

Epidemiology and Prevention of Hepatitis B

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ABSTRACT

The primary goal of hepatitis B prevention programs is reduction of chronic hepatitis B virus (HBV) infection and HBV-related chronic liver disease. Although donor screening, risk-reduction counseling and services, and effective infection control practices can reduce or eliminate the potential risk for HBV transmission, immunization is by far the single most effective prevention measure. Worldwide, the integration of hepatitis B vaccine into existing childhood vaccination schedules has the greatest likelihood of long-term success. However, by 2000, only 116 of 215 countries had such a policy, representing 31% of the global birth cohort. In addition, efforts must be strengthened to vaccinate older adolescents and adults with high-risk behaviors or occupations in countries where most HBV transmission and the morbidity associated with acute hepatitis B occur among persons in these age groups. Although continued immunization of successive birth cohorts should achieve the eventual elimination of HBV transmission, this will not occur for decades without successful vaccination of adults at increased risk for infection.

KEYWORDS: Hepatitis B, epidemiology, prevention

Objectives: After completion of this article, the reader should (1) appreciate the geographic differences in epidemiology of hepatitis B, (2) be able to describe the most important routes for transmission of hepatitis B virus in developed and developing countries, and (3) understand the rationale for different hepatitis B vaccination strategies and the need to strengthen immunization programs worldwide.

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Hepatitis B virus (HBV) infection is a major public health problem and cause of infectious disease mortality worldwide. Approximately 2 billion people—one third of the world's population—have serologic evidence of past or present HBV infection, and 350 million people are chronically infected. Each year over 1 million people die from HBV-related chronic liver disease, including cirrhosis and hepatocellular carcinoma (HCC).¹ HCC is one of the most common cancers

worldwide, and HBV is responsible for at least 75% of these cancers.²

EPIDEMIOLOGY

The incubation period of hepatitis B is long, ranging from 45 to 160 days (average 120). HBV is transmitted by percutaneous and mucous membrane exposures to infectious blood and body fluids that contain blood. Al-

Hepatitis B; Editor in Chief, Paul D. Berk, M.D.; Guest Editor, Anna Lok, M.D. *Seminars in Liver Disease*, volume 23, number 1, 2003. Address for correspondence and reprint requests: Miriam J. Alter, Ph.D., Division of Viral Hepatitis, Centers for Disease Control and Prevention (Mailstop G37), 1600 Clifton Road, Atlanta, GA 30333. E-mail: malter@cdc.gov. ¹Associate Director for Epidemiologic and Public Health Science, Division of Viral Hepatitis, Centers for Disease Control and Prevention, Atlanta, Georgia. Printed in 2003 by Thieme Medical Publishers, Inc., 333 Seventh Avenue, New York, NY 10001, USA. Tel: +1(212) 584-4662. 0272-8087,p;2003,23,01,039,046,ftx,en;sl000194x.

though hepatitis B surface antigen (HBsAg) has been detected in a wide variety of body fluids, only serum, semen, and saliva have been demonstrated to be infectious.^{3,4} The presence of hepatitis B e antigen (HBeAg) in serum correlates with higher titers of HBV (up to 10⁹ particles/mL) and greater infectivity.⁵⁻⁷ However, HBV strains that have mutations in the precore region of the viral genome that prevents expression of HBeAg have also been associated with transmission.⁸

Percutaneous exposures that have resulted in HBV transmission include transfusion of blood or blood products,^{9,10} contaminated equipment used for therapeutic injections and other health care-related procedures,¹¹⁻¹⁵ illegal injection drug use,¹⁶ and needle sticks or other injuries from sharp instruments sustained by hospital personnel.^{5,17} In addition, occasional outbreaks of hepatitis B have been associated with tattooing and acupuncture.^{18,19} Because HBV is stable on environmental surfaces for ≥ 7 days,²⁰ indirect inoculation of HBV can also occur through inanimate objects.

Transmission of HBV via transfusion of blood and plasma-derived products has been eliminated in most countries through donor screening for HBsAg and viral inactivation procedures. However, transmission also occurs with inadequately sterilized needles and medical instruments, the reuse of disposable needles and syringes, and contamination of multiple-dose medication vials. Contaminated environmental surfaces have been a major source for HBV transmission among chronic hemodialysis patients.²¹ HBV transmission among hemodialysis patients is consistently associated with the presence of a chronically infected patient, failure to dialyze that patient in a separate room using dedicated equipment and staff, and failure to vaccinate patients against hepatitis B.

