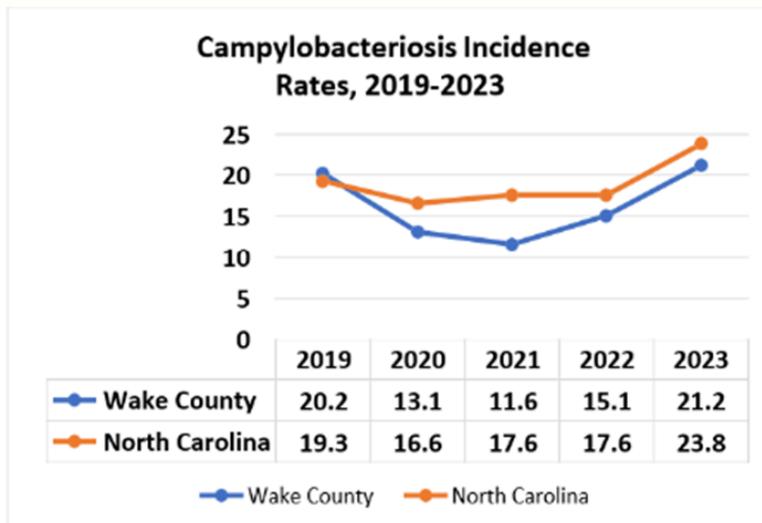
*Rate per 100,000 population

SOURCE: 2024 WAKE COUNTY PUBLIC HEALTH COMMUNICABLE DISEASE REPORT, [HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/EPIDEMIOLOGY-PROGRAM](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/epidemiology-program)



*Rate per 100,000 population

SOURCE: 2024 WAKE COUNTY PUBLIC HEALTH COMMUNICABLE DISEASE REPORT, [HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/EPIDEMIOLOGY-PROGRAM](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/epidemiology-program)



*Rate per 100,000 population

SOURCE: 2024 WAKE COUNTY PUBLIC HEALTH COMMUNICABLE DISEASE REPORT, [HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/EPIDEMIOLOGY-PROGRAM](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/epidemiology-program)

Common Pathogens and Sources:

Norovirus:

- Norovirus is not a reportable disease in the State of North Carolina, however outbreaks involving norovirus illness must be reported to the local health department and NC DPH.
- Norovirus is a highly contagious virus usually transmitted from having direct contact with someone infected, consuming contaminated food or water or touching contaminated surfaces and then putting your unwashed hands in your mouth.
- Commonly linked to improperly washed fresh produce, shellfish, and person-to-person transmission in food service environments.

<https://www.cdc.gov/norovirus/about/index.html>

Salmonellosis:

- Salmonellosis is an infectious disease caused by Salmonella bacteria.
- Transmission occurs by eating or drinking contaminated food or water. Salmonella bacteria is also spread by direct contact with an infected person or animal.
- Commonly associated with raw or undercooked poultry, eggs, and cross-contaminated foods. <https://www.cdc.gov/salmonella/index.html>

Campylobacteriosis:

- Campylobacteriosis is an infectious disease caused by the Campylobacter bacteria. It is one of the most common causes of diarrheal illness in the U.S.
- Most infections are associated with eating raw or undercooked poultry or contamination transferred to other foods. <https://www.cdc.gov/campylobacter/about/index.html>

E. coli:

- E. coli is an intestinal disease caused by the bacteria Escherichia Coli. Strains of E. coli can produce a toxin that causes serious illness.
- The disease is spread through the fecal-oral route by the consumption of contaminated food, raw milk, untreated water, and other contact with feces of an infected person.
- Commonly linked to raw or undercooked ground beef, leafy greens, and unpasteurized juices. <https://www.cdc.gov/ecoli/about/index.html>

Risk Factors:

Anyone can get infected and sick with a foodborne illness and people of all ages get infected during foodborne illness outbreaks. But some behaviors increase your risk, and some groups have an increased chance of infection. Behaviors and groups include:

- If eaten raw, oysters and other filter-feeding shellfish can contain viruses and bacteria that can cause illness or death. Anyone who consumes raw shellfish is at risk of contracting norovirus.
- Children younger than five years old (and especially children who are younger than one year).
- Adults who are 65 and older.
- Adults who are 50 years and older with underlying medical problems.
- People with weakened immune systems.
- International travelers.
- People who work with animals.

