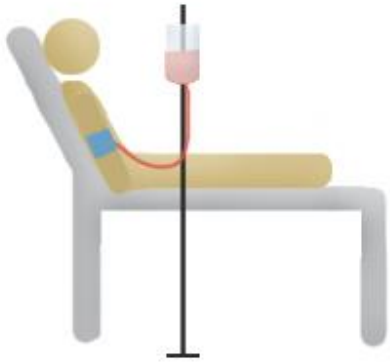


# Hepatitis C among Young People in NYC

Hep C Prevention in Youth Initiative Meeting  
December 22, 2016

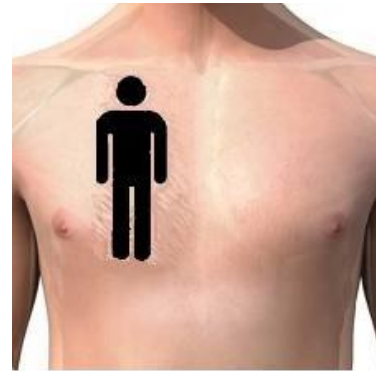
# Hepatitis C: Risk Factors



**Blood Transfusion  
Organ Transplant  
before 1992**



**Injection or  
Intranasal  
Drug Use**



**Sharing  
personal care  
items or body  
art equipment**



**Birth to  
infected  
mother**

Approx. 146,000 people in NYC infected with Hep C

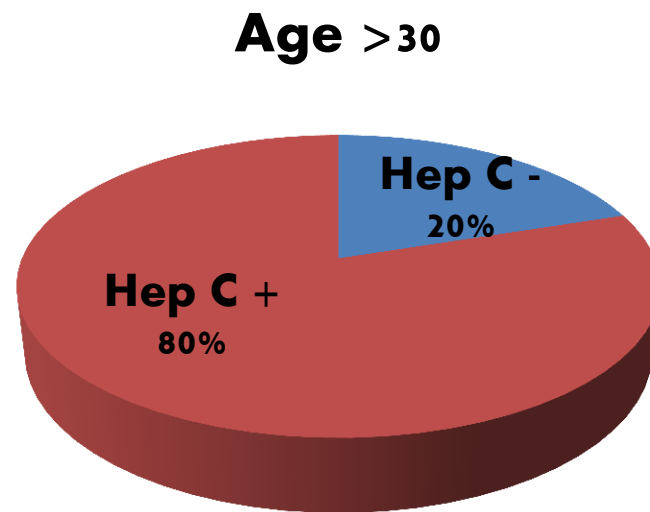
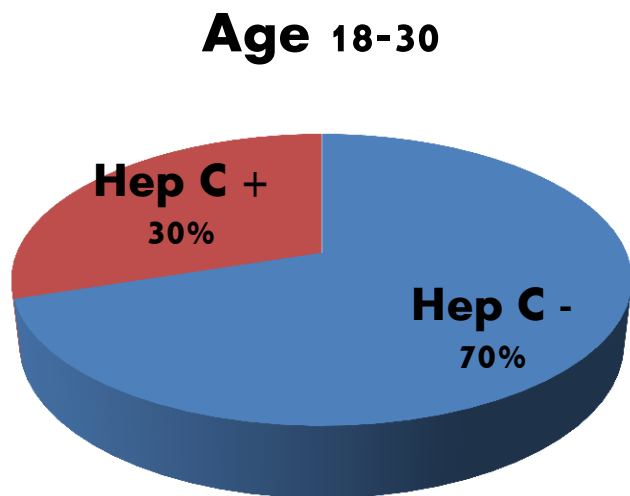
# Hepatitis C: Risk Factors



- Easily transmitted when sharing drug use equipment
- Virus is extremely difficult to kill: Bleach and/or boiling water do not kill the virus!
- Hepatitis C can survive outside the body for up to **3 weeks!**

# Hepatitis C: Risk Factors

- 50% of injection drug users get Hepatitis C within one year
- 90% get Hepatitis C within 5 years



# Hepatitis C: Highest Risk Groups

- **Current and former injection drug users**
- **Baby Boomers** born 1945-1965
- Received blood transfusion or organ transplant before 1992 in US
- Living with HIV
- Immigrants from endemic countries
- History of incarceration
- History of homelessness

