



Idaho Viral Hepatitis Prevention Program

DaNae Schoenborn
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Bureau of Clinical &
Preventative Services

HIV, STD, & Hepatitis
Section

Health Program Manager

IDHW STD/STI Prevention
Program Specialist

IDHW HIV Prevention
Program Specialist



IDHW Hepatitis
Prevention Program
Specialist

Agenda

- Idaho Hepatitis Prevention Program
- Hepatitis Information- Liver Health
 - Hepatitis A
 - Hepatitis B
 - Hepatitis C
- Idaho Hepatitis C Awareness Campaign
- Group Discussion





Vision: Partnering with the community to create a region in which hepatitis transmission is halted, testing is accessible, and all people have access to affordable, evidence-based treatment.

Mission: Prevent further viral hepatitis transmission to reduce disability and mortality as well as improve the quality of health and wellbeing for Idahoans.



Viral Hepatitis Prevention Program Timeline

5



2017

Increased Funding:
\$65,350 to \$115,000

Held first stakeholder meeting

Two additional Subgrants -
Increase HCV
testing/treatment

2019

COVID-19

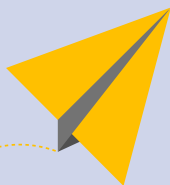
2021

Held monthly Stakeholder meetings since January 2022

Smaller workgroup formed focused on elimination planning

Support Project ECHO Liver Care Series

Partner with (21) organizations between MOUs & Subgrants increasing HCV testing/treatment services



New Grant:
Increased funding:
\$20,000- **\$65,350**

New Focus:
Persons born between
1945-1965

First Subgrant - Increase
HCV testing/treatment

2018

Held (2) Stakeholder Meetings

Developed (2) Disease Progression Models [HVB & HCV]

Syringe Exchange Legalized

2020

New Grant:
\$115,000 - \$315,000

New Focus:
Surveillance Activities
Elimination Planning

Funding for a Full-Time Position – Hired end of November 2021

2022



“Hepatitis is one of the most devastating diseases on earth, but it’s also one of the most preventable and treatable, with services that can be delivered easily and cheaply at the primary health care level” - Dr. Tedros Adhanom Ghebreyesus, WHO Director-General

WHO Viral Hepatitis Elimination Targets by 2030:

- 90% diagnosis of all infections
- 80% reduction in new infections
- 65% reduction in liver related mortality





Hepatitis A and hepatitis B are **preventable** by vaccines.



There is **not a vaccine** for hepatitis C



However, hepatitis C **can be cured** with a short course of treatment (8-12 weeks) with little to no side effects.



Five-year grant:

➤ Component 1: Surveillance Activities

- Priority to improve surveillance for hepatitis A, B & C, including outbreak detection, investigation, and control
- Surveillance data will inform and guide prevention strategies

