

Listeria monocytogenes

What is *Listeria monocytogenes*?

Listeria is a bacterium that is commonly found in the environment - in air and water, on our hands and in our refrigerators. Most people are routinely exposed to *Listeria* with no health consequences. But one strain of *Listeria* - *Listeria monocytogenes* — is a virulent strain and can lead to the very serious disease, listeriosis, particularly among some at-risk populations. These include pregnant women, newborns, the very old and people who are immune-compromised.

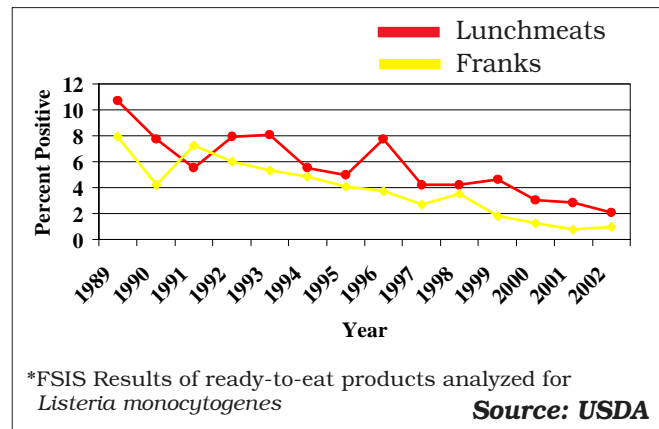
L. monocytogenes is found in soil, water and the digestive system of warmblooded animals including humans. While processed meat and poultry products are cooked to destroy *L. monocytogenes*, on rare occasions, this environmental bacteria can recontaminate the product as it is being packaged, handled or distributed.

L. monocytogenes can be found in unprocessed foods of animal origin like raw milk, meat, poultry, and fish. The pasteurization and cooking of these products destroys *Listeria*. It also can be found in some processed foods like cheese, ice cream and processed meats due to post-processing contamination. These bacteria also are sometimes found on fresh fruits and vegetables.

Listeria often lives in the cold, moist environment found in refrigerators. Even if a *Listeria*-free product is placed in a refrigerator, if it is improperly stored, bacteria in the refrigerator can contaminate products. In fact, protein products like meat and cheese are excellent media or “food” for bacterial growth.

USDA data indicates that *L. monocytogenes* can be found in a small percentage of ready-to-eat meat and poultry products. Its occurrence on these products is unacceptable to both industry and government. The AMI Foundation has made

Incidence of *L. monocytogenes* on Franks and Lunchmeats



research related to *Listeria* elimination one of its top priorities.

What is Listeriosis?

Listeriosis is a *Listeria*-related illness characterized by flu-like symptoms including fever, muscle aches and sometimes gastrointestinal symptoms. If infection spreads to the nervous system, symptoms may progress to include severe headache, stiff neck, confusion, loss of balance or convulsions.

It is not known how many of the *L. monocytogenes* organisms (known as the “infective dose”) are required to cause listeriosis, but it is believed to vary with the specific strain of the bacterium and the susceptibility of the individuals. Research is ongoing on infective doses, but the scientific opinion is currently that low levels of *L. monocytogenes* are not likely to cause illness in most people.

Healthy adults and children can become infected, but rarely become seriously ill.

Pregnant women may experience only mild flu-like symptoms, but infection during pregnancy can transfer to newborns or lead to premature delivery, miscarriage or stillbirth.

According to the Centers for Disease Control, pregnant women are 20 times more likely to get listeriosis and account for about one-third of reported cases. In such instances, it is usually the unborn child who suffers the most serious effects.

The incubation period for *L. monocytogenes* ranges from four days to several weeks. Symptoms of listeriosis can last for several days. Diagnosis requires laboratory analysis of blood or cerebrospinal fluid. Treatment is administered through antibiotics like penicillin or ampicillin.

Incidence of Illnesses

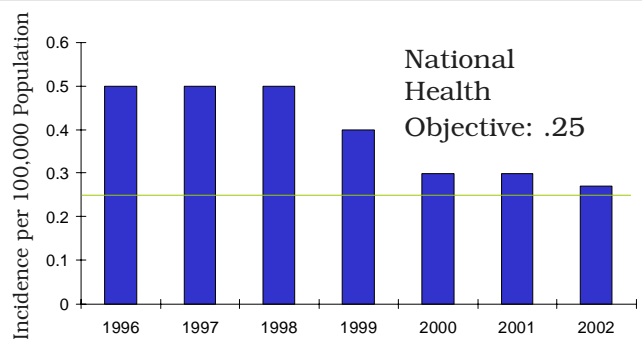
A 2000 CDC report estimated that *L. monocytogenes* was responsible for 2,500 illnesses annually. In 2001, 94 actual cases of listeriosis were reported to the CDC. Listeriosis is so rare that when you consider the estimated 76 million foodborne illnesses that CDC estimates occur each year, listeriosis is responsible for almost zero percent of illnesses.

However, it is responsible for 3.8 percent of foodborne illness-related hospitalizations and 27.6 percent of foodborne disease-related deaths.

