

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **IMMUNIZATION AWARENESS**

August is **National Immunization Awareness Month**. It is sponsored by the National Public Health Information Coalition (NPHIC) and is observed annually across the United States.¹

The campaign is meant to stress the importance of vaccinating people of all ages against a number of serious and sometimes deadly diseases. The successes of the different immunizations created in the 20th century through today are also celebrated.

The four key messages promoted by the NPHIC are:

- Vaccines protect against disease;
- These diseases still exist and outbreaks do occur;
- Vaccines are recommended throughout our lives;
- Vaccines are very safe.

Governments around the world, acting upon the advice of leading scientists and medical professional widely support immunization plans. However, anti-immunization supporters -- and other factors -- have lead to a decrease in the number of people being vaccinated. There is little surprise then that the number of people affected by diseases that had once been eliminated from some countries is on the rise again.

The best defense we have is to continually educate ourselves and act as individuals for the common good of the community as a whole.



Did you know?



- **55%** of U.S. adults trust medical scientists for information about vaccines.²
- A little more than one-third of adults aged 65 and over have ever had a shingles vaccine (34.2%).³
- The national average cost of administering a vaccine is over **\$30**, yet the Medicaid administration fee can be as low as \$3.30 in some geographic regions.⁴
- The cost of developing a vaccine -- from research and discovery to product registration -- is estimated to be between \$200 million and \$500 million per vaccine.⁵
- As of 2018, an estimated 86% of one-year-olds worldwide had been vaccinated against measles, while Merck & Co., one of the largest pharmaceutical companies in the world, generated over **\$6.5 billion**.⁶





CDC recommends Vaccines for every person as they age.⁷

- [Schedule for Children](#)
- [Schedule for Adolescents](#)
- [Schedule for Adults](#)



What about a COVID-19 Vaccine?⁸

We all want a safe and effective vaccination for COVID-19. To create the vaccine, pharmaceutical companies will need tens of thousands of volunteers. Several vaccines are in development and most of them will probably not pass the clinical trials. Volunteers in trials are watched carefully to minimize any potential adverse effects and their body's response adds to information scientists need in order to save millions of people. We need to know what works and

what doesn't. Here are 6 factors to consider about a COVID-19 vaccine⁸:

- **A faulty vaccine is more dangerous than COVID-19.**
- **Safety is the most important consideration.**
- **It has to surpass the FDA's (currently) low bar of success.**
- **It must be tested on "real" people.**
- **The manufacturer must be trustworthy.**
- **The effects must be prolonged.**



Learn More!

1. National Public Health Information Coalition (NPHIC) <https://www.nphic.org/niam>
2. PEW Research Institute <https://www.pewresearch.org/fact-tank/2019/03/19/5-facts-about-vaccines-in-the-u-s/>
3. Center for Disease Control <https://www.cdc.gov/nchs/products/databriefs/db281.htm>
4. Health Affairs ; <https://www.healthaffairs.org/doi/10.1377/hblog20160209.053058/full/#:~:text=The%20national%20average%20cost%20of,%243.30%20in%20some%20geographic%20regions.>
5. National Center for Biotechnology. (Siting American Journal of Public Health)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1551949/>
6. Statista.com "Vaccinations in the U.S." <https://www.statista.com/topics/3283/vaccinations-in-the-us/>
7. Center for Disease Control "Recommended Vaccination Schedules by Age" ; <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html> ; <https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html>
; <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>
8. MedShadow.org Balancing the Risk and Benefits of Medicine <https://medshadow.org/6-factors-to-consider-about-a-covid-19-vaccine/>

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