

BIOE 301/362

Lecture 2: Leading Causes of Mortality, Ages 0-4

Geoff Preidis
MD/PhD candidate
Baylor College of Medicine
preidis@post.harvard.edu



Review of Lecture 1

- Course organization
- Course goals
- Four questions we will answer
- Technology assessment – The big picture
- What is health?
- Role of WHO
- Health data and uses

Review of Lecture 1

- Incidence Rate
- Prevalence Rate
- Mortality Rate
- Infant Mortality Rate
- Relative Risk
- DALY
 - Disability adjusted life year
 - Measures years of disability free life lost when a person contracts a disease. Combines mortality and morbidity.

Review of Lecture 1

- DALY Examples:
 - Stroke: 6 DALYs
 - Car accidents: 9 DALYs
 - Self inflicted injuries: 17 DALYs
 - Violence: 9 DALYs
 - Lower respiratory infections: 1 DALY
 - HIV: 28 DALYs

Overview of Lecture 2

What are the major health problems worldwide?
Defining Developing vs Developed Countries
Leading Causes of Mortality, Ages 0-4



Sierra Leone

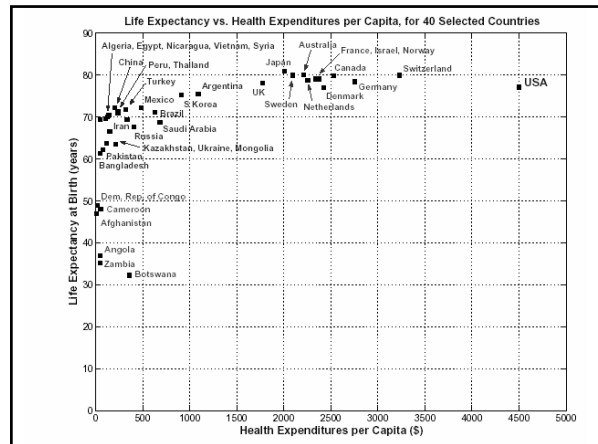


Japan

A Tale of Two Women

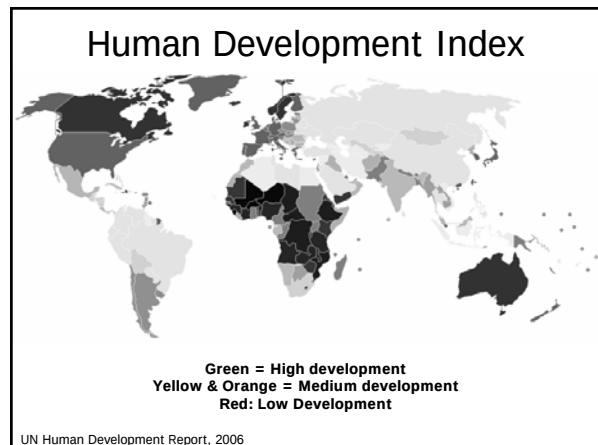
Economic Data

- Per capita GDP
- Per capita health spending



Economic Data

- Per capita GDP
- Per capita health spending
- Purchasing power parity
 - Take into account true costs of goods and services
 - How much does a loaf of bread cost?
- Human Development Index
 - Average achievements in health, education and income.



One View of The World

- Developed vs. Developing Countries
 - There is no universally accepted definition of what a developing country is
 - Usually categorized by a per capita income criterion
 - Low income developing countries: <\$400
 - Middle income developing countries: \$400-\$4,000
 - WTO members decide for themselves if they are a developing country; brings certain rights

UN: Least Developed Countries

- In 1971, the UN created a Least Developed Country member category
 - Countries apply for this status
 - Low national income (<\$900 per capita GDP)
 - Low levels of human capital development
 - Economic vulnerability
 - Originally 25 LDCs
- As of 2005, 637 million people live in world's 49 least developed countries
- Population growth in LDCs expected to triple by 2050

