

MyRiskMeter

Press & Media Kit

About MyRiskMeter

MyRiskMeter is an independent disease surveillance platform that synthesizes multiple authoritative data sources into a real-time picture of disease activity across the United States. Users get a personal risk score personalized to their location, health profile, and vaccination status.

The MyRiskMeter Observatory is our free public-facing view of the underlying surveillance data, providing state-level granularity for anyone to explore — journalists, researchers, and the public.

What makes it different

Synthesis, not dashboard

MyRiskMeter doesn't just republish existing surveillance data. We ingest signals from multiple sources, reconcile disagreements, and compute a coherent picture at both state and personal grain. Users see a clear answer, not a wall of raw numbers.

Published methodology

Our approach to real-time disease forecasting is documented in a peer-review-track preprint on ResearchSquare. Validation shows plant-grain wastewater signals lead subsequent reported activity by roughly a week and a half — median Pearson $r = 0.564$ at 9-day lag, with 77.8% of tested plants significant across a corpus of $n = 1,266$ plants.

Personalization done honestly

Personal risk scores account for age, chronic conditions, vaccination status, and current environmental factors. We are explicit about what we compute versus what we display, and about the limitations of any single signal.

Free public API

Journalists, researchers, and public health professionals can access our aggregated state-level data at no cost via the Observatory API. No authentication required for editorial use.

Data sources we synthesize

- **CDC NWSS** — National Wastewater Surveillance System, drawing on more than 1,321 US wastewater sampling sites.
- **CDC NNDSS** — National Notifiable Diseases Surveillance System, providing weekly clinical case counts across 30+ notifiable diseases.
- **Curated news signals** — vetted health and news sources tracked continuously for disease-specific reporting.
- **ECDC surveillance** — European Centre for Disease Prevention and Control, extending coverage for international contexts.
- **WHO Disease Outbreak News** — global emerging disease alerts from the World Health Organization.

For journalists

Access the data: Free public API at www.myriskmeter.app/api/observatory

Cite as: "MyRiskMeter Disease Observatory, accessed [Month Year], www.myriskmeter.app/observatory"

Methodology paper: <https://doi.org/10.21203/rs.3.rs-9826576/v1>

Plain-language walkthrough: www.myriskmeter.app/methodology

Please cite the methodology paper alongside data when discussing forecasting accuracy or validation numbers. Data is unrestricted for editorial use; a link back to the Observatory is appreciated but not required.

Quick stats

- **51 U.S. states and territories** with active surveillance coverage
- **26 pathogens** tracked at state grain, including COVID-19, influenza, RSV, measles, mumps, pertussis, tuberculosis, cyclospora, norovirus, and legionellosis
- **1,321 wastewater sampling sites** in the underlying data
- **7-day forecast horizon** validated by published methodology (see above)

Stats updated periodically. For current values or specific-state coverage, contact press@myriskmeter.app.

Team

MyRiskMeter is an independent research team. We are bootstrap-funded, methodology-first, and open about the limits of what a small independent operation can and cannot do at scale. Our credibility comes from published research and transparent architecture, not from partnerships, credentials, or headcount.

Contact

Media inquiries: press@myriskmeter.app

General inquiries: hello@myriskmeter.app

Founder: Tristan Gittens

Response typically within 24 hours during weekdays. For time-sensitive queries related to breaking public health stories, please note the deadline in your subject line.