

Campylobacter: Animal Reservoirs, Human Infections, and Options for Control

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Abstract

Campylobacteriosis is a frequently diagnosed disease in humans. Most infections are considered foodborne and are caused by Campylobacter jejuni and C. coli. The animal reservoirs of these *Campylobacter* species, and the sources and routes of transmission, are described and discussed in this chapter. Most warm-blooded animals can be colonized by *Campylobacter*, but avian species, and in particular poultry, are preferred hosts. Much of the world's poultry production is colonized by Campylobacter. Source attribution studies estimate that 20-40% of cases are attributed to the handling and consumption of chicken meat, while up to 80% of cases are due to Campylobacter found in the chicken reservoir. The difference suggests that routes other than through the food chain, i.e., environmental contamination, are important. The epidemiology of infections in humans differs between industrialized and low- and middle-income countries. Thus, the most effective interventions would be targeted to primary production. To date, only improved biosecurity is available. If effectively implemented, strict biosecurity can reduce the number of *Campylobacter*-positive flocks, but implementation to this level has proved difficult for the poultry industry. Available interventions in chicken processing plants can substantially reduce Campylobacter numbers on carcasses and consequently reduce the risk to humans. Public health strategies therefore utilize control programs, which aim at reducing the level of Campylo*bacter* by measures along the food chain. It is now recognized that commercially acceptable complementary interventions for primary production, such as vaccines and feed additives, are urgently needed. Once Campylobacter in poultry is controlled then other minor sources of Campylobacter including contaminated drinking water, direct contact with (pet) animals, and other food items (e.g., red meat and milk) can be addressed.

Keywords

Campylobacter · Food borne disease · Poultry · Livestock · Source attribution · Environment · Low- and middle-income countries

Campylobacteriosis: The Disease and Its Burden in Humans

Human campylobacteriosis is primarily caused by *Campylobacter jejuni* (*C. jejuni*) and to a much lesser extent by its close relative *Campylobacter coli* (*C. coli*). Human infection with either pathogen largely presents as gastrointestinal illness (Gillespie et al. 2002). *C. jejuni* and *C. coli* together account for more than 90% of all cases of human campylobacteriosis. Infections with other *Campylobacter* species may also occur, but they occur in either specific risk groups, for example, people with impaired immunity (e.g., *C. fetus*) (Wagenaar et al. 2014), or are very rare (e.g.,

C. lari), or cluster in specific geographical areas (e.g., *C. upsaliensis*) (Man 2011). This chapter will focus on *C. jejuni* and *C. coli*, and hereafter *Campylobacter* refers to these two species only.

Campylobacter is the most commonly reported cause of bacterial infectious intestinal disease (IID). However, disease surveillance programs, which include campylobacteriosis, are largely limited to industrialized countries, such as the United States (USA) and Member States of the European Union (EU) (EFSA and ECDC 2021; CDC 2022a). In industrialized countries, *Campylobacter* is isolated 3–4 times more frequently from patients with IID than Salmonella or Escherichia coli. However, it is well recognized that underreporting of such diseases is frequent. Adjusting for this, the true prevalence of campylobacteriosis was estimated to be 9.2 million in the EU in 2009 (Havelaar et al. 2013) and 1.3 million in the USA in 2011 (Scallan et al. 2011). Nevertheless, serological evidence suggests that exposure to this pathogen is substantially more frequent (Teunis et al. 2013), such that based on serological data virtually all individuals have been exposed to the organism by 20 years of age (Ang et al. 2011) and that the average infection pressure is estimated at around 1.6 Campylobacter infections per person/year (Monge et al. 2018). Such exposure can lead to protective immunity, which might affect the outcome and impact on disease incidence and could explain the low reported prevalence of disease in developing countries despite obvious regular exposure (Havelaar et al. 2009).

There are some additional interesting epidemiological features of campylobacteriosis, many of which have yet to be fully explained. These include a seasonal peak, which varies between countries and seems to be inconsistent with seasonal peaks observed in potential sources (Djennad et al. 2019).

In the past campylobacteriosis was largely considered a mild illness, but the severity of this disease is clearly reflected in the relatively high rate of *Campylobacter*-infected individuals seeking medical attention. Surveys show that one in four cases in the Netherlands and one in seven cases in the United Kingdom (UK) visit a general practitioner and approximately 1% of these individuals are hospitalized (Tam et al. 2012; Havelaar et al. 2012). In the acute phase, campylobacteriosis is primarily characterized by gastrointestinal symptoms, such as watery (sometimes bloody) diarrhea, abdominal cramps, nausea, vomiting, and fever. The disease is usually self-limiting, lasting a week or less. Antimicrobial treatment is only indicated in severe cases (e.g., bloody diarrhea or systemic infection). However, *Campylobacter* infections can also have serious sequelae, including Guillain-Barré and Miller-Fisher syndromes, reactive arthritis, and functional gastrointestinal disorders, including irritable bowel syndrome (Helms et al. 2006; Doorduyn et al. 2008; Haagsma et al. 2010; Berumen et al. 2021).

The burden of campylobacteriosis has been quantified in terms of disabilityadjusted life-years (DALYs), which is a metric of health loss caused by the disease comprising years of life lost by the population due to disability and premature death. The different manifestations of campylobacteriosis were estimated to cause an average disease burden of 3300 DALYs in the Netherlands in 2019, with sequelae accounting for approximately 80% of this burden (Lagerweij et al. 2020). Among foodborne pathogens investigated in the Netherlands, this DALY estimate was the highest. Similar studies in the USA in 2011 showed *Campylobacter* to cause a burden second only to *Salmonella*, with a cost of illness of \$1.7 billion annually (Hoffmann et al. 2012).

