HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

April 2017
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"**We Know Health Matters**", CHD's show on Citicable, Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo

@CHD

If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

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city of CINCINNATI HEALTH DEPARTMENT

CHD Recognizes National Public Health Week, April 3-7

It's that time of year again where we celebrate the remarkable role public health plays in improving people's lives and the health of our communities.

National Public Health Week www.nphw.org
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

The Cincinnati Health Department joins the American Public Health Association (APHA) in celebration of National Public Health Week, April 3-7. Since 1995, APHA has led the observance of National Public Health Week during the first full week of April. The week recognizes the impact of public health on the health of the nation. The 2017 theme is "Healthiest Nation 2030" and is an observance that focuses on making the United States the Healthiest Nation in One Generation by spotlighting the importance of prevention, employing successful strategies for collaboration and promoting the critical role of a strong public health system.

"At CHD, we celebrate the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system every day of the year," stated Dr. Marilyn Crumpton, Interim Health Commissioner, CHD. "We're constantly striving to build better communities through the work that we do, and through our community partnerships," Dr. Crumpton continued.

American Public Health Association (APHA) organizes the annual observance to recognize the contributions and importance of public health. Each year, APHA brings together communities across the United States to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation. For nearly 20 years, APHA has served as the organizer of NPHW. Every year, the Association develops a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme. APHA creates new NPHW materials annually that can be used during and after NPHW to raise awareness about public health and prevention.

In the U.S., where you live, your income, education, race and access to health care could make as much as a 15-year difference in how long you will live. Studies show that even wealthy, highly educated Americans with access to quality care suffer a health disadvantage to peers in other high-income countries.

Learn more about the week and how you can get involved at www.nphw.org.

Commissioner's Corner

Congratulations to Hamilton County Public Health who were awarded Accreditation status from the Public Health Accreditation Board (PHAB) on March 14, 2017.

Hamilton County Public Health has successfully demonstrated their commitment to improving health and delivering quality public health services to their communities. Fifteen more public health departments were also awarded Accreditation status last month. Collectively, these public health departments bring another 4.5 million people into the expanding network of communities across the nation whose health departments meet rigorous national standards for delivering quality programs and services.

CONGRATULATIONS HAMILTON COUNTY PUBLIC HEALTH FOR A JOB WELL DONE!

"A Call for Political Courage, Vision, Leadership, and Faith" from Faith Leaders of Southwest Ohio

The Ohio Universal Health Care Action Network (UHCAN) will host a Faith and Health Forum on Thursday, April 6, 2017, from 2 – 3:30 p.m. at Allen Temple AME Church located at 7080 Reading Road.

Area residents are encouraged to take this opportunity to come together as faith and community leaders to discuss critical health issues including the Affordable Care Act, Medicaid Expansion and access to health services on a local level.

Confirmed Speakers include Rev. Damon Lynch Jr., Bishop Thomas Breidenthal, Rev. Elmer Martin, Rabbi Sissy Coran and Imam Ismaeel Chartier.

CHD and Oyler expose students to STEM careers

Students in teacher Zakiya Milton's 12th grade class received 'real world' job experiences as they participated in a leadership program as part of their classroom learning. Working with the Cincinnati Health Department school-based vision, dental and primary care centers, students were able to apply lessons learned in STEM-focused classes in science, technology, engineering and math.

The nine-week program allows students to preview professional healthcare positions to encourage further exploration and planning in the future. Working with the doctors and staff at Oyler, students learned how to handle themselves professionally in a work setting, how to dress and speak professionally as well as reporting to the Center on time.

"I wanted my students to learn how to handle adult responsibilities," says Milton. "Not every student is going to college. Many will be entering the workplace for the first time and need to know how to conduct themselves accordingly. The Cincinnati Health Department was willing to work with students by helping them to prepare for the world beyond our school walls."

In addition to volunteering to work in the CHD school-based health center, the students had an opportunity to job shadow community leaders. Each student was required to write a paper about their learning experience and send thank you letters to those involved.