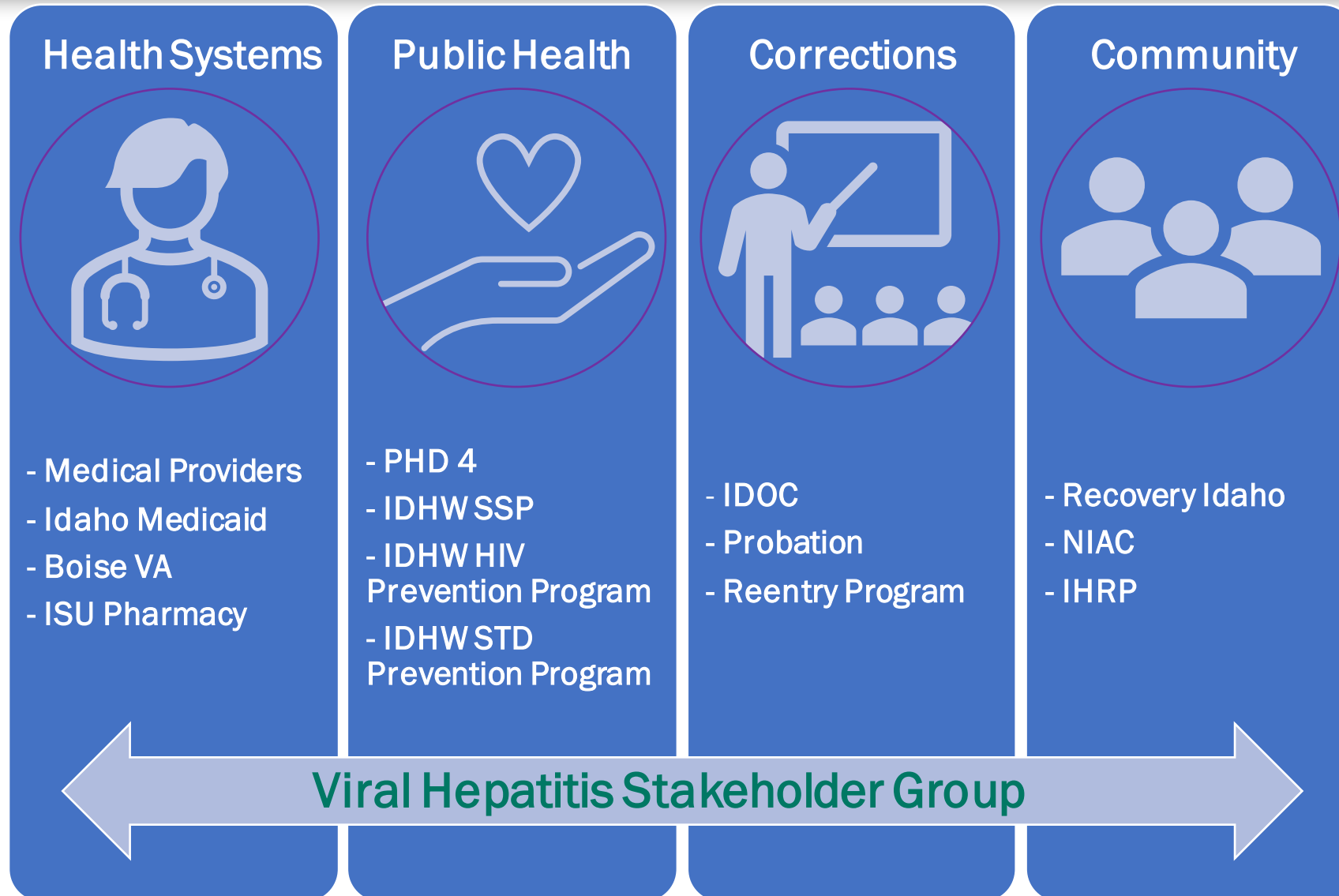
➤ Component 2: Prevention Activities

- Priority is to support viral hepatitis elimination planning and increase access to hepatitis B and C testing & treatment



Overall Plan:

- Build state and local capacity addressing barriers individuals face when seeking testing and treatment for viral hepatitis
- Focus on increasing number of clinics offering hepatitis C testing and providers willing to provide treatment
- Statewide education and outreach activities raising awareness that hepatitis C can be cured
- Viral Hepatitis Elimination Technical Advisory Committee for input and insight for elimination planning





The Viral Hepatitis Elimination Group endeavors to:

- Reduce the transmission of hepatitis viruses through prevention and education efforts
- Educate Idahoans about viral hepatitis:
 - Provide up-to-date information to Idahoans at risk for contracting viral hepatitis
 - Provide up-to-date information to doctors, pharmacists, and clinicians who serve Idahoans at risk for contracting viral hepatitis
 - Provide information about how to decrease risk factors associated with transmission
- Utilize resources and professional collaborations to create a proactive plan that destigmatizes hepatitis
- Empower people living with hepatitis to seek care
- Help community agencies to provide respectful, compassionate, comprehensive and evidence-based treatments



Recovery is Health & Health is Recovery
Viral Hepatitis



- Hepatitis is an **inflammation** (swelling) of the liver and most often caused by a virus.
- Hepatitis B and hepatitis C are the **leading cause** of liver cancer, liver transplant, and hepatitis related deaths.
- **In Idaho**, chronic liver disease and cirrhosis (scarring) are the 10th leading cause of death, which translates to nearly 16 deaths per 100,000 or 322 deaths recorded in 2020.

Liver Disease in the United States:

- In 2020, 4.5 million adults diagnosed with liver disease
 - There were 51,642 deaths (15.7 per 100,000)

➤ Did you know:

- Your liver is the **second largest organ** in your body (located under your rib cage on your right side)
- Your liver is **shaped like a football** that's flat on one side **AND** weighs three pounds

➤ What does your liver do:

- Cleans your blood of toxins
- Gives you **ENERGY**
- Produces **BILE** for **DIGESTION**
- **Processes** what you eat and drink into **nutrients** that your body uses
- **Filters out harmful substances** from your blood.