Despite the relative importance of campylobacteriosis, unlike for salmonellosis, there have been no effective intervention programs implemented, with the exception of Iceland and New Zealand where very specific conditions prevailed (Stern et al. 2003; Sears et al. 2011). This is all the more surprising given that the incidence of human campylobacteriosis increased significantly during the 1980s-1990s, stabilized around the start of this century, and has tended to increase again in the second decade of this century in the USA, while remaining stable in Europe (EFSA and ECDC 2021; CDC 2022b). There has been a remarkable sudden decrease in human campylobacteriosis associated with the COVID-19 pandemic in the USA and Europe, as observed also, for example Salmonella (Mughini Gras et al. 2021a). The reasons for the lack of specific intervention for *Campylobacter* are debatable, but include the complexity of foodborne and environmental sources and transmission routes, the financial imbalance accruing from interventions where the cost is to the poultry industry while the benefit is to the public health sector, and lack of consumer/political acceptance of effective measures like irradiation or chemical decontamination. In addition, there is a general lack of public interest, which is in part due to the scarcity of major outbreaks.

Characteristics of Campylobacter

Campylobacter comprises a genus of Gram-negative, motile, non-spore forming, mostly microaerophilic, spiral bacteria (diameter 0.2–0.5 μ m, length 0.5–8 μ m). To date (January 2023), the genus includes 43 species (https://lpsn.dsmz.de/genus/campylobacter) and with the use of molecular approaches, this number is rapidly expanding. Both *C. jejuni* and *C. coli* are thermophilic, showing optimal growth at 42 °C. For the purposes of isolation this thermotolerance, especially in combination with resistance to cephalosporin, is often used to reduce contaminating flora and improve recovery, particularly from fecal material.

Campylobacter readily generates resistance against an increasing number of classes of antimicrobials. Although antimicrobials are infrequently prescribed for campylobacteriosis, such resistance can have clinical consequences. There are clear differences in antimicrobial resistance in different geographical areas. Generally, resistance is higher in Asia and Africa compared to Europe, the USA, and Australia and New Zealand (Nhung et al. 2016; Gahamanyi et al. 2020; EFSA 2021). This parallels the amount of antimicrobials used in animals and humans in these regions. Resistance to fluoroquinolones and tetracyclines is increasing in most regions of the world. An association between the licensed use of fluoroquinolones in poultry and increased fluoroquinolone resistance in strains isolated from humans was noticed in the 1980s (Endtz et al. 1990). This association was strengthened by a low fluoroquinolone resistance in *C. jejuni* isolates from humans in Australia, a country where fluoroquinolones were never licensed for use in production animals (Cheng et al. 2012).

Campylobacter is sensitive to many environmental stresses, including desiccation, heat, ultraviolet radiation, atmospheric oxygen, and high salinity. As a consequence, *Campylobacter* is unable to grow naturally outside a host and is considered generally fragile compared with, for example, *Salmonella*. Nevertheless, *Campylobacter* can survive in the environment for prolonged periods, especially in moist conditions. Survival has been recorded for up to 3 months in slurries and water contaminated with organic materials (Nicholson et al. 2005) and up to 10 months in manure compost (Douglas Inglis et al. 2010).

The fastidious nature of the organism is reflected in its demanding requirements at culture. Diagnosis of infection is usually based on isolation from fecal samples using selective media, containing appropriate antimicrobials, and incubated under reduced oxygen tension, at 42 °C for 48–72 h. However, the isolation technique and media constituents may vary depending on the matrix under investigation and may affect both the efficacy of recovery and the species and/or strain types recovered (Newell et al. 2001). Numerous rapid detection tests, using a variety of technologies, are now commercially available. For application in food chain settings, e.g., slaughterhouses or chicken farms, such tests need to be cheap and user-friendly as well as sensitive and specific (Llarena et al. 2022).

The typing of *Campylobacter* has proved challenging. The organisms demonstrate considerable variation at both the phenotypic and genotypic levels and many attempts have been used to exploit this diversity to characterize *Campylobacter* for epidemiological studies. Initial typing methods included serotyping and phage typing. However, these methods were largely superseded by molecular techniques, such as *fla*-typing and Pulsed Field Gel Electrophoresis (PFGE) (Wassenaar and Newell 2000). Subsequently, as DNA sequencing became cheaper and quicker, Multi Locus Sequence Typing (MLST), based on variations in the sequences of seven housekeeping genes, was used to establish the population structures of C. jejuni and C. coli (Dingle et al. 2001). The significant advantage of this technique was its portability due to the use of globally available internet-based databases, which allowed easy strain comparison. Not surprisingly, this technique was quickly exploited for epidemiological purposes and, with the application of highly sophisticated statistical methods, its use was expanded to determine potential infection sources and to provide a global public health tool. Many C. jejuni MLST sequence types (STs) have been cataloged to date. Most STs are generalists and can colonize several hosts but some are specialized to defined hosts, such as cattle and chicken (Mourkas et al. 2020). However, the use of just the sequences of seven housekeeping genes has raised issues regarding resolution for the purpose of source identification. With continued improvements in DNA sequencing, rapid whole-genome sequencing (WGS) of campylobacters has become routine (Didelot et al. 2012). However, due to the high genome diversity of Campylobacter, SNP-based comparisons are problematic. In 2017, a core-genome MLST (cgMLST) approach was proposed expanding the number of gene sequences analyzed to 1343 (Cody et al. 2017). The cgMLST typing approach has now been validated and types present in a wide range of animals identified (Hsu et al. 2020) and compared with those found causing human disease using increasingly sophisticated analytical techniques, including machine learning techniques (Arning et al. 2021). Nevertheless, the large number of "generalist" sequence types continue to elude source attribution. As a consequence, efforts to further improve the resolution by incorporating additional sequences, for example, from potential host-associated genes, continue.

The Disease and Carriage in Animals

The primary habitat of *Campylobacter* and its main amplification site is the intestinal tract of warm-blooded animals. Both *C. jejuni* and *C. coli* are normal inhabitants of the guts of healthy livestock, pets, and wild animals. There appears to be some host preference with *C. jejuni* more commonly isolated from most animals, like cattle, dogs. and cats, while pigs predominantly carry *C. coli*. The reason for this is unclear. Certainly, a significant proportion of livestock animals is colonized and the prevalence varies with factors like age, husbandry, country, etc. (Plishka et al. 2021; Mota-Gutierrez et al. 2022; Knipper et al. 2022). Similarly, up to 45% of dogs are colonized (Marks et al. 2011).

