

Risk of Consumption of Raw Milk

Raw milk can be very dangerous to your health as it can harbor numerous disease-causing organisms such as *Campylobacter spp.*, *E. coli O157:H7*, *Listeria monocytogenes*, *Yersinia spp.* and *Brucella spp.* Pasteurization of raw milk can prevent these and other diseases such as tuberculosis, diphtheria, polio, salmonellosis, strep throat, scarlet fever, and typhoid fever. More than 300 people in the United States got sick from drinking raw milk or eating cheese made from raw milk in 2001, and nearly 200 became ill from these products in 2002, according to the Centers for Disease Control and Prevention.

People at high risk for severe infections from illnesses associated with raw milk include people with weakened immune systems, such as elderly people, children, and individuals with certain diseases or conditions. For instance, in pregnant women, listeriosis can result in miscarriage, fetal death, or illness or death of a newborn infant. Also, *E. coli O157:H7* infection has been linked to hemolytic uremic syndrome, a condition that can cause kidney failure and death.

Common symptoms of foodborne illness from many of these types of bacteria include diarrhea, stomach cramps, fever, headache, vomiting, and exhaustion. Most healthy people recover from foodborne illness within a short period of time, but others may have symptoms that are chronic, severe, or life-threatening.

Information (Articles and Fact Sheets) :

Raw Milk-Associated Public Health Risks:
<http://www.cfsan.fda.gov/~dms/rawmilk2/sld01.htm>

FDA and CDC Remind Consumers of the Dangers of Drinking Raw Milk, March 1, 2007:
<http://www.fda.gov/bbs/topics/NEWS/2007/NEW01576.html> (accessed 5/31/07)

Raw Milk and Cheeses: Health Risks are Still Black and White (CDC). Reviewed March 1, 2007: http://www.cdc.gov/healthypets/cheesespotlight/cheese_spotlight.htm (accessed 5/31/07)>

FDA Warns Consumers to Avoid Consuming Raw Milk, FDA News, December 16, 2005,
<http://www.fda.gov/bbs/topics/NEWS/2005/NEW01278.html>

On the Safety of Raw Milk (with a word about pasteurization). Presentation to 2005 NCIMS by Cindy Leonard, M.S., USFDA/CFSAN, Division of Dairy and Egg Safety. Authored by John F. Sheehan, B.Sc. (Dy.), J.D. :
<http://www.cfsan.fda.gov/~acrobat/milksafe.pdf> (accessed 5/31/07)

Got Milk? Make Sure It's Pasteurized, FDA Consumer Magazine, September-October 2004, http://www.fda.gov/fdac/features/2004/504_milk.html (accessed 07/28/05).

Food Safety and Irradiation: Protecting the Public from Foodborne Infections, Tauxe, R. Emerging Infectious Diseases, 7(3)Supplement:516-521, June 2001, http://www.cdc.gov/ncidod/eid/vol7no3_supp/pdf/tauxe.pdf

Unpasteurized milk. The hazards of a health fetish. Potter, ME, et al. JAMA, 1984 Oct 19;252(15):2048-52.

Outbreak References (in descending chronological order):

Tuberculosis from *Mycobacterium bovis* in Binational Communities, United States. Rodwell, Timothy C. et al. Emerging Infectious Diseases, June 2008 14(6):909-916, <http://www.cdc.gov/eid/content/14/6/pdfs/909.pdf>

Outbreak of Multidrug-Resistant *Salmonella enterica* serotype Newport Infections Associated with Consumption of Unpasteurized Mexican-Style Aged Cheese --- Illinois, March 2006--April 2007. MMWR, April 25, 2008 http://www.cdc.gov/mmwr/mmwr_wk.html

Salmonella Typhimurium Infection Associated with Raw Milk and Cheese Consumption - -- Pennsylvania, 2007, November 9, 2007 / 56(44):1161-1164: <http://www.cdc.gov/mmwr/PDF/wk/mm5644.pdf> (reprinted in JAMA 299(4):402-404, January 30, 2008.

