

# COVID-19 Update

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Medical Director NEBGH

Monday March 29<sup>th</sup> , 2021

# USA

## Daily new confirmed COVID-19 cases

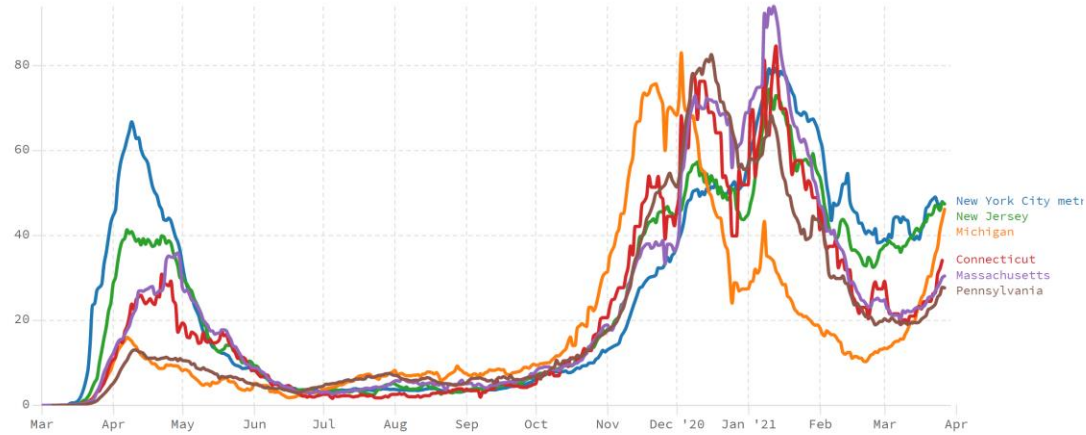
Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.



Source: Johns Hopkins University CSSE COVID-19 Data

Our World  
in Data

CASES PER 100K POPULATION IN NEW YORK CITY METRO AREA, MICHIGAN, NEW JERSEY, CONNECTICUT, MASSACHUSETTS AND PENNSYLVANIA

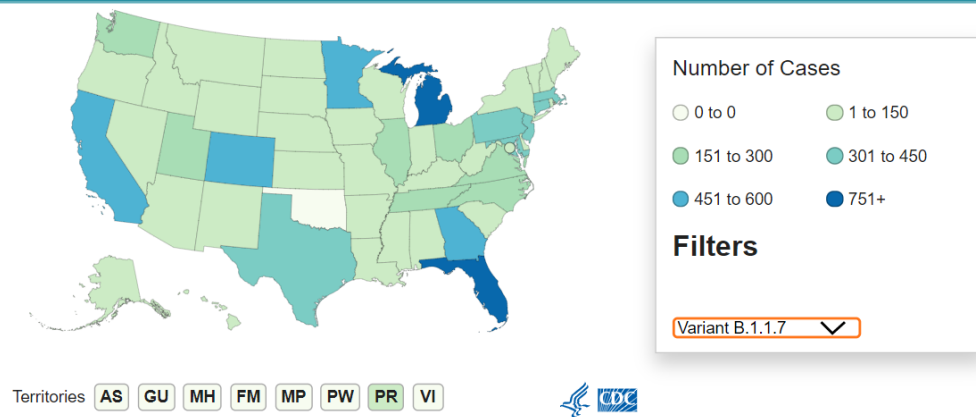


- 62K new cases per day
- Increases of concern in Michigan and the Northeast
- Vaccinations – 2.7M daily, 43 doses per 100 people

# Variants

Variant	Reported Cases in US	Number of Jurisdictions Reporting
B.1.1.7	10579	51
B.1.351	288	30
P.1	118	22

Cases of Variants of Concern in the United States\*\*†



- Variants increased by 40-100% in the last week – some due to increased sequencing and identification but also reflects increasing dominance
- Michigan and Florida highest prevalence of B.1.1.7
  - Michigan showing a significant surge in COVID-19 cases
  - Florida cases also starting to rise

Size of next surge depends on balance between infectivity of variants, vaccine roll out and state action/behavior

# Vaccination

## Total Vaccine Doses

Delivered 180,646,465

Administered 143,462,691

Learn more about the distribution of vaccines.