The role of *C. jejuni* and *C. coli* as pathogens in these animals is considered of relatively minor importance. They can cause abortion in cattle and sheep, but are usually less frequently isolated from aborted fetuses than *C. fetus*. An exception is the spread of a single tetracycline-resistant *C. jejuni* clone causing abortion in sheep throughout the USA (Wu et al. 2014). This hypervirulent clone is also reported in other countries such as the UK, Japan, and China (Stone et al. 2014; Wu et al. 2016, 2020; Sahin et al. 2017; Tang et al. 2017; Hsu et al. 2020; Yaeger et al. 2021a, b). Interestingly, this clone has also been recovered from diarrheic humans in the USA, but the route of transmission has not yet been identified. The role of *Campylobacter* as a pathogen in dogs remains debatable (Burch 2005; Marks et al. 2011). The high level of asymptomatic carriage (Marks et al. 2011) suggests that any association with disease is coincidental rather than causative. Nevertheless, there is certainly evidence of such companion animals as a source for human infections (Mughini Gras et al. 2013, 2021b).

Poultry, in particular and (wild) avian species in general, are the preferred hosts for these organisms. This is a reflection of the bacterium's thermophilic character, as 41-42 °C is the normal body temperature of a bird. Colonization occurs throughout the gut, but primarily in the cecum of a broiler, where levels of up to 10^9 colony forming units per gram have been reported. All the evidence indicates that *Campylobacter* act as a commensal in the avian gut, although this is occasionally disputed. The prevalence of *Campylobacter*-positive broiler flocks varies considerably, for example, with age, season of the year, latitude, extensive or intensive rearing, etc. In an EU-wide survey of broiler flocks undertaken in 2008, the prevalence of *C. jejuni/C. coli* colonization varied between 5% and 100% among Member States (EFSA 2010). The prevalence is particularly high if the flocks are free-ranging (Vandeplas et al. 2010). The organism is highly infectious and in each colonized flock up to 100% of birds can be *Campylobacter*-positive. Thus, overall, it is reasonable to assume that a significant proportion of broilers produced worldwide are colonized with these organisms.

Campylobacter Epidemiology in Low- and Middle-Income Countries

Country-specific epidemiological data on infectious enteric diseases, especially those transmitted through the food chain, has been sparse in Low- and Middle-Income Countries (LMIC) but the effects of these diseases, as leading causes of morbidity and mortality, has long been recognized.

Campylobacteriosis is generally considered to be a major contributor to those diseases, especially in young children, but evidence from large global casecontrolled studies has been poorly available. There have been multiple barriers to such investigations, including costs, organizational structures, perceptions of importance, etc. One barrier has been access to modern rapid diagnostic/surveillance technologies. For example, qPCR can have twice the sensitivity of Campylobacter detection than the more conventional culture methods generally available in laboratories in LMIC (Liu et al. 2016). Recently, the microbiological causes of diarrheal diseases in LMIC have been investigated in two such global studies using improved diagnostic and statistical tools. In the Global Enteric Multicentre Study (GEMS), the etiology and population-based burden of pediatric diarrheal disease in Sub-Saharan Africa and South Asia were investigated (Kotloff et al. 2013) in 9439 children with moderate-to-severe diarrhea and 13,129 children without diarrhea. Interestingly C. jejuni was only identified as a statistically significant cause of pediatric diarrhea in children of 0-11 months and 24-59 months in sites in India. Five other enteropathogens, including rotavirus and Cryptosporidia, were considered substantially more important targets for intervention. However, when qPCR was applied rather than more conventional methods, Campylobacter was identified as the sixth most common cause of illness. Similarly, the Malnutrition and Consequences for Child Health and Development (MAL-ED) consortium study (Platts-Mills et al. 2015), comparing 7318 diarrheal and 24,310 non-diarrheal stools from 2145 children (aged 0-24 months) from eight sites in South America, Sub-Saharan Africa, and Asia indicated that *Campylobacter* was among the most important causes of pediatric diarrhea, especially in the second year of life. These recent epidemiological surveys support reports from the WHO's Foodborne Disease Burden Epidemiology Reference Group (FERG), which considers Campylobacter one of the most common organisms causing diarrhea, especially in children (Havelaar et al. 2015), with the geographical regions most highly affected by campylobacteriosis in LMIC.

These recent large epidemiological studies have also confirmed some differences in the presentation of campylobacteriosis between high- and low- and middleincome countries. For example, although it had been previously well recognized that in LMIC adults excreting *Campylobacter* are usually asymptomatic, many infected children also show no symptoms. In addition, the seasonal distribution in *Campylobacter* infections generally seen in the higher income world is not observed elsewhere (Havelaar et al. 2015; Platts-Mills et al. 2015).

The extent of the public health burden due to campylobacteriosis in LMIC is only just begun to be understood. Not only are symptomatic *Campylobacter* infections associated with poor linear growth in children over the first 2 years of life (Amour

et al. 2016; Rogawski et al. 2018), but repeated exposure to such enteropathogens, even if subclinical, can cause substantial enteric dysfunction and malnutrition (Walson and Pavlinac 2018). Such life changing effects reinforce calls for interventions against foodborne enteropathogens, including *Campylobacter*, in LMIC (WHO 2017). Another potentially significant health issue is Guillain–Barré syndrome (GBS), which is most commonly caused by a preceding *Campylobacter* infection. Unfortunately, data on post-infectious GBS in LMIC is sparce and largely confined to South Asia (Bangladesh and India) (Papri et al. 2021).

Worldwide, the control and prevention of the public health burden of campylobacteriosis requires surveillance and monitoring especially of *Campylobacter* throughout the food chain. Unfortunately, LMIC rarely include foodborne enteropathogens, such as *Campylobacter*; in disease surveillance (Deolalikar et al. 2021). As a consequence, the national prevalence of such diseases in the population is generally unknown. Among South-East Asian countries in 2017, apparently only Singapore included campylobacteriosis in its national disease surveillance program (Premarathne et al. 2017).

The sources and routes of *Campylobacter* transmission in LMIC are poorly understood. Although epidemiological data from Africa, Asia, and the Middle East are incomplete, it is widely accepted that infection with *Campylobacter* is endemic in these regions, and traveling to Asia, Africa, Latin America and the Caribbean, and Southern Europe poses an increased risk of campylobacteriosis compared to traveling within Western Europe (Mughini Gras et al. 2014). It is generally believed that in such countries, campylobacteriosis is limited to children, because exposure in early life leads to protective immunity (Havelaar et al. 2009), which would also be consistent with endemicity.