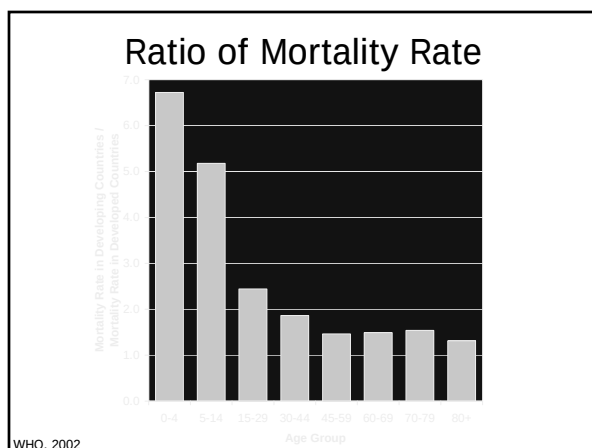
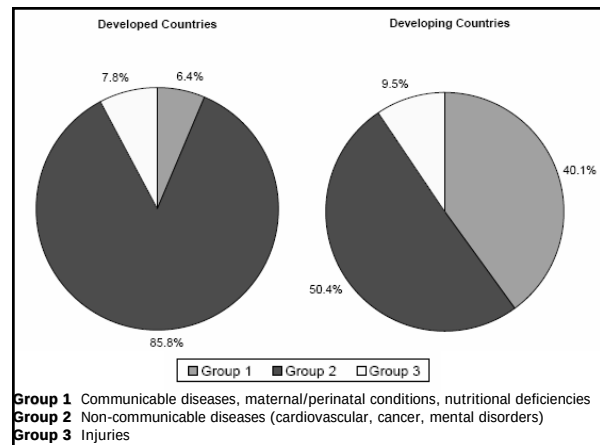


Health and Other Data in LDCs

- Average per capita GDP:
 - LDCs: \$235
 - All other developed countries: \$24,522
- Average life expectancy:
 - LDCs: 51 years
 - Botswana – expected to be only 27 years by 2010
 - Industrialized nations: 78 years
- 1 child in 10 dies before his or her 1st Bday in LDCs
- 40% of all children under 5 are underweight or suffering from stunted growth in LDCs
- Half the population in LDCs is illiterate

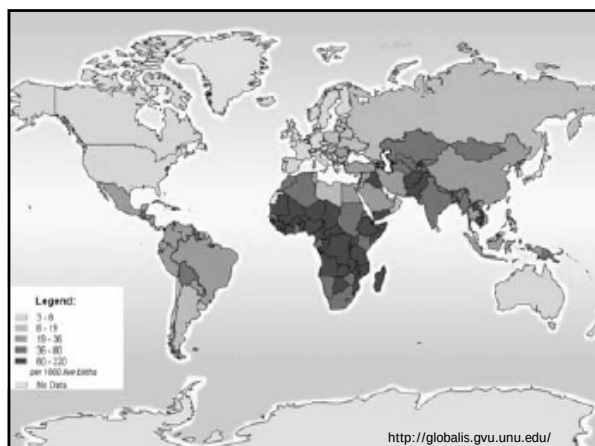
Health and Other Data in LDCs

- Mortality rate for children under five:
 - LDCs: 151/1,000 live births
 - High income countries: 6/1,000 live births
- Average annual health care expenditures:
 - LDCs: \$16/person
 - High income countries: \$1,800/person
- A child born today in an LDC is more than 1,000 times more likely to die of measles than one born in an industrialized country.



Child Mortality

- 10 million children under the age of 5 die every year
 - 98% of these deaths occur in developing countries
 - Number of children who die each year in developing countries is more than two times the number of children born each year in the US and Canada
 - 2/3 of deaths could be prevented today with available technology feasible for low income countries
- 40% of deaths in this age group occur in first month of life (neonatal period)
- 25% of deaths occur in childbirth and first week of life (perinatal period)



Leading Causes of Mortality: Ages 0-4

- Developing world
 1. Perinatal conditions
 2. Lower respiratory infections
 3. Diarrheal diseases
 4. Malaria
- Developed world
 1. Perinatal conditions
 2. Congenital anomalies
 3. Lower respiratory infections
 4. Unintentional injuries



1. Perinatal Conditions

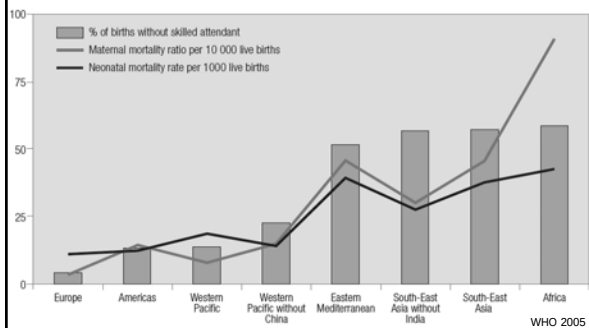
- Burden of Perinatal Conditions
- Common Perinatal Conditions
- Preventing Perinatal Mortality
- Maternal Morbidity and Mortality
- The Campaign to End Fistula

