Illness & Injury

Influenza hospitalizations

In Oregon an estimated 1,030 influenza hospitalizations and between 40 and 600 influenza deaths occur annually. At highest risk for severe disease are infants, persons ≥65 years of age, and persons with chronic diseases. Laboratory-confirmed influenza hospitalizations in Clackamas, Multnomah, and Washington counties increased during the 2009-2010 season (during the H1N1 pandemic) and again during the 2012-2013 and 2013-2014 seasons (see Figure 1).

![Figure 1: Influenza hospitalizations, Clackamas, Multnomah, and Washington counties, 2005-2014](source: Oregon Emerging Infections Program)

During 2009-2010, hospitalizations were highest in 0 to 4 year olds, whereas in 2012-2013 and 2013-2014 they were highest in those age 65 and older (see Figure 2).
The best means available to prevent influenza is annual vaccination; influenza viruses mutate frequently, so a new vaccine is needed every year to adjust to the changing viruses. The year 2009 witnessed the arrival of the H1N1 “pandemic” strain of influenza, which caused high rates of disease. In addition to annual vaccination of everyone against influenza, hand washing, covering one’s cough, and staying home when sick will also help to reduce the spread of the flu.

Additional Resources: [Influenza (vaccine-preventable) disease details](http://gis.cdc.gov/GRASP/Fluview/FluHospRates.html)

About the Data: Hospitalization data are collected annually by the Oregon Emerging Infections Program as part of the CDC Influenza Hospitalization Surveillance Network (FluSurv). Cases include any resident of the Portland Tri-county area (Multnomah, Washington and Clackamas counties) hospitalized with laboratory-confirmed influenza infection in Portland Tri-county area hospitals. Population estimates by age group used in calculating rates are from the National Center for Health Statistics (NCHS). Data were accessed through FluView: Influenza Hospitalization Surveillance Network, Centers for Disease Control and Prevention, [http://gis.cdc.gov/GRASP/Fluview/FluHospRates.html](http://gis.cdc.gov/GRASP/Fluview/FluHospRates.html)