Oyler Guidance Counselor Marsha Wheeler assisted in designing the curriculum for the students and in monitoring their progress. "We have a unique learning environment with the school-based health centers," adds Milton. "I want to make sure we use every resource available to us in helping our students apply their classroom knowledge. It's important our students see possibilities beyond their day-to-day lives."

Upcoming Events

- Building Bridges Towards Equity, 2nd Annual Conference to Eliminate Racial Disparities in Breastfeeding and Infant Mortality, Wednesday, May 3, 7:30 a.m. - 4:30 p.m., University of Cincinnati Tangeman University Center. To register or for questions call 513.558.7503.

- Cecil Striker Society Annual Lecture, 231 Albert Sabin Way, Medical Sciences Building, Kresge Auditorium, Thursday, May 4, 5:00 - 7:30 p.m., African American Society Annual Lecture—Physicians of Cincinnati—Past, Present and Future UC Masters of Public Health Honorary Forum, Questions? Call 513.558.5120.

Learn the facts, Be lead safe!

Exposure to lead can cause behavior problems and learning disabilities in young children and can also affect the health of adults. Lead can be found in some water pipes inside the home or pipes that connect homes to the main water supply pipe. Lead found in tap water usually comes from the decay of old lead-based pipes, fixtures or from lead solder that connects drinking water pipes.

The only way to know whether your tap water contains lead is to have it tested. You cannot see, taste or smell lead in drinking water. Before using any tap water for drinking or cooking, flush your water system by running the kitchen tap (or any other tap you take drinking or cooking water from) on **COLD** for 1-2 minutes. In all situations, drink or cook only with water that comes out of the tap cold. Water that comes out of the tap warm or hot can contain much higher levels of lead. Boiling this water will NOT reduce the amount of lead in your water.

Learn how to ensure safe drinking water quality in your home or child care program. Voluntary lead testing is FREE for Greater Cincinnati Water Works (GCWW) customers. Your results will be reviewed with you by one of GCWW's representatives.

Help promote lead-safe communities for our children. Get your free water test kit and learn how to: *Be Lead Safe With Your Drinking Water Today!*

For more information on lead go to: Lead.myGCWW.org

To obtain your free lead sampling kit, contact:
Kathleen Frey at Kathleen.Frey@gcww.cincinnati-oh.gov or 513-591-5068, Jim Nelson at James.Nelson@gcww.cincinnati-

Pharmacy Tips

Prescription safety

When taking medication, follow these tips:

- Tell your doctor if you are currently taking any other medications (including herbal or over-the-counter medications).
- Take your medications exactly as prescribed by your doctor. Do not share your medications with others.
- Know exactly why you are taking each medication.
- Keep a list of all your medications and their dosages with you. Eye drops, skin lotions, and vitamins are considered medication and should be included on your list.
- Do not double the dose of your medication. If you miss a dose of your medication at the scheduled time, don't panic. Take it as soon as you remember. However, if it is almost time for you next dose, skip the missed dose and return to your regular medication schedule.
- Do not keep medication that is outdated or no longer needed.
- Always keep medications out of the reach of children.
- Contact your doctor immediately if you have

A Message from the Board of Health

Tim Collier, RN
Chair, Board of Health

Congratulations and welcome to **Dr. Joe N. Hackworth** who joined the City of Cincinnati Board of Health at our March meeting. Dr. Hackworth is a cardiologist at Mercy Health – The Heart Institute in Cincinnati and is affiliated with multiple hospitals in the area, including Christ Hospital and Jewish Hospital Mercy Health.

He specializes in Cardiovascular Disease and Interventional Cardiology. He received his medical degree from University of Alabama School of Medicine and has been in practice for more than 20 years. Dr. Hackworth is one of 76 doctors at Christ Hospital and one of 39 at Jewish Hospital Mercy Health who specialize in Cardiovascular Disease. He completed his Internship, Residency and Fellowship at the University of Cincinnati's College of Medicine.

Joe N. Hackworth, MD

Home renovations require caution, lead paint remains health hazard

As homeowners and renters begin spring cleaning and sprucing up their homes, the CHD has several reminders about health problems associated with lead paint. Lead poisoning is a serious health problem, especially for children age 6 and younger. The primary source of household lead is dust from deteriorating lead paint.

