

DESCRIPTION

Foodborne illness is caused by eating foods or beverages contaminated by disease-causing microbes or pathogens. There are many types of foodborne illness. Most are infections caused by a variety of bacteria, viruses and parasites. Disease can be caused by poisonings from harmful toxins or chemicals in contaminated food. Illness can also be caused by: consuming recreational or drinking water, having contact with animals or their environment, or be spread person-to-person.¹

HOW ARE WE DOING

In 2016 in Ramsey County, there were 123 infections of Giardia, 83 of Salmonella, 66 of Campylobacter and 64 of Shigella. These microbes were responsible for the majority of foodborne illness in the county. Between 2013 and 2016 Shigella-related outbreaks increased from 16 diagnoses, to 64. Ramsey County's campylobacteriosis cases made up 14.2 percent of the metro area total and 6.3 percent of the Minnesota total. For salmonellosis, Ramsey County cases made up 17.4 percent of the metro total, and 9.6 percent of the Minnesota total.²

BENCHMARK INDICATOR

Healthy People 2020 Benchmark: Reduce infections caused by key pathogens transmitted through food.

U.S. Targets:

Salmonellosis: 11.4 per 100,000 population

Campylobacteriosis: 8.5 per 100,000 population

Shigellosis: 0.6 per 100,000 population

DISPARITIES

Analyses of reported cases have found increased rates of some foodborne illnesses among minority racial/ethnic populations. In some cases (listeriosis, yersiniosis) increased rates are due to unique food consumption patterns, in other cases (salmonellosis, shigellosis, campylobacteriosis) it is unclear why this health disparity exists.³

RISK FACTORS

Foods commonly associated with foodborne illness include:¹

- Raw foods with animal origins such as: raw meat or poultry, raw eggs, raw shellfish and unpasteurized milk.
- Fruits and vegetables grown with manure or unclean water.
- Raw sprouts because their growing environments are often ideal for microbes.
- Unpasteurized fruit juices and cider.
- Improperly prepared food and food touched by someone who is/was recently ill can also spread disease.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Environmental Health staff work with food businesses to ensure food safety in restaurants, cafes, and other food and beverage establishments. Services include food manager certification, food and beverage business licensing and inspection, and consulting with businesses to maintain food safety through a variety of circumstances. Ramsey County environmental health staff provide these services for suburban Ramsey County; the Minnesota Department of Health provides these services for the City of Saint Paul.

Information to note

- Giardia was the top cause of foodborne illness in Ramsey County in 2016.
- The foodborne illness with the most growth between 2013 and 2016 in Ramsey County was shigellosis; going from 16 in 2013, to 64 diagnoses in 2016

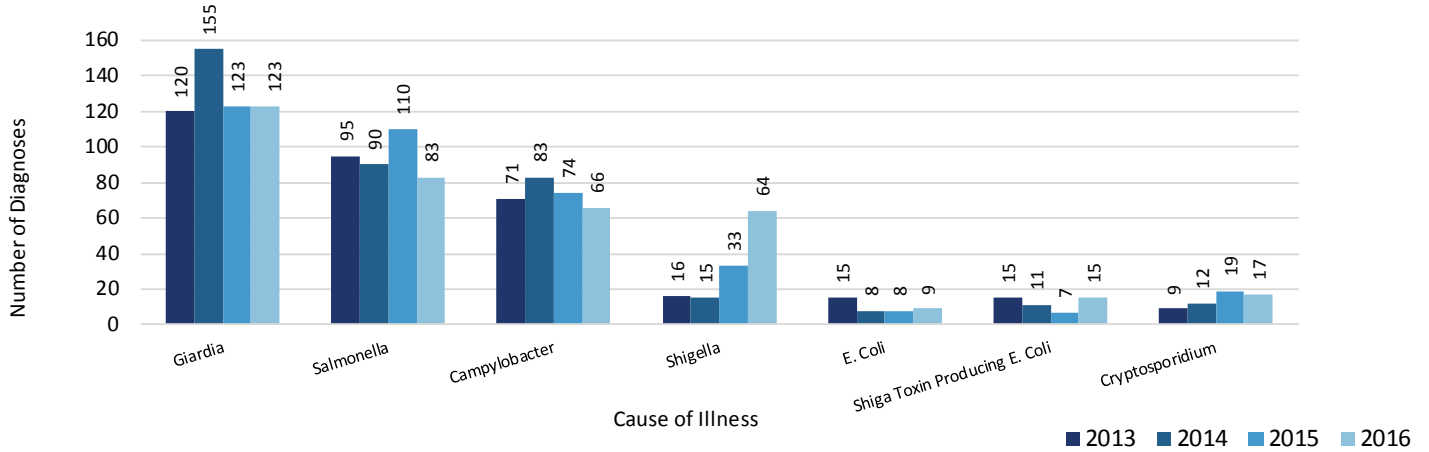
¹ Causes and Symptoms of Foodborne Illness. Minnesota Department of Health Web site. <http://www.health.state.mn.us/divs/idepc/dtopics/foodborne/basics.html#foods>. Accessed October 12, 2017.