In developing countries, transmission through contaminated injection equipment remains a significant problem because of the difficulty in obtaining disposable needles and syringes and the lack of means for adequately sterilizing reusable equipment.¹¹ In developed countries, episodes of HBV transmission from one patient to another in health care settings have also been reported.^{12-15,22-25} In most cases, these transmissions resulted from noncompliance with recommended infection control practices that were designed to prevent cross-contamination of medical equipment and devices.

Although HBV infection was recognized as a frequent occupational hazard among persons who worked in laboratories or were exposed to blood while caring for patients,^{26,27} hepatitis B vaccination of health care workers (and implementation of universal precautions) has made this infection a rare event in this population.²⁸ HBV transmission from infected health care personnel to patients is relatively uncommon but has occurred during invasive surgical, obstetrical, or dental procedures. Most of the reported cases occurred prior to 1991, before hepatitis B vaccination was widely used and before standard

(universal) infection control precautions were implemented. These mostly involved infected surgeons or dentists who transmitted during the performance of invasive procedures.²⁹⁻⁵⁰ However, other health care providers have also been implicated in HBV transmission to patients.^{44,45,51-53} Most of these involved skin conditions in these health care providers (e.g., exudative dermatitis, bleeding lesions or cuts) that contributed to transmission. Substantially fewer episodes of HBV transmission to patients from infected surgeons have been reported worldwide since 1991; most of these were from the United Kingdom.^{8,54,55} All but one of the cases in the United Kingdom involved health care providers who were infected with precore mutations and were negative for HBeAg.

Perinatal and sexual transmission of HBV usually results from mucous membrane exposures to infectious blood or serum-derived body fluids.^{56,57} No infections have been demonstrated in susceptible persons orally exposed to HBsAg-positive saliva, although transmission has been demonstrated to animals by subcutaneous inoculation of saliva.^{3,4,56,59}

The risk of perinatal HBV transmission has been well described. This risk is greatest for infants born to women who are HBeAg-positive and ranges from 70 to 90% at 6 months of age; about 90% of these children remain chronically infected.⁶⁰ The risk of perinatal infection among infants born to HBeAg-negative mothers ranges from 10 to 40%, with 40 to 70% of these infected infants remaining chronically infected.^{56,60} Children born to HBsAg-positive mothers who do not become infected during the perinatal period remain at high risk of infection during early childhood⁶¹⁻⁶³; in one study, 40% of infants born to HBeAg-negative mothers became infected by 5 years of age.⁶⁰

Person-to-person spread of HBV can occur in settings involving nonsexual interpersonal contact over a long period of time, such as among household contacts of a chronically infected person.⁶⁴⁻⁶⁷ The precise mechanisms of transmission are unknown; however, frequent interpersonal contacts of nonintact skin or mucous membranes with blood-containing secretions or perhaps saliva are the most likely modes of transmission.⁶⁸ Because of the extremely high concentration of virus in the blood, the number of virions in even very small amounts of blood or body fluids can be quite high. In addition, HBsAg contamination of surfaces is widespread in homes of chronically infected persons,⁶⁸ and HBV remains infectious for long periods of time under ambient conditions.

Among adults, high-risk sexual activity is one of the most frequent routes of transmission for HBV. Historically, men who have sex with men (MSM) were one of the groups at highest risk for HBV infection. Infection in this risk group has been associated with receptive anal intercourse, increased numbers of sexual partners,

and number of years of sexual activity (70% of homosexual men were infected after 5 years of sexual activity).⁵⁷ Similar factors have been associated with an increased risk of HBV infection among heterosexual men and women, including number of sexual partners, number of years of sexual activity, and history of other sexually transmitted diseases (STDs).⁵⁷

Transmission of HBV from persons with acute or chronic hepatitis B to their sexual partners is also an important source of infection.⁵⁷ However, most persons with chronic HBV infection are not aware that they are infected. These silent carriers are the most likely source of infection for persons with multiple sexual partners.

GEOGRAPHIC PATTERNS OF TRANSMISSION

The endemicity of HBV infection varies greatly worldwide^{69,70} and is influenced primarily by the predominant age at which infection occurs (Table 1). Endemicity of infection is considered high in the parts of the world where at least 8% of the population is HBsAg positive. In these areas, 70 to 90% of the population generally has serological evidence of previous HBV infection. Almost all infections occur during either the perinatal period or early in childhood, which accounts for the high rates of chronic HBV infection in these populations. Risk of HBV infection continues after the first 5 years of life, but its eventual contribution to the high rate of chronic infection is less significant. Chronic infection with HBV is strongly associated with HCC, and areas with a high endemicity of chronic HBV infection have the highest death rates from this neoplasm.