WHAT ARE THE SYMPTOMS?



Yellowing of
skin and eyes
(jaundice)



Fever






Nausea, vomiting,
diarrhea

Symptoms may also include: dark pee, pale poop, stomach pain, tiredness, lack of appetite.

- Hepatitis A, B, and C symptoms are similar- important to consult with a healthcare provider.



Transmission:

- Hepatitis A is found in the **stool** or **blood** of people who are infected.
- Hepatitis A is very **contagious** - people can spread the virus without feeling sick.
-  **person to person** contact such as sexual contact, caring for someone who is ill, or sharing drug equipment 
-  Eating **contaminated food** or drink.

National Impact:

- In 2018, there were 12,474 cases of reported Hepatitis A (HAV) in the United States.
- Due to underreporting, that actual number of cases is likely around 24,900.
- Reported cases have increased dramatically since 2016, when large person-to-person outbreaks began occurring.

Did you know:

- HAV can live outside the body for months, depending on the environmental conditions



Prevention:

- Hepatitis A preventable by vaccination
- Children need 2 doses of hepatitis A vaccine.
 - First dose: 12-23 months of age.
 - Second dose: At least 6 month after the first dose
- Adults: 2 types of hepatitis A vaccine
 - First type: single-dose hepatitis A (HAV) given as two shots, 6 months apart
 - Second type is a combination vaccine that protects against hepatitis A and hepatitis B







Hepatitis A (HAV) Information:

- Hepatitis A does not become a **chronic**, long-term infection.
- Hepatitis A antibodies, which appear early in the course of infection, provide **lifelong protection**.
- Symptoms of HAV usually lasts less than **2 months**, some (10%) have prolonged or relapsing symptoms for up to 6 months



Transmission:

- Hepatitis B is transmitted through **bodily fluids** (infectious blood or bodily fluids) including:
-  Infected **pregnant person** to baby during birth
- **Sexual contact** with infected partners 
-  Direct contact with **infected blood**
- **Shared drug equipment** 

National Impact:

- Between **880,000** to **1.89 million** people are living with hepatitis B (HVB) infection in the United States (two-thirds may not be aware).
- Hepatitis B can cause lifelong infection, cirrhosis (scarring) of liver, liver cancer, liver failure and death.

Did you Know:

- HBV can survive outside of the body and remains infectious for at least **7 days**.



Prevention:

- Hepatitis B (HVB) is preventable by vaccination
- Children receive a 3-dose series
 - First dose at birth
 - Second dose at 1-2 months
 - Third dose at 6-18 months
- Adults can receive a 2-dose, 3-dose, or 4-dose series depending on vaccine or condition (discuss with healthcare provider)



Hepatitis B Vaccine Protection:

- Studies indicate immunologic memory remains intact for at least 30 years among healthy people who initiated hepatitis B vaccination at >6 months of age. Long term studies are ongoing to determine duration of vaccine-induced immunity.
- **HBV Boosters:** Boosters are not recommended for people with normal immune status who have been vaccinated. However, it is important to speak with Primary Care Provider for guidance.

Hepatitis B (HVB) Information:

- There is **no cure** for HVB – people with chronic (long term) infection should be evaluated for liver problems and monitored on a regular basis.
- Treatments are available that can slow down or prevent the effects of liver disease.
- Some people (especially adults) are able to clear the virus. People who clear the virus become immune and cannot get infected with HVB again.
- **Did you know:**
- 90% of infants infected with HBV will develop chronic infection. In contrast, 5% of adults will develop chronic HBV.



Hepatitis C virus spreads

when blood from an infected person enters the body of someone who is not infected.

- Hepatitis C is **10 times more infectious** than HIV

- In the United States, there are around **2.4 million** people living with hepatitis C (HCV), and many are unaware of their status.

