

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JANUARY 2018

Vol. VIII Issue I

“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



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

 [Cincinnati Health Department](#)

 [@CinciHealthDept](#)

 [@cinci_healthdept](#)



Brrrr... Winter Weather Is Here. Are You Prepared?

Extremely cold air comes every winter in at least part of the country and affects millions of people across the United States. The arctic air, combined with brisk winds, can lead to dangerously cold wind chill values. Exposure to cold temperatures can cause serious or life-threatening health problems with the most common being hypothermia and frostbite which can occur in a matter of minutes.



Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia is another threat during extreme cold. Hypothermia occurs when the body loses heat faster than it can produce.

It is easy to understand why when the weather plummets into the single digits, most of us want to do nothing but stay in bed under the covers. And for good reason: With extreme cold weather comes health hazards like frostbite, seasonal affective disorder and even an increased risk of heart attacks. Before you hibernate until Spring, there are a few steps you can take to keep yourself and others healthy, warm and safe.

Remember to:

- Eat well balanced meals and avoid alcohol.
- Limit skin exposure to the extreme cold, avoid extended periods of exposure.
- Wear proper clothing including a hat and scarf, snug-fitting sleeves and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care, especially if body temperature is below 95 degrees.
- Never use a gas range or outdoor heating appliances for heating indoors. Without proper ventilation, they can cause a buildup of carbon monoxide.
- Keep pets indoors as much as possible. When you return from a walk, wipe salt off their paws.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk for hypothermia, which is an abnormally low body temperature. It can affect the brain and make the victim unable to think clearly or move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.



We wish you a happy, healthy and fulfilling year. As we look toward the future, we use our past health indicators to align community needs to create our priorities to best serve you. The Health Department's vision for Cincinnati is that we become one of the healthiest cities in the nation. This requires that we collect data on factors that affect health such as education, employment, income and housing as well as health data such as access to care, general health status, infant mortality and chronic conditions.

We compiled this data into our most recent, Community Health Assessment (CHA). The 2017 CHA compares our neighborhoods and our city information to the county and state information. Four issues stood out that applied to all age groups: chronic disease prevention and management, poor mental health, poverty, and unhealthy weight. Specifically, children and adolescents have significant proportions of being overweight or obese, and suffer from asthma or dental issues. In addition, the most frequent causes of death for this group was identified as unintentional injury and intentional injury (i.e. assault, homicide). Adults were found to have higher percentages of asthma, high blood pressure, chronic kidney disease, chronic obstructive pulmonary disease, and diabetes.

Findings revealed from the CHA enable CHD to strategically establish priorities, develop interventions and commit resources to improve the health of our City and communities throughout the region. Through our commitment to health, we will continue to use the most up to date data to provide the best resources, programming and interventions to Cincinnati. To view our complete CHA please visit, cincinnati-oh.gov/health/reports-publications.

Events & Shout Outs!



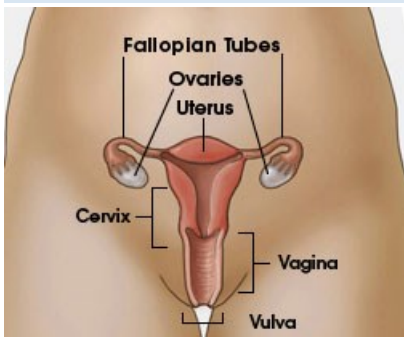
Monday, January 15— Martin Luther King, Jr. Day, "If Not Now When?"

- *King Legacy Breakfast*, National Underground Railroad Freedom Center, 8:00 a.m.
- *43rd Annual Commemorative March*, Begins at the Freedom Center, 10:30 a.m.
- *Interfaith Prayer Service*, Fountain Square, 11:15 a.m.
- *Music Hall Celebration*, 12:00 p.m., Dr. Littisha Bates, Keynote Speaker

CHD Honors Long Term City of Cincinnati Employees at CHD

Employees will be recognized for their years of service to the CHD/ City of Cincinnati at the next Board of Health Meeting scheduled for Tuesday, January 23, at 6:00 p.m.

Please join us to celebrate their commitment to the Queen City.



January is Cervical Health Awareness Month

The Cincinnati Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part

of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. The good news is that the HPV vaccine (shot) can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, CHD encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

To schedule an appointment for a cervical screening, call 513.357.7320.

KNOW STORM WARNING TERMS

Winter Weather Advisory

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

Frost/Freeze Warning

Expect below-freezing temperatures.

Winter Storm Watch

Be alert; a storm is likely.

Winter Storm Warning

Take action; the storm is in or entering the area.

Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.



Donation Drive a Success



The CHD staff's holiday donations to the West End Emergency Center was "an absolute success" according to Renee Davis who coordinated the drive. In all, pillows, blankets, clothes, toiletries and cleaning supplies were donated allowing the Center to continue its mission of helping others.

I would like to extend the warmest 'Thank You' to everyone that contributed to this years donation drive for the West End Emergency Center, with an extra special thanks to Community and Economic Development and CHD's own Dr. Camille Jones. With

your help we were able to give an abundance of hygiene and house cleaning products as well as winter accessories and monetary donations, which will be used to buy food for the pantry. Your generosity is a reflection of how awesome The City of Cincinnati truly is.



The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. The Center offers a food and clothing pantry in addition to pre-employment education that gives adults the opportunity to develop employment skills.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

As we begin another year it brings feelings of joy, hope and at times, uncertainty. Our country's current political climate has shown us the power of one voice. Together we can speak to protect what is most valuable, our health. The Cincinnati Health Department has been serving the community for over 191 years. The Board must thank the Health Department for their continued efforts working towards health equity through projects such as WIC (Women, Infants, Children), substance abuse prevention, ongoing Food Safety initiatives, and growth of School-Based Health Centers, in addition to countless others.

Through our continued work with valued partners and community collaborators, we are able to reach our yearly goals. Working together, especially with multi-disciplinary groups, is one way the Health Department strives to fulfill their mission to achieve health equity and improve the health and wellness of all those who live, work and play in Cincinnati.

Protecting yourself and others from the flu

by Nira Kadakia, PharmD, CHD

Influenza, or flu, is a highly contagious illness caused by a virus and many people in the area are experiencing it now. It is usually spread via secretions from an infected person, such as a cough or sneeze. Coming down with the flu can have serious health consequences, especially for the very young and the very old. The Centers for Disease Control and Prevention (CDC) estimates that since 2010, flu-related hospitalizations have ranged from 140,000-710,000, and flu-related deaths have ranged from 12,000-56,000.

One way to prevent the flu, which can cause annoying effects (see box above), is to get vaccinated against the flu every year. The flu shot, as it is known, can reduce the risk of flu-related hospitalization and death and can protect those with chronic conditions, such as diabetes. Not only does the flu shot protect you from getting the flu, but it can protect those around you, too.

How does it work?

The flu shot works by activating your immune system and helping it recognize the flu virus so that if the virus does enter your system, your body can fight against it and prevent the virus from causing illness. The flu shot contains either a piece of the virus (inactivated) or a live virus (live-attenuated) but cannot cause disease itself. Because of the way your body's immune system works, it takes time to build immunity to the flu; it can take up to two weeks to be fully protected.

What are the side effects of the flu shot?

After receiving the flu shot, you might experience some soreness, redness, tenderness, or swelling at the injection site. You might also experience a mild fever, headache, or muscle aches. These side effects could be due to your body's immediate reaction to a foreign substance entering your body.

Why do I have to get the flu shot every year?

Over time, your body's immunity to certain viruses, including flu, decreases. Additionally, different strains of the flu virus are more active each year, and the flu shot is made to offer protection only against the strains more likely to cause disease.

Who should get the flu shot?

People six months of age or older, pregnant women, and people with chronic health conditions should all receive the flu shot. If a person is younger than six months of age or allergic to something in the vaccine, he or she should not receive the shot. Some people should discuss with their doctor before receiving the flu shot: those with an egg allergy, those who have had Guillain-Barre syndrome, or those who are ill at the time they want to receive the vaccination.

Where can I get the flu shot?

You can get the flu shot at doctors' offices or clinics and at community pharmacies. The flu is a common disease but one that can easily be prevented. The flu shot is an effective way to reduce your risk of getting sick with the flu and preventing its spread throughout the community.



WINTER STORM PREPAREDNESS

A winter storm occurs when there is substantial precipitation and the temperature is low enough that precipitation forms as sleet or snow, or when rain turns to ice. A winter storm ranges from freezing rain and ice, to moderate snowfall over a few hours, to a blizzard that spans several days.



While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Winter storms can cause power outages, make roads and walkways extremely dangerous and close or limit critical community services such as public transportation, child care, health programs and schools.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.

Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.



- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Service all snow-removal equipment.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.
- Have your chimney or flue inspected each year.

In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Keep a **Winter Survival Kit** in your car that includes: a shovel, windshield scraper and small broom, flashlight with extra batteries, water, snacks, matches and small candles, extra hats, socks and mittens, a first aid kit with pocket knife, necessary medications, blankets or sleeping bag, tow chain or rope, road salt, sand, or cat litter for traction, booster cables, emergency flares and reflectors, fluorescent distress flag and whistle to attract attention, and cell phone adapter or charger.

A job well done!

CHD would like to thank a very special employee, Ms. Diana Watson, for her continued service, care and kindness to our patients.

Ms. Watson, a customer relations representative at the Elm Street Health Center, has been helping patients for many years. One patient, Ms. Mary Wilson, has been so impressed and thankful for the great customer service provided by Ms. Watson that she took the time to write this letter:

To Whom It May Concern:

Ms. Diana has been doing a good job. I have been coming to the Elm Street Health Center for over two years. I have never missed a phone call appointment because she always calls me or my husband to remind me. At each visit she also makes sure I have my note that reminds me of when the appointment is scheduled for.

During my appointments I sit back and watch Ms. Diana. I notice how she takes the time with others, kindly and patiently; like a mother's love. If she's ever tired, you would never know. Or if something is wrong you would never know because she keeps a special look on her face that makes the day feel special; just like she is.

When I leave the appointment, I feel brand new. I hope Ms. Diana never quits her day job. I know she deserves better but God put her at the Elm Street Health Center for a reason. I pray He keeps on blessing her.

I can go on and on about how special Ms. Diana is to me.

I have an appointment tomorrow so I've got to get ready. She might be calling me now.

See you soon and thank you for everything.

Mrs. Mary Wilson



Thank you for a job well done, Ms. Diana!



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

FEBRUARY 2018

Vol. VIII Issue II

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



What is prescription drug misuse?

Prescription drug misuse has become a large public health problem, because misuse can lead to addiction, and even overdose deaths. For teens, it is a growing problem:

After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.

Teens misuse prescription drugs for a number of reasons, such as to get high, to stop pain, or because they think it will help them with school work.

Many teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing.

Boys and girls tend to misuse some types of prescription drugs for different reasons. For example, boys are more likely to misuse prescription stimulants to get high, while girls tend to misuse them to stay alert or to lose weight.

Also known as:

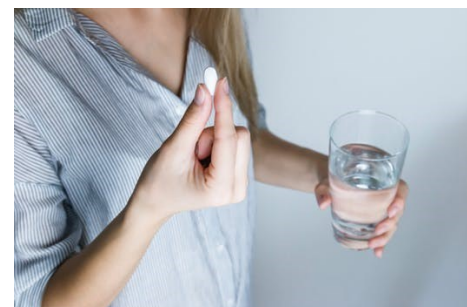
Opioids: Happy Pills, Hillbilly Heroin, OC, Oxy, Oxycotton, Percs, and Vikes
Depressants: A-minus, Barbs, Candy, Downers, Phennies, Reds, Red Birds, Seeping Pills, Tooies, Tranks, Yellow Jackets, Yellows, and Zombie Pills
Stimulants: Bennies, Black Beauties, Hearts, Roses, Skippy, The Smart Drug, Speed, and Vitamin R, and Uppers

What Makes Prescription Drugs Unsafe

Prescription drugs are often strong medications, which is why they require a prescription in the first place. Every medication has some risk for harmful effects, sometimes serious ones. Doctors consider the potential benefits and risks to each patient before prescribing medications and take into account a lot of different factors, described below. When they are misused, they can be just as dangerous as drugs that are made illegally.

Personal information. Before prescribing a drug, health providers take into account a person's weight, how long they've been prescribed the medication, other medical conditions, and what other medications they are taking. Someone misusing prescription drugs may overload their system or put themselves at risk for dangerous drug interactions that can cause seizures, coma, or even death.

Form and dose. Doctors know how long it takes for a pill or capsule to dissolve in the stomach, release drugs to the blood, and reach the brain. When misused, prescription drugs may be taken in larger amounts or in ways that change the way the drug works in the body and brain, putting the person at greater risk for an overdose.





Last month the Cincinnati Health Department released the latest version of our Community Health Assessment or CHA. The CHA is a comprehensive collection and analysis of data regarding health issues and opportunities for action in Cincinnati communities.

The Community Health Assessment is a crucial public health tool used to understand the health needs in our community and how we can collectively work together to continue to make Cincinnati a healthy place to live, work and play. It not only describes the health status of our community, it provides in-depth information on the living conditions and lifestyles of our residents.

Four issues stood out that applied to all age groups: chronic disease prevention and management, poor mental health, poverty, and unhealthy weight. The health issues identified in the CHA will serve as a roadmap and provide critical information to those in a position to make an impact on the health of our city - government, social and human service agencies, healthcare providers, businesses, and other stakeholders. If you would like to read the CHA in its entirety it is available on our website: <http://bit.ly/2GHbPpd>

Events & Shout Outs!

February is Black History Month! Follow CHD on social media to learn about black women in healthcare throughout history.

Congratulations on your retirement Barbara Demasi, a Public Health Nurse 2 with over 23 years of service.

FEBRUARY 1–28: Children's Dental Health Month (National)

FEBRUARY 4–10: Burn Awareness Week

FEBRUARY 14: Donor Day (National)

FEBRUARY 5–11: PeriAnesthesia Nurse Awareness Week

FEBRUARY 11–17: Cardiac Rehabilitation Week (National)

FEBRUARY 11–17: Cardiovascular Professionals Week

FEBRUARY 11–17: Health Care HR Week

FEBRUARY 14: Donor Day (National)

FEBRUARY 14–21: Alzheimer's Disease and Dementia Care Staff Education Week

FEBRUARY 26–MARCH 4
Eating Disorders Awareness Week (National)

February is American Heart Month

Cardiovascular disease is the leading cause of death in the United States according to the Center for Disease Control and Prevention (CDC). In fact, one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. Fortunately, it is largely preventable and there are many things people can do to reduce their risk, such as being more active.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. That's why CHD is encouraging Americans to move more. We recommend that you strive for at least 150 minutes (2 ½ hours) each week of physical activity that gets your heart pumping and leaves you a little breathless. There are flexible ways to break it into amounts of daily activity, and even small amounts add up and can have lasting heart health benefits.

To lower your risk:

- Know your ABC's: Ask your doctor if you should take an **Aspirin** every day. Find out if you have high **Blood** pressure or **Cholesterol**, and if you do, get effective treatment. If you **Smoke**, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

By controlling all of these risk factors for heart disease and stroke, you lessen the chance of having a heart attack by 80 percent.



February is National School-Based Health Care Awareness Month

February is Children's Dental Health and School Based Health Awareness Month! The Cincinnati Health Department has dental services available in three Cincinnati Public Schools: Oyer Community Learning Center, Withrow High School and Deaconess Health Check @ Western Hills/Dater.

Tooth decay is the most common dental disease. Children who have decay, abscesses and chronic dental pain are more frequently absent from school. According to *Advancing Oral Health in America*, more than 51 million school hours are lost each year to dental related illnesses. The CHD's school based oral health programs are one way to overcome obstacles families may face in ensuring better oral health for their children.

The partnership between Cincinnati Public Schools and the Cincinnati Health Department School Based Health Centers (SBHC) reinforces the connection between student health and academic achievement. The SBHCs offer more than dental care.

The specific health services which are available at each center are based upon community needs and resources. The CHD operates 13 school-based health centers in Cincinnati located in the following schools: Aiken, Academy of World Languages, Roll Hill, Ethel Taylor, Oyer, Taft High, Children's Home/ Shroder, West High/Dater High, Riverview East, Mt. Airy, JP Parker, Roberts Academy and Withrow. All are open while school is in session.

With an overall emphasis on prevention, early intervention and risk reduction, school-based health centers counsel students on healthy habits and how to prevent injury, violence and other threats to their health.