The prevalence of human campylobacteriosis in LMIC may be attributed to many factors, including poor food hygiene, environmental contamination, animal rearing and handling practices, wet markets, etc. In high-income countries, human-to-human transmission is not considered an important route of *Campylobacter* infection, except in some institutional situations. Nevertheless, high levels of asymptomatic infections in those locations where sanitary facilities are inadequate could contribute to environmental contamination and result in higher exposure.

Campylobacter is generally considered a foodborne enteropathogen. To date, there is very little information available on potential sources of infection in LMIC and the little available data comes primarily from poultry, presumably because this is considered the primary source in high-income countries. Poultry production is thriving in South-East Asia, with livestock production in these regions being largely extensive (Gilbert et al. 2015), but frequently also as backyard or small local units for economic reasons (Alders et al. 2018). In such systems, biosecurity is either unfeasible or very difficult to apply (Kalupahana et al. 2013; Wang et al. 2015). Even commercial poultry production will use deep litter open-house systems where biosecurity is minimal and the birds are constantly in contact with the outdoor environment, wild animals, and insects. Moreover, new flocks, including day-old chicks, are generally exposed to already *Campylobacter*-colonized chickens in the same farms (Kottawatta et al. 2017). Therefore, a high prevalence of *Campylobacter*

colonization of broilers at slaughter in LMIC should be expected. Consistent with this, surveys conducted in Sri Lanka have reported >65% *Campylobacter* prevalence in broilers at slaughter (Kottawatta et al. 2017; Kalupahana et al. 2018).

Published surveys of *Campylobacter* contamination in retail poultry meats and their by-products (such as ground or frozen poultry meats) indicate that in most countries, regardless of social-economic status, the majority of samples are contaminated with *Campylobacter* (Suzuki and Yamamoto 2009) and there is no obvious difference between countries in the prevalence of sample contamination. However, few such retail surveys have been undertaken in LMIC compared to high-income countries.

Because *Campylobacter* is a common gut colonizer of many domestic animal species, not just poultry, multiple attributable sources and routes of transmission can occur especially in those countries where animal-to-human contact levels might be high. For example, in India *Campylobacter* colonization is frequent in dogs and calves, as well as poultry (Begum et al. 2015), though whether these strains can cause human disease is not known (Begum et al. 2015). To understand the attributable role of potential sources, time-related strain collections from humans and animals/environment need to be compared using typing techniques of appropriate discriminatory power, such as WGS. Unfortunately, such techniques may not be widely available in LMIC and, because of their low discriminatory power, little if any, useful conclusions can be drawn on sources from the use of low-technology techniques, such as serotyping (Bodhidatta et al. 2013).

Effective cheap and easy-to-apply interventions for the control and prevention of campylobacteriosis remain a major challenge for LMIC, where food chain regulations would be difficult to implement. Nevertheless, the eating and handling of raw or improperly cooked poultry meat has been shown to be the most common source of human campylobacteriosis throughout the world. One (apparently) simple approach, therefore, is education to encourage the effective cooking of poultry meat. In Sri Lanka, the absence of *Campylobacter* contamination in chicken curries (Kulasooriya et al. 2019) indicated that such approaches were effective. However, *Campylobacter* contamination of chicken dishes identified in, both local and branded, Pakistani restaurants (Arshad and Zahoor 2019) indicate that kitchen hygiene is also important.

Overall, the paucity of information available on the epidemiology of campylobacteriosis in LMIC highlights the need for active food safety surveillance in these countries using state-of-art technologies and approaches.

Sources and Transmission Pathways of Human Campylobacteriosis

Although *Campylobacter* is considered mainly a foodborne pathogen, there is evidence for other transmission pathways, including contact with colonized animals and environments contaminated by their waste products, as well as, rarely, infected people in conditions of poor hygiene (Mughini Gras et al. 2012, 2013, 2014, 2021b). It is well recognized that *Campylobacter*-containing gut contents can enter the food chain by contaminating various food products of animal origin, including meats and

dairy products. Cross-contamination during food preparation at home is also an important transmission route (Bai et al. 2021). Alternative routes with animals as sources include exposure to environments contaminated by primary production (e.g., run-off from livestock in farms and at pasture, water used for cleaning animal-containment areas, stockpiled sewage, etc.). *Campylobacter* survives for long periods in surface waters, so such contamination might pose a risk to humans through the drinking of untreated water, recreational activities, or the consumption of fresh produce irrigated or washed with manure-contaminated water.

Campylobacter Source Attribution

A general framework for source attribution of campylobacteriosis has been designed (Wagenaar et al. 2013). Based on this framework, animals (e.g., cattle, sheep, poultry, etc.) are defined as *reservoirs* or *amplifying hosts*; the environment, the food chain, and direct contact with animals are given as examples of *pathways*; drinking water, meat, milk, and occupation are given as examples of *exposure*; and examples of *risk factors* include swimming in rivers, eating chicken meat, beef, etc. In a typical example, cattle (reservoir) may contaminate the food chain (pathway) resulting in a hazard in the milk supply (exposure), which manifests itself as an increased risk associated with the consumption of unpasteurized milk (risk factor) (Wagenaar et al. 2013).

Source attribution models provide an estimate of the relative contribution of the different known reservoirs to the burden of human illness. They can be used to inform decision makers in order to target the most effective intervention strategies and are, therefore, an important tool for risk management (Pires et al. 2009). Several approaches can be used for source attribution, including microbiological (e.g., microbial subtyping) and epidemiological (e.g., outbreak investigations and case-control studies) approaches and intervention studies (Pires et al. 2009). Structured expert opinions and comparative exposure assessment can also be used for source attribution, but will not be considered here.