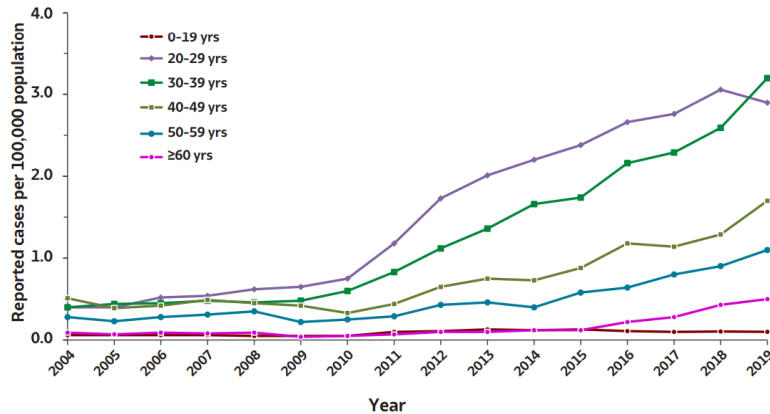
Testing is Key:

- At least **50% of persons living with HCV** do not know they are infected (silent epidemic).
- CDC updated HCV recommendation for **universal screening** of all adults (18+) at least once in a lifetime as well as all pregnant persons for each pregnancy.

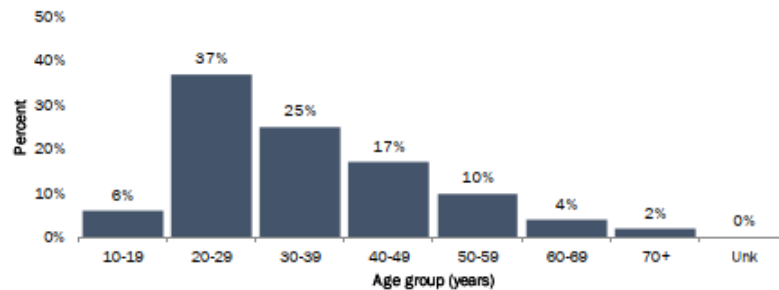


2019 VIRAL HEPATITIS
SURVEILLANCE REPORT

Figure 3.4. Rates of reported acute hepatitis C virus infection, by age group — United States, 2004–2019



Hepatitis C, acute incidence proportion by age group— Idaho, 2015–2019



- Hepatitis C (HCV) is on the rise in the U.S. with **63% of new infections** occurring among people ages 20-39.
 - Today, most become **infected with HCV** by sharing needs, syringes, or any other equipment used to prepare and inject drugs.
- **Did you know:** HCV can live on dry surfaces and equipment for up to 6 weeks- resulting in a longer period for potential transmission than for other bloodborne pathogens (e.g., HBV & HIV)

Hepatitis C Treatment Timeline

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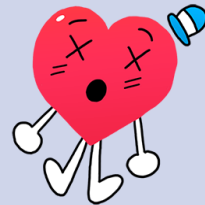
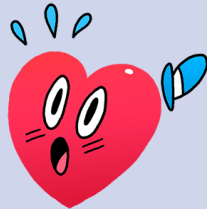


Early 1990s

Scientists discovered that if you mixed injectable IFNa with the antiviral ribavirin (RBV)- results improved. (RBV: 24-48 weeks or longer for treatment)

Cure rate: 33%-41%

Side effects: thyroid issues, psychosis, anemia, flu-like symptoms, insomnia, hair loss



First Hep C treatment- protein based injections called recombinant interferon- alfa. Mobilize the body's immune system to fight disease. (6-12-month treatment)

Low cure rate- 6%-16%

Side effects: hair loss, severe depression, vomiting, suicidal thoughts, liver damage, autoimmune diseases, increased infections, and stroke.

1995

BREAKTHROUGH treatment by way of pegylated interferon alpha (PegINFa) – fewer injections, Less side effects and higher cure rate.

Cure rate: PegINFa – 39%
Cure rate: PegINFa + RBV 54%-56%

2011

FDA approved the first two Protease inhibitors used in combination PegINFa and RBV.

Cure rate: 66%-79%

Negative side effects and interactions with other drugs outweighed the benefits

2012

Clinical Trial studies of Direct Acting Antiviral Oral Medication

Prior to 2013; HCV was difficult to treat. With the new class of drugs- direct-acting antivirals (DAAs)- they offer cure rates for HCV of 95-98% With little to no side effects (8-12 weeks).