E. coli outbreak connected to raw milk dairy in Whatcom County. Press release from Washington State Department of Health, September 28, 2006 (09-154): http://www.doh.wa.gov/Publicat/2006_news/06-154.htm

Escherichia coli O157:H7 Infection Associated with Drinking Raw Milk — Washington and Oregon, November–December 2005. MMWR, March 2, 2007 / Vol. 56 / No. 8, pp. 165-167. <http://www.cdc.gov/mmwr/PDF/wk/mm5608.pdf>

Epidemiology of *Escherichia coli* O157:H7 Outbreaks, United States, 1982–2002, Rangel, J.M., et al. Emerging Infectious Diseases, 11(4):603-609, April 2005, <http://www.cdc.gov/ncidod/eid/vol11no04/pdfs/04-0739.pdf>

Coxiella burnetii in Bulk Tank Milk Samples, United States, Kim, S.G., et al. Emerging Infectious Diseases, 11(4):619-621, April 2005, <http://www.cdc.gov/ncidod/EID/vol11no04/pdfs/04-1036.pdf>.

Multistate Outbreak of *Salmonella* Serotype Typhimurium Infections Associated with Drinking Unpasteurized Milk --- Illinois, Indiana, Ohio, and Tennessee, 2002—2003. MMWR, July 4, 2003, 52(26):613-615, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5226a3.htm>.

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Outbreak of Listeriosis Associated With Homemade Mexican-Style Cheese --- North Carolina, October 2000--January 2001. MMWR, July 06, 2001, 50(26):560-2, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5026a3.htm>.

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Epidemiologic Notes and Reports Update -- Listeriosis and Pasteurized Milk. MMWR, December 16, 1988, 37(49);764-766, <http://www.cdc.gov/mmwr/preview/mmwrhtml/00001316.htm>.

Epidemiologic Notes and Reports Campylobacter Outbreak Associated with Raw Milk Provided on a Dairy Tour – California. MMWR, May 16, 1986, 35(19);311-2, <http://www.cdc.gov/mmwr/preview/mmwrhtml/00000734.htm>

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An outbreak of multiple-drug-resistant Salmonella enteritis from raw milk. Tackett, C.O., et al. JAMA, 1985 Apr 12;253(14):2058-60.

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Epidemiologic Notes and Reports Multi-State Outbreak of Yersiniosis, Lofgren, J.P., et al. MMWR, September 24, 1982, 31(37);505-6,
<http://www.cdc.gov/mmwr/preview/mmwrhtml/00001162.htm>

Position statements:

FDA: Sale/Consumption of Raw Milk-Position Statement (M-I-03-4):
<http://www.cfsan.fda.gov/~ear/mi-03-4.html> (accessed 5/31/07)

Food Safety and Cheese, Institute of Food Science and Technology Position Statement, n.d., http://drinc.ucdavis.edu/dfoods5_new.htm

AFDO: <http://www.afdo.org/afdo/position/PosStmt-2006-RawMilk.cfm>

AMA: H-150.980 Milk and Human Health: http://www.ama-assn.org/apps/pf_new/pf_online?f_n=browse&doc=policyfiles/HnE/H-150.980.HTM&&s_t=&st_p=&nth=1&prev_pol=policyfiles/HnE/H-145.999.HTM&nxt_pol=policyfiles/HnE/H-150.946.HTM&

AAP: Position on Unpasteurized Milk and Cheese:
<http://aapredbook.aappublications.org/cgi/content/full/2006/1/A.VII>

NEHA: Position Regarding Sale or Distribution of Raw Milk:
http://www.neha.org/position_papers/position_raw_milk.htm

Laws and Rules:

FDA Grade "A" Pasteurized Milk Ordinance:
<http://www.cfsan.fda.gov/~acrobat/pmo03.pdf>

Florida: Milk, Milk Products and Frozen Desserts: Chapter 5D-1, F.A.C.:
<https://www.flrules.org/gateway/ChapterHome.asp?Chapter=5D-1>