Call to Action

In Wake County, partnership and collaboration efforts vary by each specific outbreak. Collaboration and cooperation from facilities experiencing an outbreak and community members reporting illness are key to recognizing, responding to, and minimizing the impact of an outbreak. In addition to facility and community member input, it takes a team of Wake County staff to respond to outbreaks. When foodborne/gastrointestinal outbreaks take place, Wake County staff respond to keep the public safe.

As the rates of foodborne illnesses continue to increase year to year locally and nationally, health officials emphasize the importance of proper food storage, thorough cooking, and frequent handwashing to reduce the risk of illness.

Here's some simple steps to protect yourself and your loved ones:

- Practice proper food storage: Refrigerate perishable foods within two hours, and keep your refrigerator at or below 40°F.
- Cook foods thoroughly: Use a food thermometer to ensure meats reach safe internal temperatures (e.g., 165°F for poultry, 145°F for fish).
- Wash your hands frequently: Scrub with soap and water for at least 20 seconds, especially after handling raw meat, using the restroom, or before eating.
- Wash produce: Rinse fruits and vegetables under running water before eating, cutting, or cooking—even if you plan to peel them.

Remember to stay vigilant year round and report suspected foodborne illness to local public health authorities promptly!

If you'd like to learn more about Wake County's foodborne illness reporting process or want to better understand symptoms, treatment, and prevention, visit the Wake County Foodborne Illness webpage: www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/foodborne-illness.

RECENT PUBLICATIONS

FROM THE WAKE COUNTY EPIDEMIOLOGY PROGRAM

- 2024 Mental Health Issue Brief: Suicide
- 2024 Mental Health Issue Brief: Youth Mental Health
- 2022 Public Health Maternal and Child Health Report
- 2023 Wake County Drug Overdose Integrated Epidemiologic Profile (DOIEP)
- 2024 Public Health Injury Report
- 2023 Public Health Chronic Disease Report
- 2024 Public Health Communicable Disease Report
- For all other reports and briefs, please visit wake.gov/epidemiology.

Community Connection: Prioritizing Mental Health and Self-Care

by Akanksha Acharya, Senior Epidemiologist

Imagine a community where every person feels supported, where mental health is as important as physical health, and where taking care of yourself is seen as a vital part of everyday life. It's a community where people are not only aware of mental health challenges but are also equipped to face them with strength and resilience. This kind of community CAN be created by prioritizing mental health and practicing self-care, both individually and collectively.



What is Mental Health?

Mental health is more than just the absence of mental illness. It's the way we think, feel, and interact with the world. It's how we deal with life's ups and downs, handle stress, and cope with changes. When our mental health is strong, we can face tough times with resilience, stay connected to those around us, and find joy in life's simple moments. But when it's struggling, even small tasks can feel overwhelming.

Think about how you respond to stress. Do you find it easy to talk to someone about it, or do you keep it all inside? Our mental health shapes how we respond to everything from relationships to work to personal challenges. When we take care of it, we can live fuller, happier lives.

Common Mental Health Challenges:

Just like our physical health, our mental health can face its ups and downs. Some common challenges include:

Anxiety Disorders: *This is more than just worrying, it's a constant feeling of fear or dread that can take over your life.*

Depression: *Feeling hopeless, drained, and disconnected from the things you used to enjoy can be a sign of depression.*

Bipolar Disorder: *People with this disorder experience extreme mood swings, from highs that are euphoric to lows that feel unmanageable.*

Substance Use Disorders: *Sometimes, people turn to substances like alcohol or drugs to cope with emotional pain, which can lead to a vicious cycle.*

Stress-Related Disorders: *Long-term stress can lead to burnout, Post traumatic stress disorder (PTSD), and other physical and emotional challenges.*

Mental Health in Wake County: A Look at the Data

Mental health is a growing challenge in Wake County. In 2024, nearly **5,300** people visited Emergency Departments for anxiety, **3,700** for depression, and over **6,000** for suicidal thoughts. These are not just numbers, they are our neighbors, friends, and loved ones, reaching out in moments of crisis.

