

People's Health

Outcomes • Planning • Evaluation



Know the facts: Chlamydia rates increase in young adults

DID YOU KNOW?

- In the United States, 1,526,658 cases of genital *Chlamydia trachomatis* were reported in 2015, more than **three and a half times** the number of gonorrhea cases.
- The Shasta County chlamydia rate* among women in 2016 was more than two times higher than for males. That may reflect a greater number of women who are screened, a biological predisposition to chlamydia infection in adolescent girls and young adult women, or possibly an increased frequency of symptoms in women relative to men with chlamydia.
- In women, chlamydia infections are a major cause of pelvic inflammatory disease (PID). Serious outcomes that may result from PID include ectopic pregnancy (pregnancy in the tube connecting the ovary and the womb, a life-threatening condition), infertility, and chronic pelvic pain. Chlamydia and gonorrhea infections can increase the likelihood of the transmission of HIV infection. Pregnant women infected with chlamydia can pass the infection to their newborn babies, which could result in severe conjunctivitis or pneumonia.

WHERE WE WERE:

In Shasta County, there were 246 chlamydia cases per 100,000 population in 2008.

WHERE WE ARE:

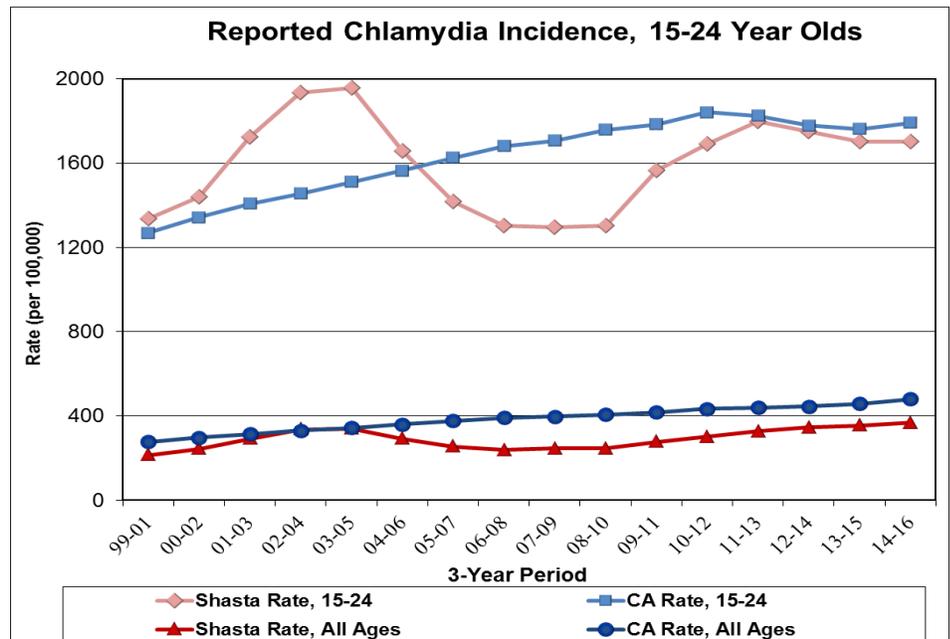
Shasta County had 649 chlamydia cases per 100,000 population in 2016.

WHERE WE ARE AIMING:

Healthy People 2020 has not established a goal.

DEFINITION:

Information is based on reported number of new cases of chlamydia infection per 100,000 population in Shasta County.



- The highest incidence of chlamydia cases nationwide occurs among women ages 20-24, followed by women ages 15-19. The rates among men, while lower than women, are highest among men ages 20-24 followed by men ages 15-19.

* all chlamydia rates are per 100,000 population unless otherwise stated.