² Minnesota Department of Health Infectious Disease Surveillance. Minnesota Department of Health Web site. <http://www.health.state.mn.us/divs/istm/medss/>. Accessed September 14, 2017.

³ Foodborne illness incidence rates and food safety risks for populations of low socioeconomic status and minority race/ethnicity: a review of the literature. PubMed. <https://www.ncbi.nlm.nih.gov/pubmed/23955239>. Accessed October 30, 2017.

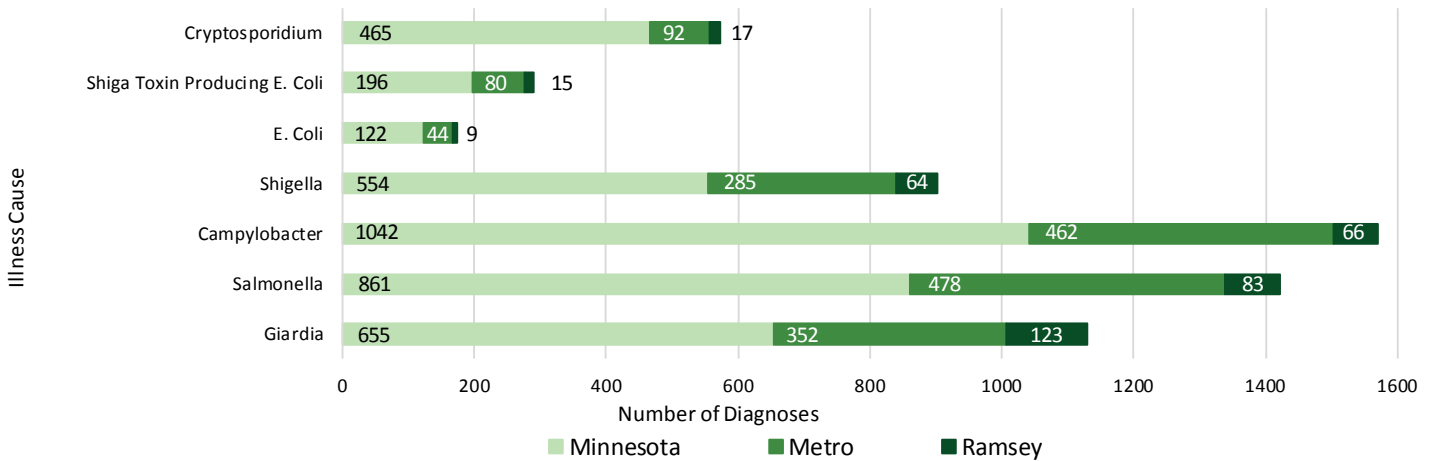
In suburban Ramsey County the Section assures compliance with regulations by food service and retail food establishments, public swimming pools, manufactured home parks, lodging facilities and youth camps, non-community public water supplies, and the Freedom to Breathe Act.

Diagnosed Foodborne Illness, Ramsey County, 2013-2016



Source: Minnesota Department of Health Infectious Disease Surveillance. Minnesota Department of Health Web site.⁴

Diagnosed Foodborne Illnesses, 2016



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⁴Minnesota Department of Health Infectious Disease Surveillance. Minnesota Department of Health Web site. <http://www.health.state.mn.us/divs/istm/medss/>. Accessed September 14, 2017.