

# Hepatitis:



## Type A & B

# Key Facts, Data, Prevention, and Resources

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## Overview

Hepatitis is an inflammation of the liver typically caused by viral infection or brought on by heavy alcohol usage, medications, toxins and certain medical conditions. The most common types of hepatitis are type A, B, and C. Some forms of hepatitis may resolve on their own, while others can become chronic and lead to severe liver damage. In some cases, if left untreated, it can cause cirrhosis (scarring of the liver), cancer or even death.

Hepatitis A and B can be prevented with highly effective vaccines that offer strong protection. Other types of hepatitis don't have vaccines, but you can reduce risk by avoiding risky behaviors and practicing good hygiene.

Hepatitis affects millions of people worldwide, with cases ranging from mild to life-threatening. According to the CDC, it is a serious public health threat that kills thousands of Americans annually and is a leading cause of liver cancer. More than half of people with hepatitis B are unaware of their infection status. Without testing, people with hepatitis B virus (HBV) infection can unknowingly transmit the virus to others. Staying informed is crucial not only for your own health but also for the well-being of those around you. By understanding the risks, prevention methods, and treatments, you can make informed choices and encourage others to do the same. This toolkit seeks to empower you to take control of your health and do your part to prevent the spread of the virus, fostering a safer and healthier environment for everyone.

## Common Symptoms of Hepatitis

- Jaundice (yellowing of the skin and eyes)
- Dark urine
- Fatigue
- Fever
- Joint pain
- Loss of appetite

- Nausea, stomach pain, throwing up

*Getting tested is the only way to know if you have hepatitis*

# Hepatitis-A

[CDC Fact Sheet](#)

[Utah Department of Health & Human Services Fact Sheet](#)

## Background

Hepatitis A is a liver disease caused by the hepatitis A virus. It is highly contagious and is mostly common in areas where there is poor sanitation. This virus can spread before a person knows they are sick and live on for months. Illness is usually mild and short-term.

## How it spreads

Hepatitis A is transmitted through personal contact with an infected person, or through the consumption of contaminated food and water.

## Additional Information

Once an individual has been infected with Hepatitis A, they cannot get it again because their body produces antibodies to combat the virus. Most people recover fully without experiencing any long-term liver damage.

## Background

Hepatitis B is a liver infection caused by the Hepatitis B virus, and in many cases, it is short-term. Acute hepatitis B lasts for less than six months, while chronic hepatitis B refers to an infection that lasts longer than six months. Studies show that adults typically recover from the virus, but infants and children are more likely to experience long-term infection.

## How it spreads

The virus is transmitted from person to person through blood or bodily fluids, primarily via sexual contact or from a pregnant mother to her infant. It does not spread through saliva, such as by sharing utensils.

## Additional Information

The best way to prevent Hepatitis B is through vaccination, which provides long-lasting protection. Additionally, avoiding sharing needles, practicing safe sex, and ensuring proper hygiene can help reduce the risk of transmission.

# Hepatitis-B

[CDC Fact Sheet](#)

[Utah Department of Health & Human Services Fact Sheet](#)

## CDC Vaccination Recommendations

The Centers for Disease Control and Prevention (CDC) recommends vaccination and regular screening for hepatitis. These measures help prevent infection and ensure early detection for those at risk.

Who is eligible for the Hepatitis A Vaccine?

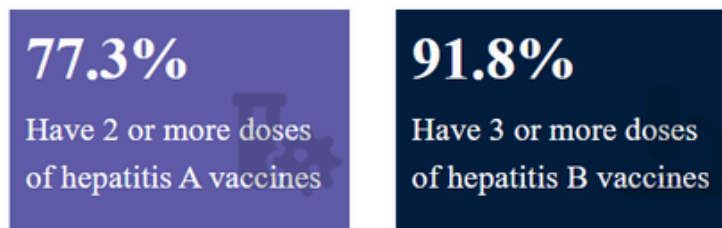
- All children ages 12-23 months
- Unvaccinated children and adolescents aged 2-18 years
- All people, including pregnant people, with [increased risk factors](#) for hepatitis A

## Who is eligible for the Hepatitis B Vaccine?

- All infants
- Unvaccinated Children under the age of 19
- Adult 19-59 years
- Adults 60 years and older with higher [risk factors](#)
- [Should You Be Vaccinated Against Hepatitis B? A Screening Questionnaire](#)

## Data

The Hepatitis B vaccine was officially added to the recommended childhood immunization schedule in 1991. Children typically receive this vaccine shortly after birth and within their first year of life. The Utah Department of Health & Human Services (DHHS) reports that 91.8% have had 3 or more doses of the hepatitis B vaccine.



Hepatitis A vaccinations did not become part of the childhood immunization schedule until 2006. Now, these vaccinations are typically provided to kids starting at age 1. Utah DHHS reports that 77.3% of Utah children have received 2 or more doses of the HepA vaccine.

Vaccination rates for adults, however, are much lower for both HepA and B. Because these vaccines were not part of the recommended immunization schedule until 1991 and 2006, adults born before then may be less aware of the importance of getting vaccinated against HepA & B. In 2023, Utah DHHS reported that 35.2% of adults in the State of Utah have had a Hepatitis B vaccine.