## Hep C Risk Assessment

- Were** you born between 1945 and 1965?
- Have** you ever injected drugs, hormones, steroids, silicone or cosmetics – even if it was once a long time ago?
- Did** you have a blood transfusion or organ transplant before 1992?
- Are** you HIV+?
- Were** you born in Egypt, Pakistan, Russia or the former Soviet Republic?
- Did** you have a blood transfusion or medical procedure in Egypt, Pakistan, Russia or the former Soviet Republic?
- Have** you ever inhaled (snorted) drugs?
- Did** your mother have hepatitis C when you were born?
- Have** you ever gotten a tattoo or piercing from anyone other than a licensed professional?
- Have** you had abnormal liver tests or been told you have liver disease?
- Have** you ever been on long-term dialysis?
- Were** you ever exposed to blood or stuck with a needle on the job?
- Have** you ever been incarcerated?

**Get Tested, Get Cured!**

For more info, text **LIVER** to **877-877**  
or visit [nyc.gov/health/hepatitis](http://nyc.gov/health/hepatitis).

# Hepatitis C: Prevention

There is **no vaccine** for Hepatitis C!

People **never** develop immunity

It is **always** possible to get re-infected

## The only prevention is behavioral:

- Syringe exchange
- Substance use treatment
- Universal precautions
- Safe tattooing & piercing
- Not sharing personal items
- Safe sex



**Syringe Exchange is  
Hep C Prevention**

# Hepatitis Symptoms

**May not have any symptoms!**

Symptoms can include:

- Flu-like symptoms
- Tired or has trouble sleeping
- Loss of appetite, nausea or weight loss
- Jaundice: yellowing of the skin & eyes
- Itchy skin



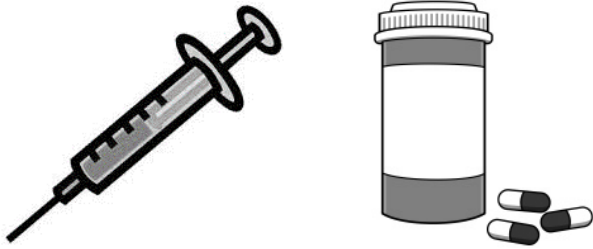
# Hepatitis C: Medical Care



Regular medical care is important to:

- Assess liver health and damage
- Get Hepatitis A & B vaccination
- Monitor liver function
- Consider treatment options
- Have assessment and intervention for:
  - Other chronic illnesses
  - Mental health issues
  - Drug and alcohol use

# Hepatitis C: Treatment



## Before

Often lasted 1 year

Weekly injections and pills

Severe side effects (flu-like symptoms, depression, anemia)

## Now

Usually lasts 2 to 3 months

Pills, often just 1 a day

Mild side effects (fatigue, headache, nausea, insomnia)

Found to be safer than past treatments

**Over 95% of patients can be cured.**

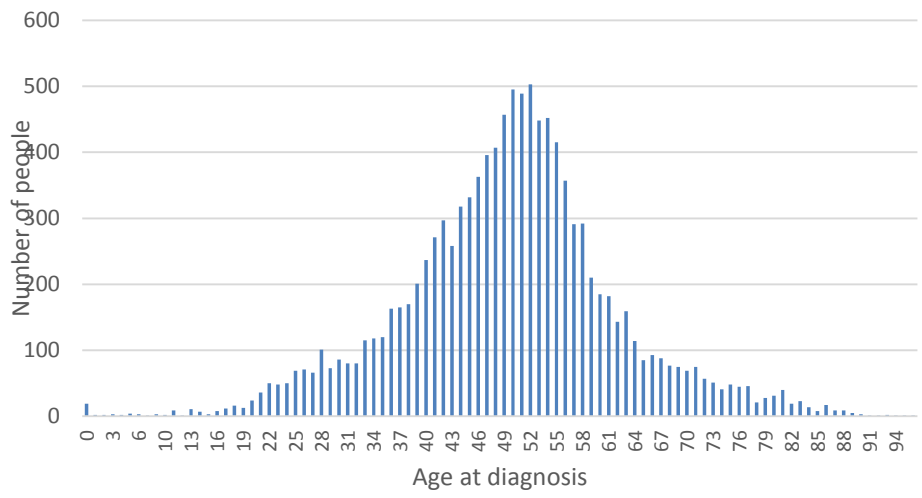
Hepatitis C treatment is now short, easy and effective!