Ditch the Diet: Practice Intuitive Eating for Health and Wellbeing

What's Wrong with Dieting?

The diet industry in the US has an estimated worth of \$66 Billion. If so many people are investing in diet programs, then why is obesity such an issue in our country? Almost 40% of adults and 20% of children in the US are obese, and at higher risk of a myriad of health problems.*



Ironically, research shows that dieting may actually be contributing to the problem of obesity. When you reduce the amount of calories you eat, the brain slows down metabolism, and you burn fewer calories. This is nature's defense against famine.

To learn more about intuitive eating and a different approach to health and wellbeing, log onto www.cincinnati-oh.gov/health and click on *Reports and Publications* and read the Public Employees Assistance Program (PEAP) February newsletter.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

As Congress nears the budget deadline, it is apparent now more than ever of the importance of Federal Qualified Health Centers (FQHC). FQHCs serve as the medical home for over 40,000 patients annually in the City of Cincinnati. Our Health Centers strive to provide comprehensive, culturally competent and high quality care for all. And when I say all – I truly mean all. Our Health Centers will see anyone regardless of their ability to pay. Nor do they discriminate based on race, color, national origin, disability, religion or sexual orientation. Our primary care services are based on a sliding scale fee on the current federal poverty guidelines. The Board commends the dedicated and diligent staff for their continued efforts to provide comprehensive, culturally competent and quality health care for all.

Have questions on family planning or birth control? Call the hotline at 513-357-7341. Need to make an appointment for a chronic or acute health issue? Please call 513-357-7320 and you will be set up with an appointment at the neighborhood Health Center closest to you.

CHD Honors Long Term City of Cincinnati Employees at CHD

CHD realizes that our employees are our greatest asset, and we are delighted to honor their dedicated service and commitment to this organization. That's why on January 23, 2018, the CHD Labor Management Committee (LMC) held it's first Employee Recognition Ceremony which took place during the monthly Board of Health (BOH) meeting.

This recognition was initiated by the LMC in order to honor and thank the devoted and valued employees for their tremendous contributions to the City of Cincinnati and the Cincinnati Health Department for their 30-40 years of service. They are valued members of our team and their continued contributions are vital for us to continue to be successful in meeting our stated Mission, Vision and Values. All of our organizational achievements are made possible because of their individual efforts as well as the efforts of their team members.

"We acknowledge and appreciate that the foundation of our success is built upon them and their commitment to CHD. The success of our organization is a direct result of their efforts and dedication," expressed Marilyn Crumpton, MD, MPH, Interim Health Commissioner. "Their commitment to quality and personal and professional integrity is the differentiating factor that sets us apart."

Each honoree received a certificate and was recognized by Dr. Crumpton; Tim Collier, the Board of Health Chair; and Harry Barnes, Human Resources Director.

30+ Years

Jill Byrd, Home Health — 30 years

Darlene Capell, Health Commissioner/Human Resources Division — 30 years

Danielle Daniels, Environmental Health Services — 30 years

Kathey Johnston, IAP — 30 years

David McDonald, Human Resources Division — 30 years

Lisa Scott, Vital Records — 30 years

Brenda Waldron, Clement Health Center — 30 years

Deborah Dreyfus, Price Hill Health Center — 31 years

Patricia L. Knudson, Winton Hills, WIC Program — 31 years

Sheila Nash, Clement Health Center — 31 years

Lawrence (Larry) Florea, Environmental Health Services — 32 years

Joanna L. Streicher, Dental — 32 years

Cynthia Belcher, Environmental Health Services — 33 years

Nancy Carter, Dental/Administration — 33 years

Clarice Edmondson, Vital Records — 33 years

Rosemary Stemerick, CCPC — 33 years

Diane Warner, Price Hill, WIC Program — 33 years

Esther B. Forde, Children with Medical Handicap — 37 years

40+ Years

Lois Johnson, Environmental Health/Administration — 40 years

Steven J. Zaret, Dental — 42 years

"This ceremony provided recognition, a moral booster as well as an opportunity for employees, friends, family, peers and the community to celebrate the outstanding achievements of these phenomenal employees," stated Ms. B.A. Dixon, LMC Co-Chair and event Chair. "I'd like to personally extend a heartfelt congratulations to each of these devoted employee recipients whose years of service and dedication has sincerely made a positive impact on the community and the patients we serve," expressed Ms. Dixon. "I'd also like to specifically thank all those who assisted with the ceremony," she emphasized.

Recipients and their families were invited to partake of a hot catered dinner provided by *Edibles N Such*. This inaugural event will be followed by several more in the future. It is our hope that you join us in celebrating these employees.

The Spectrum of Prescription Drug Abuse



From Improper Use to Abuse

For example, when people who misuse OxyContin crush and inhale the pills, a dose that normally works over the course of 12 hours hits the central nervous system all at once. This effect increases the risk for addiction and overdose.

Side effects. Prescription drugs are designed to treat a specific illness or condition, but they often affect the body in other ways, some of which can be uncomfortable and in some cases, dangerous. These are called side effects. For example, opioid pain relievers can help with pain, but they can also cause constipation and sleepiness. Stimulants, such as Adderall, increase a person's ability to pay attention, but they also raise blood pressure and heart rate, making the

heart work harder. These side effects can be worse when prescription drugs are not taken as prescribed or are used in combination with other substances.

How Prescription Drugs are Misused

- **Taking someone else's prescription medication.** Even when someone takes another person's medication for its intended purposes (such as to relieve pain, to stay awake, or to fall asleep) it is considered misuse.
- **Taking a prescription medication in a way other than prescribed.** Taking your own prescription in a way that it is not meant to be taken is also misuse. This includes taking more of the medication than prescribed or changing its form—for example, breaking or crushing a pill or capsule and then snorting the powder.
- **Taking a prescription medication to get high.** Some types of prescription drugs also can produce pleasurable effects or "highs." Taking the medication only for the purpose of getting high is considered prescription drug misuse.
- **Mixing it with other drugs.** In some cases, if you mix your prescription drug with alcohol and certain other drugs, it is considered misuse and it can be dangerous.

Commonly Misused Prescription Drugs

There are three kinds of prescription drugs that are commonly misused. Visit our separate Drug Facts pages to learn more about each of these classes of prescription drugs:

[Opioids](#)—used to relieve pain, such as Vicodin, OxyContin, or codeine

[Depressants](#)—used to relieve anxiety or help a person sleep, such as Valium or Xanax

[Stimulants](#)— used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin

Life changing event at Dater High School 2017

Even after three years, Deaconess Dental continues to surprise new faces on campus. An 18-year old student from Guatemala finally gets a new look that gives him a confident smile. Despite being far away from his family, he strides to maintain straight A's in hopes to attend university after high school. This is a story that turns hope into reality. Deaconess Dental is proud to take part in his journey.



CHD Dental Center Locations:

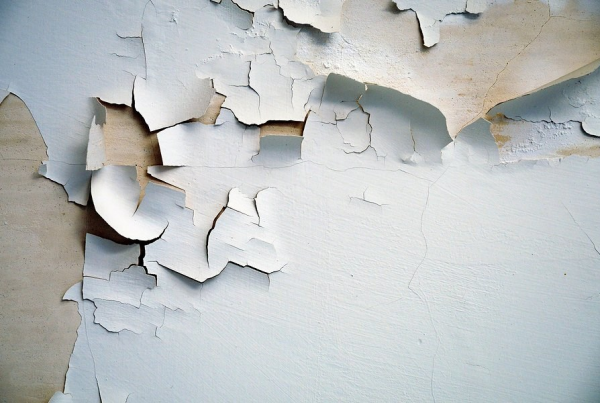
Crest Smile Shoppe — 612 Rockdale Avenue\513.352.4072

Elm Street Health Center — 1525 Elm Street\513.352.2927

Millvale at Hopple Street Health Center — 2750 Beekman Street\513.352.3196

Northside Health Center — 3917 Spring Grove Avenue\513.357-7610

Price Hill Health Center — 2136 West 8th Street\513.357.2704



Lead poisoning prevention

Protecting children from exposure to lead is important to lifelong good health. Even low levels of lead in a child's blood have been shown to affect IQ, the ability to pay attention and academic achievement. More importantly, the negative effects of lead exposure cannot be corrected.

Lead-based paint and lead contaminated dust are the most hazardous sources of lead exposure for U.S. children. Lead-based paints were banned for use in housing in 1978. All houses built before 1978 are likely to contain some lead-based paint. Approximately 24 million households have deteriorated (chipped or cracked) leaded paint and elevated levels of lead-contaminated house dust. More than four million of these

dwelling are home to one or more young children.

Children under the age of 6 years old are at the greatest risk because they tend to put their hands or other objects -- which may be contaminated with lead dust -- into their mouths.

Renovating your home can disturb lead paint surfaces. Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint. Children and pregnant women should not participate in activities that disturb old paint or in cleaning up paint debris during the renovation.

CHD can assist you in testing paint and dust from your home for lead. For more information, or to see if you may qualify for a grant to make your home lead-safe, call 513-357-7420.

Learn the facts, Be lead safe!

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: Lead.myGCWW.org

To obtain your free lead sampling kit, contact:
Kathleen Frey at 513.591.5068
Kathleen.Frey@gcww.cincinnati-oh.gov or

Jim Nelson at 513.591.6869
James.Nelson@gcww.cincinnati-oh.gov



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MARCH 2018

Vol. VIII Issue III

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



Asbestos Awareness

According to the Centers for Disease Control and Prevention (CDC) “Asbestos” is a commercial name, not a mineralogical definition, given to a variety of six naturally occurring fibrous minerals. These minerals possess high tensile strength, flexibility, resistance to chemical and thermal degradation, and electrical resistance. These minerals have been used for decades in thousands of commercial products, such as insulation and fireproofing materials, automotive brakes and textile products, and cement and wallboard materials.



When handled, asbestos can separate into microscopic-size particles that remain in the air and are easily inhaled. Persons occupationally exposed to asbestos have developed several types of life-threatening diseases, including asbestosis, lung cancer and mesothelioma. Although the use of asbestos and asbestos products has dramatically decreased in recent years, they are still found in many residential and commercial settings and continue to pose a health risk to workers and others.

What is it? Where does it come from?

- Vermiculite is a mineral used in construction (e.g. insulation), consumer (e.g., potting soil) and industrial products (e.g., brake lining/shoe) that is not known to have any serious health effects.
- Most of the vermiculite used in the US prior to the 1990s came from one mine in Libby, Montana.
- Products from that Montana mine also contained asbestos, which contaminated the vermiculite.
- Asbestos is a fibrous mineral that occurs in nature in several forms.

What are the health effects of asbestos?

- Inhalation of asbestos can cause lung problems. Once inhaled, most asbestos remains in the lungs.
- The degree of damage asbestos may cause depends on the amount of asbestos inhaled and the duration of exposure.
- Health related effects to high exposure are slow to develop, usually takes at least 10 - 20 years.

How do I know if I am at risk for asbestos-related health problems?

- Because asbestos has been used for many years, almost everyone has been exposed to it at some time. But people who worked with asbestos will have higher exposure than the general public.

Continued on page 3....



National Employee Appreciation Day

The beginning of March celebrates, "National Employee Appreciation Day!" I would like to begin by extending a **HUGE THANK YOU** to the over 450 dedicated employees, providers, contactors and support staff of the Cincinnati Health Department. Without your constant dedication to Public Health and our organizational values, we would not be able to provide the level of service that we achieve on a daily basis.

Through budget cuts and ever-changing needs our employees rise to the occasion by providing exemplary levels of service. Whether it is a kind email, tweet, letter or Facebook post, we know we are on the right path when we hear from you, our citizens, that our services align with community needs.

Again, thank you to each and every member of the CHD team. Your unwavering commitment to excellence is only exceeded by your ability to push through tough times. Thank you for what you do every single day.



Events & Shout Outs!

March 17, June 2, September 1, from 11 a.m.—1:00 p.m. Men's Health—Healthy Eating Series, CHD (3101 Burnet Avenue)

Wednesdays beginning March 28 through May 2, from 9:30 a.m.—Noon Healthy—U Chronic Disease Self Management Program, Evans-ton Recreation Center (3204 Woodburn Avenue)

Saturday, April 21, 9:00 a.m.—3:00 p.m. Health & Wealth Expo, 1701 Mercy Health Place

Congratulations Retirees
Danielle Daniels, Senior Sanitarian - 30 years.

Cynthia Belcher, Customer Relations Representative - 33 years.

14th Global Asbestos Awareness Week. "One Word. One Week. One World." April 1 – 7, 2018

March Observances

Dentist's Day – March 6

National Dentist's Day is celebrated annually on March 6 and was created to say "Thank You" and show appreciation to your dentist. It's also a day to make a commitment to better dental care. The CHD has five community-based dental locations: the Crest Smile Shoppe, Elm Street Health Center, Millvale at Hopple Street Health Center, Northside Health Center and Price Hill Health Center.

These dental centers serve the needs of children and families in the Cincinnati community. Do your smile a favor and make a dental appointment today!

World Kidney Day – March 8

Did you know that chronic kidney disease affects nearly 195 million women worldwide and is the eighth leading cause of death in women with close to 600,000 each year. (healthdata.org) World Kidney Day is a global initiative to increase awareness of the importance of our kidneys to our overall health. People with high blood pressure, hypertension and diabetes are at a higher risk for chronic kidney disease according to the International Society of Nephrology. Healthy eating, keeping one's weight in normal ranges and staying active are simple ways to help stave off kidney disease. World Kidney Day is also an opportunity to encourage the public to consider kidney donations and transplants.

Kick Butts Day – March 21

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The Cincinnati Health Department and Riverview East Academy have joined together to host Tobacco Free educational events. Last year, the CHD and fifth grade students at Riverview celebrated the 10th anniversary of smoke-free workplaces.

National LGBT Awareness Week – March 26-30

This week is intended to educate the public and increase awareness of the LGBT population's health status, access to and use of health care in an effort to reduce discrimination in the health care system.

Asbestos.....Continued from page 1

- Smoking greatly increases the risk of lung cancer related to asbestos exposure.
- There is no simple reliable test to determine if you have been exposed to asbestos. Diagnosis of asbestos-related disease includes a history of exposure and certain lung tests.
- Children have more time to develop asbestos-related diseases after exposure because they have more years of life ahead of them than adults. X-rays of children’s lungs are not recommended because changes in the lungs take many years to develop and radiation from x-rays may be a higher exposure risk for children.

What can I do to decrease the chance of having asbestos-related health issues?

Be kind to your lungs:

- Don’t smoke. If you smoke, stop immediately. Avoid second hand smoke.
- Talk with your doctor about getting a flu shot annually and a pneumonia vaccine.
- Avoid fumes and airborne dust or dirt.
- Avoid contact with asbestos:

Before 1990, asbestos was used in many common building materials,

including tiles and floor glue; plaster; insulation; siding; roofing and pipe wrap.

- The only way to tell if something has asbestos is to have it tested in a lab. If it is a material installed prior to 1990, assume it is an asbestos containing material.
- If you suspect asbestos, do not disturb it. If it becomes damaged, remove people from the area. For a small amount that has fallen on accessible surfaces, use wet methods to clean it up, keeping any dust down. Consult with a licensed asbestos contractor to assess the damaged areas.
- Do not attempt to clean up large amounts of material on your own. For a larger amount of damaged material that may be or contain asbestos, contact a licensed asbestos contractor.

For additional information and resources please visit: <http://bit.ly/CHDasbestosInfo> or follow us on Facebook, Twitter or Instagram.

Effects of chronic stress

Every time you experience stress, your brain responds as if you were facing a physical threat. Brain structures are activated to trigger the fight, flight or freeze response to a threat. Here are other signs of chronic stress:

- Impaired memory and information processing due to excess cortisol, the stress hormone, interfering with production of new and repair of existing brain cells.
- Weakened connection between the emergency alert centers and rational part of the brain, leading to reactivity & a less rational response.

To learn more about chronic stress read the PEAP Newsletter by clicking here <http://bit.ly/2FKmT7H>

A Message from the Board of Health



**Tim Collier, RN
Chair, Board of Health**

Tobacco use is the leading cause of preventable death in the world. Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every single day. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

The CHD has made it a priority to work on policies that limit exposure to second hand smoke, prevent youth from ever starting, and work with current smokers to kick the habit.

March 21, 2018 is, “Kick Butts Day!” Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. If you or someone you know is interested in joining Cincinnati’s STAND please contact Tonia Smith at 513-357-7274 or at Tonia.Smith@cincinnati-oh.gov. Youth group members are available for presentations and appearances.