Source Attribution Based on Outbreak Data

Most *Campylobacter* infections are sporadic. As an example, in Europe in 2019, the total number of reported campylobacteriosis cases was 220,682, of which only 1254 were related to outbreaks (EFSA and ECDC 2021). Outbreak data is, therefore, generally considered of limited value for campylobacteriosis because of the rarity of reported outbreaks (Pires et al. 2010). *Campylobacter* outbreaks, however, may occur more frequently, but are often unreported due to the generally intermittent typing of clinical isolates. Indeed, the added value of high-throughput sequencing methods for campylobacteriosis outbreak investigation has been shown in several occasions, such as during the large waterborne campylobacteriosis outbreaks that occurred in New Zealand, in 2016 (Gilpin et al. 2020). An estimated 6260–8320 campylobacteriosis cases were linked to the contamination of an untreated, groundwater-derived drinking water supply. Of the 12 different *Campylobacter*

genotypes observed in the clinical cases, four were also retrieved from water, three from sheep, and one from both water and sheep. The outbreak was traced back to contamination of the water supply after a heavy rainfall event that caused drainage of sheep feces into a shallow aquifer. The existence of a routine clinical surveillance for campylobacteriosis, coupled with early testing of water for pathogens and genotyping of *Campylobacter* isolates from human cases and potential sources, facilitated outbreak detection and helped define its source, as well as confirm outbreak periods and cases. Similar experiences are increasingly being documented for foodborne campylobacteriosis outbreaks as well (Sorgentone et al. 2021). Moreover, using data of the New Zealand outbreak, it has been shown that alternative data sources (i.e., general practitioner consultations, consumer helpline, Google Trends, Twitter microblogs, and school absenteeism) can provide earlier indications of the outbreak as compared to conventional case notifications (Adnan et al. 2020). Routine application of WGS to *Campylobacter* isolates is already a reality in several governmental agencies, industry, and academia. The ever-growing availability of sequencing data as well as the creative exploitation of alternative data sources are expected to improve our ability to detect and characterize *Campylobacter* outbreaks, including source tracing and root cause determination of contamination events

(Franz et al. 2016).

Although scarce, campylobacteriosis outbreak data is collected annually in Europe and has been used to estimate the causative vehicles for the years 2005–2006 (Pires et al. 2010). Putative sources rank differently depending on whether the data was analyzed in terms of either the proportion of outbreaks or the proportion of infected individuals reported. The majority (~64%) of outbreaks had no identified source, while ~12% were attributed to meat products as a whole and ~10% specifically to chicken. In contrast, in terms of ill individuals, the majority (~44%) was attributed to travel, ~17% to putatively contaminated drinking water, 10% each to meat and chicken, and 36% were of unknown source. Although the ranking of source importance seems different, chicken remains an important source regardless of the approach taken. Indeed, the authors report that "among illnesses that could be attributed to a source, 29% of campylobacteriosis cases were attributed to chicken" (Pires et al. 2010).

Source Attribution Based on Case-Control Studies

Case-control studies have been used in several countries to identify those risk factors associated with sporadic *Campylobacter* infections. Overall, these studies indicate that the handling and consumption of chicken meat is a very important risk factor (Doorduyn et al. 2010; Domingues et al. 2012; MacDonald et al. 2015; Mossong et al. 2016; Rosner et al. 2017; Kuhn et al. 2018). Other frequently identified risk factors include the consumption of unpasteurized milk (Friedman et al. 2004; Mughini Gras et al. 2021b), eating in restaurants (Friedman et al. 2004; Danis et al. 2009), contact with pet dogs (especially puppies) (Friedman et al. 2004; Doorduyn et al. 2010; Mughini Gras et al. 2013; MacDonald et al. 2015; Mossong et al. 2016; Kuhn et al. 2018), contact with livestock (Friedman et al. 2004; Danis et al. 2009; Mughini Gras et al. 2012; Rosner et al. 2017), and foreign travel

(Friedman et al. 2004; Doorduyn et al. 2010). The calculations of the attributable fractions for each risk factor also indicate that, like the outbreak data, chicken consumption accounts for 28–31% of sporadic cases (Doorduyn et al. 2010; MacDonald et al. 2015; Rosner et al. 2017; Kuhn et al. 2018). In contrast, the contribution of dog ownership is 4–8% (Doorduyn et al. 2010; MacDonald et al. 2015), but it can go up to 21% in children under 5 years (Kuhn et al. 2018). Of course, many factors can influence source attribution studies using case-control data. For instance, individuals taking proton-pump inhibitors or having a chronic gastro-intestinal disease have increased risk of campylobacteriosis (Doorduyn et al. 2010; Mughini Gras et al. 2012; Rosner et al. 2017; Kuhn et al. 2018; Fravalo et al. 2021), probably as a consequence of reduced gastric acidity allowing the survival of *Campylobacter* during passage through the stomach and/or disturbed gut function facilitating intestinal infection.

A recent systematic review and meta-analysis (Fravalo et al. 2021), which synthesized the evidence provided by 71 eligible case-control studies on risk factors for sporadic *Campylobacter* infection, highlighted the importance of other, less common risk factors beyond chicken consumption. These include consumption of food products like beef, eggs, and dairy, especially when consumed raw/undercooked, but also non-foodborne transmission routes like contact with animals and environmental sources. For example, occupational exposure to animals or products thereof, such as working in a slaughterhouse, farm, pet shop, or zoo, as well as working in food handling/preparation, emerged as significant risk factors. The same applied to (nonoccupational) contact with farm animals, wild animals and pets, and environmental exposure to playground sandpits, rural environments, or recreational waters, with these non-foodborne risk factors, as well as person-to-person transmission, being particularly important among children (Fravalo et al. 2021).