Hep B

Percent of adults with 1 or more doses of the selected vaccine:

| DISTRICT                         | 2019  | 2020  | 2021  | 2022  | 2023  |
|----------------------------------|-------|-------|-------|-------|-------|
| Bear River Health District       | 36.9% | 38.0% | 36.3% | 36.3% | 37.5% |
| Central Utah Health District     | 31.1% | 32.4% | 31.7% | 32.2% | 33.6% |
| Davis County Health District     | 33.2% | 34.2% | 32.2% | 32.6% | 34.0% |
| Salt Lake County Health District | 36.3% | 37.2% | 34.6% | 34.5% | 35.8% |
| San Juan County Health District  | 40.3% | 42.5% | 41.1% | 43.8% | 46.2% |
| Southeast Health District        | 25.6% | 26.6% | 24.5% | 25.0% | 26.3% |
| Southwest Health District        | 32.4% | 32.9% | 30.5% | 30.2% | 31.4% |
| Summit County Health District    | 27.0% | 27.6% | 24.0% | 23.8% | 25.0% |
| Tooele County Health District    | 32.6% | 34.1% | 33.1% | 33.5% | 35.2% |
| TriCounty Health District        | 29.4% | 32.4% | 32.4% | 33.1% | 34.6% |
| Utah County Health District      | 37.8% | 38.6% | 35.6% | 35.4% | 36.8% |
| Wasatch County Health District   | 37.2% | 38.0% | 35.3% | 35.4% | 36.9% |
| Weber-Morgan Health District     | 35.3% | 36.2% | 34.4% | 34.4% | 35.8% |
| State of Utah                    | 35.3% | 36.2% | 33.9% | 33.9% | 35.2% |

Hepatitis A immunization rates were even lower for Utah Adults with a reported 30.8% vaccinated. Rates were as low as 23% in the Southeast Utah Health District.

Hep A

Percent of adults with 1 or more doses of the selected vaccine:

| DISTRICT                         | 2019  | 2020  | 2021  | 2022  | 2023  |
|----------------------------------|-------|-------|-------|-------|-------|
| Bear River Health District       | 30.2% | 31.3% | 30.1% | 30.2% | 31.3% |
| Central Utah Health District     | 28.4% | 29.6% | 28.8% | 29.3% | 30.4% |
| Davis County Health District     | 28.1% | 29.0% | 27.3% | 27.7% | 28.9% |
| Salt Lake County Health District | 32.6% | 33.4% | 30.9% | 30.8% | 31.7% |
| San Juan County Health District  | 36.3% | 38.3% | 37.1% | 39.6% | 41.7% |
| Southeast Health District        | 22.3% | 23.2% | 21.4% | 21.8% | 23.0% |
| Southwest Health District        | 28.7% | 29.2% | 27.0% | 26.8% | 27.8% |
| Summit County Health District    | 27.6% | 28.1% | 24.1% | 23.6% | 24.6% |
| Tooele County Health District    | 27.4% | 28.6% | 27.8% | 28.2% | 29.5% |
| TriCounty Health District        | 25.3% | 28.1% | 28.2% | 28.9% | 30.2% |
| Utah County Health District      | 35.5% | 35.9% | 32.8% | 32.2% | 33.1% |
| Wasatch County Health District   | 36.0% | 36.7% | 33.8% | 33.6% | 34.9% |
| Weber-Morgan Health District     | 27.2% | 28.3% | 27.3% | 27.5% | 28.7% |
| State of Utah                    | 31.2% | 32.0% | 29.9% | 29.8% | 30.8% |

## Accessing Hepatitis A & B Vaccines

- [Utah Vaccines for Adults \(VFA\) Program](#)
  - The purpose of the Utah Vaccines for Adult (VFA) Program is to improve the delivery of viral hepatitis prevention services in health-care settings and public health programs that serve adults at risk for viral hepatitis.
  - Hepatitis A and B vaccines are available to individuals who are 19 years of age or older and do not have insurance.
    - The vaccines are free, but there may be an administration fee charged to give the vaccines. The maximum fee is \$20.72 per dose.
- Plans available in the [Health Insurance Marketplace](#) should include immunizations as an essential health benefit

- Medicaid should cover the cost of immunizations with no co-pay

## Other Related Resources

- [Utah Viral Hepatitis Data Dashboard](#)
- [Utah Department of Health & Human Services Viral Hepatitis Annual Report \(2020\)](#)
- [Hepatitis B Foundation](#)
- [Utah Hepatitis C Resource Guide](#)
- [Immunize Utah Dashboard](#)

## Relevant Studies

- [A Community-Based Hepatitis B Linkage-to-Care Program](#): a case study on Asian Americans chronically infected with hepatitis B virus

“Hepatitis B is an important disease of ethnic disparity which affects Asian Americans and other minority populations disproportionately. Despite the high prevalence of hepatitis B in Asian Americans, many of them remain unscreened and untreated. A majority of the individuals chronically infected with hepatitis B virus (HBV) are not linked to care, for instance, due to a lack of culturally competent programs. There are many serious barriers preventing linkage to care (LTC), including personal, socio-cultural, and economic issues” (Hyun et al, 2018).

- [Hepatitis elimination by 2030: Progress and challenges](#)

“Viral hepatitis is one of the leading causes of deaths worldwide. World Health Organization has produced a strategy to eliminate hepatitis by 2030. The major hurdle to achieve hepatitis elimination is lack of financial resources. If the targets in Global Health Sector Strategy are achieved, then the millions of lives will be saved from liver related premature deaths” (Waheed et al, 2018).



## Citations

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Hyun, Chul S., et al. "A Community-Based Hepatitis B Linkage-to-Care Program: A Case Study on Asian Americans Chronically Infected with Hepatitis B Virus." BMC Public Health, vol. 18, no. 1, 2018, pp. 1072, <https://doi.org/10.1186/s41124-016-0006-8>.

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