If you are a current tobacco user and are interested in quitting, please contact the [Ohio Tobacco Quit Line](#) or call 1-800-QUIT-NOW. The Ohio Quit Line offers free, confidential

Spring rains considered during Flood Safety Awareness Week, March 18-24

Floods, big or small, can have devastating effects on your home and your family. According to the National Weather Service, flooding causes millions of dollars in damage each year. You can take steps to reduce the harm caused by flooding. Learn how to prepare for a flood, stay safe during a flood, and protect your health when you return home after a flood. In recognition of Flood Safety Week, March 18-24, 2018, CHD wants to help you be prepared for when heavy or steady rains that saturate the ground cause rapidly rising water and threaten flash floods along waterways and low-lying areas. In the Spring, heavy rainfall causes the Ohio River and its tributaries to overflow causing damage to housing, roads and property. Slipping hillsides are also a concern in inclement weather.

Now is the time to create a disaster kit and an alternative evacuation plan should areas around your home become flooded. You should have the following supplies packed and ready to go in case you need to evacuate your home:

- Water -- at least a 3-day supply; one gallon per person per day
- Food -- at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- First Aid kit
- Extra batteries
- Medications and medical items and/or prescriptions
- Copies of personal documents
- Cell phone with chargers
- Emergency blankets
- Extra cash



It is important to know the difference between a flood watch and a flood warning. A Flood/Flash Flood **Watch** means flooding or flash flooding is possible in your area. A Flood/Flash Flood **Warning** means flooding or flash flooding is already occurring or will occur soon in your area.

Denise Pattison accepted into prestigious Johnson-Johnson/Duke Nurse Leadership Program

Denise Pattison MS, APRN-CNP, FNP, CHD Millvale Health Center, has been selected as a fellow for the Duke-Johnson & Johnson Nurse Leadership Program. The Duke-Johnson & Johnson Nurse Leadership Program, a one year experience, is a partnership between Duke University School of Medicine, Duke University School of Nursing and Johnson & Johnson. The program was created to provide leadership development for advanced practice nurses. Selected fellows start the program in April 2018 and will participate in three leadership retreats throughout the program year as well as distance-based learning activities and a transformative health leadership project. The program will provide each fellow with the leadership and management skills required to effectively address the needs of their communities - especially that of underserved populations - and to become change agents within their practice settings and the evolving health care environment.

CHD Teams up with Collins to promote dental health

Last month, The Bootsy Collins Foundation hosted an awareness event at the Elm Street Health Center to promote oral health and overall well-being in honor of Kyle Willis. The Foundation was started after Bootsy and Peppermint Patti lost their nephew, Kyle, who died of tooth decay. Kyle was 26 years old and the father of a five year old girl.

Staff, patients and members of the Foundation, including Patti Collins, enjoyed healthy snacks and dancing while educating visitors about oral health.

Oral health has been linked with other chronic diseases, like diabetes and heart disease. It is also linked with risk behaviors like using tobacco and eating and drinking foods and beverages high in sugar.



Accreditation: Submit Button Pushed...We did it!

“This is the culmination of days, nights of amazing work by so many people here – this is a perfect public health process by involving staff from every department! Thank you to everyone and all the long nights and demonstrations of all the amazing work we do! You make the public health profession proud!” – Dr. Crumpton, Interim Health Commissioner

7 steps.
12 Domains.
32 Standards.
100 Measures.
Over 300 documents.
Thousands of pages.



These are just a few of the steps required to click the submit button to apply for public health accreditation. Public health accreditation is an incredibly detailed and daunting task. CHD performance will be measured against a set of nationally recognized, practice-focused and evidenced-based standards. The goal of the national accreditation program is to improve and protect the health of the public by advancing the quality and performance of Tribal, state, local, and territorial public health departments.

The Public Health Accreditation Board’s (PHAB) public health department accreditation process seeks to advance quality and performance within public health departments. Accreditation standards define the expectations for all public health departments that seek to become accredited. National public health department accreditation has been developed because of the desire to improve service, value, and accountability to stakeholders.

“Submission for PHAB is not just gathering documents to meet a requirement. It is a chance to tell the CHD story. It forced us to look deep within our department to discover things that we do well and find areas that we can improve upon. Hitting the submit button is an exciting time. We are continuing the commitment on our journey to provide a better public health service to our community and live out our vision and mission,” says Alison Franklin, CHD’s Accreditation Coordinator.



While a large portion of the work has been completed, it is not entirely over yet. The next step in the PHAB process is preparing for the site visit. Site visits will be conducted by a peer team of three to four PHAB-trained site visitors. These visits verify the accuracy of documentation submitted by the health department, seek answers to questions regarding conformity with the stand-

ards and measures, and provide opportunity for discussion and further explanation. Site visits will typically last two to three days, depending upon the complexity of the application.

Mayor and Cincinnati City Council Support Exchange Program

Last month, the Mayor and Cincinnati City Council passed a resolution in support of the Exchange Program. Cincinnati's syringe exchange program is run by the Hamilton County Public Health Department and is known as "The Exchange" and the "Bloodborne Infectious Disease Prevention Program." In partnership with the City of Cincinnati, the Cincinnati Health Department, University of Cincinnati Medical School, it is a comprehensive, community based, public health initiative that provides disease prevention, education, testing, and referral services. It provides testing and treatment referrals for diseases like hepatitis, HIV, and sexually transmitted diseases as well as pregnancy; access to naloxone to reverse overdoses; and distribution of personal care items such as condoms.

The Exchange Program also allows drug users to swap dirty needles for clean ones. By expanding access to clean syringes and ensuring a safe way to dispose of bio-hazardous materials, syringe exchange programs create safer environments for the community at large. There have also been dramatic reductions in harmful needle sticks in cities that have adopted exchange programs and harm reduction programs. Additionally, according to the Centers for Disease Control and Prevention (CDC), people who inject drugs and who have used a harm reduction program are five times more likely to enter treatment and are more likely to reduce or stop injecting.

For hours and locations of operation log onto: <http://bit.ly/CincyEP>

You may also connect with the Exchange Program by email exchangeproject@hamilton-co.org or call 513.316.7725.

Flood Watch vs. Flood Warning — Know the difference

Flash Flood Warning: Take Action! A Flash Flood Warning is issued when a flash flood is imminent or occurring. If you are in a flood prone area move immediately to high ground. A flash flood is a sudden violent flood that can take from minutes to hours to develop. It is even possible to experience a flash flood in areas not immediately receiving rain.

Flood Warning: Take Action! A Flood Warning is issued when the hazardous weather event is imminent or already happening. A Flood Warning is issued when flooding is imminent or occurring.

Flood Watch: Be Prepared: A Flood Watch is issued when conditions are favorable for a specific hazardous weather event to occur. A Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but it is possible.

Flood Advisory: Be Aware: An Flood Advisory is issued when a specific weather event that is forecast to occur may become a nuisance. A Flood Advisory is issued when flooding is not expected to be bad enough to issue a warning. However, it may cause significant inconvenience, and if caution is not exercised, it could lead to situations that may threaten life and/or property.



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> & <https://vimeo.com/user7753914>



HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

APRIL 2018

Vol. VIII Issue IV

“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



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

 [Cincinnati Health Department](#)

 [@CinciHealthDept](#)

 [@cinci_healthdept](#)



National Public Health Week, April 2 – 8

Celebrated officially during the first full week of April, National Public Health Week (NPHW) is a national campaign organized by the American Public Health Association (APHA). The campaign recognizes the contributions of public health, honors the contributions of public health workers, and high-light issues that are important to improving our nation's health.

The role of public health is to ensure everyone has a chance at a long and healthy life. That means tackling the underlying causes of poor health and disease risk. Those causes are rooted in how and where we live, learn, work and play. That's why, during National Public Health Week 2018, the Cincinnati Health Department, is rallying around a goal of making the U.S. the Healthiest Nation in One Generation — by 2030.

For over 20 years, APHA has served as the organizer of NPHW and is responsible for creating a national campaign to educate the public, policy-makers and practitioners about issues related to each year's theme. These themes, which focus on a different health topic that's critical to creating the healthiest nation, help to raise awareness about public health and prevention.

This year the daily themes for the week include:

- Monday: Behavioral Health
- Tuesday: Communicable Diseases
- Wednesday: Environmental Health
- Thursday: Injury and Violence Prevention
- Friday: Ensuring the Right to Health

The Cincinnati Health Department has developed partnerships across public and private sectors to ensure decisions are made with people's health in mind. During NPHW and daily, we celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships, and champion the role of a strong public health system. We firmly believe that together, we can build healthier communities and eventually, the healthiest nation.





CHD Welcomes New Board of Health Members

CHD is excited to welcome two new members to the Board of Health. **Amar Bhati, MD, BIS**, an Internal Medicine Physician, who recently began his own Primary Care Practice after almost a decade with The Christ Hospital and Tri-Health/ Good Samaritan Hospital. Also new to the Board is Ms. **Carrie Douglas**, who currently serves as the President of the Roselawn

Community Council after retiring with over 35 years dedicated to the Internal Revenue Service. Both members are excited to begin their tenure and will serve a three year term which will expire on February 28, 2021.

Newly Elected Board of Health Leadership

Dr. Phillip K. Lichtenstein was elected as the new Board of Health Chair. Dr. Lichtenstein will lead and coordinate all Board meetings for the next year. Dr. Lichtenstein serves as the first Medical Director for the Children's Home of Cincinnati. Before joining the Children's Home he worked in private practice for nearly 30 years. The new Board of Health Vice Chair is Mr. Ronald Robinson of The Robinson Consulting Group, LLC. Mr. Robinson has also served as the Chair of the Finance Subcommittee for the Board of Health since its inception in May 2017.

Events & Shout Outs!

ArtsWave Campaign is in full swing! Pledge cards are accessible, and payments can be made online at www.ArtsWave.org.



Friday, April 6, from Noon-1:00 p.m. — Healthy Lifestyles presents Healthy Eating and Tips for Natural Weight Loss with Dr. Dan Buchanan, B&K Auditorium

Saturday, April 7, from Noon—4 p.m., Su Casa Hispanic Center Health Fair (bilingual), AMIS School, 1908 East Seymour Avenue, Cincinnati, Ohio 45237

Saturday, April 21, from Noon—4 p.m., Su Casa Hispanic Center Health Fair (bilingual), Saint Julie Billiard Parish, 224 Dayton Street, Hamilton, Ohio 45011

Tuesday, April 24 at 6:00 p.m. — Monthly Board of Health Meeting, 3101 Burnet Avenue, B&K Auditorium



Sold In America— Addiction and sex trafficking intersect

WCPO-TV teamed up with its national news outlet, Newsy, for a screening and live panel discussion about Newsy's documentary series, *Sold In America*. A Newsy team spent nine months traveling the country to report, in-depth, on the sex trade in the US. *Sold In America* explores how drug addiction and child sex trafficking intersect. It's a new documentary series from next-generation national news network Newsy, that deeply explores this violent, abusive and lucrative industry to expose the gaps in government energies to combat sex trafficking.

The three-part series presents the stories behind the buying and selling of sex through the experiences of trafficking survivors, sex workers, pimps, buyers and the public officials in the forefront of the effort.

While the series is three half-hour documentaries about the buying and selling of sex in America, you can see an overview of the documentary along with the panel discussion at <https://www.wcpo.com/news/our-community/sold-in-america-find-out-how-drug-addiction-child-sex-trafficking-intersect-in-kentucky>.

CHD's Jennifer Mooney, PhD, MS, Division Director, Family Health, served as a panelist. Other panelist include:

- Kristyn Hartman, WCPO-TV, Anchor – Moderator
- Noor Tagouri – Correspondent, *Sold In America*
- Jimmy Adams – Lieutenant, Covington Fire Department (featured in the documentary)
- Amy Cornelius – trafficking and addiction survivor from Middletown

Last month, WCPO streamed the event on WCPO.com and on the Newsy Facebook page. WCPO will be taping the event for a special broadcast later this Spring.

National Minority Health Month



National Minority Health Month is observed every year in April to highlight the health disparities that persist among racial and ethnic minority populations and the ways in which legislation, policies and programs can help advance health equity.

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.

What is Health Equity?

Health equity is when everyone has the opportunity to be as healthy as possible.

What Are Health Disparities?

Health disparities are differences in health outcomes and their causes among groups of people. For example, African American children are more likely to die from asthma compared to non-Hispanic White children. Reducing health disparities creates better health for all Americans.

Why is Health Equity Important?

Health is central to human happiness and well-being and is affected by where people live, learn, work, and play.

During National Minority Health Month and throughout the year, CHD joins with its partners in raising public awareness about health and health care disparities that continue to affect racial and ethnic minorities and efforts to advance health equity. Despite our country’s progress towards ending health disparities, racial and ethnic minorities continue to face significant health disparities.



A Message from the Board of Health

On behalf of the Board of Health and the Cincinnati Health Department, I wanted to extend a heartfelt thank you to Mr. Tim Collier and Mr. Malcolm Timmons. Both have served on the Board of Health from 2014- 2018 and both served in the role of Board of Health Chair.



Phil Lichtenstein, MD
Chair, Board of Health

It is with deep gratitude to my predecessor and now Past-Chairs that we acknowledge their strength, guidance, dedication, and service all while celebrating the health department’s growth and existence. With their leadership, the Board has navigated through difficult political waters and reduced funding. It is a bittersweet moment as we say a heartfelt goodbye and thank you to Mr. Collier and Mr. Timmons. And while their official service has ended, their efforts will always be the guiding light as the organization continues to grow and move forward.

I am proud to continue in the footsteps of their strong examples of leadership. As the new Chair of the Board of Health, and joining me in the role of Vice Chair, Mr. Ronald Robinson, I would like to thank you all for the trust in myself, and the new and old members of the Board to keep the Cincinnati Health Department on the very successful road that it has been on so far.

"Salud Cincinnati" Celebrates Success

Support of patient self-management is a key component of effective chronic disease management and improved patient outcomes. That's why CHD started offering shared medical appointments for patients at the Elm Street Health Center. Shared medical appointments are a form of outpatient care that combines medical care, patient education, and patient empowerment in a group setting. At CHD, shared medical appointments involved patients with common conditions (such as diabetes, asthma, hypertension and obesity) meeting as a group under the leadership of a physician or clinical staff.



The benefits associated with shared medical appointments include:

- Reduced health care costs
- Greater patient and clinician satisfaction
- Reduced repeat hospital admissions
- Fewer emergency room and sub-specialist visits

As a part of CHD's Interprofessional Collaborative Practice (IPCP), members of the pediatric team at the Elm Street Health Center worked together to assist Hispanic/ Latino patients and their parents to reduce the patient's Body Mass Index (BMI) by increasing parent knowledge. These Spanish speaking pediatric patients all had a BMI in the 95th percentile or greater. Participants learned more about proper nutri-

tion, and exercise while gaining a better understanding of BMI during the program which ran from December 21, 2017 through March 8, 2018.

CHD advocates for increasing the legal minimum tobacco sale age to 21

The Cincinnati Health Department joins Interact for Health and the American Heart Association in advocating for raising the minimum legal tobacco sale age to 21 as part of the Tobacco 21 initiative. Tobacco use continues to be the leading cause of preventable death and disease in the United States and Greater Cincinnati. According to the U.S. Department of Health and Human Services, smoking costs the United States more than \$300 billion per year in direct medical cost and lost productivity. The Office on Smoking and Health reports nearly 9 in 10 cigarette smokers first tried smoking by age 18.

A report issued by Interact for Health and the American Heart Association states, tobacco companies are directly targeting our youth and young adults, especially in low income and predominantly African American communities. In Ohio alone, the tobacco industry spends over \$407 million each year on marketing.

The Institute of Medicine concluded that raising the minimum legal sale age of tobacco products to 21 will **significantly reduce the number of adolescents and young adults who start smoking (particularly among ages 15-17)**, reduce smoking-caused deaths and immediately improve the health of adolescents, young adults and young mothers who would be deterred from smoking as well as their children.

Five states — California, New Jersey, Oregon, Hawaii and Maine — and at least 285 localities have raised the tobacco age to 21. Columbus, Ohio passed the Tobacco 21 Ordinance in December 2016 and fully implemented it by October 2017.

The law will not penalize youth in any way or charge youth for possession of tobacco. The focus of the law is on the minimum legal sale age and is geared toward retailers and the tobacco industry.