Their stories call for action, reminding us of the urgent need to strengthen support systems and expand resources for mental health care. Additionally, the 2022 Community Health Needs Assessment identified mental health as a top priority, guided by community input and data (<https://www.wake.gov/departments-government/health-human-services/data-and-reports/community-health-needs-assessment>).

Tips for Boosting your Mental Health:

Practice Self-Care

- **Stay Active:** Movement, whether it's a brisk walk or a relaxing yoga session, helps clear your mind.
- **Eat Well:** The food you eat impacts your mood and energy. Nourish your body with what it needs.
- **Get Enough Sleep:** A good night's rest can make all the difference in how you handle the day ahead.

Build Social Connections

- **Stay Connected:** Whether it's a quick check-in with a friend or a family dinner, meaningful connections keep you grounded.
- **Join Community Groups:** Volunteering or participating in local activities is a great way to meet people and feel part of something bigger.

Manage Stress

- **Practice Mindfulness:** Take a moment to pause, breathe and center yourself when life feels overwhelming.
- **Take Breaks:** Step away from tasks that drain you. Give yourself the space to recharge.

Seek Professional Help

- **Therapy & Counseling:** Asking for help isn't a sign of weakness, it's a sign of strength. Talking to a professional can provide clarity and guidance.
- **Support Groups:** Connecting with others who understand what you're going through can provide comfort and encouragement.

When to Seek Help

If you or someone you know is experiencing:

- Persistent sadness, anxiety, or hopelessness
- Trouble with daily tasks
- Changes in sleep, appetite, or energy
- Loss of interest in activities
- Thoughts of self-harm or suicide



Reach out for help, don't wait. Support is available.

Local and National Mental Health Resources

- **Suicide and Crisis Lifeline:** Call or text **988** for 24/7 support. Visit 988lifeline.org for more information.
- **Alliance Health Behavioral Health Crisis Line:** Call **877-223-4617** for 24/7 support. Alliance Health offers mental health, substance use, and developmental disability services in Wake County. Visit alliancehealthplan.org.
- **National Alliance on Mental Illness (NAMI):** For peer support, education, and resources for individuals and families, call **800-451-9682**, text **919-999-6527** or email helpline@naminc.org. Visit naminc.org for more information.
- **HopeLine:** Free, confidential crisis and suicide prevention helpline. Call or text **(919) 231-4525** or **(877) 235-4525**. Visit hopeline-nc.org for more information.
- **Mobile Crisis Management (MCM) by Therapeutic Alternatives:** Call **1-877-626-1772** for 24/7 support. MCM offers help with substance abuse, mental health crises, or developmental disabilities. Visit mytahome.com/mobile-crisis for more information.
- **Find a mental health provider at:** <https://findtreatment.gov/>

Together we heal: Supporting Mental health

Mental health is stronger when we unite. By breaking stigmas, we can create a space of empathy and understanding. Small acts like practicing self-care or checking in on others can spark meaningful change. Together, we can build a community that cares for every mind.

Protecting Hearts in Wake County: A Spotlight for Heart Health Month

by Marlene Kurt, Epidemiology Specialist

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States ([American Heart Association](#)). In 2022 nearly 700,000 people in the United States died from Heart disease ([Centers for Disease Control and Prevention](#)).

Here in Wake County, heart disease is also a major concern, ranking as the second leading cause of death in 2022. With February marking Heart Health Month, it's a perfect time to examine the data and explore how we can promote healthier hearts in our community.



Wake County Trends

Recent data from the [Wake County 2023 Chronic Disease Report](#) (based on 2018-2022 data) highlights key trends:

- Heart Disease Mortality:
 - Overall, Wake County's heart disease death rate decreased by 3% in 2018-2022 compared to 2017-2021 (from 118.8 to 115.4 per 100,000 population).
 - Men across all racial and ethnic groups had higher mortality rates than women.
 - African American residents were hit hardest, with African American men showing the highest mortality rate (190.5 per 100,000).
 - Hispanic women experienced the largest decline in death rate, with a 12% decrease during this period.
- Heart Attack Mortality:
 - The overall heart attack rate fell by 18.6% in Wake County.
 - African American women experienced the largest decrease, with a 24% decline, though their mortality rates remain higher than their white counterparts.