# Newly Reported Hep C Cases, 2015

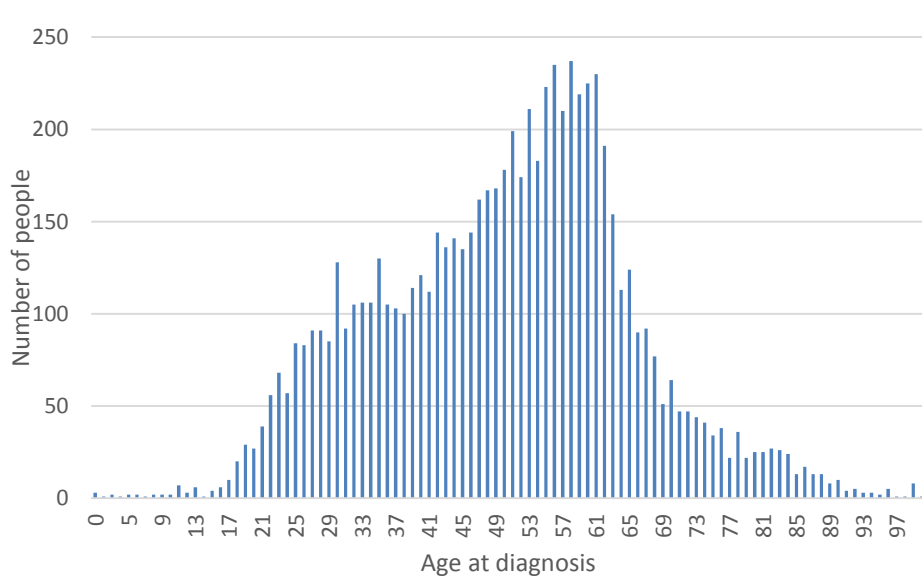
Newly	Number	Percent	Rate per 100,000 People <sup>1</sup>
Overall	7,328	100.0	86.3
Sex			
Male	4,579	62.5	113.1
Female	2,749	37.5	61.9
Year of Birth			
1900-1944	592	8.1	86.7
1945-1965	3,638	49.7	186.7
1966-1983	2,032	27.7	94.5
1984-2015	1,066	14.6	28.7
Neighborhood Poverty Level by Zip			
Low (<10% below poverty)	833	12.2	52.7
Medium (10% to <20%)	1,943	28.4	71.5
High (20% to <30%)	1,998	29.2	79.3
Very high (≥30%)	1,539	22.5	91.9