CHD Honors Long Term City of Cincinnati Employees at CHD

CHD realizes that our employees are our greatest asset, and we are delighted to honor their dedicated service and commitment to this organization. That's why on March 20, 2018, the CHD Labor Management Committee (LMC) held its second Employee Recognition Ceremony which took place during the monthly Board of Health (BOH) meeting.

This recognition was initiated by the LMC in order to honor and thank the devoted and valued employees for their tremendous contributions to the City of Cincinnati and the Cincinnati Health Department for their 25+ years of service. They are valued members of our team and their continued contributions are vital for us to continue to be successful in meeting our stated Mission, Vision and Values. All of our organizational achievements are made possible because of their individual efforts as well as the efforts of their team members.

"We acknowledge and appreciate that the foundation of our success is built upon them and their commitment to CHD. The success of our organization is a direct result of their efforts and dedication," expressed Marilyn Crumpton, MD, MPH, Interim Health Commissioner. "Their commitment to quality and personal and professional integrity is the differentiating factor that sets us apart."

Each honoree received a certificate and was recognized by Dr. Crumpton and Ms. B.A. Dixon, LMC Co-Chair and event Chair.

25+ Years

- Dawn D. Jansen**, School & Adolescent Health — 29
- Pamela Fannon**, Environmental Health Services — 29
- Karen Flowers**, Financial Management — 29
- James Wimberg**, Financial Management — 28
- Maxine Watson**, Northside Health Center — 28
- Linda Gross**, PEAP — 28
- Carlos Thurman**, Cann Health Center — 28
- Flossietta Moss**, Vital Records — 28
- Deborah Murphy**, Women, Infant, Children (WIC) — 28
- Michelle L. Williams**, Environmental Health Services — 28
- Kimith A. Bush**, Human Resources — 28
- Rochelle Sandford**, Environmental Health Services — 28
- Norma E. Krusling**, Quality Improvement — 28
- Teresa Best**, Dental — 28
- Tamara S. Graham**, Dental — 28
- Denise R. Walton**, Dental — 28
- Patricia G. Hollis**, Fiscal — 28
- Willa L. Reed**, Communicable Diseases — 27
- Janet R. Clements**, Women, Infant, Children (WIC) — 27
- Marilyn L. Gordon**, Human Resources — 27
- Ann M. Albers**, Environmental Health Services — 27
- Cynthia McCarthy**, Environmental Health Services — 27
- Latha Venkatakrishnan**, Environmental Health Services — 27
- Traci A. Straughn**, Cann Health Center — 27
- Roberta I. Blistan**, Caan Health Center — 27
- John O. Cade II**, Environmental Health Services — 27
- Carolyn A. Cliett**, Women, Infant, Children (WIC) — 27
- Constance M. Smith**, Women, Infant, Children (WIC) — 27

"This ceremony provided recognition, a moral booster as well as an opportunity for employees, friends, family, peers and the community to celebrate the outstanding achievements of these phenomenal employees," stated Ms. Dixon. "I'd like to personally extend a heartfelt congratulations to each of these devoted employee recipients whose years of service and dedication has sincerely made a positive impact on the community and the patients we serve," expressed Ms. Dixon. "I'd also like to specifically thank all those who assisted with the ceremony," she emphasized.

National Infant Immunization Week, April 21-28

National Infant Immunization Week (NIIW), April 21-28, 2018, is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases throughout their life. NIIW is also a time to appreciate and celebrate the achievements of immunization programs around the county in promoting healthy communities.

Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting our children, communities, and public health. NIIW has served as a call to action for parents, caregivers, and healthcare providers to ensure that infants are fully immunized against 14 vaccine-preventable diseases.

It is because of these immunizations that today, most children in the United States lead much healthier lives and parents live with much less anxiety and worry over infections during their children's lifetime.

If infants are not immunized the consequences can be severe and sometimes fatal. Disease often brings economic and social expenses, misspent time and resources visiting doctors, hospitalizations as well as poor child and educational development. These consequences are in addition to any of the direct physical symptoms and health complications associated with a given condition.

Supported by the Centers for Disease Control and Prevention (CDC), the CHD plays an important role in keeping Cincinnati communities safe from disease outbreaks through surveillance, education, and administration of childhood vaccines. During NIIW, CHD encourages parents, caregivers, and healthcare professionals in their communities to understand the importance of on-time vaccination of children under 2 years old.

The bodyshop at CHD

Do you need birth control, family planning, or regular gynecological care? We offer confidential visits that include sexually transmitted infection testing and treatment, contraceptive methods counseling and education, vaccinations, pregnancy testing, referrals for specialized services and more at our Primary Care Health Centers.

The Reproductive Health and Wellness Program (RWHP) or the body shop, is a five-year grant awarded by the Ohio Department of Health to the CHD and is funded by the federal Title X program. The program provides access to contraceptives and reproductive health services to the men, women and teens of Hamilton County, especially to the most underserved populations, so as to reduce the number of unplanned pregnancies, unwanted pregnancies, and ultimately, the number of poor pregnancy outcomes. In addition, the program works to cultivate a culture of responsibility, well-being, and empowerment in regards to sexuality and reproductive health. To schedule an appointment call **513-357-7320**. For questions call our hotline at **513-357-7341**.

**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> & <https://vimeo.com/user7753914>



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MAY 2018

Vol. VIII Issue V

“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



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

 [Cincinnati Health Department](#)

 [@CinciHealthDept](#)

 [@cinci_healthdept](#)



The Board of Health Appoints First Female African American Health Commissioner, Ms. Melba R. Moore, MS, CPHA



The Cincinnati Health Department Board of Health voted unanimously to appoint Ms. Melba R. Moore, MS, CPHA, as the new permanent Health Commissioner at its board meeting on April 24, 2018. The Board has had many discussions on restructuring the leadership at the health department with the ever-changing public health landscape, and concluded it was most appropriate to appoint a permanent health commissioner after two years of interim leadership.

Ms. Moore has extensive experience in public health, serving as the Commissioner of Health for the City of St. Louis Department of Health for the past 17 years. During these years, Ms. Moore was successful in developing and implementing health programs for improving outcomes with asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health, and violent crime. She additionally secured funding to address cardiovascular disease, youth violence and parent mentoring programs to improve early childhood well-being.

A Doctoral candidate for Business Administration with a Healthcare Administration Specialization at Northcentral University, Ms. Moore also has a Bachelor of Arts degree in Psychology from Webster University, and a Masters of Science in Health Management from Lindenwood University.

“Ms. Moore has an established reputation for energetic, creative, dedicated leadership. The Board looks forward to her joining the health department and building on its long and distinguished history of providing high quality services to the citizens of Cincinnati,” expressed Board Chair, Phil Lichtenstein, MD.

Marilyn Crumpton, MD, MPH, has served as the Interim Health Commissioner since October 2016 after the departure of O’dell Owens, MD, who resigned as the Interim Health Commissioner and Medical Director to lead Interact for Health as the organization’s President/CEO. During Dr. Crumpton’s term as interim, she oversaw the critically important completion of the application submission for Accreditation by the Public Health Accreditation Board. The completion of this process will ensure a competitive advantage for retaining state and federal grants in the future. She also oversaw the re-accreditation of the City of Cincinnati Primary Care Health Center Network among many other accomplishments.

Dr. Crumpton will resume her former responsibilities as the Medical Director for the Division of School and Adolescent Health, a nationally recognized model of school-based health services which she is responsible for developing.



Commissioner's Corner

On April 13th, I presented to the Ohio House of Representatives' Legislative Assistants and Policy Advisors for #KidsTalk on behalf of Voices for Ohio's Children to discuss how School Based Health Centers (SBHCs) improve academic achievement through better health. #KidsTalk is a monthly speaker series that offers state legislators and their staff a presentation on kids' issues by local experts.

I explained how SBHCs utilize a community approach by resource coordination. Cross boundary leadership provides an infrastructure through the coordination of networks of community agencies and resources to support the efficient and effective administration of Community Learning Centers. School Health serves as a vital partner within the schools. This allows for health services to be accessed to all students and families, regardless of income or insurance. SBHCs offer equity in access to services across all Cincinnati Public Schools. Care includes vision, dental, behavioral and primary care.

Voices for Ohio's Children has been in existence since 1996 and has grown into a comprehensive and hands-on advocacy organization, focused on educating, influencing, and improving policies that impact children in Ohio. To learn more, please visit <http://www.raiseyourvoiceforkids.org/>

National Women's Health Week celebrated in May

Women's Health Week is celebrated this month and it's never too early or late to make healthy changes so you look and feel your best. The 19th annual National Women's Health Week kicks off on Mother's Day, May 13, and is celebrated through May 19, 2018. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to inspire all women to be as healthy as possible.

During the annual health observance, millions of women take initiatives to improve their health, take control of their lives and help others do the same. The week serves as a reminder for women to make their health a priority and build positive health habits for life. It's a great time to talk to the women in your family to update your family's health history. Knowing of generational health issues can help you make smarter choices about your own healthcare. CHD encourages women to protect their health by getting the care they need to prevent disease, disability, and injuries. That means keeping annual well women check-ups with healthcare providers. Women can talk to their health care provider to learn more about what screenings and exams are needed and when. For example, women can have age appropriate health screenings performed such as Pap and HPV tests, mammogram, DEXA scan, colonoscopy, eye exam, cholesterol and blood pressure tests.

An annual check-up is also a great time to discuss weight management, diabetes and any health concerns women may have regarding bullying and violence against women and girls. Discuss any vaccines that need to be taken to protect your health including Shingles, tuberculosis and pneumonia shots. Preventive care can keep disease away or detect problems early, when treatment is more effective.

Events & Shout Outs!

Wednesday, May 9, 5:30 p.m.—7 p.m.

(registration begins at 5:00pm), Communities Healthy by Design, Urban Designs Center's Renee Martin introducing Angela Mazzi, AIA ACHA EDAC, GBBN; Angelica Hardee, PhD, Gen-H The Health Collaborative; and Christa Hyson, MPH, Cincinnati Health Department.

Event location: Design Center, 1116 Race Street Cincinnati OH 45202

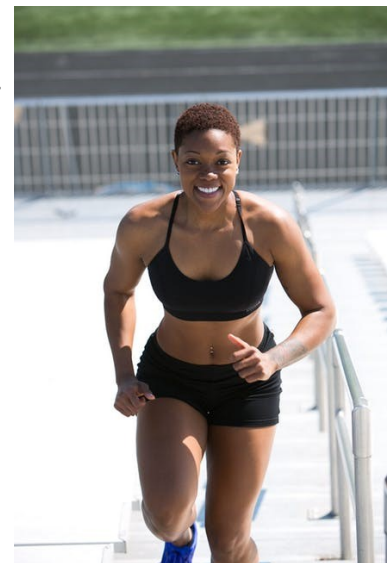
Free for AIA members, sponsors, non-architects and students (registration required). \$10 for non-member architects to receive AIA CEUs.

Thursday, May 17, from 6 p.m.—8 p.m.,

Brother You're On My Mind, a conversation to raise awareness about men's health with Guest Speaker Ronald Hummons (Speaker, Author, Film Producer), **Event Location:** CHD, 3101 Burnet Avenue, Delores L. Bowen Auditorium, 1st Floor

Friday, August 3, from 9:30 a.m.—11:30 a.m.

The Global Big Latch On, with the Big Latch at 10:30 a.m., Event Location: 7162 Reading Road, 3rd Floor. Questions 513.821.7012.



Health on the Hill 2018: Connecting Public Health Leaders to Policymakers

The National Association of County and City Health Officials (NACCHO) recently hosted ***Health on the Hill*** in Washington, DC. The annual event is a part of NACCHO's ongoing efforts to inform policymakers of the critical role that local health departments play in keeping our communities healthy and safe. The event drew more than 45 public health officials, state association leaders, and Big Cities Health Coalition members from across the nation who all convened in Capitol Hill to meet with nearly 100 Members of Congress. Although each participant had different priorities to discuss with their elected officials, they all shared a mutual goal to provide awareness into the state of public health in their communities and the inimitable challenges they face in crafting and improving community health and well-being.

CHD's Denisha Porter, MPH, RS, REHS, HHS, Director of Health Promotion and Worksite Wellness and NACCHO Board Member, attended the event. "Hill Day was an exciting experience for me. Most importantly, I was able to connect with our state delegates to better understand what some of their top priorities were, as well as gain insight into their most pressing public health concerns. In addition, we had dialogue about the scope of community engagement on the local level," she expressed.



Tonia Smith receives NACCHO's Promising Practice Recognition

Tonia Smith's work with the Tobacco Free Living program has been selected as a Promising Practice by the National Association of County and City Health Officials' (NACCHO) 2018 Model & Promising Practice Program. The selection of this program as a Promising Practice means that the program demonstrates exemplary and replicable qualities in response to a local public health need. The Tobacco Free program reflects a strong local health department role, collaboration, and innovation.

The program honors and recognizes outstanding local health initiatives from across the nation, and shares and promotes these practices among local health departments via the Model Practice Database. Model and Promising Practices cut across all areas of local public health, including community health, environmental health, public health infrastructure and systems, and public health preparedness.



Continued on page 4

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

Since 1949, May has been observed as Mental Health Month. Our bodies don't separate mental and physical health like our health care system does. Monitoring mental health, especially in young children, is key to establishing important life skills -like coping and adapting - to build resiliency to become better problem solvers throughout life.

On April 20th, Dr. Crumpton spoke at a Cincinnati Pediatric Society event on Adverse Childhood Experiences and Toxic Stress. She presented on the importance of building community resiliency in School Based Health. One of the long term goals of the Board of Health is to expand the availability of behavioral health services at all Cincinnati Health Department Health Center sites for both adult and pediatric patients to create a more resilient community.

During Mental Health Month, we encourage you to find ways to take care of you and your loved ones' mental health to build strong, resilient lives.

The Cincinnati Dental Society Honors Nancy Carter, RDH, MPH, Associate Dental Director

Nancy Carter, RDH, MPH, received the distinguished 2018 Jack W. Gottschalk, D.D.S Notable Service Award presented by The Cincinnati Dental Society's Oral Health Foundation. Mrs. Carter was honored for her lifelong commitment to making dental care accessible to all during a formal ceremony that took place last month at the Metropolitan Club in Covington, Kentucky.



This award is given to a group or individual that is committed to improving the oral health of the under served in the Greater Cincinnati Area. Mrs. Carter serves as the Associate Dental Director, Office of Community Oral Health Programs within the Cincinnati Health Department and has worked tirelessly for years to improve the oral care of children and adults in Cincinnati.

Mrs. Carter began her career at the Cincinnati Health Department in 1981 as the Assistant Dental Director and was promoted to the Associate Dental Director in 2007. Her primary responsibilities involve program management and grant writing. Mrs. Carter oversees the CHD dental program which includes nine locations, 15 dentists, 10 dental hygienists and about 50 support staff. The locations are embedded within community health centers and schools, and serve 20,000 patients in 46,000 visits each year. Two new locations are planned to open later this year: one in the Academy of World Languages and one in the Cann Health Center.

"I get the most satisfaction from helping our patients receive dental care that they would otherwise not be able to acquire," expressed Mrs. Carter. "Dental disease is prolific in low-income and uninsured populations. It causes pain and infection that inhibits individuals from functioning at a level where they can maintain employment, care for their children and attend school. It can be life threatening," she explained. Mrs. Carter also emphasized that there is job satisfaction in implementing programs in schools that prevent the disease from occurring in the first place.

Mrs. Carter's motivation comes from the satisfaction of knowing that her co-workers, as a team, are helping people improve their lives. She believes this award is significant because it is a strong sign that her team is making a difference that was noticed by the Cincinnati Dental Society, a group that represents the entire private practice dental community. "This public/private partnership is very important to our ability to provide our patients with the specialty care they often need to restore health and function to their teeth and lives," Carter stated. "This partnership creates more access for our patients. By working together, we can accomplish more and have an even greater impact on the lives of our patients," she added.

The Cincinnati Dental Society's Oral Health Foundation was founded in 2005 and first named the Cincinnati Center for Children's Dentistry. It is the philanthropic arm of the Cincinnati Dental Society committed to a mission, "To improve access to dental care to low income citizens of the Greater Cincinnati area by providing basic dental care, decay prevention, oral hygiene instruction and nutritional counseling."

Tonia Smith receives NACCHO's Promising Practice Recognition

Continued from page 3...

A Model Practice meets the following criteria: LHD role, collaboration, innovation, responsiveness, and evaluation. A Promising Practice exhibits the potential to become a Model Practice, and meets the same criteria of a Model Practice, with some qualitative and quantitative evidence that the practice has potential to improve health outcomes.