Specific immunity against Campylobacter, acquired as a result of prior exposure, is another very important confounder of case-control studies (Havelaar and Swart 2016). Certainly, repeated exposure to pathogens, such as *Campylobacter*, may lead to sufficient immunity to provide protection against severe clinical illness (Swift and Hunter 2004). Such immunity can lead to individuals being protected from disease, even when colonized (Havelaar et al. 2009; Havelaar and Swart 2016), and this has been proposed as an explanation of why, in some instances, the regular consumption of poultry meat (at home) is identified as a protective, rather than a risk factor (Friedman et al. 2004). Acquired immunity also provides an explanation of why either the very frequent consumption of chicken meat or never consuming it, are risk factors for campylobacteriosis (Mughini Gras et al. 2021b). Indeed, people who frequently consume chicken are highly exposed to chicken-associated Campylobacter strains and therefore are at increased risk of falling ill with these strains because the levels of exposure to these strains are too high to allow acquired immunity to exert any protective effect. Conversely, people who do not eat chicken meat would not be exposed to these strains at all, and therefore would be unable to develop any immunity against them, thereby falling ill more easily upon incidental exposure to them via, e.g., cross-contamination of other food items or non-foodborne transmission. It has also been shown that consumption of chicken meat is a risk factor for campylobacteriosis only or predominantly when this is consumed outside the household (Swift and Hunter 2004; Friedman et al. 2004; Mossong et al. 2016; Lake et al. 2021), which indicates that exposure to chicken-associated *Campylobacter* strains outside the household (e.g., at restaurants, catering events, etc.) would increase the chance of being exposed to (possibly higher doses of) specific *Campylobacter* strains different from those to which people are (usually) exposed at home (Mughini Gras et al. 2021b).

Source Attribution Based on Microbial Subtyping

As previously indicated, *Campylobacter* are highly phenotypically and genotypically variable. This variability has been exploited to develop subtyping strategies with the aim of determining sources of human infection. However, for various reasons including the high plasticity of the *Campylobacter* genome, the lateral transfer of genetic material among strains, the time delay to diagnosis, and the poor recovery from putative sources, the direct tracking of strains from source to human has not been feasible. However, the widespread application of MLST, as well as other genotyping methods with higher discriminatory power like cgMLST, allowed for the study of *Campylobacter* population structures and the conduction of source attribution analyses. Studies of the evolutionary relationships within populations reported that some Campylobacter strain features are preferentially associated with certain animal hosts. Thus, using complex statistical methods, the probable sources can be inferred by comparison of the *Campylobacter* strains recovered from diseased humans with those recovered from a range of animal, food, and environmental sources. Several MLST-based studies, reviewed by Cody et al. (2019), have provided in the past the first source attribution results for campylobacteriosis, showing that most (50-80%) strains infecting humans come from the chicken reservoir, 20-30% from cattle, and the remainder from other reservoirs (e.g., sheep, pigs, wild animals, etc.) (EFSA BIOHAZ 2010). However, in more recent years, the growing availability of WGS data allowed for genomic data with a much higher discriminatory power than MLST, such as cgMLST and wgMLST, to be used in source attribution studies (Pérez-Reche et al. 2020; Lake et al. 2021; Mughini Gras et al. 2021b; Harrison et al. 2021; Arning et al. 2021). While most human cases are still attributed to poultry, followed by cattle, the ability to better differentiate isolates based upon more than just seven MLST genes, coupled with the use of more powerful models, allow for more accurate attribution estimates. This includes better differentiation of host generalist, commonly occurring or clonally related strains.

While there is an apparent conflict between the importance of poultry as a source from case-control studies (20–40%) and from the genotyping studies (50–80%), this is explained by case-control studies being able to trace human cases back only to the level of exposure (e.g., food items consumed, contact with animals, etc.), while genotyping data indicates the original host reservoir. It has been hypothesized that the difference reflects that *Campylobacter* strains may reach humans through pathways other than food, for example, through environmental exposure (EFSA BIOHAZ 2010) (section "Role of the Environment").

Intervention Studies

On the presumption that poultry is the major source of sporadic campylobacteriosis, there have been several incidents that have acted as "natural experiments," which have been investigated to determine the effect of reduced population exposure to *Campylobacter* in the food chain. For example, in 1999, contamination of animal feed with dioxin in Belgium resulted in a nationwide withdrawal of broiler meat from the market, which was concomitant with a 40% decrease in campylobacteriosis, countrywide (Vellinga and Van Loock 2002). Similarly, in 2003 in the Netherlands, an avian influenza outbreak led to a massive poultry cull, which was associated with a subsequent 30% decrease overall in campylobacteriosis (Friesema et al. 2012). This disease reduction varied between regions from 10% to 70%, with the largest fall reported in those laboratories' serving areas where the flocks were actually culled. This observation supports the hypothesis that there were important transmission routes other than the handling and consuming poultry meat (EFSA BIOHAZ 2010; Friesema et al. 2012). As yet, the transmission routes of such alternative pathways are unclear.

Other interventions targeted at the poultry production sector and/or to the poultry meat consumer, resulted in reduced exposure to national populations in Iceland and New Zealand. Following these interventions, the number of reported campylobacteriosis cases fell by 72% in Iceland (Stern et al. 2003) and by 54% in New Zealand (Sears et al. 2011). Furthermore, in New Zealand there was a concurrent 74% reduction in the proportion of poultry-associated campylobacteriosis cases as determined by source attribution using MLST (Sears et al. 2011) and 13% decline in hospitalizations for Guillain-Barré syndrome (Baker et al. 2012).

Role of the Environment

Campylobacter is often found in the environment, including surface water, where it usually indicates recent fecal contamination from animals, sewage, or agricultural run-off. *Campylobacter*'s fate in the environment is typically the one of die-off rather than growth. Although *Campylobacter* survives poorly outside the host, some specialist strains can survive better in certain sylvatic (Hepworth et al. 2011), farmland (French et al. 2005), and environmental (French et al. 2005; Sopwith et al. 2008; Colles et al. 2011) niches. These strains are generally more resistant to physical stress (Sopwith et al. 2008). *Campylobacter* can also assume a viable, but non-culturable state in response to advert conditions outside the host (Murphy et al. 2006).

Human *Campylobacter* infections of environmental origin exhibit strong seasonality (Mughini Gras et al. 2012). Indeed, *Campylobacter* survival in the environment is compromised by factors like high temperatures and sunlight, among others, and shedding from animals varies seasonally depending on stress, changes in diet, housing conditions, rearing period, etc. Moreover, the pattern of human exposure to environmental sources (e.g., outdoor activities) is largely weather-dependent. Although the primary transmission route for human *Campylobacter* infection is contaminated food, source attribution studies have estimated that on top of the contributions of livestock and wild animals, the environment may account for a further 5–10% of human campylobacteriosis morbidity, with open water swimming, consuming game meat, and exposure to storm water overflows being a source of environment-borne campylobacteriosis (Mughini Gras et al. 2012, 2021b; Sales-Ortells et al. 2015; Mossong et al. 2016). Studies have also shown that heavy rainfall may lead to *Campylobacter* entering the drinking water supply system (Gilpin et al. 2020). Perhaps more importantly, water may act as a source for *Campylobacter* (re)colonization in livestock (Bull et al. 2006). Yet, the environment at large serves more as a vehicle of transmission for *Campylobacter* among animals, from animals to humans and vice versa, rather than as an amplifying reservoir per se.