**Late 2013-
Present day**

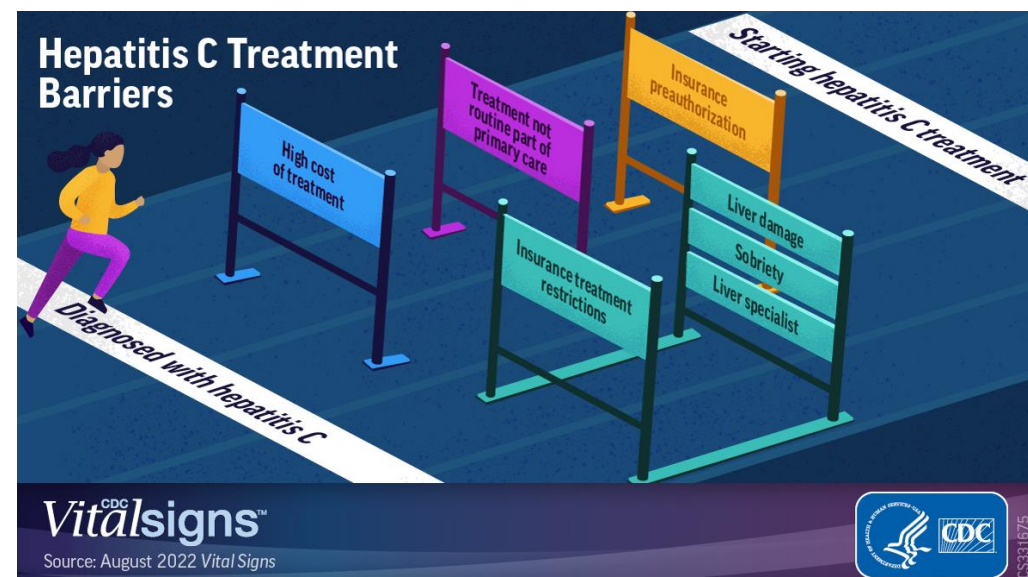
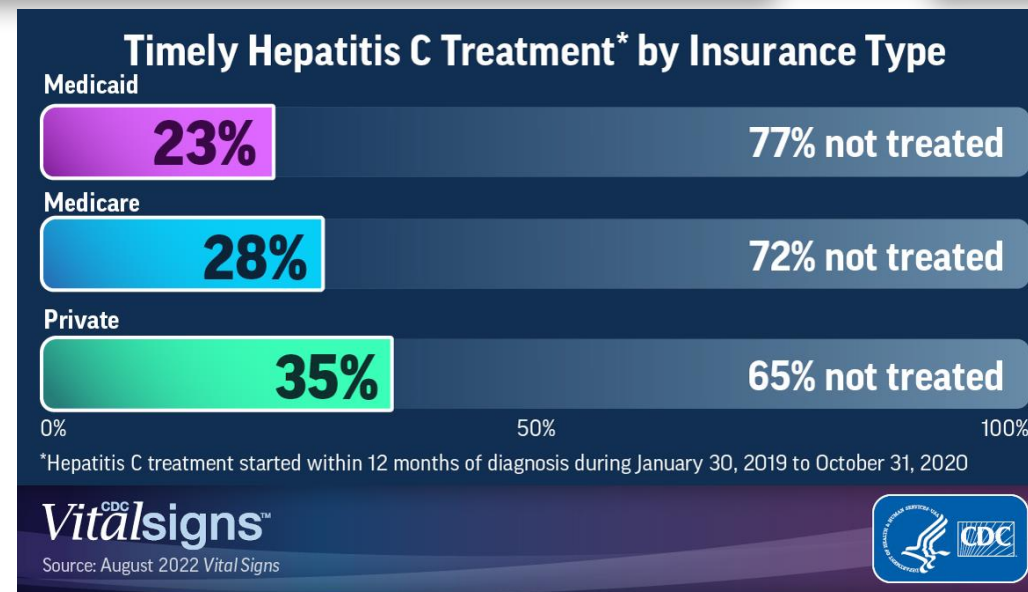


- New CDC data reveals that **less than a third** of people diagnosed with hepatitis C receive timely treatment for the deadly, yet curable infection.
- According to the report, **treatment is lowest among** patients in state administered programs (less than 1 in 4 Medicaid recipients (23%) being treated within a year of diagnosis).
- CDC annual **hepatitis C data** shows the **highest rates of new infection** are among adults under the age of 40.
 - However, this new analysis found adults under 40 have the lowest treatment rates by age group.

