

TUBERCULOSIS AT A GLANCE

NASSAU COUNTY, 2025

Tuberculosis (TB) is a reportable and contagious bacterial disease. TB can affect the lungs (pulmonary) or other parts of the body (extrapulmonary). Pulmonary TB is the most common form and is spread when a person coughs, sneezes, speaks or sings. Symptoms may include persistent cough, fever, weight loss, and night sweats. Extrapulmonary TB occurs when TB affects areas of the body outside the lungs, such as the lymph nodes, bones, joints, or brain. Although extrapulmonary TB is generally not contagious, both pulmonary and extrapulmonary TB require prompt diagnosis and treatment. TB is treated through a combination of several different medications taken for at least 6 months.

TB BY THE NUMBERS

In 2025, Nassau County had a total of 39 active TB cases, a 18.75% decrease from the total number of cases in 2024 (48). The rate of TB cases in 2025 was 2.79 per 100,000 population, a 18.90% decrease from the 2024 (3.44 per 100,000 population). There were 2 MDR (multidrug-resistant) cases in 2025.

TB TRENDS

The rate of TB has been mostly stable from 2015 to 2025. The rate of TB peaked in 2019 at 3.75 per 100,000 population and then decreased for two years. This was likely due to the COVID-19 pandemic. The rate of TB has since increased to pre-pandemic levels.

SEX AND AGE

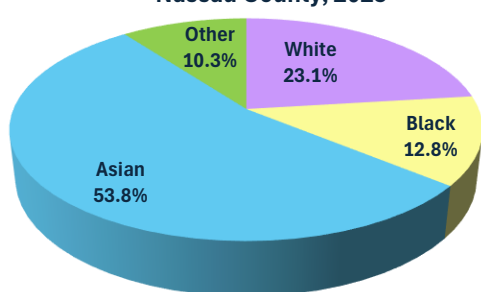
Of the 39 TB cases in 2025, more than half, 59% (23) were male; 41% (16) were female. Males had a higher rate of TB than females, 3.4 per 100,000 males vs. 2.2 per 100,000 females.

The 65+ age category had the largest percentage, 41.0% (16) and rate of TB cases, 6.23 per 100,000 population. The average age of all TB cases was 55 years.

RACE AND ETHNICITY

Most TB cases, 53.8% (21), were Asian race and 69.2% (27) cases were non-Hispanic or Latino ethnicity (not shown).

Percent of TB Cases by Race,
Nassau County, 2025

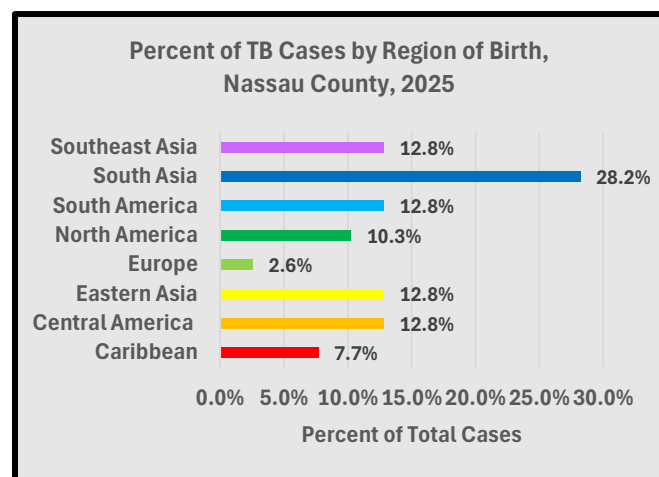
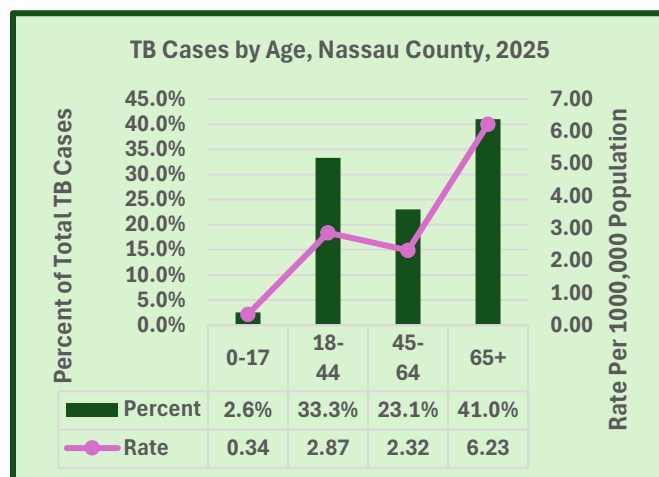
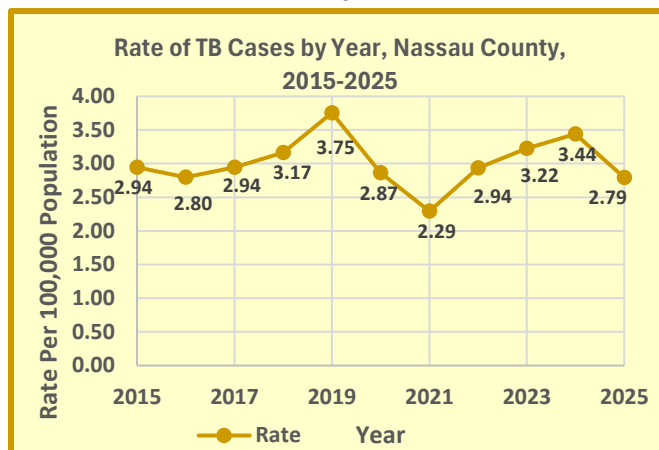


REGION OF BIRTH

In 2025, 92.3% (36) of all TB cases were foreign-born; 7.7% (3) were US born.