National Trends and Comparisons

The disparities seen in Wake County are similar to national trends. [Key statistics from the CDC](#) include:

- About 1 in every 5 deaths are caused by heart disease.
- Nearly half of U.S. adults have at least one of the three key risk factors for heart disease: high blood pressure, high cholesterol, or smoking.
- Making changes to diet, physical activity, and stress management can significantly reduce risk.

Community Initiatives in Wake County: Promoting Heart Health

Empowering Women's Heart Health: Spotlight on NC WISEWOMAN Program

The [NC WISEWOMAN Program](#) (Well-Integrated Screening and Evaluation for Women Across the Nation) is dedicated to providing low-income, underinsured, or uninsured women aged 35 to 64 with resources to prevent, delay, or control cardiovascular and other chronic diseases. Services include cardiovascular disease screening, risk factor monitoring (such as blood pressure, cholesterol, and blood sugar levels), and healthy behavior support services like counseling and coaching. The program also offers referrals to healthcare providers and assistance in accessing low-cost medications. For more information, contact: **Elizabeth Spender-Smith 919-250-3990** elizabeth.spendersmith@wake.gov

Community Initiatives in Wake County: Promoting Heart Health

Heart Healthy Trails

This February, Wake County Parks, Recreation, and Open Space is partnering with Wake County Health and Human Services to feature special "heart healthy" trails at each of its parks and preserves. Visitors can look for designated signs at trailheads and follow the trail for heart health tips and information. These trails encourage physical activity while educating residents about cardiovascular health.

Feel The Beat: Exercise-a-thon

Celebrate Heart Health Month by joining the Feel the Beat: Exercise-a-thon on Saturday, February 22, 2025, from 10:30 a.m. to 1:30 p.m. at the Wake County Commons Building. The event features Zumba, group fitness sessions, and line dancing, and includes a free lunch for all participants. This is a fantastic opportunity to engage in heart-healthy activities with the community.

Learn more and register here: [Feel The Beat: Exercise-a-thon Sign Up Link](#)

Blood Pressure Monitors at Wake County Public Libraries

In partnership with the American Heart Association, Wake County is making blood pressure monitors available for checkout at six public libraries. Residents with a library card can borrow these kits for free, making it easier to monitor cardiovascular health at home. Participating libraries include:

East Regional Library (Knightdale)
Fuquay-Varina Community Library (Fuquay-Varina)
Green Road Community Library (Raleigh)
Richard B. Harrison Community Library (Raleigh)
Southeast Regional Library (Garner)
Wake Forest Community Library (Wake Forest)



American Heart Month is a chance to shine a light on cardiovascular health, share resources, and encourage prevention. Spread awareness, live a heart-healthy lifestyle, and take action for your heart to reduce heart disease and support those who are most affected. Now, join efforts to inspire change and improve heart health for everyone in Wake County. To learn more information about heart health, visit [CDC Heart Disease Resources](#) or reach out to the Wake County Public Health Department by visiting [Wake County Heart Health](#).

Climate Change and Public Health: An Urgent Call to Action

by Katie LaWall, Senior Epidemiologist

Climate change has evolved into a pressing public health crisis. Rising global temperatures are driving extreme weather, altering disease patterns, and putting immense pressure on health systems worldwide. The impacts are felt most acutely by vulnerable groups such as children, older adults, low-income households, and individuals with existing health conditions, as highlighted by the [National Institute of Environmental Health Sciences](#).

The [World Health Organization](#) warns that climate change could contribute to an additional 250,000 deaths each year between 2030 and 2050, linked to malnutrition, heat-related illnesses, and diseases like malaria and diarrhea. Beyond these direct effects, the social factors that shape health, like access to clean water, nutritious food, and healthcare, are being undermined, amplifying risks and disparities. Evidence of these changes can already be seen in rising rates of heat-related illnesses, respiratory conditions linked to poor air quality, and the mental health toll of climate disasters.

How Climate Change Affects Us All

Climate change impacts every aspect of our lives in interconnected ways. According to the [Centers for Disease Control and Prevention's overview on climate change effects](#), the following are key ways it affects public health:

- **Extreme Weather:** Increasingly frequent and severe heatwaves, storms, floods, and wildfires cause injuries, displacement, and significant loss of life.
- **Disease Expansion:** Warmer temperatures create ideal conditions for vector-borne diseases, such as malaria and dengue, to spread to new areas.
- **Food and Water Challenges:** Disruptions in agriculture caused by droughts and erratic rainfall lead to food insecurity and malnutrition, while contaminated water sources heighten the risk of waterborne diseases.
- **Mental Health Impacts:** The psychological strain from climate-related disasters affects entire communities, leaving lasting scars.