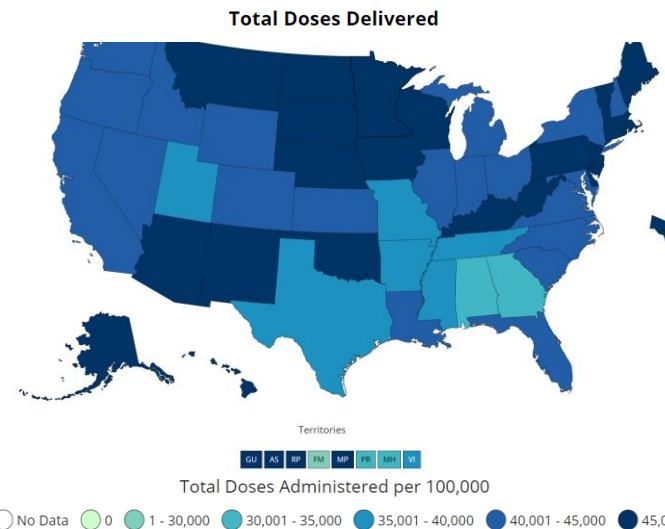
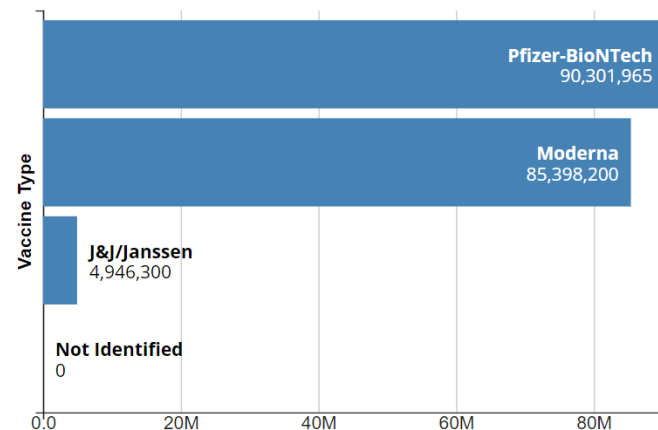
People Vaccinated	At Least One Dose	Fully Vaccinated
Total	93,631,163	51,593,564
% of Total Population	28.2%	15.5%
Population ≥ 18 Years of Age	93,321,054	51,513,253
% of Population ≥ 18 Years of Age	36.2%	20%
Population ≥ 65 Years of Age	39,588,144	26,474,132
% of Population ≥ 65 Years of Age	72.4%	48.4%

About these data

CDC | Data as of: Mar 28 2021 6:00am ET | Posted: Mar 28 2021 12:26PM ET

In a nation the size of the US having 72% of seniors have at least one shot of a vaccine that didn't exist 1 year ago – this is an incredible achievement!

## U.S. COVID-19 Vaccine Delivered by Vaccine Type



# Israel

## Daily new confirmed COVID-19 cases

Shown is the rolling 7-day average. The number of confirmed cases is lower than the number of actual cases; the main reason for that is limited testing.

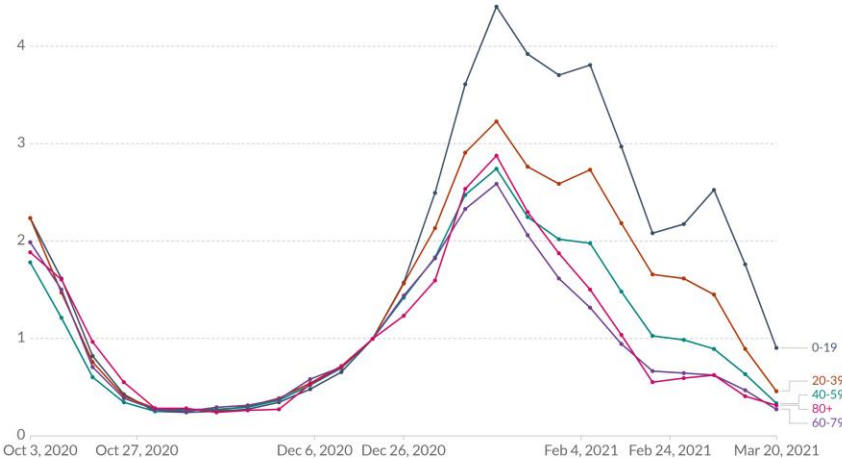


Source: Johns Hopkins University CSSE COVID-19 Data

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## Israel: Confirmed COVID-19 cases by age group – indexed to the start of the vaccination campaign

The values for each age group are indexed to the cases reported during the week of December 19, 2020, when vaccination against COVID-19 started in Israel. This means the number of cases in that week is given a value of 1.