Congratulations to Tonia Smith, RS, CHES, TTS, Coordinator/Public Health Educator at CHD!



Protecting yourself from Meningitis

Meningitis can be a very serious illness. Meningitis is an irritation of the covering of the brain and spinal cord. Aseptic meningitis is generally caused by viruses and occurs primarily in young children. The virus is present in the bowel movement and saliva of infected persons. People become infected only

by swallowing the virus, either from fecal material or from respiratory droplets from infected persons or from shared contaminated items (such as cups, lip balm, utensils).

Symptoms of aseptic meningitis generally include fever, headache, lack of appetite, stomach pain, nausea and vomiting, and stiff neck. These symptoms typically go away with no permanent damage after a few days to a week. However, both viral and bacterial meningitis display the same symptoms, so if you see the symptoms listed above in you or your child, see your doctor immediately.

There are simple steps that you can take to protect your child and family from meningitis. Teach your children not to share cups and utensils, lip balm or other such products. Encourage your children to wash their hands often with soap or water (or use hand sanitizer), particularly after using the bathroom or touching surfaces or other individuals. Tell your child to avoid rubbing their eyes, nose or mouth, as these actions can introduce the virus to the system. There is a vaccine that can protect against Meningococcal meningitis, but there is no vaccine to protect against aseptic meningitis.

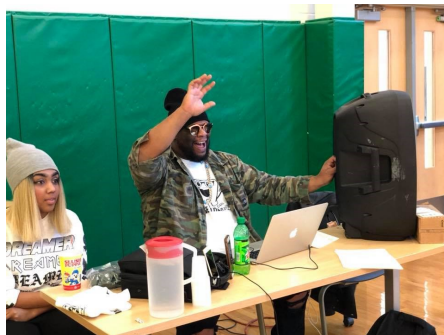
CHD Celebrates the Kyle Willis Oral Program at Taft

The Bootsy Collins Foundation hosted an oral health awareness event at the Taft High School to promote the importance of dental health and overall well-being. The event was a part of the Kyle Willis Oral Care Program which Mr. Bootsy Collins and his wife, Pepperminte Patti, started in honor of their nephew Kyle who died of tooth decay. Kyle was only 26 years old and he was the father of a five year old girl. Since the program's inception, the Foundation has hosted family-friendly events to promote dental care awareness.

The overall program objective is to provide under-served populations with access to oral care education, resources, and to direct individuals to available dental care services. The long term goal is a collaborative effort between general healthcare providers and oral health professionals. The educational services will not only be shared with providers but also institutions which will assist in diagnosing and treating all community members. The project mission is to assure that all people, regardless of their personal situation, never go untreated for oral care/dental conditions which could lead to a health risk for them and their families.



CHD staff, patients, Taft students and members of the Foundation, including Patti Collins, enjoyed dancing and games while educating visitors about oral health. Oral health has been linked with other chronic diseases, like diabetes and heart



disease. It is also linked with risk behaviors like using tobacco and eating and drinking foods and beverages high in sugar.

UC reports Mumps outbreak on campus

Since early April, two cases of mumps have been confirmed and one case suspected on The University of Cincinnati's West Campus. The University is working with the Cincinnati Health Department to implement practices to manage the current cases and prevent the spread of the disease. As an extra precaution, the CHD is advising residents of the disease's symptoms and steps to prevent getting infected.



Mumps symptoms typically include headache, fatigue, and swollen, tender salivary glands under the ears or jaw and on the cheeks. According to the Centers for Disease Control and Prevention, mumps is most contagious during the three days before symptoms appear and as many as four days after. Symptoms usually appear two to four weeks after exposure. Most people with mumps make a full recovery after a few weeks.

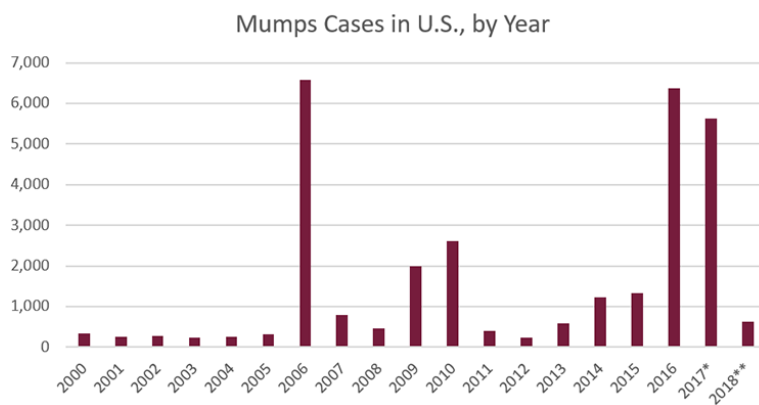
However, the CDC says if mumps isn't treated properly, it can cause serious complications including inflammation of the brain, pancreas, testicles and ovaries, as well as the covering of the brain and spinal column. Mumps can also leave a person permanently deaf. So preventing mumps is important.

Steven Engler, MD, MPH, director of the CHD's Center for Public Health Preparedness, says mumps is spread like many other viruses — via saliva or mucous from the mouth, nose or throat. An infected person can transmit the infection by coughing, sneezing, sharing items such as cups or beverages, intimate contact or by touching surfaces with unwashed hands. "Keeping your hands clean is one of the most important steps you can take to prevent spreading the illness," Dr. Engler stated.

Most patients are encouraged to rest until their fever goes away, take anti-inflammatory over-the-counter drugs such as ibuprofen to reduce their fever and drink plenty of water to avoid dehydration. "It is important to check your medical history to make sure you have been immunized against the mumps virus. If not, make an appointment to receive the Measles, Mumps and Rubella (MMR) vaccine as soon as possible," explained Engler. "People born before 1956 are considered naturally immune and do not require vaccination," he continued.

Be safe! Wash your hands frequently and avoid sharing items such as

cups and lip balm. Check on your vaccination status. Contact your physician if you experience symptoms or have other health care issues.



* Case count is preliminary and subject to change.

**Cases as of March 30, 2018. Case count is preliminary and subject to change.

Source: [Morbidity and Mortality Weekly Report \(MMWR\), Notifiable Diseases and Mortality Tables](https://www.cdc.gov/mmwr/publications/index.html)(<https://www.cdc.gov/mmwr/publications/index.html>)



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> & <https://vimeo.com/user7753914>



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JUNE 2018

Vol. VIII Issue VI

“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



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

 [Cincinnati Health Department](#)

 [@CinciHealthDept](#)

 [@cinci_healthdept](#)



How to stay healthy in and out of the pool

Memorial Day is usually the unofficial start of summer. It is when area pools open to the public. The Cincinnati Health Department is alerting the community about an unseen irritant with a multi-syllable name that could be lurking in the water. Cryptosporidiosis, or crypto, a gastrointestinal illness, is caused by a microscopic parasite and is most commonly spread through water. The parasite is resistant to chlorine based disinfectants.



People can get it several ways, but mostly commonly from contaminated food or water sources. Crypto is passed in the stool of an infected person or animal. It spreads very easily and symptoms which include watery diarrhea and stomach cramps, can last a week to several weeks.

The Cincinnati Health Department says pool owners and managers have to be diligent about hygiene, but the parasite is resistant to chlorine. The CHD works with public pools in Cincinnati to test and monitor pool water hygiene.

The best health option, according to Sharon Hutchins, PhD, MPH, supervising epidemiologist with the communicable disease unit, CHD, is to not enter the water if you are still recovering from an illness or your child isn’t potty-trained or is hesitant to get out of the water to use the bathroom. “If you are sick, particularly with diarrhea, you should not be swimming or in public water spaces. Crypto can also spread in fountains or splash areas and be transmitted person-to-person or after handling animals,” says Dr. Hutchins.

The parasite is protected by an outer shell that allows it to survive outside the body for extended periods of time that also makes it tolerant to chlorine disinfection. Symptoms include diarrhea, stomach pains and vomiting, according to the Center for Disease Control and Prevention.

Tips to avoid or lessen parasitic infections:

- When swimming try not to swallow the pool water.
- Drink water only from safe sources.
- Boil any questionable water for at least one minute before drinking.
- Wash all raw fruits and vegetables under running water from a safe source.
- Wash your hands with soap and warm water often, especially after using the bathroom.
- Whenever possible, use a vegetable brush to scrub the outside of fruits and vegetables.



We are in full preparation mode for our Public Health Accreditation Board (PHAB) site visit. Though we don't have a date confirmed, the Site Visit Team has been selected and the clock is ticking as they review all our documentation.

Presenting a safe, professional and organized environment is an important part of our site visit. In preparation, we want to ensure that all staff and our facilities are ready. The PHAB lead team has prepared a checklist for staff to use to evaluate individual workspaces. This includes not only reducing clutter in our workspaces but making sure we

have equipment, furniture and supplies to fulfill requirements (e.g. HIPAA security, safety, filing/storage cabinet, storage, damaged furniture/equipment removal/replacement). Everything must be completed by **June 15**.

On-site Clean-Up days will be scheduled for each (non clinical) CHD location. Programs may contact the Supervisor of Maintenance, Andrew Bass, at Andrew.bass@cincinnati-oh.gov to schedule their cleaning day(s). Mr. Bass will provide appropriate resources needed for clean up and organization. Extra recycling and trash bins will be located on each floor. A larger staging area will be set up in the auditorium for trash, recycling, shredding and furniture/equipment.

After June 15, we will conduct facility tours to ensure work spaces meet the PHAB standards. Those that don't will need to be addressed immediately and comply to the standards. Thank you in advance to all staff for your cooperation!

National HIV Testing Day - June 27

Each year on June 27, CHD observes National HIV Testing Day. On this day, we unite with partners, patients and other organizations to raise awareness about the importance of HIV testing and early diagnosis of HIV.

HIV stands for Human Immunodeficiency Virus. It weakens a person's immune system by destroying important cells that fight disease and infection. More than 1.2 million people in the United States are living with HIV and nearly 45,000 people find out they have HIV every year, but 1 in 8 people don't know they have it or experience any symptoms. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live.

People who have contracted the virus have it for life, since our immune systems can't seem to rid the body of it like other viruses. As the infection progresses, the patient's immune system is irreparably damaged. The body soon becomes prey to various opportunistic infections (ones that healthy people never have to worry about) and certain blood cell numbers plummet.

This is the point at which a patient is classified as having developed Acquired Immunodeficiency Syndrome (AIDS). This represents the final, deadly stage of an HIV infection. AIDS patients require complex treatments in order to stay alive.

More than 90% of new HIV infections in the United States could be prevented by testing and diagnosing people living with HIV and making sure they receive early, ongoing treatment. People who test negative have more prevention tools available today than ever before. People who test positive can take HIV medicines that can keep them healthy for many years and greatly reduce their chance of passing HIV to others.

Events & Shout Outs!

Congratulations to CHD's **Denisha Porter**, MPH, RS, REHS, HHS; Director of Health Promotion and Worksite Wellness, Creating Healthy Communities and former CHD Board of Health Member, **Dr. Donna Shambley-Ebron**, on being selected as a Nefertiti Awards recipient.



Saturday, June 9 — 4th Annual "Get It Checked" Health Fair at Spring Street Park (corners of E. 12th Street and Spring Street), from 10:00 a.m.-4:00 p.m.

June 16 (12-9 p.m.) June 17 (2-6 p.m.) — 31st Cincinnati Juneteenth, Eden Park

Congratulations Retirees

Rochelle Sandford, Customer Relations Rep, Environmental Health Services, 29 Years



Continued on page 3

Water....essential to your health

Did you know a 20 oz. sugary drink can contain up to 240 calories and 17 teaspoons of sugar? Choosing a glass of water is a simple way to cut your sugar intake and improve your health. Sugary drinks are not only high in sugar, but they're also high in calories and salt. If you're working hard to get healthy, you need to make sure you get enough water when thirsty and eating meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

You need water. Being dehydrated can make you feel unfocused and tired. **Water helps your body:**

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Continued....National HIV Testing Day - June 27

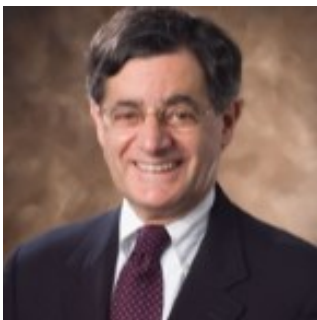
Am I at risk for HIV?

HIV is spread through some of the body's fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Help encourage HIV testing on National HIV Testing Day and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services. **To schedule HIV/STI testing, call CHD at 513-357-7301.**

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

The Cincinnati Health Department will conduct an in-person survey of Cincinnati residents as part of its *2018 Cincinnati Community Health Assessment*. This is a local part of a regional effort, sponsored by dozens of hospitals and health departments, to collect data called the *Community Health Needs Assessment*. Cincinnati is collecting additional information to ensure representation of City residents, their health status, needs, and priorities.

We will be using a survey methodology called CASPER (for details see <http://bit.ly/CHD-CASPER>) that was designed to rapidly collect data after an emergency, but is well suited to get a geographically representative sample of a larger area and collect data about any topic. To do this type of survey, we have teams of two to go out to specific neighborhoods of the City and interview a member of the selected households (each team will receive a list of households to survey). If your neighborhood is selected and one of our volunteers comes to your home, we hope you consider taking the survey for this worthwhile cause.

On May 29, 2018, Greater Cincinnati Water Works (GCWW) officially launched a new “**Go Green. Go Paperless.**” Campaign to encourage customers to sign up to receive paperless (aka electronic) invoices via email.



The initial method of outreach for the campaign is via email. Notifications will be sent to nearly 60,000 current “paper” customers promoting the ease for them to “Go Paperless in Just a Few Clicks.” The emails will be sent in a staggered delivery format, over the course of approximately four weeks May 29 – June 19. We currently have around 60,000 of our 241,000 customer accounts as paperless; our goal is to increase that number to 120,000.

If you are currently not a GCWW Paperless customer, please look for your email (email address on file with billing account) in the next week or two, and click to Go Paperless!

Why is GCWW encouraging customers to go paperless?

- Faster delivery of statements and other documents
- Reduced paper clutter for the customer
- Reduced postal costs
- Protection of our natural resources through reduced paper consumption
- Access to statements online at any time, from anywhere

You can also Go Paperless and sign up for Auto Pay by enrolling at portal.myGCWW.org.

GCWW Customer Care Representatives are also available at (513) 591-7700, Monday through Friday, 7:30AM to 5:30PM to assist customers with going paperless, enrolling, or any other questions they may have.



Smart phone obsession can ruin your romance Are you “phubbing” your family?

Researchers at Baylor University studied the effects of being distracted by a cellphone while in the presence of a romantic partner. They called this type of distraction phone snubbing, or “phubbing.”

The study showed that the more time one person was on the phone while the couple were together, the more dissatisfied the other person was with the relationship.

Here are some of the behaviors researchers found to be problematic

in relationships:* Phone Snubbing:

- Placing a cell phone where you can see it when you’re with your partner.
- Keeping a cell phone in your hand when you’re with your loved one.
- Glancing at your phone when talking to the other person.
- Checking your phone when there is a break in the conversation.

Keep reading to find out more about the effects of “distracted presence” and how to become more intentional with technology in a way that protects relationships by logging on to <https://www.cincinnati-oh.gov/health/reports-publications/>

If you are concerned about your own, or a loved one’s technology use, your Public Employees Assistance Program (PEAP) can help. The counselors at PEAP can help you find ways to become more balanced with use of technology in order to strengthen your relationships. Call 513.421.7600 to schedule an appointment.



Prevention is key to avoid mosquito bites

No one is a fan of being bitten by mosquitoes, but the small insects are already beginning to appear. Although most kinds of mosquitoes are just nuisance mosquitoes their bites are not only itchy but they also spread viruses that make you sick, or in rare cases, cause death. Whether you're staying at home or traveling abroad, preventing mosquito bites is the best way to reduce the risk of mosquito-borne disease.

Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

Warm temperatures and standing water from recent rains create perfect mosquito breeding conditions. Keep your family safe by avoiding getting bit in the first place. The following are some steps that can be taken to help prevent mosquito bites whether you're at home or traveling.

Avoid mosquito bites.

It is important to prioritize personal protection to protect against mosquito bites.

- Wear EPA-registered mosquito repellents whenever mosquitoes are present and follow label instructions.
- Wear long, loose, light-colored clothing.
- Install or repair screens on windows and doors to keep mosquitoes outside.

Help reduce mosquito breeding around your home.