In areas of the world with an intermediate pattern of HBV infection, the prevalence of HBsAg posi-

tivity ranges from 1 to 7% and serological evidence of past infection is found in 10 to 60% of the population. In these areas there are mixed patterns of infant, early childhood, and adult transmission. Some countries have widely varying infection and transmission rates that reflect the HBV endemicity of the country of origin of immigrant populations.⁷¹ In most developed parts of the world, the prevalence of chronic HBV infection is less than 1%, and the overall infection rate is 5 to 7%. Within these areas, the highest incidence of acute hepatitis B is among young adults, and high-risk sexual activity and injecting drug use account for most cases of newly acquired hepatitis B.⁷²⁻⁷⁵ However, even in these low HBV endemic countries, a substantial number of children become infected with HBV, many of whom belong to native populations with high endemic rates of HBV infection or to families of immigrants from high HBV endemic countries.^{69,76,77} Because over 90% of childhood HBV infections are asymptomatic, the true incidence of childhood disease is not accurately represented by most surveillance data, which reflect reported cases of clinically apparent disease. Although the proportion of infant and early childhood infections is low, they can account for a disproportionately high number of chronic HBV infections.

PREVENTION

The primary goal of hepatitis B prevention programs is reduction of chronic HBV infection and HBV-related chronic liver disease. A secondary goal is the prevention of acute hepatitis B. HBV infection can be prevented by screening blood, plasma, organ, tissue, and semen donors; virus inactivation of plasma-derived products; risk-reduction counseling and services; and implementation and maintenance of infection control practices. Although

Table 1 Endemic Patterns of Hepatitis B Virus Infection and Hepatitis B Vaccination Strategies

Endemicity of Infection	Primary Routes of Transmission	Prevalence of Chronic Infection (%)	Percentage of Global Population (%)	Vaccination Strategy
High	Perinatal Household Nosocomial	≥8	45	Routine infant starting at birth
Intermediate	Household Sexual Injecting drug use Occupational Nosocomial	2-7	43	Routine infant High-risk groups (if resources available)
Low	Sexual Injecting drug use Occupational	<2	12	Screen pregnant women Postexposure prophylaxis of infants born to infected women Routine infant Routine adolescent High-risk groups

such activities can reduce or eliminate the potential risk for HBV transmission, immunization is by far the single most effective prevention measure.

Preexposure vaccination generally requires three doses to induce an immune response that provides long-term protection. Hepatitis B vaccine can be given along with other commonly used vaccines in a variety of schedules that result in excellent immunogenicity and do not interfere with the immunogenicity of the other vaccines. In addition, infection can be effectively prevented after exposure to HBV (postexposure prophylaxis) through the passive administration of antibody to HBsAg (anti-HBs) (through hepatitis B immune globulin) and hepatitis B vaccine or with vaccine alone. In areas of high HBV endemicity, routine vaccination of infants is the only means of interrupting HBV transmission because of the high rates of infant and early childhood infection.

In 1992, the World Health Organization recommended that all countries include hepatitis B vaccine in their routine infant immunization programs. In 2000, only 116 of 215 countries had such a policy, representing 31% of the global birth cohort. Thus, despite the availability of an effective vaccine for 20 years, most of the world's children remain at risk for HBV infection.

In areas of high HBV endemicity, the timing of the first dose of hepatitis B vaccine is determined by the need for postexposure immunoprophylaxis to prevent perinatal HBV transmission. Where perinatal transmission accounts for a substantial amount of chronic infections, immunization should begin within 12 hours after birth (Table 1). However, in most of these countries it is not feasible to test pregnant women to identify infants who require postexposure immunoprophylaxis. Thus, all infants should receive a dose of vaccine shown to have postexposure efficacy. Where the prevalence of HBeAg among pregnant women is low and perinatal transmission accounts for a small proportion of chronic HBV infection, the first dose of vaccine can be given soon after birth or can be given when the infant receives the first dose of diphtheria-tetanus-pertussis vaccine.

Ultimately, the design of hepatitis B vaccination programs, including the timing of vaccine doses, is influenced by the epidemiology of HBV infection and patterns of health care (immunization) delivery (Table 1). Thus, prevention of perinatal HBV infection is limited to countries where most infants are born in the hospital or with a birth attendant trained to vaccinate infants.