Burden of Perinatal Conditions

- 2.5 million children each year die in perinatal period
- Most perinatal deaths are a result of inadequate access to healthcare
 - Poor maternal health and nutrition
 - No health care during pregnancy and delivery
 - Low birth weight
 - Infections
 - Birth asphyxia
 - Birth trauma

Burden of Perinatal Conditions

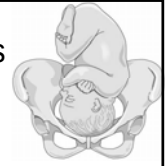
- Strongly related to conditions during childbirth



Common Perinatal Conditions

- Infections acquired during exposure in maternal genital tract
- Infections of the umbilical cord
- Many cultures...
 - Don't celebrate child's birth until after first weeks of life
 - Mother and child isolated during this period
 - Can reduce incidence of infection
 - Can result in delays in seeking healthcare

Common Perinatal Conditions



- Birth Asphyxia
 - Baby does not breathe at birth
 - Umbilical cord wrapped around baby's neck
- Birth Trauma
 - Mechanical forces in obstructed labor prevent descent through birth canal (e.g. cephalopelvic disproportion)
 - Can result in intracranial hemorrhage, blunt trauma to internal organs, injury to spinal cord or peripheral nerves

Preventing Perinatal Conditions

- No good screening tests to indicate who will need emergency care
 - All births should be attended by a skilled health care worker
- Fetal Ultrasound

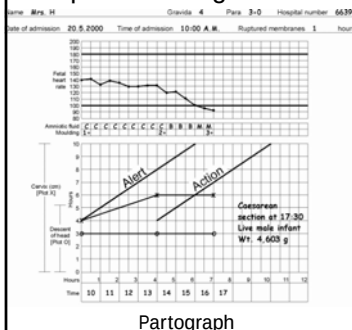


Preventing Perinatal Conditions



Preventing Perinatal Conditions

- Simple technologies



PATH Delivery Kit

Maternal Morbidity and Mortality

- >500,000 women die from complications due to childbirth
 - Severe bleeding
 - Infections
 - Hypertension (pre-eclampsia, eclampsia)
 - Unsafe abortions
 - Obstructed delivery
- 50 million women suffer from acute pregnancy-related conditions
 - Permanent incontinence, chronic pain, nerve and muscle damage, infertility

The Campaign to End Fistula



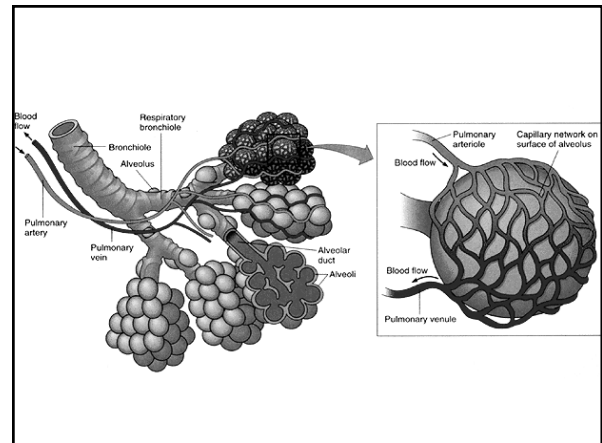
<http://www.endfistula.org/index.htm>

2. Lower Respiratory Infections

- Burden of LRIs
- Pneumonia
- Causes of Pneumonia
- Diagnosis of Pneumonia
 - Direct Fluorescence Assay
- Vaccines for Lower Respiratory Infections

Burden of Lower Respiratory Infections

- One million children each year die from lower respiratory tract infections, mostly pneumonia



Burden of Lower Respiratory Infections

- One million children each year die from lower respiratory tract infections, mostly pneumonia
- Until 1936, was #1 cause of death in US
- Can be cured with antibiotics

Pneumonia

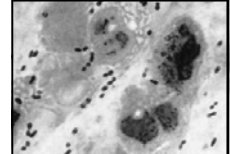
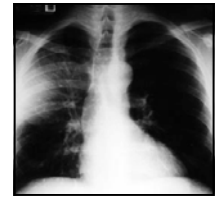
- Pneumonia:
 - Infection of the lungs
 - Multiple organisms cause pneumonia
 - Newborns: acquire from maternal genital tract
 - Older children: acquire from community
 - Can interfere with ability to oxygenate blood in lungs
- Symptoms:
 - Fever, cough, chest pain, breathlessness
 - Can be fatal