# People Newly Reported with Chronic Hepatitis C in New York City by Age and Diagnosis Year

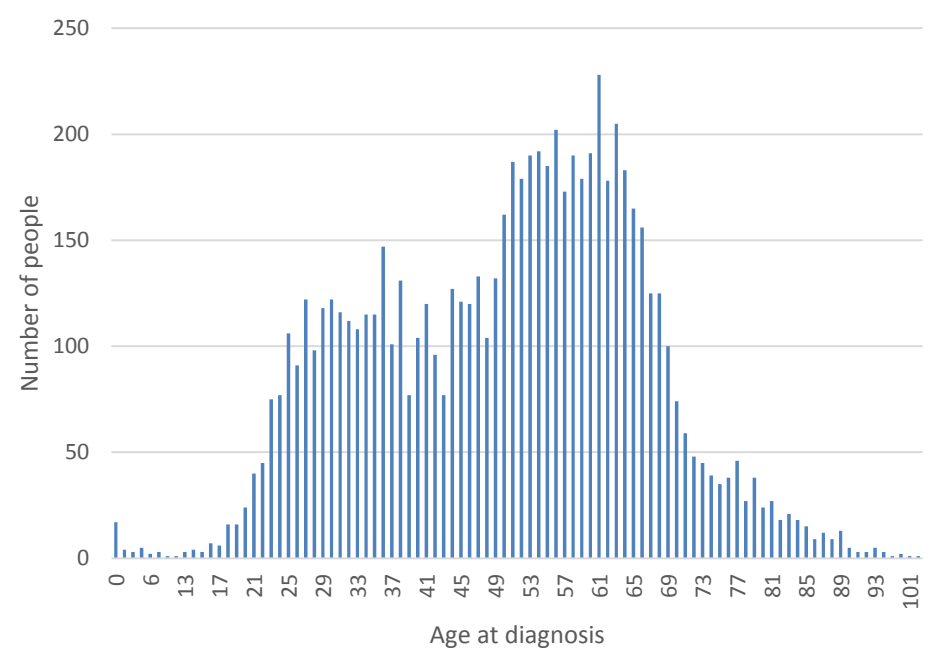
## 2005



## 2012



## 2015



# 18 to 29 Year Olds Newly Reported with HCV by Zip Code: > 200% increase 2015-2016

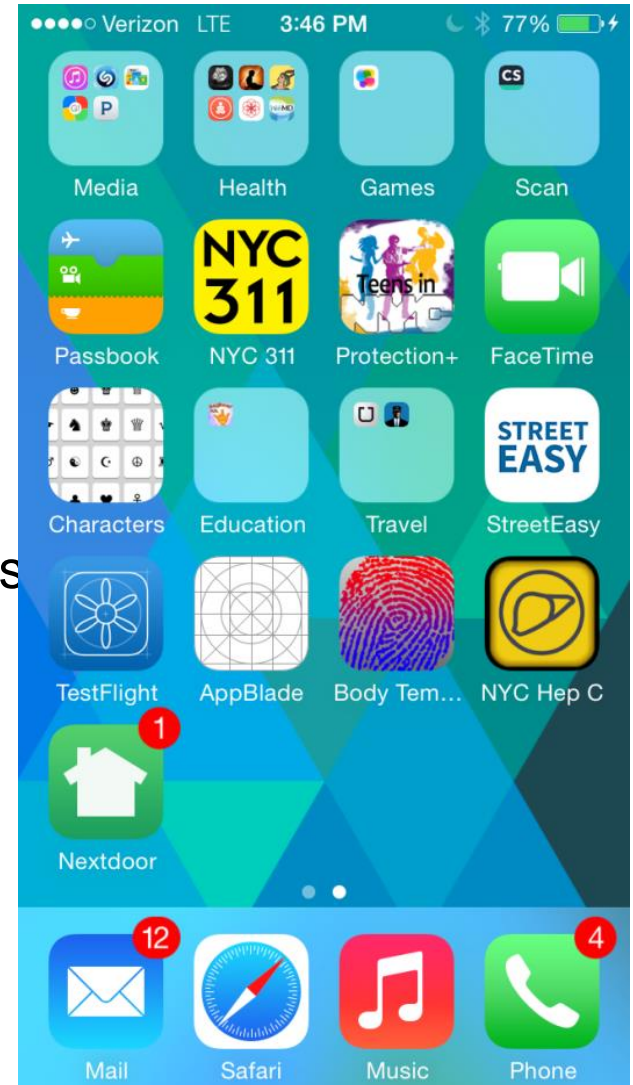
UHF	Zip code at time of report	Total 2012-2016	2012	2013	2014	2015	2016	2015 to 2016 % increase
103 - Fordham - Bronx Park	10458	37	11	7	9	1	9	800%
103 - Fordham - Bronx Park	10468	25	2	4	4	3	12	300%
104 - Pelham - Throgs Neck	10472	27	10	4	3	2	8	300%
105 - Crotona - Tremont	10460	32	5	5	4	3	15	400%
201 - Greenpoint	11211	27	8	5	5	2	7	250%
202 - Downtown - Heights - Park Slope	11217	12	1	2	2	1	6	500%
202 - Downtown - Heights - Park Slope	11205	15	4	0	6	1	4	300%
204 - East New York	11207	46	8	8	6	6	18	200%
204 - East New York	11208	34	5	2	7	5	15	200%
206 - Borough Park	11219	24	4	2	4	3	11	267%
207 - East Flatbush - Flatbush	11203	42	6	9	5	5	17	240%
211 - Williamsburg - Bushwick	11249	17	4	2	3	2	6	200%
304 - Upper West Side	10024	15	2	3	2	1	7	600%
306 - Chelsea - Clinton	10036	32	5	3	7	3	14	367%
308 - Greenwich Village - Soho	10014	14	2	2	4	1	5	400%
309 - Union Square - Lower East Side	10009	39	9	8	12	2	8	300%
310 - Lower Manhattan	10005	9	1	1	1	1	5	400%
310 - Lower Manhattan	10038	13	3	2	4	1	3	200%
401 - Long Island City - Astoria	11101	9	3	2	0	1	3	200%
402 - West Queens	11377	19	3	5	1	1	9	800%
402 - West Queens	11373	21	4	4	3	2	8	300%
402 - West Queens	11370	12	2	2	4	1	3	200%
403 - Flushing - Clearview	11355	33	4	4	5	3	17	467%
405 - Ridgewood - Forest Hills	11375	22	6	7	0	1	8	700%
406 - Fresh Meadows	11367	14	2	3	5	1	3	200%
407 - Southwest Queens	11419	12	3	0	2	1	6	500%
407 - Southwest Queens	11414	7	0	0	1	1	5	400%
407 - Southwest Queens	11417	14	1	3	1	2	7	250%
407 - Southwest Queens	11421	10	2	2	2	1	3	200%
408 - Jamaica	11432	18	3	4	4	1	6	500%
409 - Southeast Queens	11004	4	0	0	0	1	3	200%
501 - Port Richmond	10302	15	3	1	6	1	4	300%
503 - Willowbrook	10314	38	5	7	10	2	14	600%
504 - South Beach - Tottenville	10308	13	0	3	4	1	5	400%
504 - South Beach - Tottenville	10306	32	4	6	6	4	12	200%