Get rid of potential mosquito breeding sites to help prevent mosquito-borne diseases. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths. Consider using products containing *Bacillus thuringiensis israelensis* (Bti), available at many garden and home improvement stores, to control mosquito larvae in containers that are too large to empty. Follow the label instructions.

Communities Healthy by Design

[AIA Cincinnati](#) recently hosted the Cincinnati Health Department, The Health Collaborative, and GBBN Architects to teach the latest Urban Design Salon on how to build with the community instead of for the community and how health data can be utilized to design and plan for community needs.

To build healthier communities, local architects and public health partners seek practical relationships in creating urban architecture that use place-specific data. By connecting known data and design action, this salon discussed how architects can grow their awareness into meaningful work across disciplines, while taking a stand on issues that benefit our community. The main objectives of the salon were to;

- Utilize, learn from, and leverage public-private partnerships.
- Build with a conscience.
- Find and use environmental health data for design.
- Understand how philanthropy, health, and design work together.
- Counter the ways poor urban design impacts health.



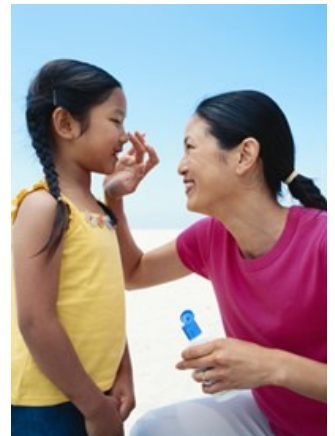
Speakers were Angela Mazzi, AIA ACHA EDAC (GBBN Architects), Angelica Hardee, PhD (Gen-H, The Health Collaborative) and Christa Hyson, MPH (Cincinnati Health Department). If you have an interest in Urban Planning, Architecture, Environmental Design and how Public Health relates – please email Couper Gardiner at cgardiner@unitingarch.org for more information on future events.

By Brian Hostetler, PharmD Candidate, Class of 2019
Protecting Your Skin While Having Fun in the Sun

It's that time of year again in Cincinnati! After a long winter, we seemed to have gone from the cold weather and skipped straight to summer. As it gets warmer outside, we spend more time outdoors and do all sorts of activities in the sun. While it is great to get out and enjoy yourself, it is important to remember to keep your skin protected! We all know that being outdoors in the sun for too long can cause painful sunburns, but prolonged exposure from the sun's ultraviolet (UV) rays can lead to a type of skin cancer called melanoma. It's also important to note that other forms of UV radiation, like indoor tanning, are bad for your skin and can increase the risk of you getting cancer. Melanoma can be deadly if it's not detected right away, and can occur anywhere on the body. However, it is most common on the head, neck, torso, upper back, and legs. What does a melanoma look like? It's typically a spot on the skin which can be mistaken for a mole, but there are some important differences. Using the mnemonic ABCDE, here are some important things to look out for:

A	A symmetry - while most moles are symmetrical, melanomas tend to be asymmetrical and may have different looking halves of the spot
B	B order - the edges of the melanoma are usually uneven
C	C olor – most moles are a single color, but melanomas can have different colors within the same spot, or have unusual coloring like blue, red, and white
D	D iameter – look out for any spots that are larger than 6 mm, or about the size of a pencil eraser; spots this size are larger could be a melanoma
E	E volving – take notice if the spot is changing size, shape, or color

While it is important to be wary of unusual spots on your skin, and to get your skin checked annually by a dermatologist, you can still have fun out in the sun. Make sure to wear sunscreen with at least a sun protection factor (SPF) of 30. The SPF is a number to show how much protection the sunscreen offers, with higher numbers offering greater sun protection (sunscreens typically have SPF values that range from 2-100). It should be applied 15 minutes before going out in the sun, and be applied every 2 hours while out in the sun. However, if you go swimming, or start sweating a lot, more should be applied immediately after. Stay out of direct sunlight or seek shade during the times of 10 a.m. to 2 p.m. when the sun's rays are the most intense, and make sure to wear a hat or clothing on unprotected areas of the skin. Check out <https://melanomaknowmore.com/> for more information about melanoma, and for information about the monthly free skin cancer screening clinics around Cincinnati. Have fun out in the sunshine this summer, stay hydrated, and protect your skin!



Sources

1. Melanoma Know More [Internet]. [accessed 2018 May 17]. Available from: <https://melanomaknowmore.com/>.



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> & <https://vimeo.com/user7753914>



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JULY 2018

Vol. VIII Issue VII

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



Learn How To Control Asthma

Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

CDC’s National Asthma Control Program works to help Americans with asthma achieve better health and improved quality of life. The program funds states, school programs, and non-government organizations to help them improve surveillance of asthma, train health professionals, educate individuals with asthma and their families, and explain asthma to the public.

In most cases, we don’t know what causes asthma, and we don’t know how to cure it. We know that if someone in your family has asthma you are more likely to have it.

How Can You Tell if You Have Asthma?

It can be hard to tell if someone has asthma, especially in children under age 5. Having a doctor check how well your lungs work and check for allergies can help you find out if you have asthma.

During a checkup, the doctor will ask if you cough a lot, especially at night. He or she will then ask whether your breathing problems are worse after physical activity or at certain times of year. The doctor will then also ask about chest tightness, wheezing, and colds lasting more than 10 days. He or she will ask whether anyone in your family has or has had asthma, allergies, or other breathing problems. Finally, the doctor will ask questions about your home and if you have missed school or work or have trouble doing certain things.

The doctor will also do a breathing test, called spirometry, to find out how well your lungs are working. The doctor will use a computer with a mouthpiece to test how much air you can breathe out after taking a very deep breath. The spirometer can measure airflow before and after you use asthma medicine.



Continued on page 4...

Commissioner's Corner Suicide Awareness



Suicide rates in the United States have continued to increase from 1999 - 2016. It affects every race, culture, age and socioeconomic group, and suicide is the second leading cause of death for 10-24 year-olds (first is accidental injury). Suicide may be caused by many factors. Up to half of suicides may be related to known mental illness, but suicide may also be related to other risk factors. In

fact, many people who die by suicide are not known to have a diagnosed mental health condition. Public health, educators, social organizations, healthcare, employers, and many other groups are working to spread the word about the risk of suicide and what we can do to help.

Below is a US map showing the rising rate of suicide by states. In Ohio, we have had a rate increase of 36% from 1999-2016. There are many factors that may contribute to suicide and there may be more than one factor involved. Some of those factors include: relationship problems (42%), crisis in the past two weeks (28%), problems related to substance use (28%), physical health problems (22%), job/financial problems (16%), criminal/legal problems (9%), housing instability (4%). In addition, signs in youth may include a change in appearance or behavior, a drop in grades, a decrease in motivation.

We need to be aware of the warning signs:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing their use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

We can help individuals who are known to be at risk to develop a Safety Plan. The best help we can be is to start conversations with anyone that we have concerns may be at risk for suicide. If we identify that they need help, we need to assist them in connecting immediately with a professional who can help.

Events & Shout Outs!

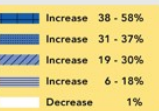
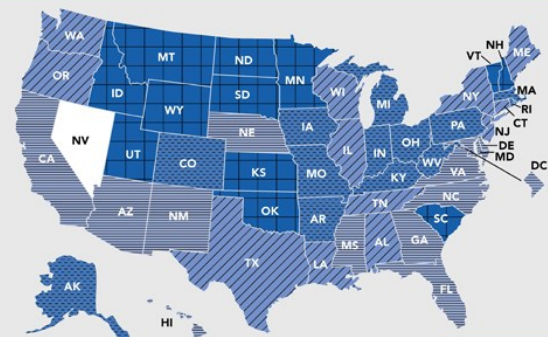
Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employee:

- **Deborah Barnes, Clerk Typist 3, School Based Health Centers - 33 years**



Suicide rates rose across the US from 1999 to 2016.



Vitalsigns™
<https://www.cdc.gov/vitalsigns/suicide>



Heatwaves and Heat Warnings can impact health

Heat or hot weather that lasts for several days (generally 10 degrees or more above average) and often combined with excessive humidity, is often referred to as “a heatwave.” Heatwaves can have a significant impact on society, including a rise in mortality and morbidity. In fact, in recent years, excessive heat has caused more deaths than all other weather events, including floods.



Each National Weather Service (NWS) Forecast Office issues some or all of the following heat-related warnings as conditions warrant. All NWS local offices often collaborate with local partners to determine when an alert should be issued for a local area. Take a moment to learn about the advisory system so you can keep your loved ones safe from heat-related illnesses.

- **Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 80°. Criteria varies across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.
- **Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.
- **Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°.
- **Excessive Heat Outlooks** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Heat Advisory - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs= 100-105° Fahrenheit).

Excessive Heat Warning - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs= 105-110° Fahrenheit).

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

When was the last time you had a wellness checkup? Had a preventative health screening? When we are feeling healthy – that is the time to take control of our health. According to the Centers for Disease Control and Prevention, chronic diseases, such as heart disease, cancer, and diabetes, are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation's health spending.

Chronic diseases can be preventable through early detection and screenings, when treatment works best. Eating a healthy diet, avoiding tobacco products, reaching 30 minutes of exercise daily, and receiving preventive health services such as cancer screenings, wellness visits and vaccinations are just a few examples of ways people can take control of their health. The right preventive care at every stage of life helps everyone stay healthy, avoid or delay the onset of disease, keep diseases they already have from becoming worse or debilitating, lead productive lives, and reduce overall health costs.

What Is an Asthma Attack?

An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways even more.

You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor's advice. When you control your asthma: you won't have symptoms such as wheezing or coughing, you'll sleep better, you won't miss work or school, you can take part in all physical activities, and you won't have to go to the hospital.

What Causes an Asthma Attack?

An asthma attack can happen when you are exposed to "asthma triggers". Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid the triggers. Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, and smoke from burning wood or grass.

How Is Asthma Treated?

Take your medicine exactly as your doctor tells you and stay away from things that can trigger an attack to control your asthma.

Everyone with asthma does not take the same medicine.

You can breathe in some medicines and take other medicines as a pill. Asthma medicines come in two types—quick-relief and long-term control. Quick-relief medicines control the symptoms of an asthma attack. If you need to use your quick-relief medicines more and more, visit your doctor to see if you need a different medicine. Long-term control medicines help you have fewer and milder attacks, but they don't help you while you are having an asthma attack.

Know Hepatitis. Act Now.

World Hepatitis Day, observed on July 28 every year, aims to raise global awareness of hepatitis — a group of infectious diseases known as Hepatitis A, B, C, D, and E — and encourage prevention, diagnosis and treatment.

Each year, a global awareness campaign from the World Health Organization aims to encourage real change to the treatment, diagnosis, and prevention of viral hepatitis. World Hepatitis Day 2018 sees the launch of a three year campaign aimed at overcoming the main barriers to diagnosis. The 'Find the Missing Millions' campaign highlights that globally, out of 325 million people living with viral hepatitis, 9 in 10 people are unaware that they are.

"Hepatitis" means inflammation of the liver, an organ vital in regulating many of the body's functions. World Hepatitis Day, on July 28, 2017, is a day to highlight the global burden of viral hepatitis and to show individuals what they can do to prevent it. Hepatitis affects 400 million people worldwide, causing both acute (short-term) and chronic (long-term) liver disease. As the 7th leading cause of death worldwide, the disease kills 1.4 million people each year, killing more people than AIDS, tuberculosis and road injuries.

There are five distinct hepatitis viruses- A, B, C, D and E. Each virus has a different mode of transmission, acts in different populations and causes different health outcomes. Viruses B and C create the highest burden worldwide, but viruses A, D and E also remain a global health concern.

Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from two weeks to six months after exposure. Symptoms of chronic viral hepatitis can take decades to develop.

You can prevent viral hepatitis by getting vaccinated for each type. Viruses A, B and C are the most common type of viral hepatitis in the United States. To see if you should be tested and/or vaccinated for hepatitis A, B, or C, take the CDC's online Hepatitis Risk Assessment here: <https://www.cdc.gov/hepatitis/riskassessment/index.htm>

Healthy Pets and Healthy People

Pets provide many benefits to people. However, some pets can carry harmful germs that can make us sick. Pets can spread germs even if they look healthy. Learn ways to stay healthy while enjoying pets.

There are many health benefits of owning a pet. They can increase opportunities to exercise, get outside, and socialize. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can help manage loneliness and depression by giving us companionship. However, pets can sometimes carry harmful germs that can make us sick even when the pet appears healthy. Below are some tips to help you and your family stay healthy while enjoying pets.

Pick the Right Pet

Before adopting a new pet, make sure that it is the right one for you and your family. Do some research beforehand about the specific needs of the animal. Ask yourself these questions before getting a pet:

- How long will this animal live?
- What does the pet eat?
- How much exercise does the pet need?
- How large will it become?
- How much will it cost for veterinary care?
- Do I have enough time to properly care for and clean up after the pet?
- What type of habitat does this pet need to be healthy?
- What type of exercise does this pet need?
- Are pets allowed in my house, apartment, or condominium?
- Are there young children, older people, or people with weak immune systems who will care for or be around the pet?



Children 5 years of age and younger, people with weakened immune systems, and people 65 years of age and older are more likely to get diseases spread between animals and people (also known as zoonotic diseases). Pregnant women are also at a higher risk for certain animal-related diseases. Before getting a new pet, keep the following in mind: Households with children 5 years of age and younger should not have pet reptiles (turtles, lizards, snakes), amphibians (frogs, toads), or backyard poultry because of the risk of serious illness from harmful germs spread between these animals and young children.

People with weakened immune systems should take extra precautions when choosing and handling pets. Talk to your veterinarian for help picking the best pet.

Pregnant women should avoid adopting a new cat or handling stray cats, especially kittens. Cats can carry a parasite that causes toxoplasmosis—a disease that can cause birth defects. If you are pregnant, you do not need to give up your current cat, but you should avoid changing cat litter.

Pregnant women should avoid contact with pet rodents to prevent exposure to lymphocytic choriomeningitis virus, which can cause birth defects. If you're pregnant and have a pet rodent, avoid direct contact and have someone else clean its habitat. Wash hands after touching, feeding, or cleaning up after pets.

Stay Healthy Around Pets — Wash Your Hands

Whether you are playing with, feeding, or cleaning up after your pet, it is important to wash your hands to help reduce the risk of getting sick from germs pets can carry. If you or a family member are concerned about illness, talk to a doctor and mention the animals you've had contact with recently.

Always wash hands:

- After touching or playing with your pet
- After feeding your pet or handling pet food
- After handling pet habitats or equipment (cages, tanks, toys, etc.)
- After cleaning up after pets
- After leaving areas where animals live (coops, barns, stalls, etc.), even if you did not touch an animal

Continued on page 6...

- Before eating and drinking
- Before preparing food or drinks
- After removing soiled clothes or shoes
- Running water and soap are best for hand washing, but you can use hand sanitizer until running water and soap are available. Adults should always assist young children with hand washing.
- Keep pets healthy with regular veterinary visits.



Keep Your Pet Healthy

Whether you have a dog, cat, horse, parakeet, gerbil, bearded dragon, or other fun pet, providing regular, life-long veterinary care is important for keeping your pet and family healthy. Regular veterinary visits are essential to good pet health. Talk to your pet's veterinarian about how to keep your pet healthy. Provide your pet with a good diet, fresh water, clean bedding, and plenty of exercise. Keep up with your pet's vaccines, deworming, and flea and tick control. Some pets can carry ticks that can spread serious diseases like Lyme disease and Rocky Mountain spotted fever to people. In areas with plague — including some rural areas in the western US—fleas can be a risk to both animals and their owners.

By keeping your pet healthy, you help to keep yourself and your family healthy. Contact your veterinarian if you have any questions about your pet's health or if you think your pet may be sick.

Practice Good Pet Hygiene

In addition to hand washing, practicing good pet hygiene can help prevent the spread of germs between pets and people. Keep pets and their supplies out of the kitchen, and disinfect pet habitats and supplies outside the house when possible. Never clean supplies in the kitchen sink, food preparation areas, or the bathroom sink. Pets can contaminate surfaces in your home with germs—you don't have touch pets to get sick from their germs.

Always remove your dog's feces (poop) from your yard and public places by using a bag, and dispose of it in proper areas. Dog and cat poop can contain parasites and germs that can be harmful to people. Keep children away from areas that might contain dog or cat poop to prevent them from getting roundworms and hookworms. Cover sand boxes so cats don't use them as a litter box. Clean the cat's litter box daily to lower the chances of exposure to harmful parasites. Remember, pregnant women should avoid changing a cat's litter box if possible.