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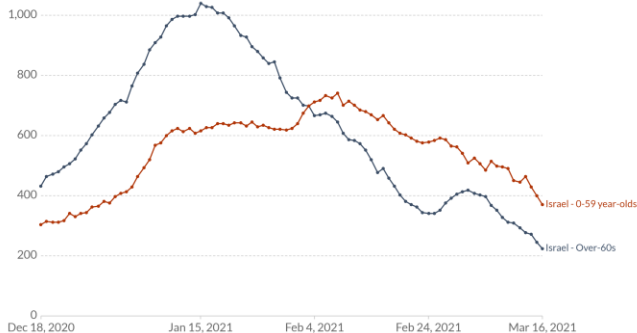
# Israel

55% fully vaccinated

## Israel: New hospitalizations for COVID-19 by age

Shown is the rolling weekly sum of COVID-19 hospitalizations. Data is available at the national level, plus breakdown by regions where vaccination began early or late.

Vaccination in Israel began on December 19 2020. Israel imposed a third national lockdown on January 8 2021.



Source: Rossman, Shilo, Meir, Gorfine, Shalit & Segal (2021). Patterns of COVID-19 pandemic dynamics following deployment of a broad national immunization program. CC BY

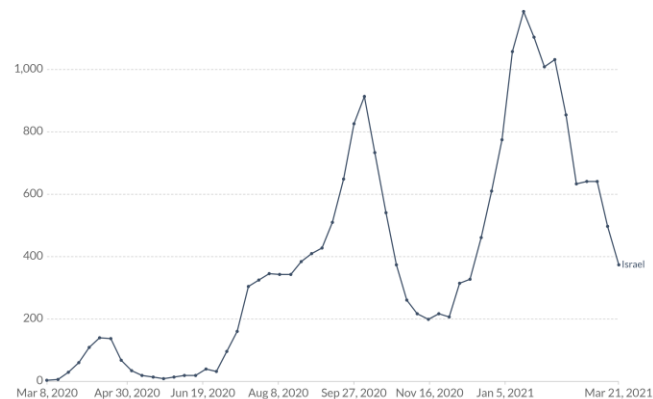
## Weekly new hospital admissions for COVID-19



Source: European CDC for EU countries, government sources for other countries

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## Weekly new ICU admissions for COVID-19

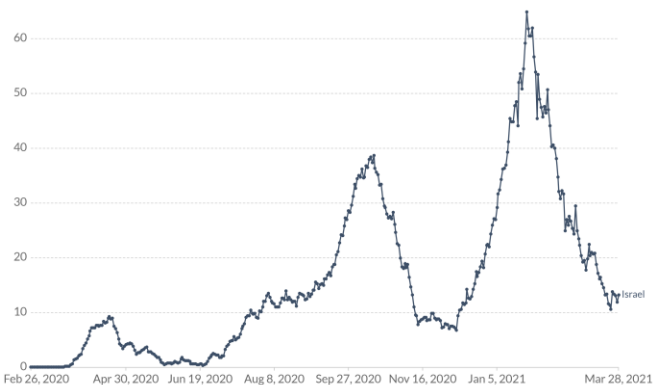


Source: European CDC for EU countries, government sources for other countries

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## Daily new confirmed COVID-19 deaths

Shown is the rolling 7-day average. Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.



Source: Johns Hopkins University CSSE COVID-19 Data

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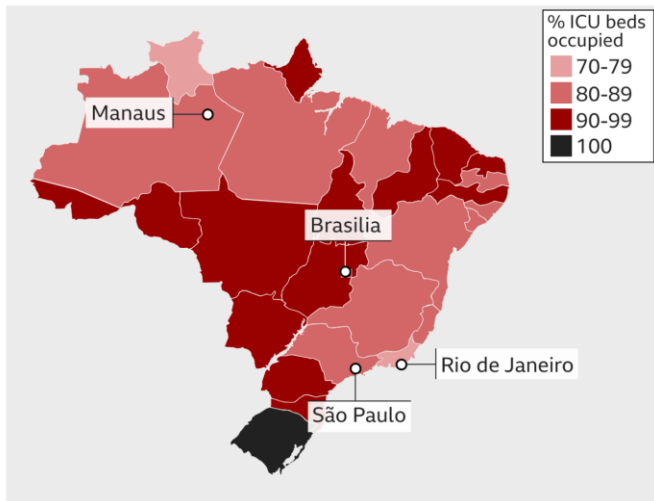
# Brazil



# Brazil

- Leading the world in cases and deaths:
  - 86K new cases per day
  - 3,400+ deaths per day

## Intensive care occupancy in Brazil



## Daily new confirmed COVID-19 deaths per million people

Shown is the rolling 7-day average. Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.