Causes of Pneumonia

- Bacterial Infection
 - Causes about ½ of all cases
 - *Streptococcus pneumoniae*, *Haemophilus influenzae*, *Staphylococcus aureus* and pertussis
 - Treated with antibiotics
- Viral Infection
 - Causes about ½ of all cases
 - Respiratory syncytial virus (RSV), influenza virus, parainfluenza virus and measles.
 - **SARS** is an emerging cause of pneumonia
 - Usually resolve on their own
 - Serious cases: Use oxygen and antiviral drugs

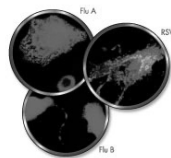
Diagnosis of Pneumonia

- Chest X-ray
- Viral vs. Bacterial:
 - Complete blood count
 - Sputum
 - Fluid from lungs
- Developing Countries:
 - Treat all pneumonias in children with antibiotics
 - Has reduced mortality
 - May encourage antibiotic resistance



Direct Fluorescence Assay

- Collect nasal secretions
- Spin down cells
- Place cells on slide
- Immerse in alcohol
- Apply solution containing antibodies which bind to viruses
- Antibodies are coupled to fluorescent dye
- Examine with fluorescence microscope



Vaccines for Lower Respiratory Infections

- *Haemophilus influenzae* (Hib)
- *Streptococcus pneumoniae*
- Influenza virus

3. Diarrheal Disease

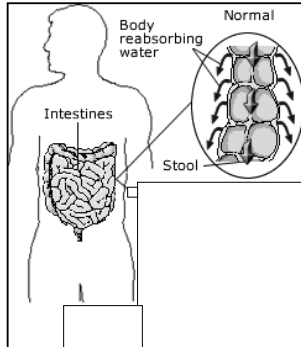
- Burden of Diarrheal Disease
- Normal Gastrointestinal Physiology
- Causes of Diarrhea
- Oral Rehydration Therapy
- Vaccines for Diarrhea

Burden of Diarrheal Disease

- 2.2 million deaths per year
- Almost all of these deaths occur in children in developing countries
- Usually related to unsafe drinking water
- Less common in neonates

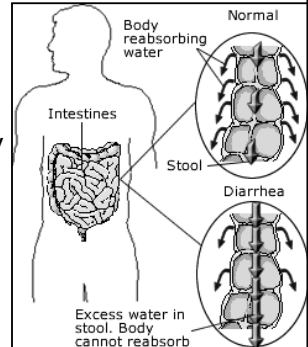
Normal Gastrointestinal Physiology

- 8-9 L fluids enter the small intestine daily (1-2 L from dietary intake)
- Epithelial cells lining the GI tract actively reabsorb nutrients and salts; water follows by osmosis
- Small intestine absorbs most of this fluid, so only 1-1.5 L pass into colon
- Further water salvage (98%) in colon, with just 100-200 ml H₂O/day excreted in stool



Causes of Diarrhea

- Diarrhea = failure of fluid reabsorption
- Can rapidly lead to dehydration
- Loss of 10% of bodily fluids → death
- 4 types of diarrhea:
 - Osmotic
 - Secretory
 - Inflammatory
 - Motility



Causes of Diarrhea

1) Osmotic Diarrhea

Inadequate absorption of solutes

- Ex: Lactose Intolerance, Ingestion of Sorbitol



2) Secretory Diarrhea

Excess water secretion into the lumen

- Ex: Cholera, *E. coli*



www.vivo.colostate.edu/hbooks/pathphys

Causes of Diarrhea

3) Inflammatory Diarrhea

Usually caused by infection

- Bacteria: *E. coli*, *Salmonella*
- Viruses: Rotavirus, Norwalk
- Protozoa: *Giardia*



4) Motility Diarrhea

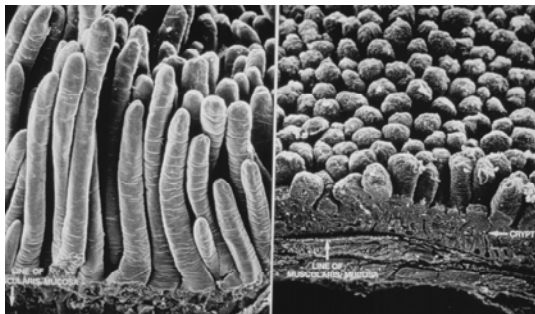
Accelerated GI transit time

- Ex: Diabetes, nerve damage



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"Malnutrition is an Infectious Disease"

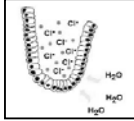


Oral Rehydration Therapy

- 1 liter of water, 1 teaspoon of salt, 8 teaspoons of sugar
- Reduced mortality to diarrhea from 4.6 million deaths per year to 1.8 million deaths per year in 2000
- Developed in 1960s
- "Most significant medical advance of the century." The Lancet, 1978

How Does ORT Work?