Teach Children How to Interact with Animals

Pets can teach children compassion and responsibility. However, children 5 years of age and younger should be supervised while interacting with animals to ensure the safety of the child and the pet. Teach children to wash their hands right after playing with animals or anything in the animals' environment (cages, beds, food, or water dishes). Don't let children kiss pets or put their hands or other objects in their mouths after handling animals. Adults should supervise and be extra cautious when children 5 years of age and younger have direct contact with farm animals, including animals at petting zoos and fairs. Avoid touching wildlife to reduce your risk of illness and injury.

Keep Wildlife Wild

Although they may look cute and cuddly, avoid touching wild animals to reduce the risk of illness and injury. Don't encourage wild animals such as raccoons, prairie dogs, or wild rodents to come into your home by feeding them. You might find a young animal that appears to be abandoned and want to rescue it, but often its parent is close by. If you are concerned about the safety of a wild animal, contact a local wildlife rehabilitation facility.



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

AUGUST 2018

Vol. VII Issue VIII

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



Back to School, Back to the Doctor

No matter what grade your child is about to enter, there's the yearly back-to-school checklist of to-dos.



As children return to school, it's important that all students are up to date on all their immunizations for vaccine-preventable diseases, such as measles, mumps and pertussis. What better time for parents to ensure that their children's – and their own – immunizations are up to date, before children and germs gather in the classroom.

Vaccines are the most effective means of protecting children from potentially serious infectious diseases and stopping their spread. Outbreaks of vaccine-preventable diseases once thought to be well controlled are still occurring in this country today.

While it may not seem as urgent, a yearly physical exam by your family's pediatrician is an important part of your child's health care.

Your Family-Centered Medical Home

The Cincinnati Health Department advocates that every child and youth receive care through a **family-centered medical home**. Within the medical home, care is provided continuously over a long period of time so that as a child ages and develops, his or her care is never interrupted.

The continuity of regular physical exams is invaluable. Having a long-term history with a child or adolescent gives the doctor the awareness of the child's progress and development over time. This helps the doctor detect emerging problems, as well as being informed by the detail of the patient's history, such as important past illnesses or injuries the child may forget to mention on the sports physical questionnaire.

Adolescence, for example, is a time when vital changes are taking place. It is important to have your child see the pediatrician during the transition years from later childhood to puberty.

The annual pediatric exam also offers the doctor time to provide wellness guidance and advice. In addition to monitoring heart and blood pressure and testing for diabetes, pediatricians can use this annual visit with your child to discuss diet, exercise options, pediatric vision screenings, and testing for cholesterol and anemia.

Continued on page 3...



What is Public Health?

The three core functions of public health are assessment, assurance and policy development. Public health monitors and measures the health of the community then conducts investigations of health concerns. Based on this work, public health informs and educates the community on what changes will impact health and assists in planning and developing solutions. The health improvement work is accomplished together with community members, universities and hospitals, community partners, other city departments and sometimes other health departments.

The Cincinnati Health Department's current concerns focus on access to health care, infant mortality, healthy and successful students, emergency/ disaster preparedness, communicable disease monitoring, safe and healthy housing, food protection, environmental safety, safe and walkable communities, clean air, access to nutritious foods, health assessments, and the opioid epidemic.

The work has changed over the years based on control of diseases, innovations in healthcare, and environmental improvements. The innovations – for example, new immunizations, antibiotics, insulin - and the improvements - cleaner water, lead-safe housing, solid waste management - are part of how we have reduced risks to protect health. The work now includes health behavior improvements (healthy eating and active living) and chronic disease management as an important part of the work.

Preventing Dog Bites



The majority of animal bites in the US are from household pets, with most being inflicted by dogs. Most animal bites reported to the county health officer involve dogs. There are more than 60 million pet dogs in the US: half of all bites are inflicted by the family dog.

Dog bites are a serious public health problem that inflicts considerable physical and emotional damage on victims. The insurance industry estimates it pays more than \$1 billion a year in homeowners' liability claims resulting from dog bites. Hospital expenses for dog bite-related emergency visits are estimated at \$100 million.

Dogs have shared their lives with human for more than 12,000 years; that coexistence has contributed substantially to humans' quality of life. Dog bites are a largely preventable public health problem, and adults and children can learn to reduce their chances of being bitten.

Pets can be a lot of fun for the whole family and provide many benefits. However, it is important to stay safe around dogs and remember that, in certain situations, any dog may bite. Even the cuddliest, fuzziest, sweetest pup can bite if provoked. Most people are bitten by their own dog or one they know. Some owners actually promote aggression in their dogs or allow aggression to go unchecked.

Continued on page 6...

Events & Shout Outs!



National Health Center Week—August 12—18

30th Midwest Regional Black Family Reunion—August 17-19, Sawyer Point Park and Yeatman's Cove

Men's Health Back to School (Health Fair) (HBP/Diabetes - Healthy Eating Session 2) - August 11

Creating Health Communities Coalition—August 8 10: a.m.—Noon

Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employees:

- **Linda Penn, Medical Assistant, WIC — 27 years**



...Continued from page 1

Examining the Young Athlete

The doctor's annual exam of a young athlete should be similar to one for any other child but most pediatricians will also address some sports-specific issues, including injuries, nutrition, training and exercise programs, and even attitudes in the course of the exam.

The other side of the exercise issue is the student athlete who is already involved in an exercise and training program. Overuse and overtraining injuries continue to be huge problems.

The Need for a Thorough Physical Exam (*beyond a sports-specific exam*)

Back-to-school check-ups, as they are commonly called, are often the only visit most kids and teenagers have with their pediatrician every year. The annual physical gives the pediatrician a chance to give the child a thorough physical exam and address any emotional, developmental, or social concerns. It is also a good chance to address important questions, especially with teenagers, including adolescent issues of drinking, smoking, drugs, sexual activity, and depression.

Children involved in school athletic programs often receive a sports-specific exam through the school. The timeframe for getting this exam should be at least 6 weeks prior to the start of the sport's season. This allows ample time to work up any new health concerns or rehab any lingering injuries before the season starts, without delaying clearance of the athlete. However, school sports physicals alone tend not to address the child's overall health.



Getting the Balance Right

A healthy childhood and adolescence calls for balancing home life, school, social activities, sports, and extra-curricular pursuits. This is not easy, especially during a time when the child is passing through the years of growth, learning, exploration, and emotional and physical development. This is all the more reason to set aside one day during each of those years for your child to see the pediatrician.

To schedule an appointment for you and your family please contact the Cincinnati Health Department at (513) 357-7200.

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

In April of 2018, the Board of Health voted unanimously to appoint Ms. Melba R. Moore, MS, CPHA, as the new permanent Health Commissioner. She begins her tenure with the Cincinnati Health Department on August 6, 2018. Commissioner Moore has an established reputation for energetic, creative, and dedicated leadership. The Board looks forward to her joining the health department and building on its long and distinguished history of providing high quality health services to the citizens of Cincinnati.

Commissioner Moore has extensive experience in public health, serving as the Commissioner of Health for the City of St. Louis Department of Health for the past 17 years.

During these years, Ms. Moore was successful in developing and implementing health programs for improving outcomes with asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health, and violent crime. She additionally secured funding to address cardiovascular disease, youth violence and parent mentoring programs to improve early childhood well-being.



Lead-Free Kids for a Healthy Future



Nearly half a million children living in the United States have elevated blood lead levels that may cause significant damage to their health. Major sources of lead exposure to children in the U.S. include lead-based paint and lead-contaminated dust in deteriorating buildings. Children can also be exposed to lead from additional sources including contaminated drinking water, take-home exposures from a workplace, and lead in soil.

Lead exposure during childhood can lead to a multitude of health issues. Prolonged lead exposure can lead to hearing, speech, and behavior problems, along with slowed growth and damage to the brain and nervous systems. Despite the continued presence of lead in the environment, lead poisoning is entirely preventable. Parents can reduce a child's exposure to lead in many ways.

Here are some simple things you can do to help protect your family:

- Get your home tested. Before you buy a home built before 1978, ask for a lead inspection. The Cincinnati Health Department offers paint chip testing.
- Get your child tested. Even if your young children seem healthy, ask your doctor to test them for lead.
- Get the Facts! We can provide you with helpful information about preventing childhood lead poisoning. Contact: (513) 357-7420 or tinyurl.com/CLOSE-Cincinnati for more information.

To raise awareness of the consequences of lead poisoning among parents and property owners who live in homes built before 1978, the Cincinnati Health Department has developed the Cincinnati Lead Operations for Safe Environments (CLOSE) program. The Cincinnati Health Department received a \$3.4 million dollar grant from the Department of Housing and Urban Development, to create 225 lead safe homes in the City of Cincinnati. If you are a property owner or tenant, your home might be eligible for the CLOSE program. To find out more about the CLOSE program visit tinyurl.com/CLOSE-Cincinnati or call (513) 357-7420.

National Health Center Week

Celebrating Health Centers: Home of America's Health Care Heroes

National Health Center Week (August 12th- 18th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 27 million patients a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.

This year, CHD along with the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the incredible health care heroes— individuals who live and breathe the health center mission and exceed the call of duty to support health centers in providing quality health care for patients in the community. Health Centers deliver high quality, cost effective, accessible care to populations that are heavily underserved.

CHD provided essential medical, dental and vision services at our eight primary care health centers. Thank you to all the providers, administrators and support staff that operate the CHD Health Centers! It is because of you that CHD is able to provide quality care and essential health information to our communities.



West Nile Virus Active in Cincinnati

Mosquitoes are common this time of year, but sometimes their bite gives you more than just an itch – a mosquito bite can give you the West Nile virus.

Mosquitoes spread the West Nile virus. They become infected after feeding on birds that carry the virus. When the infected mosquitoes bite a person, the virus is transferred to the human via the insect's saliva.



West Nile outbreaks have occurred every summer in the United States since 1999 and in every state except Hawaii and Alaska.

In July, three pools of mosquitoes trapped in Cincinnati have been found to be infected with the West Nile Virus. To date this year, no residents of Cincinnati have been infected with West Nile Virus. Finding the virus active in local mosquitoes indicates that people in the area are at increased risk of becoming infected with West Nile Virus. The Cincinnati Health Department would like to remind everyone of how they can keep themselves and their families safe from West Nile Virus and other mosquito-borne infections.

However, the virus doesn't make many people sick. The U.S. Centers for Disease Control and Prevention say that 70 percent to 80 percent of people infected with West Nile virus do not develop symptoms.

About one in five infected people will develop a fever with other symptoms such as headache, body aches, joint pain, vomiting, diarrhea, or rash. Symptoms of a West Nile virus illness start to develop between three to 14 days after a mosquito bite. Those people with this type of West Nile virus disease recover completely, but fatigue and weakness can last for weeks or months. In some severe cases, people over the age of 60 are at a higher risk for encephalitis (swelling of the brain). Most people, however, will simply develop immunity to the virus and never develop a West Nile illness.

There are no vaccines or treatment for the virus. You can use over-the-counter pain relievers to reduce fever and relieve some symptoms. Those with milder symptoms typically recover on their own, although some symptoms may last for several weeks. People with more severe symptoms need to be hospitalized to receive supportive treatment such as intravenous fluids and pain medications.

You can reduce your risks of contracting West Nile by protecting yourself from mosquitoes.

- Avoid going outside from dusk until dawn when mosquitoes are most active and many mosquito species like to feed.
- Get rid of standing water around your house or apartment – wet, murky areas are where mosquitoes tend to breed. Buckets, discarded tires, and even bird baths are great places for mosquitoes to lay eggs.
- Wear long-sleeves and long pants if you're going to be outside for an extended period of time. Dusk through dawn is when mosquitoes are most active.
- Use insect repellent that contain DEET, picaridin, IR3535 or products that contain oil of lemon, citronella, eucalyptus and para-menthane-diol. (NOT for children under 3 years of age)
- Install or repair screens on windows and doors or use air conditioning.
- Once per week, empty, scrub, turn over, cover or throw out any items that can hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots or trash containers. Mosquitoes lay eggs near water.

The Technical Unit of the Cincinnati Health Department's Environmental Health Program routinely conducts seasonal surveillance of mosquito pools in Cincinnati through a grant from the Ohio Department of Health. The program runs from June through the end of September each year. In the program, 4-5 traps are placed and monitored daily throughout various Cincinnati neighborhoods, with testing conducted by the Ohio Department of Health Laboratory. Beginning this year, this program can test for Zika Virus in addition to West Nile Virus.

The Communicable Disease Prevention and Control Unit of the Cincinnati Health Department accepts and investigates human cases of West Nile Virus reported by laboratories and healthcare providers. They can be contacted at the Cincinnati Health Department at (513)352-2922.

Preventing dog bites continued....



How can my family and I avoid being bitten?

Be cautious around strange dogs and treat your own pet with respect. Because children are the most frequent victims of dog bites, parents and caregivers should:

- NEVER approach a dog that you don't know
- NEVER leave a baby or small child alone with a dog.
- Be on the look out for potentially dangerous situations.
- Start teaching young children – including toddlers – to be careful around pets.
- Children must be taught NOT to approach strange dogs. Teach children to ask permission from a dog's owner before petting the dog.
- Always monitor children around dogs, even if it

is your own pet or a dog you know. Children are frequently not able to recognize cues from the dog indicating that it's anxious or scared and therefore more likely to bite

- Always keep your dog on a 6-foot leash when taking it for a walk. Maintain control of the dog at all times
- Respect your pet's space. Don't startle them, especially when they're sleeping
- Teach your children that strange dogs may not like them - not all dogs are friendly like the one you own
- Properly train your dog to be obedient. Consult with your veterinarians or an animal trainer for more information

Other tips that may prevent or stop a dog attack

- Don't run past a dog. Dogs naturally love to chase and catch things.
- Don't give them a reason to become excited or aggressive.
- Never disturb a dog that's caring for puppies, sleeping or eating.
- If a dog approaches to sniff you, stay still. In most cases, the dog will go away when it determines you're not a threat.
- If you're threatened by a dog, remain calm. Don't scream. If you say anything, speak calmly and firmly. Avoid eye contact. Try to stay still until the dog leaves, or back away slowly until the dog is out of sight.
- Don't turn and run.
- If you fall or are knocked to the ground, curl into a ball with your hands over your head and neck. Protect your face.

Be alert. Know your dog. Be alert to signs of illness. Also, watch for signs your dog is uncomfortable or feeling aggressive. For more information contact the CHD at 513.352.2922.



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

SEPTEMBER 2018

Vol. VIII Issue IX

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept

September is National Preparedness Month

There are literally 100 reasons to prepare for an emergency, such as a natural disaster, a power outage, and pandemic influenza. Most Americans do not have supplies set aside or plans in place to protect their own or their family’s health and safety.

The good news is that it is never too late to prepare for a public health emergency. You can take actions, make healthy choices, and download free resources to help you prepare for, adapt to, and cope with adversity.

Learn how to prepare for, respond to, and recover from emergencies then share what you’ve learned with others to help build more resilient communities.

September is National Preparedness Month, which is a perfect time to begin thinking and learning about what actions to take in the event of an emergency. Every second counts during an emergency, which is why it is crucial to have a game plan beforehand. Knowing how to respond is essential to ensuring safety during an emergency, so this month, plan ahead and make an emergency plan for you and your family.

You should know how you will receive emergency alerts and warnings, know your shelter plan and evacuation route, as well as how you will communicate with loved ones. Make sure to consider any unique needs you or your family may have when creating your plan. For example, are there any medical needs that may require prescriptions or equipment, does anyone need assistance moving, are there any pets or service animals in your home, does anyone have any special dietary needs? Think about how these factors may impact your family’s emergency plan. Learn how to access your community’s resources, for example shelters and food banks. Start and maintain an emergency savings account in the event you need monetary support during an emergency. While planning is a necessary part of emergency preparedness, the plan may not be useful if you don’t practice! Practicing your emergency plan ensures everyone in your household will know what to do when an emergency happens.

Being prepared means also being equipped with the supplies you may need in the event of an emergency or disaster. Keep your supplies in an emergency preparedness kit that you can use at home or easily take with you in case you must evacuate. It is important to have these supplies before disaster may strike so that you are prepared to respond as quickly as possible.

- Extra batteries

Continued on page 2...

Dr. Lofgren, Dr. Walker, Dr. Phil and invited guest....

Thank you for such a warm reception to Cincinnati and to my new position. Let me first say, "I am an outsider if you did not know." I say that to acknowledge the fact I am not from Cincinnati, however, I am honored to have been selected to serve as your Health Commissioner to work with all of you. I wish to learn how you do things. I will not talk long, because this is a night of celebration and I want you to know what I've been thinking about and my vision.