Surface water represents a "sink" that collects Campylobacter strains from different (animal) hosts, whose individual contributions have been quantified in source attributions studies based on MLST (Mughini Gras et al. 2016) and cgMLST (Mulder et al. 2020). This latter study, conducted in the Netherlands, provides the most comprehensive data on the prevalence, genotypes, and animal sources of *Campylobacter* in surface water. Prevalence is the highest in agricultural waters (77%) and in autumn and winter (74%), and lowest in recreational (swimming) waters (46%) and in summer (54%), which concurs with *Campylobacter* being highly sensitive to sunlight and high temperatures. Overall, water isolates are mainly attributed to wild birds (84%) and poultry (10%). However, the probability for water isolates to originate from poultry is significantly higher in high poultry density areas, i.e., a geographical association exists between the magnitude of the local poultry industry and its role as source of microbial contamination of the environment. Similarly in the USA, it has been shown that communities with high-density poultry operations have higher incidences of campylobacteriosis and infectious diarrhea (Poulsen et al. 2018).

Campylobacter in Poultry and Intervention in Primary Production

Given that the majority of the infecting strains in humans come from chicken, targeting *Campylobacter* in poultry production has become the preferred public health measure (Koutsoumanis et al. 2020). The poultry meat chain can be viewed as two distinct stages: chicken rearing and production (largely on-farm to entry to the slaughter house) and poultry meat processing (largely lairage to retail). Theoretically, control measures focused on the primary production stage will prevent up to 80% of human cases, by preventing or reducing *Campylobacter* entering the food chain and the environment, while those measures targeted at the processing stage, can prevent only an estimated 42% of cases (Mughini Gras et al. 2012). Control of *Campylobacter* in primary poultry production, however, has proved to be very difficult (Wagenaar et al. 2013).

Campylobacter colonization occurs in all types of commercially produced poultry (e.g., broilers, turkeys, ducks) (Wagenaar et al. 2006), but clearly the focus for intervention is broiler, as it forms the largest source of human infections. The prevention of *Campylobacter* in poultry is solely targeted at meat-producing birds. This is because vertical transmission is extremely rare, if at all (Callicott et al. 2006; Cox et al. 2012). Thus, each new broiler production cycle starts with *Campylobacter*-free chicken. In all-in/all-out production systems, poultry houses are cleaned, disinfected, and dried before the arrival of a new flock. Such preparation seems to be largely effective at preventing the carry-over of *Campylobacter* from previous flocks (Newell et al. 2011; Georgiev et al. 2017). Nevertheless, birds subsequently become colonized with the bacteria. Experimental studies indicate that the ingestion of as few as 40 organisms can cause colonization (Cawthraw et al. 1996). Once the first bird has been colonized, it sheds large numbers of bacteria in its feces (up to 10^7 cfu per gram), and most, if not all, the other birds in the flock become colonized within a few days. Thus, preventing the first bird becoming colonized seems to be a prerequisite for a *Campylobacter*-negative flock.

Broiler flocks are frequently exposed to the *Campylobacter* from their external environment throughout their limited lifespan (Newell et al. 2011). However, colonization does not usually become detectable until 2–3 weeks of age of the flock. This so-called "lag-phase" appears to be due to an inherent resistance in young chickens (Kalupahana et al. 2013) which is, at least in part, a result of maternal immunity (Cawthraw and Newell 2010).

By comparing Campylobacter-negative with -positive flocks, many risk factors and farm practices have been identified, which increase the chance of flock positivity (Newell et al. 2011; Sibanda et al. 2018). One major risk factor is the age of broilers at slaughter, which is most likely associated with exposure to external contamination over time and is a measure of the effectiveness of biosecurity. Other biosecurityassociated risk factors, such as multiple broiler houses on the farm, the presence of other livestock, partial depopulation (thinning), pets on the farm, etc., are also important. Nevertheless, no one biosecurity-related factor seems to predominate. Moreover, although improved biosecurity can decrease the risk of a flock becoming Campylobacter-positive, it seems that even strict biosecurity cannot guarantee a *Campylobacter*-free flock at the time of slaughter (Newell et al. 2011). In many countries, the biosecurity challenge seems even more difficult in the summer months, when the prevalence of *Campylobacter*-positive flocks increases significantly in response to some temperature-related factors (Jore et al. 2010). Some of this seasonal increase may be associated with transmission by flies. In Denmark, this risk has been significantly reduced by the application of fly-screens around broiler house ventilation systems (Bahrndorff et al. 2013). The efficacy may be countrydependent, i.e., related to weather conditions, as well as dependent on the biosecurity level already applied.

In Europe, improved biosecurity has been strongly recommended as the only currently available intervention measure to reduce flock positivity (Koutsoumanis et al. 2020). However, the appropriate targeting of biosecurity measures has proved very frustrating for the poultry industry. Anecdotal evidence suggests the compliance of farmers with general biosecurity measures is essential and such compliance would be even more important in summer months (Koutsoumanis et al. 2020). The challenge is likely to become even greater in the future given consumer-driven

concerns for animal welfare leading to an increasing trend toward the production of slower-growing animals with a longer lifespan and with outdoor access. Under such conditions good biosecurity is impractical (Kalupahana et al. 2013).