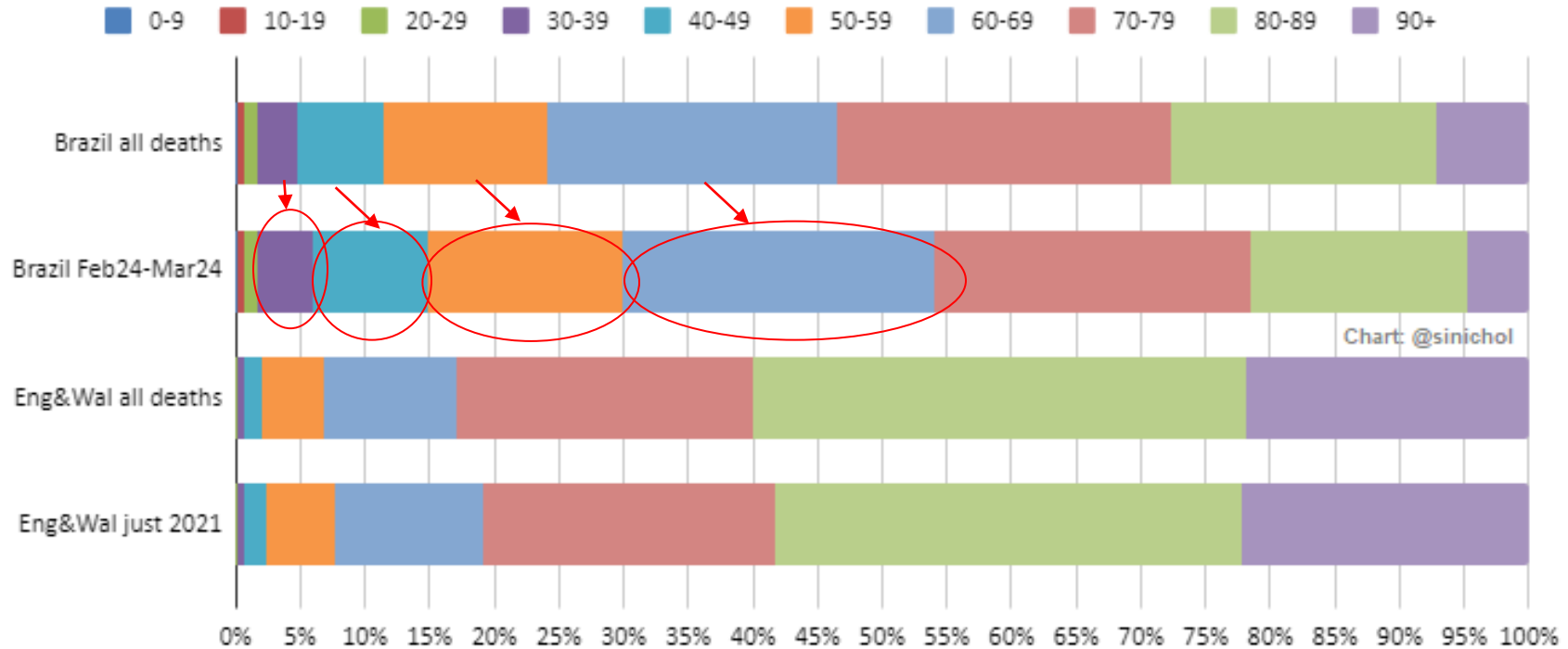


Source: Johns Hopkins University CSSE COVID-19 Data

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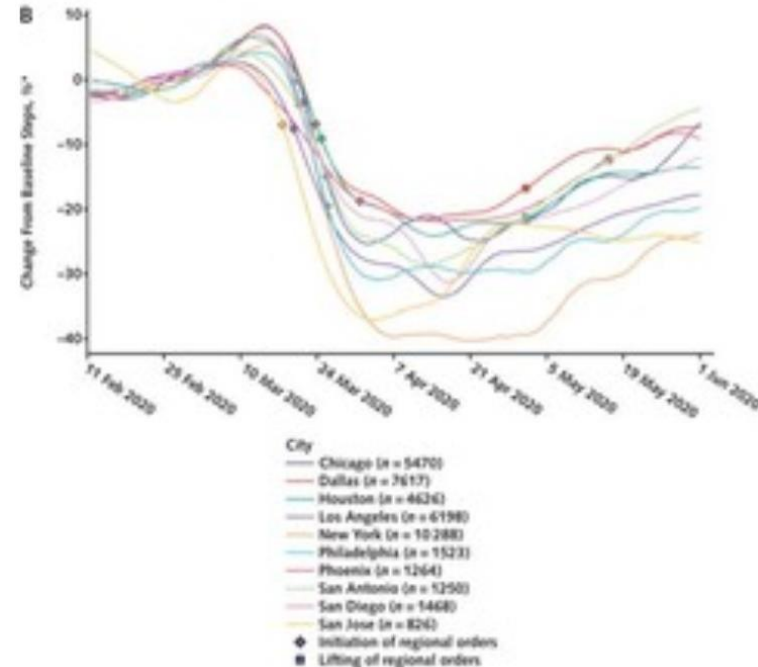