➤ Reducing Hepatitis C Treatment Barriers:

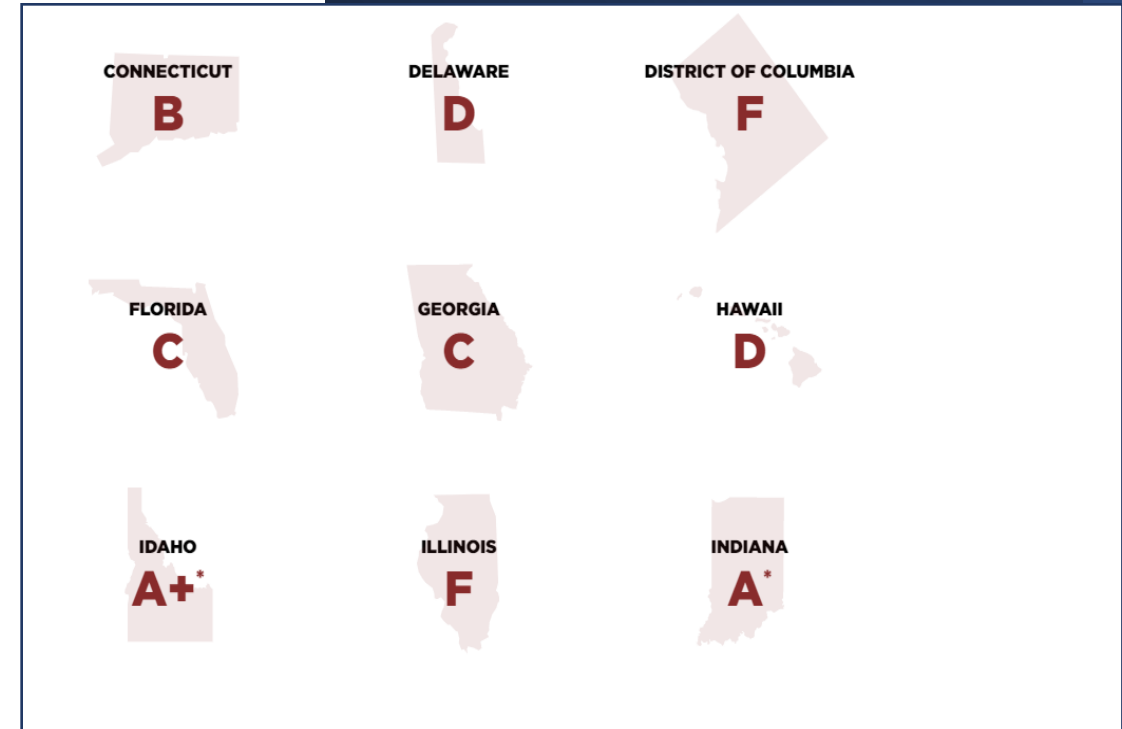
- Remove eligibility restrictions and preauthorization requirements that make it difficult to receive HCV treatment
- Expand the number of primary care providers treating HCV
- Provide treatment where people already receive services (community clinics, syringe service programs, substance use treatment centers)
- Provide treatment in as few visits as possible

Source: [CDC HCV Press Release 2022](#)



Hepatitis C: State of Medicaid Access

- National Viral Hepatitis Roundtable launched Hep C: State of Medicaid Access evaluating HCV treatment across state Medicaid programs.
- Idaho received an A+ eliminating restrictions for receiving treatment
- Evaluations grade criteria:
 - Fibrosis Restrictions (severity of liver disease or the degree of fibrosis (scarring))
 - Substance Use Restrictions
 - Prescriber Restrictions
 - Retreatment Restrictions





- Let's continue to spread the word and reduce stigma and discrimination surrounding viral hepatitis.
 - ✓ Find local advocates in your community to help spread the word about viral hepatitis, the importance of getting testing, and reminding community members that hep C can be cured.
 - ✓ Get involved in Hepatitis Awareness Month (May)
 - ✓ CDC has Hepatitis Awareness Campaign Materials
 - ✓ Celebrate World Hepatitis Day (July 28th) in your community
 - ✓ Follow @cdchep on Twitter (use #KnowHepC to join the conversation)
- If you would like to get involved with hepatitis prevention and elimination planning in Idaho, please contact:
 - DaNae Schoenborn at DaNae.Schoenborn@dhw.idaho.gov
- Together, we can make a difference

Idaho Viral Hepatitis Awareness Campaigns



Treasure Valley Hep C Bus Campaign

Valley Regional Transit

Pocatello Hep C Bus





Select services:

- ☐ Free Condoms Near Me
- ☐ Free Condoms by Mail
- ☐ HIV Testing
- ☐ Ryan White Case Management/ADAP
- ☐ Hepatitis Testing
- ☐ Hepatitis Treatment
- ☐ STD Testing
- ☐ HIV Pre-Exposure Prophylaxis (PrEP)
- ☐ HIV Post-Exposure Prophylaxis (PEP)
- ☐ Safer Syringe Program (SSP)
- ☐ Find Naloxone
- ☐ Gender Health

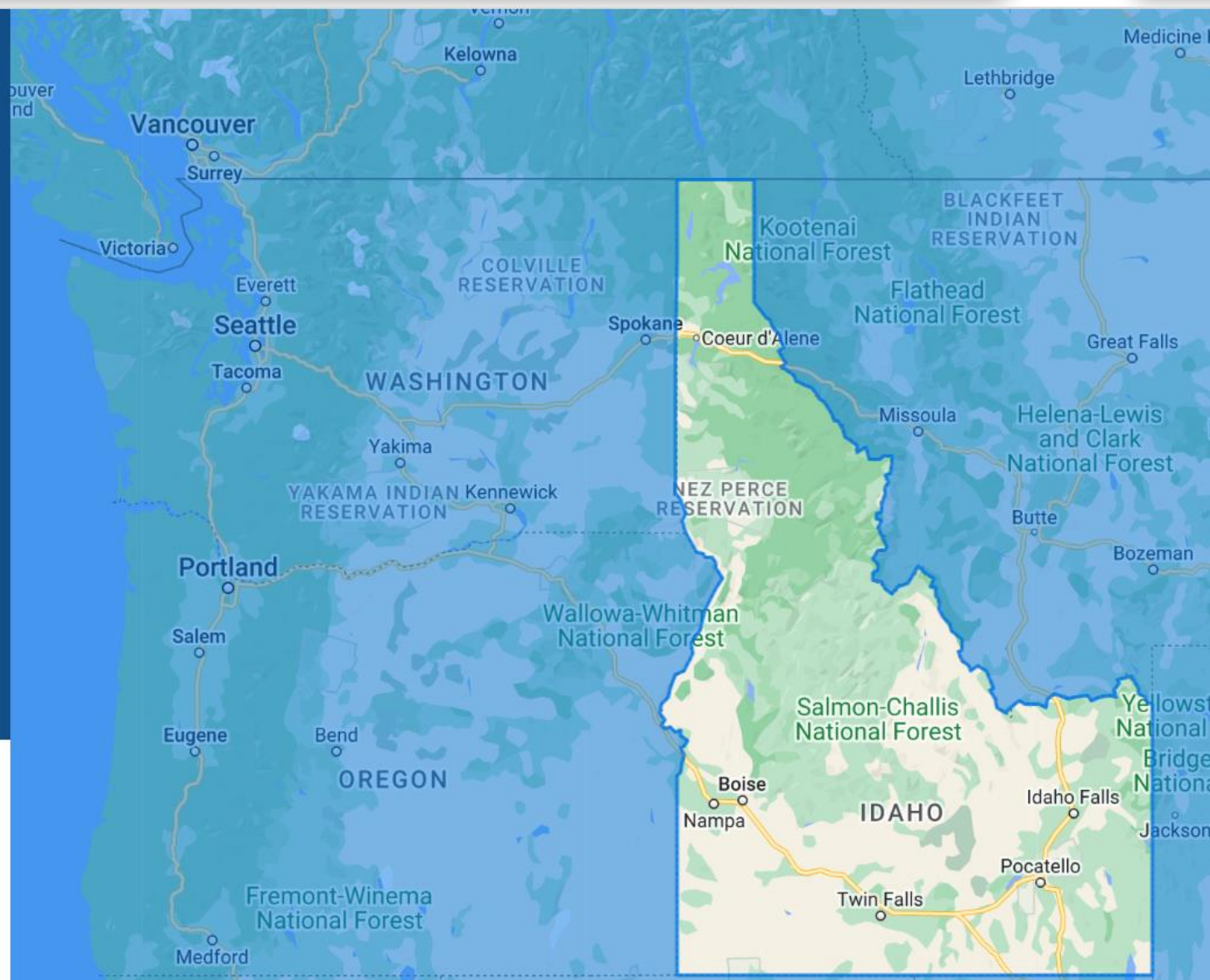


**HIV, STD and HEPATITIS
PREVENTION & CARE**