# Hepatitis C Surveillance among Youth and Young Adults in NYC, 2009-2013

- Nearly 5,000 persons 30 and younger were newly reported to the NYC Health Dept between 2009 and 2013
- Rates of prescription opioid medication misuse and heroin use among young people are increasing in NYC, and rates of Hep C in young people are expected to follow.

# Resources

- NYC Department of Health [Hepatitis Services Locator](#)
- NYC Liver Health Mobile App
  - Free iPhone and Android App
  - Site locator
  - Risk assessment, self management checklist, connections to online resources and support, & news alerts
- Text LIVER to 877877
  - Quick risk assessment
  - Hepatitis services locator
  - Hepatitis and Liver Health Tips
- Call 311



# Resources

## Hep Free NYC Monthly E-Newsletter

- Subscribe at [bit.ly/hepfreenycnews](http://bit.ly/hepfreenycnews) or [www.HepFree.NYC](http://www.HepFree.NYC)
- Events, Trainings, Resources, Opportunities

## Other great sources of information & free publications:

- [HCVAdvocate.org](http://HCVAdvocate.org)
- American Liver Foundation: [liverfoundation.org](http://liverfoundation.org)
- Centers for Disease Control: [CDC.gov/hepatitis](http://CDC.gov/hepatitis)
- Project Inform: [projectinform.org/coinfection](http://projectinform.org/coinfection)
- [TreatmentActionGroup.org](http://TreatmentActionGroup.org)

# Resources – Hep Free NYC

## Online Network:

- Website: [www.HepFree.NYC](http://www.HepFree.NYC)
- Newsletter & Emails
- Social Media

Facebook: NYC Liver Health

Twitter: @HepFreeNYC

LinkedIn: HepFreeNYC



# Resources: Medical Approval/Assistance

- **Hep Free NYC Medication Coverage**  
<http://hepfree.nyc/resources/health-care/medications/>
- **New York State Medicaid Managed Care Pharmacy Benefits** <http://pbic.nysdoh.suny.edu/>
- **HepCap (Hep C mono-infected and HIV co-infected)**  
<http://hepfree.nyc/resources/health-care/uninsured/>
- **Pharmaceutical Company Patient Assistance Programs:**
  - Gilead: Sovaldi/Harvoni
  - AbbVie: Viekira Pak
  - Bristol-Myers Squibb: Daklinza
  - Merck: Zepatier
- **Community Health Advocates:** Resources to assist providers/patients in filing appeals/grievances/fair hearings  
<http://www.communityhealthadvocates.org/>

# Resources: Harm Reduction

- **Free and low-cost syringes**  
Visit [IDUHA.org](http://IDUHA.org) for a list of syringe exchange programs or check with local pharmacies.
- **Hep B/C testing and care**  
Text [LIVER](tel:877877) to [877877](tel:877877).
- **HIV testing and care**  
Text [TESTNYC](tel:877877) to [877877](tel:877877) for testing.  
Text [CARE](tel:877877) to [877877](tel:877877) for care.
- **Help for substance use**  
Visit [800LifeNet.org](http://800LifeNet.org).