Recent technological developments have increased the ability of scientists to identify the cause of foodborne illnesses. One in particular being used by CDC, Pulsed Field Gel Electrophoresis (PFGE), analyzes the DNA fingerprints of suspected pathogens to link cases of listeriosis and other foodborne pathogens to a single product. This provides government agencies and the industry a means by which to identify the source of contamination and prevent future occurrences.

A network known as PulseNet allows federal and state government agencies to share data concerning foodborne illness outbreaks, thus improving pathogen tracking and identification capabilities. These developments have and will result in increased awareness of foodborne illness, including listeriosis, within the food industry, the medical and public health communities and the public.

Incidence of Listeriosis in the U.S. 1996 - 2001



*Preliminary FoodNet Data on the Incidence of Foodborne Illnesses — Selected Sites, United States, 2002

Source: Centers for Disease Control/FoodNet

Preventing Listeriosis

Both industry and government are working diligently to reduce the incidence of *L. monocytogenes* in foods. AMI has developed operational guidelines to minimize the spread of *Listeria* in meat processing plants. Key to these guidelines are excellent sanitation and environmental controls in the plant.

The AMIF also has developed an aggressive research agenda to reduce and ultimately eliminate *L. monocytogenes* on ready-to-eat meat and poultry products. Some technologies that are being studied include the use of certain ingredients to retard the growth of *L. monocytogenes*. Also under research are technologies that pasteurize products after they are packaged. Irradiation is not yet approved for processed meat and poultry, but AMI has petitioned the Food and Drug Administration seeking permission to use the technology on processed meat and poultry.

Regulatory Standards

Both the Food Safety and Inspection Service (FSIS) and the Food and Drug Administration (FDA) have strict regulatory standards for ready-to-eat products. These standards include a “zero tolerance” for *L. monocytogenes* on all ready-to-eat foods, the strictest standard in the world. Other nations take the view that *L. monocytogenes* at low levels is acceptable in certain foods that don’t support the growth of the organism to high levels.

FSIS and FDA have been sampling ready-to-eat foods in processing plants for *L. monocytogenes* since 1987. Foods found to contain the organism are either withheld from distribution or recalled.

In recent years, FSIS and industry stepped up their sampling programs for *Listeria* on ready-to-eat meat and poultry products. Because the process of testing destroys the product, it is not feasible to test every ounce of ready-to-eat meat and poultry. The goal of the effort is to monitor the adequacy of the system to produce product that does not contain *L. monocytogenes*. In this effort, “sampling programs” are used, which are selected to represent a larger “lot” of product.

Consumer Information

USDA’s newly released microbiological data showing a one-year, 25 percent drop in the incidence of *Listeria monocytogenes* on ready-to-eat meat and poultry products and a 70 percent decline over the last five years indicates that hot dogs, deli meats and other ready-to-eat products are safer than ever.

The decline in the incidence of *L. monocytogenes* on ready-to-eat meat and poultry products announced by USDA’s Food Safety and Inspection Service coincides with the transition to a more science-based meat and poultry inspection system in 1998. From the time that *L. monocytogenes* was recognized as a potential risk, the meat and poultry industry has taken a number of key actions that have also helped reduce *L. monocytogenes*. These are numerous and can include:

- Training of industry and federal inspection staff through comprehensive *Listeria* control workshops.
- The use of a thermal treatment after a product has been packaged to destroy *L. monocytogenes*.
- Use of new ingredients to inhibit the growth of *L. monocytogenes* on ready-to-eat meat and poultry. Many products now contain these ingredients.
- Development of new principles for processing equipment design that facilitate sanitation and reduce the possibility of bacteria being “harbored” in tiny spaces like the thread of an exposed screw or a hollow roller on a conveyer belt.
- Sophisticated new environmental sampling programs that work to target *Listeria* in the plant environment so it can be destroyed before it is transferred to products.

- Research to discover new technologies.
- Declaration by the meat and poultry industry that food safety is a “non-competitive issue,” which resulted in the free exchange of food safety information among competitors.

Despite the safeguards and improvements in processing technologies, post-processing contamination is a potential risk. The prevalence of *L. monocytogenes* in the environment makes proper food handling procedures and sanitation essential for protecting at-risk consumers from this pathogen.

L. monocytogenes, like other bacteria, is very susceptible to heat. Cooking product to 160 degrees F for a few seconds is sufficient to kill these bacteria.

The meat and poultry industry advises **at-risk consumers** to follow the CDC’s recommendations: thoroughly reheat ready-to-eat meat and poultry products, like hot dogs and lunch meats, before consuming them.

Consumers with questions should visit the Partnership for Food Safety Education web site at www.fightbac.org the AMIF web site at www.amif.org or call USDA’s Meat and Poultry Hotline, 1-800-535-4555.

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Helpful Links

American Meat Institute Foundation,
www.amif.org

American Society for Microbiology,
www.asmusa.org

Centers for Disease Control and Prevention,
www.cdc.gov

Institute of Food Technologists,
www.ift.org