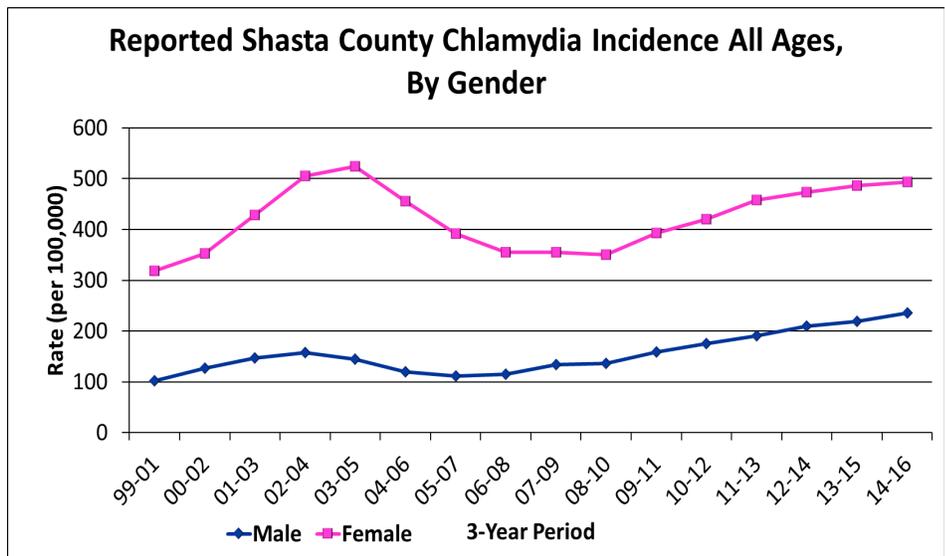
Contributing Staff: Jennifer Black, MPH; Daniel Walker, MPH; Andrew Deckert, MD, MPH. Find more health information at www.shastahhsa.net. Click on "Health and Safety," then "Current Health Concerns."

KEY POINTS:

- Reported chlamydia in Shasta County increased between 1997 and 2004, decreased from 2005 to 2008, and rose again from 2009 to 2014. Reported cases leveled off in 2015 and 2016.
- About 1 in 3 cases reported in Shasta County are men. Many cases among men have been detected after their female partners test positive. Improved methods of testing for chlamydia have resulted in more men being tested (a simple urine test is now sufficient).
- Of the 649 chlamydia cases reported in Shasta County during 2016, 45% were among women ages 15 to 24 while 18% were among men ages 20 to 29.

PRIMARY PREVENTION ACTIVITIES:

- Educate healthcare providers to take sexual activity histories, discuss sexually transmitted disease (STD) prevention and order urine screening for chlamydia when appropriate for their patients, especially young women ages 15-24 who are at the highest risk.
- Make barrier contraceptives e.g. condoms readily accessible to sexually active people.
- Provide more comprehensive and earlier sex education to youth, including those younger than 15 years.
- Encourage abstinence when appropriate and develop skills in decision making, communication and negotiation about sex.
- Targeting screening, partner notification/referral, and treatment of high-risk individuals especially to those ages 15-24 can prevent the spread of chlamydia among the core transmitters in the community.
- Any time gonorrhea is found screen for chlamydia.



From the Desk of Andrew Deckert, MD, MPH

*Shasta County Public Health
Officer*



Chlamydia is the most common sexually transmitted infection in the United States. Most women (and about half of men) experience no symptoms. Left untreated, chlamydia can lead to high risk pregnancies and even infertility.

Given that chlamydia disproportionately affects young adults and is linked to lifelong poor health outcomes, it is imperative that community partners improve prevention and diagnosis of STDs. Individuals can reduce or eliminate their risk of infection by taking charge of their sexual health, getting tested regularly for sexually transmitted infections and informing their partners if they test positive for a disease.

To your health!

Data source: Shasta County Health and Human Services Agency, Public Health Branch; California Department of Public Health, Sexually Transmitted Disease Control Branch; Centers for Disease Control and Prevention, Division of STD Prevention; and California Department of Finance, Demographic Research Unit.

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