Lead poisoning can cause permanent problems with health, learning, and behavior in young children and high blood pressure, kidney damage and fertility problems in adults. Lead poisoning occurs primarily in homes built between 1950 and 1978. It is caused by paint that is flaking, peeling, chipping and chalking or by dust from a remodeling project. By following a few commonsense steps, you can control the dust and keep your home lead-safe and worry-free.

When renovating or Spring cleaning, put down a plastic floor covering like a drop cloth to catch any dust or chips from lead paint especially if you have wall to wall carpet in the room. Woodwork around old double-hung windows is a significant source of lead dust. The paint on the old sashes rubs off as they slide up and down. The paint on the sash exteriors also tends to flake and peel and fall on the sill or blow inside the room. Use disposable wipes or damp paper towels to clean up dust or paint particles.

As the weather warms, children will be spending more time outdoors so it's important to remember that lead poisoning hazards are not limited to inside the home. Prior to 1978, the use of lead-based paint was very common on the exterior of homes, garages, sheds and fences. Not only is deteriorated lead-based paint a hazard, but the soil along the side of these older structures is very likely to be contaminated with paint chips and lead dust.

To keep your children lead safe, do not let children play in bare soil – you cannot tell if the soil is contaminated unless it is tested. To protect young children from these hazards, cover the soil around your older home and painted structures with a thick layer of mulch or gravel. Plant grass in bare areas of the yard.

CHD and Academy of World Languages awarded sight grant for vision care

OneSight, the leading global vision care non-profit focused on providing permanent access to vision care and glasses, announced this week that the Cincinnati Health Department and the Academy of World Languages were two of five recipients nationwide to receive a grant for vision care services. The grant will enable school-based health programs to provide year-round access to vision care and glasses to students in need.

The Focus on Sight program was launched to provide permanent year-round access to vision care and glasses for underserved students and their families. Grants are awarded through an application process and grantees are selected based upon their history of managing a school-based health center, their focus on sustainability, and the need within the community they are serving.

In the Community

Members of CHCC participated in the Sisters of the Heart Network's 3rd Annual Show Your Heart Some Love Expo. The event promotes heart health, wellness and empowerment for black women. This year's theme was "Claim Your Life...Building a Legacy of Wellness."

Did you know? Heart disease is the leading cause of death for African American, Hispanic and white women in the United States. About 7.6% of black women, 5.8% of all white women, and 5.6% of Mexican American women have coronary heart disease.

To reduce your chances of getting heart disease it's important to: know your blood pressure, be tested for diabetes, quit smoking, make healthy food choices and lower your stress level by finding healthy ways to cope.

City of Cincinnati
Creating Healthy Communities
Preventing Chronic Diseases in Ohio

TV, phone and computer screen time can affect health

If you've ever wondered whether it's worth fighting with your child or spouse over the amount of time he or she spends in front of the TV, computer, or phone screen, the answer is a resounding "yes!" Reducing time with devices makes it more possible for families to actually spend time together interacting and talking to each other face-to-face, and can give kids more time to exercise outside or read a book.

Recently, studies have shown that cutting down screen time can also have a positive effect on kids' physical, social, and behavioral well-being, and can even improve their academic performance.
A 2009 Kaiser Foundation Study found that the average child 8-18 years of age views 7.5 hours of total screen time daily. Screen time encompasses TV, video games, computers and phones. Keep in mind that this study is now eight years old and current screen usage has increased! A very recent study in the Archives of Disease of Childhood suggests reducing screen time may be beneficial in reducing Type 2 Diabetes risk factors in both boys and girls.

How can we help our kids?

- Set a good example by limiting how much time are you spend on your phone, laptop, watching television, etc.
- Set screen time limits. Create screen-free bedrooms. Make mealtime family time — keep the TV off!
- Don't use the TV, computers and phones as a reward or punishment.
- Offer healthy snacks when you do watch TV together as a family. Research indicates that mindless eating increases when watching TV — so make more healthier, conscientious choices!
- Turn off all the screens. Turn on the music-dance, sing, get outside, MOVE! You will connect with your kids and be a little healthier yourself!

Nasal Irrigation - Is it safe?