Immunization strategies in developed countries vary widely. In the United States, the immunization strategy has evolved over time and now includes (1) prevention of perinatal HBV infection through routine screening of all pregnant women and appropriate postexposure immunoprophylaxis of infants born to HBsAg-positive women, (2) routine vaccination of infants, (3) routine vaccination of adolescents who have not previously been vaccinated, and (4) vaccination of adults at

increased risk of infection.^{78,79} Most countries in Western Europe have focused efforts on prevention of perinatal infection and routine vaccination of adolescents; rarely, routine immunization of infants has also been included.⁸⁰⁻⁸³ In Eastern European countries, routine immunization of infants has been the primary strategy.^{84,85}

The success of routine immunization of children and adolescents in interrupting HBV transmission has already been demonstrated in areas of high, intermediate, and low HBV endemicity.^{75,86-88} During the 15 years after routine childhood hepatitis B immunization was implemented in Taiwan, the prevalence of chronic HBV infection among children younger than 15 years declined from 10 to 0.7%, a decrease of 93%, and rates of HCC among children 6 to 14 years old declined by 50%.^{86,87} Similarly, almost a 90% decline was observed in the overall prevalence of infection (as measured by antibody to hepatitis B core antigen), while prevalence of protective antibody (anti-HBs) remained high. In countries such as Italy and the United States, the incidence of acute hepatitis B has declined dramatically during the past decade, particularly among persons in younger age groups (Fig. 1).^{75,83,88} Furthermore, an estimated 16,000 infections among children have been prevented annually in the United States since routine childhood immunization was implemented.⁸⁹

The integration of vaccine into existing childhood vaccination schedules has the greatest likelihood of successfully lowering the disease incidence. There is already an established infrastructure for vaccine delivery to children, which can ensure high coverage levels, and the hepatitis B vaccine has been shown to provide long-term protection against chronic HBV infection. In addition, routine infant immunization ensures the prevention of HBV infections in subpopulations that have high rates of early childhood infection (e.g., infants and children of immigrant women from high-endemicity areas). The addition of routine adolescent vaccination achieves a more rapid reduction in HBV transmission.

Since the vaccine's availability, hepatitis B immunization efforts have faced several challenges. In the mid-1980s, concern was expressed about the possible risk of human immunodeficiency virus transmission by the original plasma-derived vaccine; however, no transmission of any microbial agent was shown to occur, and the safety of the vaccine was reaffirmed.^{90,91}

Although concerns have also been expressed that certain chronic illnesses might be caused by hepatitis B vaccine, no evidence exists that the vaccine causes any of these diseases.⁹² One of the most recent of these involved case reports of multiple sclerosis in adults who received hepatitis B vaccine. However, case-control studies and a report by the Institute of Medicine in the United States found no evidence of a causal relation between hepatitis B vaccination in adults and multiple sclerosis.⁹³⁻⁹⁵ The vaccine continues to be considered safe by the World