Practical Steps for a Healthier Planet

While large-scale action is vital, individuals can also make meaningful contributions to combat climate change and protect public health. According to the [EPA's guide on what you can do about climate change](#), here are some steps to consider:

- **Conserve Energy:** Opt for energy-efficient appliances, use LED lights, and improve home insulation. Switching to renewable energy sources like solar or wind can also make a big difference.
- **Choose Sustainable Transportation:** Walking, biking, or using public transit reduces greenhouse gas emissions and promotes better health. For longer trips, choose trains or buses over flights whenever possible.
- **Reduce Waste:** Shop mindfully, repair items rather than replacing them, and recycle responsibly. Composting food waste can significantly cut emissions from landfills.
- **Support Local Efforts:** Participate in clean-up projects, plant trees, or volunteer with community sustainability programs.
- **Raise Awareness:** Share information with friends, family, and local leaders, and advocate for policies that prioritize sustainability and public health.

EPI ALERTS AND NOTIFICATIONS

Latest News from the CDC Health Alert Network (HAN)

The CDC issued the following HAN notifications to inform the public of a public health incident of importance.

Health Alert Network (HAN) No. 520 – Accelerated Subtyping of Influenza A in Hospitalized Patients. Issued on 01/16/2025.

Health Alert Network (HAN) No. 519 – First Case of Clade I Mpox Diagnosed in the United States. Issued on 11/18/2024.

Health Alert Network (HAN) No. 518 – Disruptions in Availability of Peritoneal Dialysis and Intravenous Solutions from Baxter International Facility in North Carolina. Issued on 10/12/2024.

Health Alert Network (HAN) No. 517 – First Marburg Virus Disease Outbreak in the Republic of Rwanda. Issued on 10/03/2024.

Health Alert Network (HAN) No. 516 – Prevention Strategies for Mpox, including Vaccinating People at Risk via Sexual Exposure, for U.S. Travelers Visiting Countries with Clade I Mpox Outbreaks. Issued on 09/23/2024.

Health Alert Network (HAN) No. 515 – Increased Oropouche Virus Activity and Associated Risk to Travelers. Issued on 08/16/2024.

For more details and information on the CDC Health Alert Network and these alerts, please visit:

<https://emergency.cdc.gov/han/>

UPCOMING EVENTS AND OBSERVANCES

- 12th Annual NC Communicable Disease Conference, The Heart of Public Health- Wilmington, North Carolina- February 11-13, 2025
- 46th Annual Minority Health Conference, Bridging the Digital Divide: Leveraging Technology and Data for Health Equity, Chapel Hill, North Carolina- February 28, 2025
- American Heart Health Month, February, 2025
- National Black History Month- February, 2025
- World Cancer Day- February 4, 2025
- National Nutrition Month- March, 2025
- National Public Health Week- April 7-13, 2025
- Earth Day- April, 2025

RESOURCES

FOR MORE INFORMATION AND GUIDANCE, VISIT THE FOLLOWING LINKS:

