

Waikato Public Health Bulletin

Tēnā koutou katoa. We hope you enjoy this edition of the Waikato Public Health Bulletin and we welcome your feedback.

In this month's bulletin:

1. 2024 Flu Vaccination
2. AWHI Healthy Homes Initiative
3. Plumbosolvency and actions to reduce exposure to lead in drinking water
4. Staff news
5. Notifiable diseases trends

The bulletin is aimed at GPs and colleagues in primary and community care.

2024 Flu Vaccine

The latest quadrivalent influenza vaccine will be available from April 2nd. This is fully funded for everyone aged 65 years and over, and for those under 65 years who are most at risk of becoming very sick from flu, such as people:

- With long term conditions (like asthma, diabetes, or cardiovascular disease)
- With reduced immune function
- Who are pregnant
- With specific mental health conditions or addiction issues
- 4 years old and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

In healthy adults, the vaccine provides 55% protection against influenza-like presentations to GPs and 61% protection from influenza-related hospitalisations. More information can be found [here](#).

Vaccination can be booked online [here](#).

AWHI Healthy Homes Initiative



AWHI Healthy Homes is a FREE service for whānau living in the Counties Manukau and Waikato Area which is powered by the National Hauora Coalition. They aim to support and empower whānau to create a warm, dry, healthy home.

AWHI healthy homes aims to prevent hospitalisations for our tamariki by empowering and educating our whānau to create better spaces in their homes. The visits are education based and focus on

- Heating
- Heat loss
- Ventilation
- Moisture control

The initiative also connects whānau into other services out in the community.

To be eligible whānau must:

- Have tamariki in your home
- Have a NZ resident/citizen in your home
- Live in the Waikato area
- Be eligible for a community services card

Please refer through BPAC or via this [form](#).

Plumbosolvency and actions to reduce exposure to lead in drinking water

Lead absorption remains an important and under-recognised public health issue. In Aotearoa, lead absorption is a notifiable disease under the Health Act 1956 if blood lead levels are $\geq 0.24 \mu\text{mol/L}$. In Waikato, 18 cases of lead absorption were notified in the last year.

Lead-based paint is the most commonly identified source of non-occupational lead exposure, however plumbing materials in contact with drinking water can also pose a risk. The risk of lead from pipes, solders and tap fittings in the home depends on how corrosive the water is, what the pipes or fittings are made from, and the amount of time the water is in contact with the pipe or fittings.

Te Whatu Ora recommends households can proactively reduce their potential exposure to lead in drinking water through:

- Using water from cold taps (rather than hot) for drinking and cooking
- Running cold taps for about 30 seconds each morning to flush out water sitting in the pipes overnight
- Discarding a small volume of water (about 500 mL) from the cold tap before drinking, cooking or brushing teeth

Staff News

This month we welcome our new health protection officer, Mona Andreas, seen here exploring Franz Josef glacier.



We sadly farewell Pania Te Haate who has been a leader at Waikato Public Health Unit over the last 12 years. Her roles have spanned health promotion and protection, and most recently she was the Manager Health Protection and Interim Director of the Public Health Unit, before she stepped into the Kaitātaki GM Community and Whānau Wellbeing regional role in late 2023. Her

constant, wholehearted support for our teams and communities will be sorely missed. A farewell was held for Pania last week.



Pania Te Haate; he wahine kaha, he wahine pūmau ki ōna kaimahi katoa, he wahine aroha mutunga kore ki tōna hāpori.

Medical Officers of Health (MOoH):

Dr Felicity Dumble, Dr Richard Wall, Dr Richard Vipond, Dr Elizabeth Becker, Dr Kate Meerkerk

After Hours:

MOoH: 021 359 650 **HPO:** 021 999 521

If there is no answer, please contact Waikato Hospital's switchboard 07 839 8899 and ask for the on-call MOoH.

During Office Hours:

Public Health (MOoH or HPO): (07) 838 2569 **Notifications:** 07 838 2569 ext. 22041 or 22020

Notifications outside Hamilton: 0800 800 977 **Fax:** 07 838 2382

Email: notifiablediseases@waikatodhb.health.nz

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Previous Bulletins at: www.waikatodhb.health.nz/for-health-professionals/public-health-bulletins/

Notifiable Diseases – Trends

Notifiable diseases (Waikato District) - period to: April 2024

*Stats NZ estimated 8.69% of the population resided in Waikato in 2021

Disease name	Waikato cases per month			Cases per month over the last year (mean)		
	February	March	Trend	Waikato	National	% Waikato*
Botulism	0	0	-	0.0	0.0	-
Brucellosis	0	0	-	0.0	0.3	0
Campylobacteriosis	54	35	▼	48.1	494.5	10
COVID-19	1,950	1,604	▼	2,383.6	28,239.8	8
Cryptosporidiosis	11	2	▼	10.4	94.9	11
Decompression sickness	0	0	-	0.0	0.1	0
Dengue fever	1	0	▼	0.3	6.2	5
Diphtheria	0	0	-	0.0	0.2	0
Gastroenteritis - unknown cause	4	2	▼	2.1	22.3	9
Gastroenteritis / foodborne intoxication	5	6	▲	5.7	16.8	34
Giardiasis	15	9	▼	9.8	75.3	13
Haemophilus influenzae type b	0	0	-	0.1	0.3	33
Hepatitis A	1	0	▼	0.2	3.7	5
Hepatitis B	0	0	-	0.2	1.3	15
Hepatitis C	0	0	-	0.1	2.4	4
Hepatitis NOS	0	0	-	0.3	0.6	50
Hydatid disease	0	0	-	0.0	0.1	0
Invasive pneumococcal disease	1	1	-	4.8	63.3	8
Latent tuberculosis infection	0	0	-	1.0	7.1	14
Legionellosis	2	1	▼	1.4	17.6	8
Leprosy	0	0	-	0.0	0.2	0
Leptospirosis	5	4	▼	2.8	12.0	23
Listeriosis	0	0	-	0.3	2.3	13
Listeriosis - perinatal	0	0	-	0.0	0.3	0
Malaria	0	0	-	0.1	4.5	2
Measles	0	0	-	0.2	1.1	18
Meningococcal disease	0	0	-	0.5	5.0	10
Mumps	0	0	-	0.0	2.0	0
Murine Typhus	0	0	-	0.0	0.0	-
Pertussis	2	0	▼	0.8	14.6	5
Q fever	0	0	-	0.0	0.1	0
Rheumatic fever - initial attack	0	2	▲	1.0	16.6	6
Rheumatic fever - recurrent attack	0	0	-	0.2	0.9	22
Salmonellosis	10	1	▼	4.2	66.4	6
Shigellosis	0	1	▲	0.7	13.9	5
Taeniasis	0	0	-	0.0	0.1	0
Tetanus	0	0	-	0.0	0.1	0
Tuberculosis disease - new case	3	2	▼	2.2	26.0	8
Tuberculosis disease - relapse or reactivation	0	0	-	0.0	1.2	0
Tuberculosis infection - on preventive treatment	0	0	-	0.0	0.2	0
Typhoid fever	0	3	▲	0.5	5.3	9
VTEC/STEC infection	11	10	▼	7.0	86.7	8
Yersiniosis	9	3	▼	6.8	105.9	6