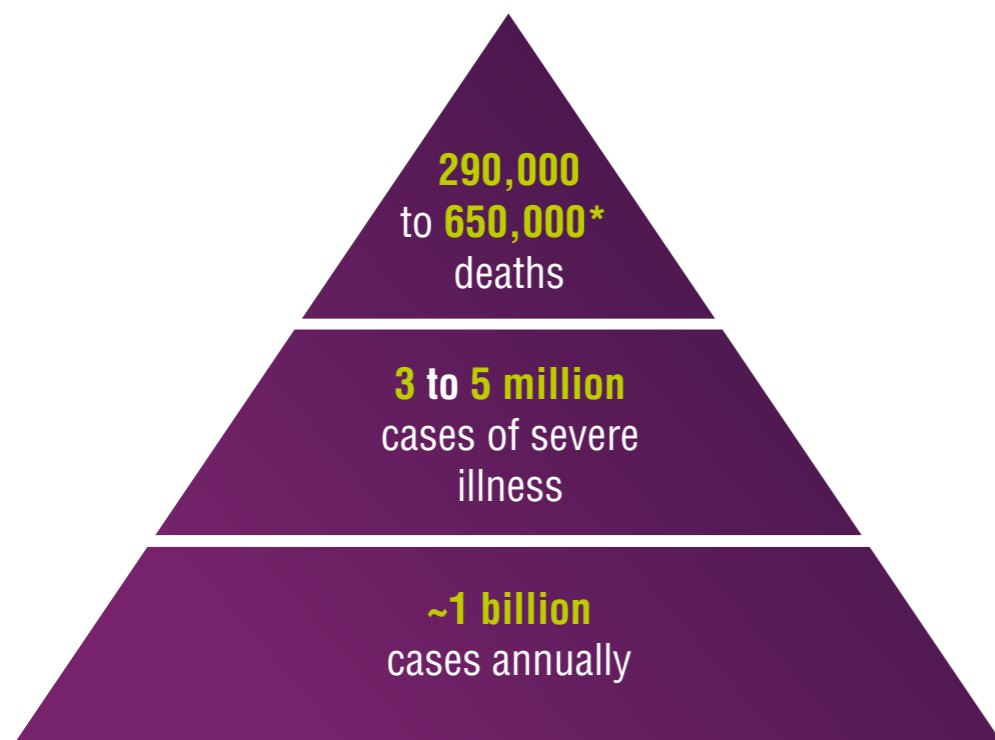


# What are the wider effects of influenza on people with **specific risk factors**?

The global burden from influenza is substantial with **~1 billion cases per year**<sup>1</sup>



Source: WHO Global Influenza Strategy 2019-2030.<sup>1</sup>  
\*Influenza-related respiratory deaths: WHO estimate at December 2017.<sup>2</sup>

People at higher risk from influenza include those with:<sup>3,4</sup>



Cardiovascular disease (CVD)



Diabetes

Influenza infection may act as a trigger for myocardia infarction (MI) and CV deaths<sup>5</sup>

3.1% and 3.4% of MI-related deaths in England and Wales

3.9% to 5.6% of MI-related deaths in Hong Kong

attributed to influenza

Influenza-like illness (ILI) may double the risk of an MI<sup>3</sup>

**ILI** → **2x** increased risk of MI

People with diabetes are at increased risk of severe influenza infection and death from influenza<sup>4</sup>

**+** **3x** risk of influenza hospitalisation

**⚡** **4x** risk of intensive care admission

**☠** **2x** risk of fatal infection

Influenza vaccination can significantly reduce these risks<sup>6-8</sup>

**36%** reduction in major CV events (in one meta-analysis)

**79%** reduction in hospitalisations in people with diabetes during 2 UK flu epidemics (1989-90 & 1993)

What are the experts saying?

GII steering committee member, Raina MacIntyre, University of New South Wales, Sydney, Australia.

**“Influenza vaccination is now more important than ever because of the low incidence and waning immunity”**

For further information, see issue 3 of InFluNews from the Global Influenza Initiative, available here: [www.nivel.nl/en/FluCov](http://www.nivel.nl/en/FluCov)