[HTTPS://WWW.OPENEPL.COM/MENU/OE_MENU.HTM](https://www.openepl.com/menu/oe_menu.htm)
[HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/DATA-AND-REPORTS/COMMUNITY-HEALTH-NEEDS-ASSESSMENT](https://www.wake.gov/departments-government/health-human-services/data-and-reports/community-health-needs-assessment)
[HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/FOODBORNE-ILLNESS](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/foodborne-illness)
[HTTPS://WWW.CDC.GOV/SALMONELLA/INDEX.HTML](https://www.cdc.gov/salmonella/index.html)
[HTTPS://WWW.CDC.GOV/NOROVIRUS/ABOUT/INDEX.HTML](https://www.cdc.gov/norovirus/about/index.html)
[HTTPS://WWW.CDC.GOV/CAMPYLOBACTER/ABOUT/INDEX.HTML](https://www.cdc.gov/campylobacter/about/index.html)
[HTTPS://WWW.CDC.GOV/ECOLI/ABOUT/INDEX.HTML](https://www.cdc.gov/ecoli/about/index.html)
[HTTPS://WWW.NIMH.NIH.GOV](https://www.nimh.nih.gov)
[HTTPS://988LIFELINE.ORG](https://988lifeline.org)
[HTTPS://NAMINC.ORG](https://naminc.org)
[HTTPS://HOPELINE-NC.ORG](https://hope-line.nc.org)
[HTTPS://WWW.ALLIANCEHEALTHPLAN.ORG/](https://www.alliancehealthplan.org/)
[HTTPS://MYATHOME.COM/MOBILE-CRISIS](https://myathome.com/mobile-crisis)
[HTTPS://FINDTREATMENT.GOV](https://findtreatment.gov)
[HTTPS://WWW.MHANATIONAL.ORG](https://www.mhanational.org)
[HTTPS://NEWSROOM.HEART.ORG/NEWS/HEART-DISEASE-REMAINS-LEADING-CAUSE-OF-DEATH-AS-KEY-HEALTH-RISK-FACTORS-CONTINUE-TO-RISE](https://newsroom.heart.org/news/heart-disease-remains-leading-cause-of-death-as-key-health-risk-factors-continue-to-rise)
[HTTPS://WWW.CDC.GOV/HEART-DISEASE/ABOUT/INDEX.HTML](https://www.cdc.gov/heart-disease/about/index.html)
[HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/CHRONIC-DISEASES-AND-CONDITIONS/HEART-HEALTH](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/chronic-diseases-and-conditions/heart-health)
[HTTPS://BCCCP.DPH.NCDHHS.GOV/WISEWOMAN.HTM](https://bccc.dpsh.ncdhhs.gov/wisewoman.htm)
[HTTPS://WWW.HEART.ORG](https://www.heart.org)
[HTTPS://WWW.EPA.GOV/CLIMATE-CHANGE/WHAT-YOU-CAN-DO-ABOUT-CLIMATE-CHANGE](https://www.epa.gov/climate-change/what-you-can-do-about-climate-change)
[HTTPS://WWW.NIEHS.NIH.GOV/RESEARCH/PROGRAMS/CLIMATECHANGE/HEALTH_IMPACTS/VULNERABLE_PEOPLE](https://www.niehs.nih.gov/research/programs/climatechange/health_impacts/vulnerable_people)
[HTTPS://WWW.CDC.GOV/CLIMATE-HEALTH/PHP/EFFECTS/?CDC_AAREF_VAL=HTTPS://WWW.CDC.GOV/CLIMATEANDHEALTH/EFFECTS/](https://www.cdc.gov/climate-health/php/effects/?CDC_AAREF_VAL=HTTPS://WWW.CDC.GOV/CLIMATEANDHEALTH/EFFECTS/)
[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/CLIMATE-CHANGE-AND-HEALTH](https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health)
[HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/PARKS-RECREATION-OPEN-SPACE/ALL-PARKS-TRAILS](https://www.wake.gov/departments-government/parks-recreation/open-space/all-parks-trails)
[HTTPS://WWW.WAKE.GOV/EVENTS/FEBRUARY-22ND-2025-1030AM-4](https://www.wake.gov/events/february-22nd-2025-1030am-4)
[HTTPS://WWW.WAKE.GOV/DEPARTMENTS-GOVERNMENT/HEALTH-HUMAN-SERVICES/PUBLIC-HEALTH-AND-MEDICAL-SERVICES/EPIDEMIOLOGY-PROGRAM](https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/epidemiology-program)
[HTTPS://WWW.CDC.GOV/HAN/INDEX.HTML](https://www.cdc.gov/han/index.html)

REACH US & SUBSCRIBE!

VISIT OUR WEBPAGE AND SUBSCRIBE AT: [WAKE.GOV/EPIDEMIOLOGY](https://www.wake.gov/epidemiology)

DATA REQUEST FORM: [SUBMIT A REQUEST FOR DATA FROM OUR EPIDEMIOLOGY PROGRAM](#)

WAKE COUNTY EPIDEMIOLOGY PROGRAM PHONE NUMBER: 919-250-1252

FOR NON-DATA RELATED INFORMATION, EMAIL WAKEEPIDEMOLOGY@WAKE.GOV