- Epithelial cells which line colon are responsible for fluid reabsorption
 - They reabsorb osmotically active products of digestion, sodium
 - Water follows
- Toxins produced by bacteria bind to epithelial cells in gut and cause cells to secrete chloride and interfere with ability to absorb sodium → secretory diarrhea



How Does ORT Work?

- What if you give patients more water to drink?
 - Just get more diarrhea
- Discovery in 1950s:
 - New method of sodium transport which depends on glucose, not affected by bacteria which produce diarrhea
- Hypothesis:
 - Provide glucose to increase sodium transport

Oral Rehydration Therapy

- 1975 WHO and UNICEF:
 - 90 mM sodium
 - 20 mM potassium
 - 80 mM chloride
 - 30 mM bicarbonate
 - 111 mM glucose
- Packet of ORT: 10 cents
- US use of ORT



Vaccines to Prevent Diarrhea

- Rotavirus causes 30% of deaths due to diarrheal disease
- Found in every country, Highly contagious
- Almost every child will have one rotavirus infection before they are 3 years old
- 1998: Rotashield approved by FDA
 - 80%-100% effective
 - Post-licensure surveillance: 1/12,000 fatal complication rate
 - Ethical Dilemma
- 2006: two new vaccines, safe and effective

4. Malaria

- Burden of Malaria
- Malaria Pathogenesis
- Diagnosis of Malaria
- Preventing Malaria

Burden of Malaria

- Spread by mosquitos which carry a parasite
- 40% of world's population live in malaria endemic countries
- 300 million cases of malaria per year
- African children: 1.6-5.4 episodes/year
- 1-2 million children under the age of 5 die each year from malaria
- Pregnant women:
 - Increased susceptibility to malaria
 - Anemia can result in low birth weight babies

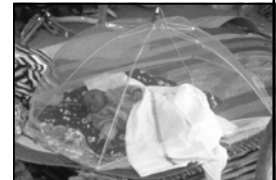
Preventing Malaria

- Reduced human/insect contact
 - Prevent mosquito breeding
 - Use insect repellents, mats, coils
 - Wear long sleeves/pants
 - Residual treatment of interior walls
 - Insecticide-treated mosquito bed nets
 - Treatment of those who have malaria prevent its spread!



Preventing Malaria

- Pregnant women and infants should sleep under insecticide treated nets
 - 25% reduction in low birth weight babies
 - 20% reduction in infant deaths
 - Cost: \$1.70 (Retreatment: 3-6 cents)



Leading Causes of Mortality: Ages 0-4

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2. Congenital Anomalies

- Burden of Congenital Anomalies
- Common Congenital Anomalies

Burden of Congenital Anomalies

- 2-3% of children are born with a birth defect
- 400,000 children die each year as a result
- Accounts for a higher fraction of childhood deaths in developed countries (16.9%) than in developing countries (4%)

Common Congenital Anomalies

Cause	Classification	Example
Genetic	Chromosomal	Down syndrome
	Single gene	Cystic fibrosis
Environmental	Infectious disease	Congenital rubella syndrome
	Maternal nutritional deficiency—folic acid	Neural tube defects
Complex	Congenital malformations involving single organ system	Congenital heart disease

4. Unintentional Injuries

- Result in the deaths of:
 - 15,000 children per year in developed countries (4th leading cause of death)
 - 273,000 children per year in developing countries (9th leading cause of death)
- Causes:
 - Drownings (82,000 deaths)
 - Road traffic injuries (58,000 deaths)
- Covered in depth in *Lecture 3*

Summary of Lecture Two

- Developing world
 1. Perinatal conditions
 2. Lower respiratory infections
 3. Diarrheal diseases
 4. Malaria
- Developed world
 1. Perinatal conditions
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Assignments Due Next Time

- HW1