It is widely recognized that biosecurity alone cannot produce *Campylobacter*negative flocks and that complementary measures will be required to increase the resistance to, or reduce the colonization of, birds with the bacterium (Koutsoumanis et al. 2020; Lu et al. 2020). Research into vaccination against *Campylobacter* is progressing, but not yet ready for practice (de Zoete et al. 2007; Nothaft et al. 2021). Neither is it yet possible to influence the intestinal flora to generate a *Campylobacter*-resistant avian gut (Schneitz 2005). The use of bacteriophages and bacteriocins looks promising (Wagenaar et al. 2005), but research to solve key issues in safety, efficacy, and sustainability is still needed (Olson et al. 2021). The use of medium chain fatty acids has been reported to have at least some effect on *Campylobacter* colonization (van Gerwe et al. 2010; Hermans et al. 2012; Jansen et al. 2014; Guyard-Nicodème et al. 2016), but the results require validation in the field.

Thus, it currently seems that improved biosecurity is the only credible measure available to decrease the prevalence of *Campylobacter*-positive flocks. However, as indicated above, the identification of specific and effective biosecurity approaches has proved very difficult. Thus, a wide range of high-level biosecurity measures need to be consistently maintained throughout the life of intensively reared flocks. This is often impractical, especially when *Campylobacter* colonization is asymptomatic, and therefore with no consequent economic loss to providing an incentive for the poultry farmer.

Post-Harvest Control Measures in Poultry

When *Campylobacter* colonization cannot be prevented at the farm level, postharvest treatment becomes very important. Such treatments include the prevention of cross-contamination and the application of chemical or physical methods of decontamination in the slaughterhouse. The availability and effectiveness of such methods, with particular relevance to Europe, have been reviewed previously (Koutsoumanis et al. 2020).

Cross-contamination can be a significant problem associated with the huge throughput of carcasses (circa 13,000 per hour in many processing plants), slaughter line automation, and the high concentrations of *Campylobacter* in cecal contents. Any leakage of fecal material, or rupture of the gut during evisceration, can lead to surface contamination of the meat. Interestingly, there are statistically significant differences, in the level of carcass contamination between slaughterhouses (EFSA 2010), suggesting that some processing plants are better than others at controlling this problem. However, the basis of these differences has yet to be determined (Koutsoumanis et al. 2020).

The decontamination of carcasses with chemicals is allowed in the USA and currently practiced using several chemicals, such as organic acids, quaternary ammonium compounds, acidified sodium chlorite, and trisodium phosphate. Although the decontamination of carcasses with chemicals is allowed in the EU, specific approval is required and currently no chemic decontaminants have been approved for use on chicken carcasses.

Some physical treatments (e.g. ,ultraviolet, ultrasound, etc.) have been specifically applied to reduce *Campylobacter* on chicken carcasses, but their effectiveness is usually limited to a reduction of only 1–2 log_{10} . Highly effective irradiation procedures are poorly accepted by consumers and difficult to implement under high throughput conditions. The freezing of carcasses from positive flocks can reduce *Campylobacter* concentrations by 2–3 log_{10} and this strategy has been effectively used in Iceland as part of a program to reduce human campylobacteriosis (Stern et al. 2003). However, from both the logistic and the economic (i.e., the preference of consumers for fresh meat) viewpoints, such a strategy would be difficult to implement, especially in those countries with high prevalence of *Campylobacter*-positive flocks (Havelaar et al. 2007).

Interventions and Public Health Impact

The potential public health impact of intervention measures in the poultry production chain are clearly demonstrated in two successful examples from Iceland and New Zealand (see section "Intervention Studies").

In Iceland, multiple-level measures were implemented (including producer and consumer education, enhanced biosecurity, changes in poultry processing, and the identification and freezing of products from *Campylobacter*-positive flocks) in response to a sharp increase in campylobacteriosis in 1999 (Tustin et al. 2011). As mentioned before, this spectrum of measures resulted in a 72% reduction in the incidence of campylobacteriosis (Stern et al. 2003). Of all these measures, the freezing of contaminated products is considered the most important (Tustin et al. 2011). In New Zealand, a 54% reduction in the incidence of campylobacteriosis was similarly achieved as a consequence of the introduction of a range of voluntary and regulatory measures (Müllner et al. 2010; Sears et al. 2011; Baker et al. 2012).

Given these successes, it is tempting to extrapolate those approaches implemented in New Zealand and Iceland to other countries. However, in both cases, specific conditions prevailed and, therefore, success in disease reduction in other countries may not be predictable. While highly effective interventions against *Campylobacter* in broiler farms remain elusive, slaughterhouses in the EU have been set up to keep *Campylobacter* contamination in broiler carcasses under control. Indeed, since 2018, a process hygiene criterion (Commission Regulation EU 2017/1495), with a limit of 1000 CFU/g of neck skin, has been implemented among EU Member States. This limit was based on a Scientific Opinion of the European Food Safety Agency (EFSA) on control options for *Campylobacter* along the poultry meat production chain and their estimated impact on the reduction of the number of human campylobacteriosis cases (EFSA BIOHAZ 2011). The EFSA estimated a public health risk reduction of more than 50% if carcases complied with the aforementioned process hygiene criterion. Moreover, a cost-benefit analysis

indicated that a process hygiene criterion for *Campylobacter* in broiler carcases would provide one of the best balances between reduction of human campylobacteriosis cases attributed to broiler meat and the economic consequences of the application of such criterion (EC Europe 2012). A step-by-step approach would also be recommendable, making the process hygiene criteria gradually stricter over time.

Campylobacter in Poultry – The Future

Given that *Campylobacter* is a part of the normal gut flora of birds (and is a highly successful colonizer of that site), the increasing consumer demand worldwide for low cost chicken meat (while expecting higher animal welfare during production) and the steady reduction in human populations with acquired immunity (either due to lack of natural exposure or to increased susceptibility through age, disease or medication), campylobacteriosis will remain a major foodborne pathogen in most countries (Newell et al. 2010). At the moment, the reliable production of *Campylobacter*-negative flocks, through best-practice biosecurity alone, seems unlikely. In the future, effective vaccines and/or other complementary measures should be achievable outcomes of current research. Although, such measures may not totally eliminate colonization, significant reductions in colonization levels may be feasible. In this case, risk assessment studies show that a significant reduction in public health risk can still be achieved (Nauta and Havelaar 2008). Once chicken is no longer a major source of *Campylobacter*, the importance of other animal reservoirs and transmission routes can be identified and tackled.

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