Asia was the birthplace of the majority of TB cases, 53.8% (21), most were born in South Asia, 28.2% (11).

On average, the time between arrival to the US and the date of TB diagnosis was 19 years.

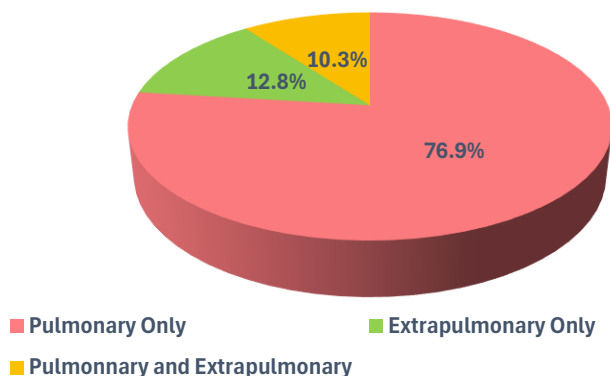


SITE OF DISEASE

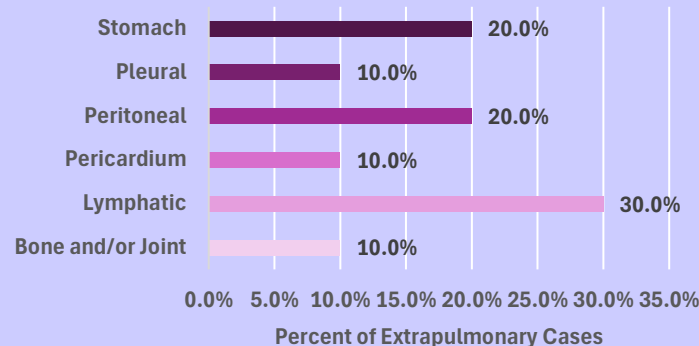
Among TB cases, 76.9% (30) had pulmonary disease only.

Nine cases involved extrapulmonary TB, either alone or in combination with pulmonary TB, resulting in a total of 10 extrapulmonary disease sites. The most common extrapulmonary site was lymphatic, 30% (3).

Percent Site of Disease, TB Cases, Nassau County, 2025



Percent of Extrapulmonary Disease Sites, Nassau County, 2025



PULMONARY

Individuals suspected of having pulmonary TB have sputum samples collected for AFB smear and culture tests. A positive AFB smear is a strong indication that a patient is infectious. A patient that tests negative for AFB smear can still have a positive sputum culture, confirming the diagnosis of TB disease. Sputum culture conversion is used to determine treatment success.

41.0% (16) of all cases were AFB smear positive.

71.8% (28) of all cases were sputum culture positive.

70.4% (19) of all eligible sputum culture positive cases converted to negative culture within 60 days of treatment initiation.

SYMPTOMS

Of the 39 cases, 94.8% (37) were symptomatic. The top five occurring symptoms in order of greatest to least reported were cough (30), fever (18), weight loss (12), shortness of breath (12), and night sweats (10).

RISK FACTORS

There were 17 cases (43.6%) who were immunocompromised, of whom 76.5% (13) had diabetes. In addition, 71.8% (28) had never smoked while 28.2% (11) were former smokers.

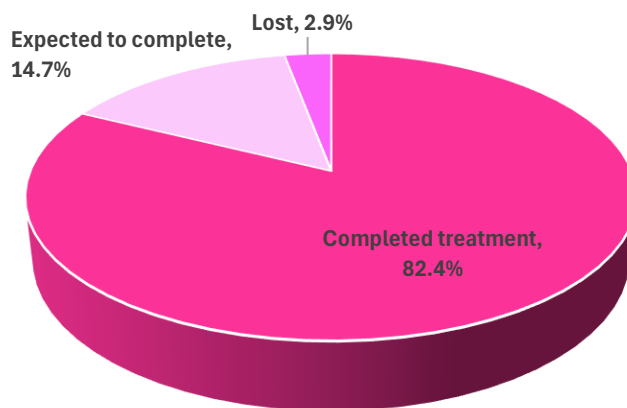
HOSPITALIZATIONS

Most TB cases require hospitalization while infectious to allow for isolation and monitoring medication adherence. Among TB cases from 2025, the average length of hospitalization was 23 days.

DOT/VDOT AND TREATMENT

Directly Observed Therapy (DOT)/Video Directly Observed Therapy (VDOT) is the most effective way to ensure patients adhere to and complete their treatments. The goal is for patients to complete treatment within 12 months. DOT and/or VDOT are offered by the Department of Health's Bureau of Tuberculosis Control to all patients receiving treatment for TB disease. 94.6% (34) of eligible patients received DOT/VDOT.

Treatment Completion, Nassau County, 2025



To date, of those eligible (34), 82.4% (28) have completed treatment within 12 months. Five more of those eligible are due to complete within 12 months of treatment initiation. One case was lost to follow-up. Therefore, it is expected that 97% of cases will have completed treatment.

LTBI

Latent TB Infection (LTBI) occurs when someone is infected with TB bacteria but does not have active TB. People with LTBI do not have any symptoms and are not infectious. They can, however, develop TB disease if the bacteria are activated. Generally, 5-10% of those with LTBI develop TB disease (CDC, 2014).

Nassau County Department of Health identified 366 contacts to active TB cases. Of those, 62.0% (227) were evaluated.

