

Tuberculosis Elimination for Healthier First Nations Communities



First Nations Health Authority
Health through wellness

Tuberculosis (TB) has two stages:

TB INFECTION

A person with TB infection:

- Has TB bacteria, but is not sick
- Cannot spread TB
- Should receive treatment to prevent development of active TB disease
- If untreated, 10% of persons with TB infection will develop active TB disease at some time in their life

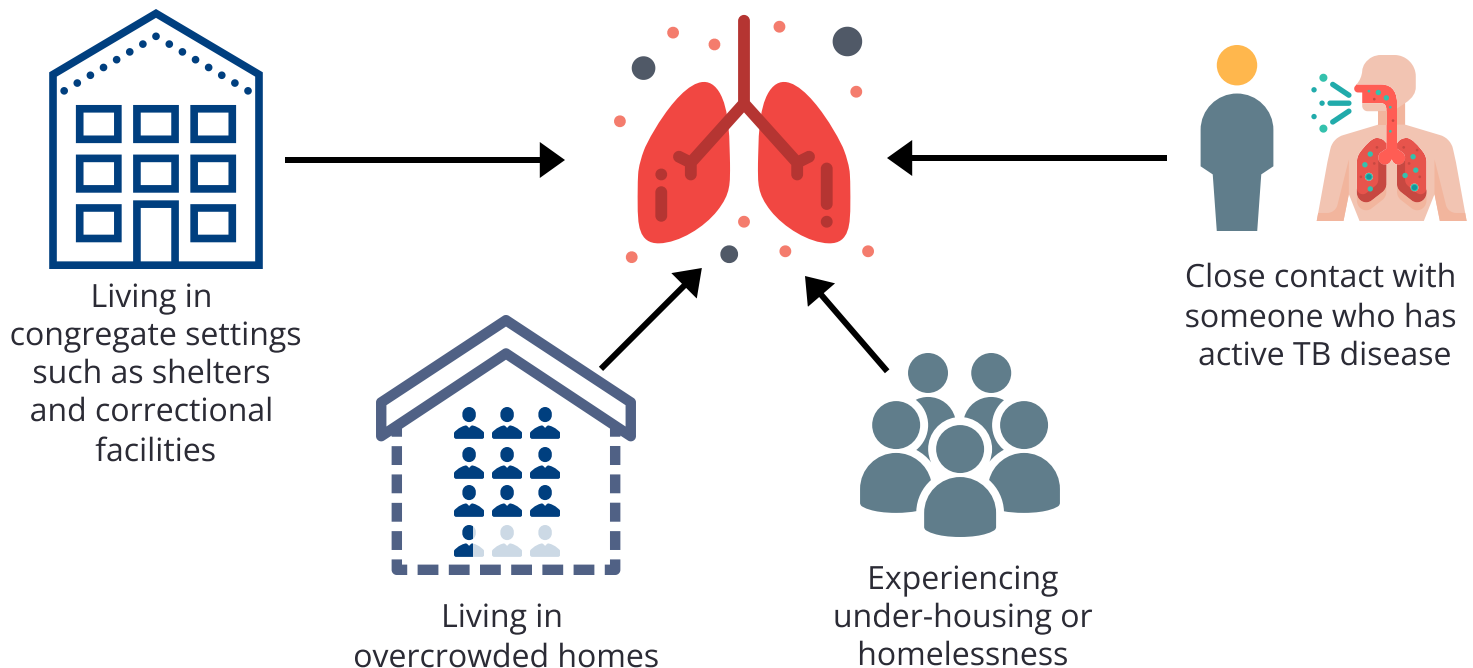
ACTIVE TB DISEASE

A person with active TB disease:

- Has TB bacteria and is sick
- Can spread TB while coughing, sneezing, shouting, singing, etc.
- Must receive treatment to prevent development of severe disease and to prevent spread
- An untreated person can infect 5-15 people over a year through close contact

Anyone can get TB - but some people have a higher risk of acquiring TB infection

PEOPLE AT HIGHER RISK OF EXPOSURE TO TB INFECTION



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People at increased risk of developing active TB disease once infected with TB:

- Seniors aged 60 years or older
- People with medical risk factors (HIV, diabetes, chronic kidney disease, dialysis, transplant, people on immune-suppressing medications)
- People with active substance use disorder (SUD), opioid use disorder (OUD) and alcohol use disorder (AUD)
- People with abnormal chest X-rays (fibronodular disease, granulomas, scarring, etc.)
- Medical history of TB (previous incomplete treatment, known TB exposure, recent TST conversion)

Prevalence of key risk factors among all First Nations People in BC* (2022):

16.7% Alcohol Use Disorder	12.9% Substance Use Disorder	8.8% Diabetes	6.4% Opioid Use Disorder	4.2% Chronic Kidney Disease
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*The estimates for AUD, OUD, and SUD are based on person's healthcare interactions, and don't necessarily indicate a confirmed diagnosis.

LEADING RISK FACTORS FOR TB BY AGE*

First Nations Elders (60+ years) in BC have higher prevalence of:

1. Diabetes
2. Alcohol use disorder
3. Chronic kidney disease

First Nations people (30-59 years) in BC have higher prevalence of:

1. Alcohol use disorder
2. Substance use disorder
3. Opioid use disorder

TB PREVENTION

- 1** Know your TB status and risk for TB disease
- 2** Talk to your Community Health Nurse about TB screening
- 3** Take TB preventive treatment if the doctor recommends
- 4** Know the symptoms of TB
 - Coughing for 2 weeks or longer
 - Coughing up blood
 - Weight loss
 - Chest pain
 - Night sweats
 - Fever
 - Lumps in neck
 - Feeling tired or weak
- 5** See your healthcare provider to learn more

*Data Source:

BC Ministry of Health. (2024). Health System Matrix (Version 15) [Dataset]. <https://healthdatapatformbc.ca/hdpsc-data-sets>

BC Ministry of Health. (2023). British Columbia Chronic Disease Registries [Dataset]. <https://healthdatapatformbc.ca/hdpsc-data-sets>

Cascade of Care, Centre for Health Evaluation and Outcome Sciences (CHEOS). (2022). [Dataset]. <https://www.advancinghealth.ubc.ca/research-in-action/tag/cascade-of-care/>