Nasal irrigation systems have become a fixture in many homes to flush out clogged nasal passages and help people breathe easier. Along with other nasal irrigation systems, these devices — commonly called neti pots, use a saline, or saltwater solution to treat congested sinuses, colds and allergies. They're also used to moisten nasal passages exposed to dry indoor air.

But buyer beware. According to the U.S. Food and Drug Administration, improper use of neti pots and other nasal rinsing devices -- which include bulb syringes, squeeze bottles, and battery-operated pulsed water devices -- can increase your risk of infection. To insure safe usage, rinse only with distilled, sterile or previously boiled water. Do not use tap water which contains low levels of organisms — such as bacteria and protozoa which can stay alive in nasal passages and potentially cause serious infections.

What Types of Water Are Safe to Use?

- Distilled or sterile water which you can buy in stores. The label will state "distilled" or "sterile."
- Boiled and cooled tap water — boiled for 3 to 5 minutes, then cooled until it is lukewarm. Previously boiled water can be stored in a clean, closed container for use within 24 hours.
- Water passed through a filter designed to trap potentially infectious organisms.

Safely Use Nasal Irrigation Systems

Make sure you follow instructions included with the nasal device for specific use and care. Nasal spray bottles deliver a fine mist and might be useful for moisturizing dry nasal passages. Irrigation devices are better for flushing the nose and clearing out mucus, allergens and bacteria.

Sinus rinsing can remove dust, pollen and other debris, as well as help to loosen thick mucus. It can also help relieve nasal symptoms of sinus infections, allergies, colds and flu. Talk with a health care provider or pharmacist if the instructions on your device do not clearly state how to use it or if you have any questions.

National Observance: National Minority Health Month

During April, CHD will mark National Minority Health Month by raising awareness about the health disparities that continue to affect racial and ethnic minorities. This year's theme, *Prevention is Power: Taking Action for Health Equity,* emphasizes the critical role of prevention in reducing health disparities.

National Minority Health Month is an opportunity to renew our commitment to reduce health disparities and improve the health status of minority populations. Recognizing that health is the key to progress and equity in all other things, Dr. Booker T. Washington proposed the observance of "National Negro Health Week" in April 1915. He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to "pull together" and "unite… in one great National Health Movement." That observance grew into what is today a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities.

National Minority Health Month received support from the U.S. Congress in 2002, with a concurrent resolution (H. Con. Res. 388) that "a National Minority Health and Health Disparities Month should be established to promote educational efforts on the health problems currently facing minorities and other health disparity populations." The resolution encouraged "all health organizations and Americans to conduct appropriate programs and activities to promote healthfulness in minority and other health disparity communities."

"It is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities," says CHD Board of Health Chair Tim Collier. "Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live."

CHD Health Center Profiles

CHD's Community Health Centers provide affordable primary care to people who do not have health insurance. Most health centers provide care on a sliding fee basis. The CHD 59 Health Centers provide a range of services including Adult medicine, Pediatrics, Obstetrics and Gynecology and Dental as well as on-site Laboratory and Pharmacy. These health centers are part of the CHD network and operate year-round serving primarily urban populations in Cincinnati.

Ambrose H. Clement Health Center for Reproductive Health & Wellness

Located at 3101 Burnet Avenue in Avondale, the Ambrose H. Clement Health Center as part of its reproductive health services, offers medical help for sexually transmitted diseases. Services include testing for Chlamydia, HIV including a rapid HIV oral test, Gonorrhea, Syphilis, Hepatitis B and Hepatitis C. Over 3,800 patients are served annually. Center hours of operation are Monday through Friday, 8 a.m. until 5 p.m.

Northside Health Center

The Northside Health Center focuses on dental, Obstetrics and Gynecology and primary health care services. Located at 3917 Spring Grove Avenue in Northside, the Center serves nearly 4,000 medical and 1,500 dental patients annually. Center hours of operation are Monday through Friday, 8 a.m. until 5 p.m.

Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: https://www.facebook.com/CincinnatiHealthDepartment/
Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
Twitter (@cincihealthdept): https://twitter.com/cincihealthdept
Vimeo (CitiCable): https://vimeo.com/citicable