# Younger People are getting Sicker and Dying



# The COVID-19lbs

- >60% of American family doctors saw an increase in **obesity** among their patients
- Step counts tracked by smartphones down **27% globally** within 30 days of the pandemic onset<sup>1</sup>
- **61%** reported experiencing **undesired weight** changes since the start of the pandemic
- **42%** saying they gained more weight than they intended- reported gaining an average of **29 pounds** (median **15 pounds**)<sup>2</sup>





# Other health impacts

- APA Stress in America Survey<sup>1</sup>:
  - 35% reported sleeping less than they wanted to since the pandemic started. Similar proportions reported - 31% reported sleeping more than desired
  - 23% adults reported drinking more alcohol to cope with their stress during the pandemic – 38% of those reporting high-stress
  - 48% of parents said the level of stress in their life has increased compared with before the pandemic
  - Essential workers 2x as likely to have received treatment from a mental health professional (34% vs. 12%) and to have been diagnosed with a mental health disorder since the pandemic started (25% vs. 9%).
  - Black Americans were most likely to report feelings of concern about the future
  - Gen Z adults (46%) were the most likely generation to say that their mental health has worsened
  - 47% said they delayed or canceled health care services since the pandemic started

<sup>1</sup> <https://www.apa.org/news/press/releases/stress/2020/report-october>

## Medical Complications of Obesity

**Sleep Apnea**

**Lung Disease**  
Asthma  
Pulmonary Blood Clots

**Liver Disease**  
Fatty Liver  
Cirrhosis

**Gallstones**

**Cancer**  
Breast  
Uterus  
Colon  
Esophagus  
Pancreas  
Kidney  
Prostate

**Stroke**

**Heart Disease**  
Abnormal Lipid Profile  
High Blood Pressure

**Diabetes**

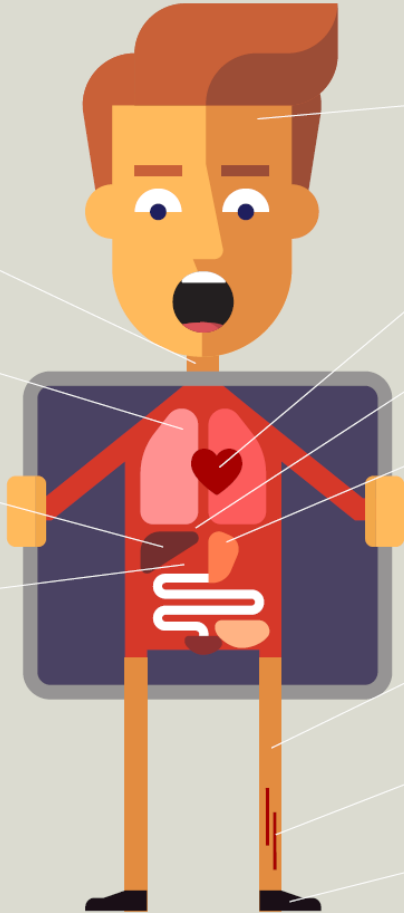
**Pancreatitis**

**Women**  
Abnormal Periods  
Infertility

**Arthritis**

**Inflamed Veins,  
often with Blood  
Clots**

**Gout**





# Thoughts on Actions

- Wellness Programs

- Healthy nutrition and weight management
- Healthy movement
  - Fitness reimbursement, movement challenges etc
- Healthy Mind
  - EAP, mindfulness, meditation, digital resources
- Annual screenings and annual medical exam promotion

- Benefits

- Wellness incentives
- Data driven communication
- Access (and equity) for mental health programs



# Questions

## Upcoming NEBGH virtual events:

- **Mar. 30:** Bicoastal Benefits Leaders' Coffee Talks feat. Twitter's Kathleen Rosenbaum
- **Apr. 12:** NEBGH Medical Director's Weekly Update w/ Harvard Epidemiologist Dr. Michael Mina