



Association of
North Carolina Boards of Health

The Board members of ANCBH send 'heartfelt' blessings to those whose world changed recently due to Hurricane Helene. We hope that everyone will persevere and rebuild, accept resources/supplies to maintain strength during this disaster, find compassion to help others, and remember their health during these times. Our support for Public Health staff in western NC will continue.

This edition of the ANCBH newsletter features issues or topics that are a focus for the NC Division of Public Health and the US Centers for Disease Control and Prevention. We hope that you find these articles relevant to your work. Feel free to share these resources with others.

FDA Approves At-Home Nasal Spray Flu Vaccine

In mid-late September, 2024, FDA approved FluMist, a nasal spray flu vaccine, to be sold for at-home administration. The home use of FluMist will take effect next flu season and will eliminate the need for a health care professional to administer the vaccine, when done so at home by an individual 18 or older and after a pharmacist has approved its use. FluMist is the only nasal spray flu vaccine on the market and is now the only flu vaccine that is approved to be administered at home. It is licensed specifically for use in individuals ages 2 through 49.

Note: Flumist is a live attenuated vaccine. Other flu vaccines are inactivated.

CDC Adult Immunization Schedule by Age (19 and older)

The CDC has developed a schedule to guide health care providers in determining recommended vaccines for each age group. Included below is the schedule for patients' age 19 or older. You can find additional information [here](#).

Legend

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of immunity

Recommended vaccination for adults with an additional risk factor or another indication

Recommended vaccination based on shared clinical decision-making

No recommendation/Not applicable

Vaccine	19-26 years	27-49 years	50-64 years	≥65 years
COVID-19 ⓘ	1 or more doses of updated (2023–2024 Formula) vaccine (See notes)			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4) ⓘ	1 dose annually			
Influenza live attenuated (LAIV4) ⓘ	1 dose annually			
Respiratory Syncytial Virus (RSV) ⓘ	Seasonal administration during pregnancy. (See notes)			≥60 years
Tetanus, diphtheria, pertussis (Tdap or Td) ⓘ	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (See notes)			
	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR) ⓘ	1 or 2 doses depending on indication (if born in 1957 or later)			For healthcare personnel, (See notes)
Varicella (VAR) ⓘ	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV) ⓘ	2 doses for immunocompromising conditions (See notes)		2 doses	
Human papillomavirus (HPV) ⓘ	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal (PCV15, PCV20, PPSV23) ⓘ				See Notes
				See Notes
Hepatitis A (HepA) ⓘ	2, 3, or 4 doses depending on vaccine			
Hepatitis B (HepB) ⓘ	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY) ⓘ	1 or 2 doses depending on indication, See notes for booster recommendations			
Meningococcal B (MenB) ⓘ	2 or 3 doses depending on vaccine and indication, See notes for booster recommendations			
	19 through 23 years			
Haemophilus influenzae type b (Hib) ⓘ	1 or 3 doses depending on indication			
Mpox ⓘ				

Health and Economic Benefits of Routine Childhood Immunizations in the Era of the *Vaccines for Children Program*

Abstract reprinted from CDC Morbidity and Mortality Weekly Report August 8, 2024 / 73(31);682–685

Since 1994, the U.S. Vaccines for Children (VFC) program has covered the cost of vaccines for children whose families might not otherwise be able to afford vaccines. This report assessed and quantified the health benefits and economic impact of routine U.S. childhood immunizations among both VFC-eligible and non-VFC-eligible children born during 1994–2023. Diphtheria and tetanus toxoids and acellular pertussis vaccine; Haemophilus influenzae type b conjugate vaccine; oral and inactivated poliovirus vaccines; measles, mumps, and rubella vaccine; hepatitis B vaccine; varicella vaccine; pneumococcal conjugate vaccine; hepatitis A vaccine; and rotavirus vaccine were included. Averted illnesses and deaths and associated costs over the lifetimes of 30 annual cohorts of children born during 1994–2023 were estimated using established economic models. Net savings were calculated from the payer and societal perspectives. Among approximately 117 million children born during 1994–2023, routine childhood vaccinations will have prevented approximately **508 million** lifetime cases of illness, **32 million** hospitalizations, and **1,129,000** deaths, at a net savings of **\$540 billion** in direct costs and **\$2.7 trillion** in societal costs. From both payer and societal perspectives, routine childhood vaccinations among children born during 1994–2023 resulted in substantial cost savings. Childhood immunizations continue to provide substantial health and economic benefits, while promoting health equity.

[LEARN MORE](#)

In the World of Nicotine Products, Zyn is in

By: Emily Vespa – Originally Published in NC Health News

Oral nicotine pouches are tobacco-free pouches similar in size to a piece of gum. They're generally tucked behind a user's upper or lower lip, and they contain nicotine salts and flavors such as mint or citrus. Though the pouches are small and discreet, research shows they are able to deliver more nicotine than a cigarette.

They've exploded in popularity in the past few years, and one brand in particular has led the charge: Zyn.

[READ THE FULL ARTICLE](#)

Rabid Raccoon Attack Raises Questions About When Cases Get Reported to the Public

By: Jen Fernan – Originally Published in NC Health News

North Carolina law puts local health directors in charge of handling rabies cases in their jurisdiction. However, many delegate the work of tracking potentially rabid animals to local law enforcement or animal services divisions, State Public Health Veterinarian Carl Williams told NC Health News.

The state does not require that cases of rabid animals be publicly announced, although many counties share that information, he said.

[READ THE FULL ARTICLE](#)

Upcoming Events

ANCBH Annual Meeting

Date: November 14, 2024

Location: Bonnie B. Davis Environment and Agricultural Center
Located at [1020 US-70 W, Hillsborough, NC.](#)

Thank you for reading this newsletter. We hope that these quick ideas will generate more thoughts of how your public health programs can promote and protect the health of all people and our communities. Please let us know if there are ways we can improve this publication.

For more information, visit us on the web at www.ancbh.org and check out the new “Ask the Experts” entry at <https://www.ancbh.org/ask-the-experts>.

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