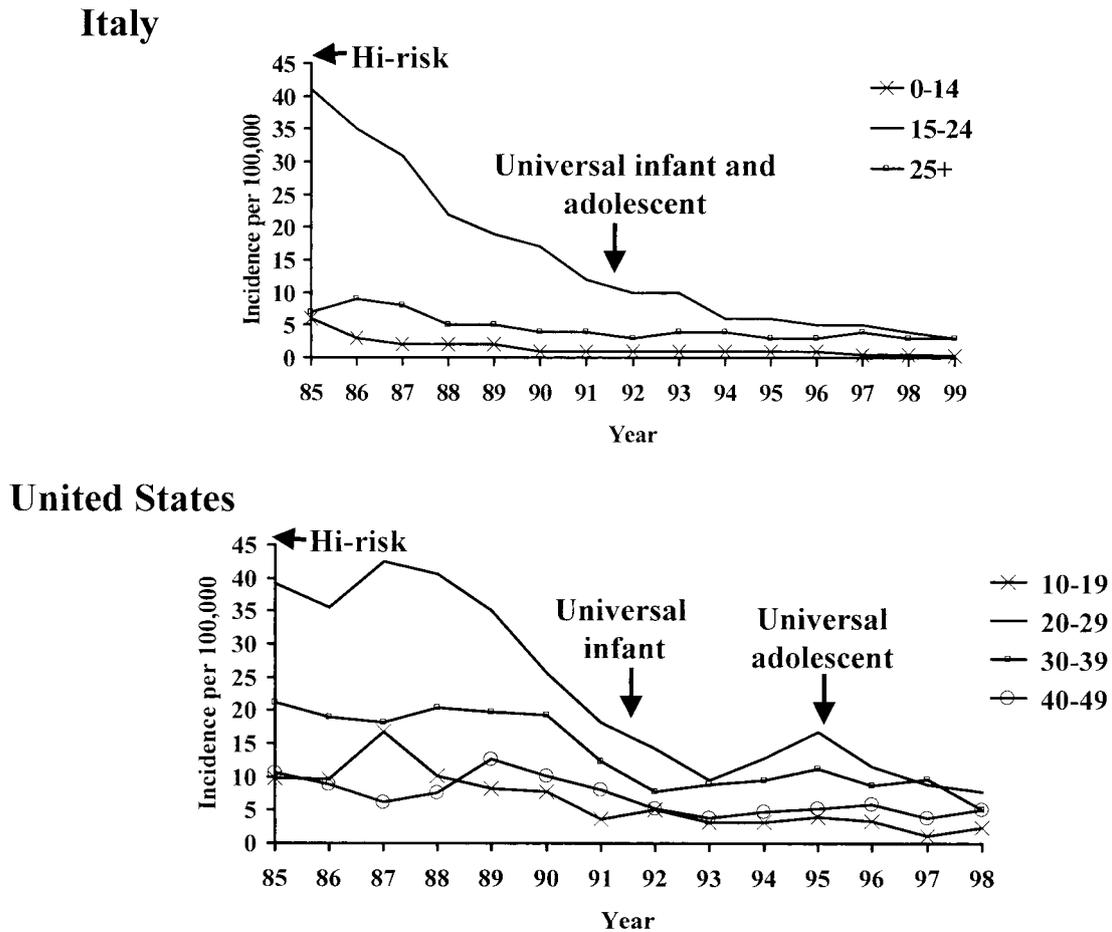


Figure 1 Age-specific incidence of acute hepatitis B in Italy 1985–1999 and the United States 1985–1998 in relation to hepatitis B vaccination strategies. (Adapted from references 73 and 75.)

Health Organization, the U.S. Food and Drug Administration, and other national and international professional immunization advisory groups.

Variants of HBV with mutations in the amino acids constituting the *a* determinant have been identified from immunized persons who subsequently became infected with HBV. It has been suggested that these variants may pose a potential threat to the long-term success of hepatitis B vaccination programs.⁹⁶ Early studies using direct sequencing of polymerase chain reaction (PCR) amplicons demonstrated the presence of such mutants in infants who failed immunoprophylaxis to prevent perinatal infection but not in their HBV-infected mothers; one study reported that universal vaccination of children had accelerated the accumulation of these *a* determinant mutants.⁹⁷ However, a more sensitive method of detection that included sequence-specific, solid-phase detection of amplicons in combination with dilution PCR found that the frequency of these variants among mothers whose infants did not fail postexposure prophylaxis was similar to that of mothers whose infants failed prophylaxis.⁹⁸ Furthermore, experimental studies have demonstrated that currently available hepatitis B

vaccines protected chimpanzees against infection by the most common variant (i.e., the variant containing an amino acid substitution at position 145).⁹⁹ However, ongoing surveillance and additional studies will be needed to determine the ultimate significance of these variants.

SUMMARY

The integration of hepatitis B vaccine into existing infant and childhood vaccination schedules in all countries will eventually eliminate HBV transmission. In developed countries, however, efforts must be strengthened to vaccinate older adolescents and adults with high-risk behaviors or occupations until the cohorts of vaccinated children reach adolescence and adulthood. Most HBV transmission and the morbidity associated with acute hepatitis B occur among older adolescents and young adults, and most of these infections result from sexual transmission. Adults at highest risk for infection are the most difficult to reach with vaccine, and a substantial proportion do not self-identify as belonging to a risk group. There are long-standing recommendations to vaccinate persons who report a history of multiple sex partners,

treatment for a sexually transmitted disease, MSM, and injecting drug use. For some of these groups (e.g., MSM and drug users), vaccination against both hepatitis A and hepatitis B is recommended and combined hepatitis A and hepatitis B vaccine could be used. However, vaccine is rarely offered in settings that provide health care to adults. In the United States, more than half of the reported cases of acute hepatitis B previously received care in STD clinics or correctional settings.⁷⁵ Although continued immunization of successive birth cohorts should achieve the eventual elimination of HBV transmission, this will not occur for decades without successful vaccination of adults at increased risk for infection.

ABBREVIATIONS

anti-HBs	antibody to hepatitis B surface antigen
HB _e Ag	hepatitis B e antigen
HB _s Ag	hepatitis B surface antigen
HBV	hepatitis B virus
HCC	hepatocellular carcinoma
MSM	men who have sex with men
PCR	polymerase chain reaction
STDs	sexually transmitted diseases

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