Find services within ☒ 10 ☐ 25 ☐ 50 miles

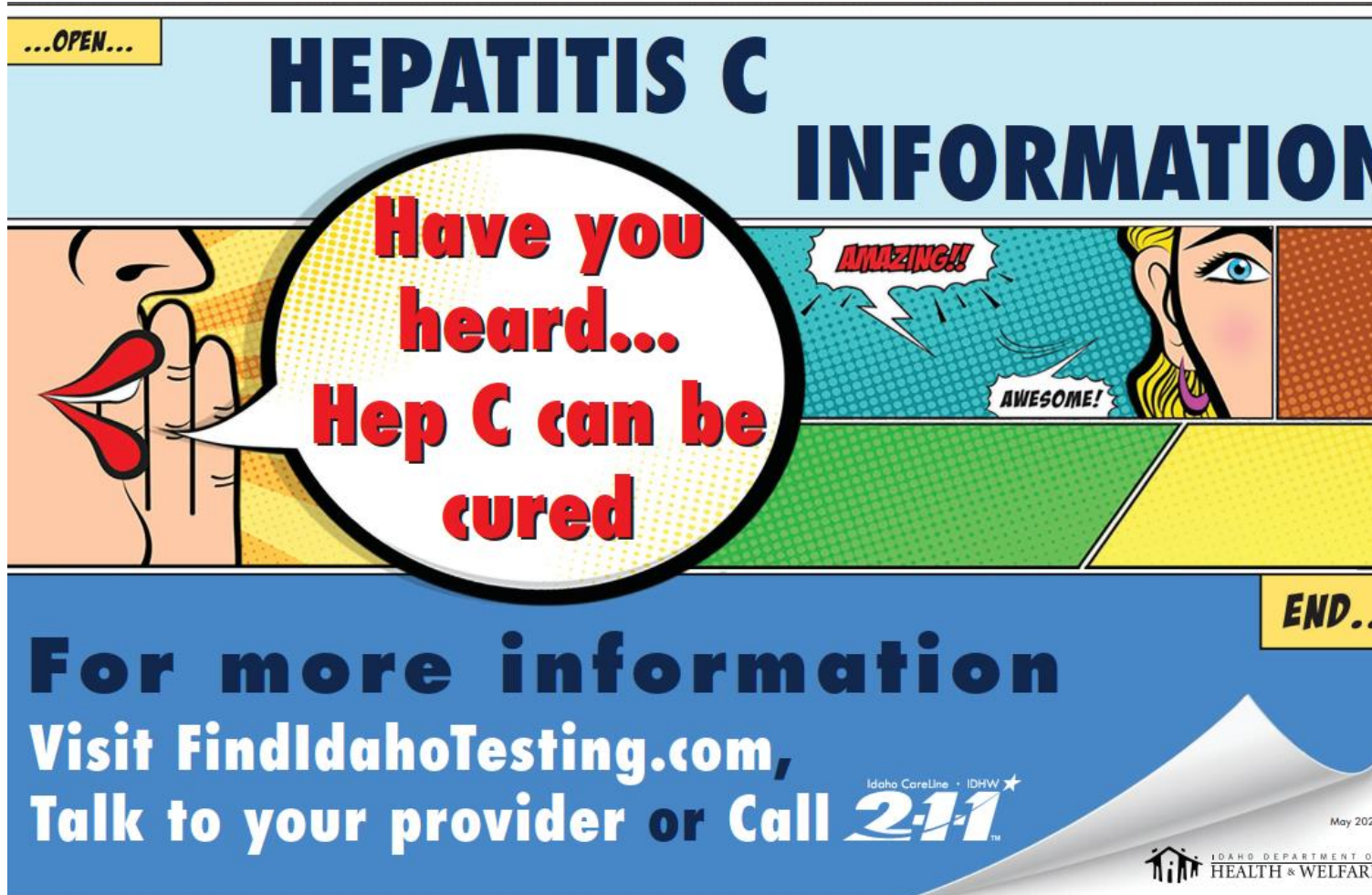
of city or zipcode:

Go



Pocatello Hep C Bus





Hep C Bus
Campaign
Poster



Hep C Poster with vanity URL

Hep C
Billboard
Campaign



**Have you
heard...Hep C
can be cured**

IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

FindIdahoTesting.com

Idaho Careline - 2-1-1

MEADOW



Hep C Statewide Poster & Pharmacy Bags



Thank you

Questions?