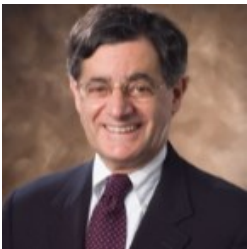
I am not here to destroy or ignore the great work which has been achieved by my fellow colleagues. I am here to build, collaborate and partner (BCP). In order to do that I must listen and learn how things are done. I must ask questions. That means active engagement on my part and sharing on your part. In this vein I will develop and build a relationship with you. Together we will take the journey to cultivate, connect, and empower individuals within our community to be Hopeful, Healed and to be Innovative in changing the narrative. Changing the narrative of the health of our City. Moving the needle on the prevalence of negative health conditions in this community. We can do this. We each have a role in changing the narrative. Now, I can imagine, there might be some who are hesitant about partnering because the issue might be who will lead the effort and who will get the credit. Let me say, I do not need to lead every initiative, I just want to be at the table to share in the creation and execution of the plan. I do not

Make sure your emergency preparedness kit has the following items:

- Water (1 gallon per person per day. Have a 3-day supply for evacuation and a 2-week supply for home)
- Non-perishable food (have a 3-day supply for evacuation and a 2-week supply for home)
- Flashlight
- Battery-powered hand-crank radio
- Cells phones and chargers
- Medications (7-day supply)
- Sanitation and hygiene items
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map of the area
- Extra clothing (consider the weather for the season)
- Copies of personal documents (medication list and medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Once you know your family's emergency plan, think about how you might be able to plan to help your neighbors and community in the event of an emergency. Are there any skills you can learn that could help until emergency responders are able to arrive? Look into local and online emergency preparedness courses. After learning how to respond and take care of yourself, your family and your community in an emergency, think about how you can share this knowledge with others. Talk to your friends and neighbors about the importance of emergency preparedness! How can you help others in your workplace, your community, or your faith-based organization be prepared in an emergency? Learn more at <https://www.ready.gov/> and remember, disasters don't plan ahead, but you can!

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

OCTOBER 2018

Vol. VIII Issue X

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



Flu Prevention Strategies to Keep You Well



Every Fall, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system an extra boost to prevent influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infects the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. A vaccination can reduce flu illnesses, doctors' visits, missed work due to flu, as well as prevent flu-related hospitalizations.

Some people, particularly older people, young children, pregnant women and people with certain chronic health conditions like asthma, diabetes, heart and lung disease, are at high risk for serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Vaccination of pregnant women not only reduces their risk of illness, but also will also provide some protection for her baby. For people at high risk, getting the flu can mean developing serious flu-related complications or a worsening of existing health conditions. Adults 65 and older, and others at high risk should also receive vaccination to prevent pneumococcal pneumonia.

The best way to prevent the flu is by getting vaccinated each year. “You need an annual vaccination because flu viruses are always changing, and the vaccine is updated each year to better match circulating influenza viruses,” stated Steve Englender, MD, MPH, Director of The Center for Public Health Preparedness, CHD. “Immune protection from vaccination declines over time so vaccination is recommended every season for the best protection against the flu viruses for that year.”

Now is a good time to get vaccinated as it takes about two weeks after vaccination for the immune system to build the antibodies your body needs in order for protection to set in. In the United States, flu activity is usually highest between December and February and can last as late as May.



Continued on page 3 ...

Be wise, and immunize!

From day one, you make daily decisions to protect your child and one of those decisions includes vaccination. So, the question “**Why immunize?**” is a good one.

Immunizations are the number one public health achievement of the last century, saving millions of lives and preventing illness and lifelong disability in millions more. Many childhood diseases now preventable by vaccines often resulted in hospitalization, death or lifelong consequences only a few decades ago. Without immunizations, serious outbreaks of many of the diseases we are now protected from can reoccur.

As a parent, you want to give your child a healthy start in life. Getting your child the recommended immunizations is one of your first big parental decisions.

No parent wants to see their child sick. Save your days off for vacations and time with family. Vaccine preventable diseases can cause your child to be sick for many days or even weeks. Sometimes the medical bills that follow disease can also be devastating. The few moments it takes for your child to get that shot protects him or her and the family.

When you vaccinate your child, you protect someone else's child. When you vaccinate yourself, you protect your senior parents. When your family is vaccinated, you protect your neighbors. It is called *Community Immunity* or *Herd Immunity*. There are children and adults that can not receive vaccines or have immune systems that do not respond well to vaccination. When you vaccinate yourself and your family, you are protecting others as well.

**Events & Shout Outs!**

Tuesdays and Fridays in October — Walk Aerobic Classes, 12:00 p.m.—1:00 p.m., CHD, 3101 Burnet Avenue, Delores L. Bowen Auditorium

Tuesday, October 2; 7:30 a.m.- 9:00 a.m. — Employee Flu Shots, 3101 Burnet Avenue, Room 210

Saturday, October 6 — Avondale Feet in the Street: Health Screenings 7:00 a.m.—12 p.m., 5K Run/Wellness Walk 9:00 a.m., Finish Line Celebration 10:00 a.m.; Lincoln Park (3495 Reading Road; Rockdale and Reading)

Tuesday, October 16, at 10:00 a.m. — Academy of World Languages Health Hub, Ribbon Cutting/Grand Opening; 2030 Fairfax Avenue (off Dana Avenue exit on I-71 in Obryonville/Evanston area)

Sunday, October 21, from 3:00—7:00 p.m. — It's a Great Day to be a Dad; Cincinnati Reds Urban Youth Academy, 2026 E. Seymour Av.

Monday, October, 22, from 8:30 a.m. — 4:00 p.m. Community Asthma Conference; St. Elizabeth Training & Education Center, 3861 Olympic Boulevard, Erlanger, KY 41018 (Former METS Center)

Tuesday, October 23, at 5:30 p.m. — Mayor John Cranley's State of the City Address, Cincinnati Music Hall located at 1241 Elm Street

Tuesday, October 30, from 6:00—8:00 p.m. — Cincinnati Health Department Monthly Board of Health Meeting, 3101 Burnet Avenue

**October Is National Breast Cancer Awareness Month**

This October, the Cincinnati Health Department is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. The good news is that many women can survive breast cancer if it's found and treated early. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

...Continued from page 1

Flu Prevention Strategies to Keep You Well

Remember, it's easy to catch the flu. When a sick person sneezes or coughs near you, they send out a spray of virus-laden droplets straight to your open mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.



In addition, you may easily pass on the flu to someone else before you even realize that you are sick, as well as while you are sick. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

If you want your immune system to be in good enough shape to fight off the flu and other germs, you need to stay healthy. That means get a flu shot, wash your hands frequently, eat a balanced diet, exercise at least 4 days a week and get 7 to 9 hours of sleep a night.

Little known food safety fact

The 650,000 visitors participating in Oktoberfest Zinzinnati 2016 enjoyed a food and fun-filled weekend protected by the Cincinnati Health Department. It's a known fact the CHD checks food vendors at community events to make sure that food is safely stored and prepared.

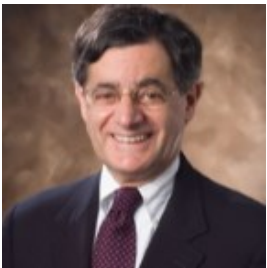
What's lesser known are the precautions, the department takes to make sure large food-focused events like Oktoberfest, Taste of Cincinnati and neighborhood festivals are not overrun with vermin through various pest control measures.

In addition to making sure water is available for cleaning and trash is disposed of away from food prep areas by the Food Inspection Unit. The staff inspects each booth, each day to ensure food served is safe. CHD Sanitarians look for: proper booth set up, cleaning and sanitizing practices, food handling practices; and Sanitarians take food and equipment temperatures. Nearby sewer grates are treated by the Technical Environmental Services Unit to make sure no 'uninvited guests' emerge to spoil the fun. Last year, 106 events served food, and through September there have been 67 events.



Your vote November 6th can make a difference not only in Ohio, but also in the United States.

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

The Affordable Care Act (ObamaCare) is in danger of being dismantled and you, your family, and loved ones could lose healthcare coverage, and the ability to prevent disease and stay healthy. If changes to or the dismantling of the ACA is successful, your pre-existing conditions will no longer be covered. This also means that healthcare costs will skyrocket!

Your children and grandchildren will lose their health care because of the increasing cuts in the Children Health Insurance Program (CHIP).

Women's Health Care and their choices they elect to keep them healthy, is at RISK of being eliminated through cuts in Medicaid, Affordable Care Act and changes in the Supreme Court.

If you are using a Federally Qualified Health Center, (FQHCs- Cincinnati Health Department), as your primary place for receiving health care, those facilities are facing drastic cuts in the services provided. Access to quality health is at risk.

Voting is a constitutional right and privilege that Americans fought to have. It's best to make use of that right while you still can.

National Lead Poisoning Prevention Week

Hundreds of thousands of children living in the United States have elevated blood lead levels that may cause significant damage to their health. They can develop behavior and learning problems (such as hyperactivity), slowed growth, hearing problems, and aggressive patterns of behavior. Stopping a child's exposure to lead from leaded paint, house dust, or any other source is the best way to prevent the harmful effects of lead.

To raise awareness of the consequences of lead poisoning among parents and pregnant women who live in homes built before 1978, the CHD is participating in National Lead Poisoning Prevention Week (NLPPW) October 23-29. The Cincinnati Health Department joins the Centers for Disease Control and Prevention, the U.S. Environmental Protection Agency, and the U.S. Department of Housing and Urban Development in encouraging parents to learn more about how to prevent lead poisoning.

This year's NLPPW theme, "Lead-Free Kids for a Healthy Future," underscores the importance of testing your home, testing your child, learning about drinking water, and learning how to prevent lead poisoning's serious health effects.

Established in 1999 by the US Senate, National Lead Poisoning Prevention Week occurs every year during the last week in October. During this week, many states and communities offer free blood-lead testing and conduct various education and awareness events.

If your child is 6 years old or under, Ohio law requires that he/she must be tested for lead. Lead poisoning can lead to a variety of health problems in children since it primarily affects the brain and the central nervous system. The Cincinnati Health Department offers free testing of lead levels for children who are 6 years old or younger. Get your child tested for lead today! You may contact any of the Health Department Centers for a free lead test.



GCWW Participates in Imagine a Day Without Water Campaign

Most of us take the water system that brings clean water to our homes and businesses for granted. We turn on the tap without thinking twice about where that water came from.



A Service of The City of Cincinnati

GREATER CINCINNATI
WATER WORKS

What would you do without the safe, reliable water service you know and love so well? What does a day without water mean to you? What do you think about when you "Imagine a Day without Water?"

This month, Greater Cincinnati Water Works (GCWW) is participating in the fourth-annual "Imagine a Day Without Water" Campaign -- a nationwide day of education and advocacy about the value of water. Led by the Value of Water Campaign (#ValueWater), hundreds of organizations across the country will host events and spearhead projects aimed at raising awareness.

In addition to the Mayoral Proclamation, which will be presented before today's City Council meeting; we ask Cincinnatians to tell us what a day without water means to you?

- Sign our poster, located in City Hall
- Share on our FB and Twitter Social media sites @CincinnatiWater – use #ValueWater
- Use our commemorative SnapChat filter -- available from 7:00 a.m. to 6:00 p.m. at the following locations:
 - GCWW Lobby & offices (4747 Spring Grove Ave.)
 - GCWW RMTP Museum & treatment facility (5651 Kellogg Ave.)
 - City Hall/Centennial 2 (801 Plum Street and Central Ave.)

Halloween safety tips

Happy Halloween! Autumn is upon us and Halloween is quickly approaching! Halloween and other fall celebrations are fun times for both adults and children to dress up, have fun at parties and enjoy delicious treats. While enjoying these celebrations, remember to stay safe and healthy this season. Keep these tips in mind for a fantastic Halloween:

Tips Trick or Treaters

- Costume accessories, including swords and knives should be short, soft and flexible
- Always trick-or-treat in groups or with a trusted adult
- Examine treats for choking hazards and tampering
- Limit the number of treats you eat
- Only visit well-lit houses
- Wear reflective tape and carry flashlights to help cars see you
- Stay on sidewalks
- Look both ways before crossing the street and
- Always remember to walk, not run



Tips for Drivers

- Avoid using handheld electronic devices.
- Remember that as soon as you step out of your car, you become a pedestrian.
- If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.
- Be especially alert for all road users, including pedestrians, at night.
- Slow down in areas where pedestrians are likely to be or where sight distances are limited. Keep your windshield clean

With these tips, you're sure to have a fun, safe and healthy Halloween season!

October is National Depression Awareness Month

Depression is a serious medical illness and an important public health issue. Depression is characterized by persistent sadness and sometimes irritability (particularly in children) and is one of the leading causes of disease or injury worldwide for both men and women. Depression can cause suffering for depressed individuals and can also have negative effects on their families and the communities in which they live.

If you're feeling depressed follow these natural ways to boost your mood:

- **Exercise.** 20 minutes of moderate activity can have positive effects on your mood for up to 12 hours. Even a 10 minute walk can make a difference. All you have to do is go outside, walk in one direction for five minutes. Then turn around and walk back. It's that easy.
- **Volunteer.** Researchers find that people who volunteer have lower rates of depression, and report higher levels of overall wellbeing
- **Meditate.** Studies show that meditation helps to reduce symptoms of depression and anxiety and increases compassion.
- **Keep a Gratitude Journal.** Researchers at UC Davis found that people who wrote down three things for which they were grateful every day, reported feeling more optimistic and satisfied. They also reported fewer physical symptoms.
- **Eat a healthy diet.** Eating a balanced diet of whole foods may help you avoid the dips in blood sugar that can affect your mood.
- **Avoid refined carbohydrates.** Candy, soda and white flour causes spikes in blood sugar that negatively affect your energy and mood.
- **Try to eat and sleep at regular times.** Consistency can help to relieve stress and boost health.



Understanding HPV and preventing cancer

Human papillomavirus (HPV) is the most common sexually transmitted infection (STI) with nearly 80 million people – about one in four – are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year. Every year in the United States, HPV causes 33,700 cancers in men and women. HPV vaccination can prevent most of the cancers (about 31,200) from ever developing.

HPV is a group of more than 200 related viruses, of which more than 40 are spread through direct sexual contact. Among these, several HPV types cause genital warts, and about a dozen HPV types can cause certain types of cancer—cervical, anal, oropharyngeal, penile, vulvar, and vaginal.

Most people with HPV never develop symptoms or health problems. Most HPV infections (9 out of 10) go away by themselves within two years. But, sometimes, HPV infections will last longer, and can cause certain cancers and other diseases. HPV infection can cause:

- Cancers of the cervix, vagina, and vulva in women;
- Cancers of the penis in men; and
- Cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men.

Because many people with HPV don't develop any symptoms they can easily infect others through sexual contact. Symptoms may include warts on the genitals or surrounding skin.

There's no cure for the virus and warts may go away on their own. Treatment focuses on removing the warts. A vaccine that prevents the HPV strains most likely to cause genital warts and cervical cancer is recommended for boys and girls.

The Centers for Disease Control and Prevention (CDC) recommends that individuals in the following groups are immunized with Gardasil 9 to prevent development and spread of the virus:

- All children aged 11 or 12 years should get two HPV vaccine shots 6 to 12 months apart. If the two shots are given less than 5 months apart, a third shot will be needed. There could be future changes in recommendation on dosing.
- HPV vaccine is recommended for young women through age 26, and young men through age 21.
- Adolescents who get their first dose at age 15 or older need three doses of vaccine given over 6 months.
- Persons who have completed a valid series with any HPV vaccine do not need any additional doses.

Additional guidance for specific populations, such as immunocompromised individuals (including those with HIV), men who have sex with men, and pregnant women, can be found on the CDC website at <https://www.cdc.gov/hpv/parents/vaccine.html>.



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> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

NOVEMBER 2018

Vol. VIII Issue XI

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



Working Collaboratively to Prevent Lead Poisoning

The Hamilton County Lead and Healthy Homes Collaborative (HCLHHC) brings together agencies, educators, professionals, and service providers to share information and pool resources for lead poisoning prevention and creating healthy housing environments for the children of Hamilton County. The HCLHHC is the longest standing collaborative focused on the issue of childhood lead poisoning prevention in the state, having met continuously for over 14 years. The “cross-pollination” between members and guests in generating new ideas and partnerships is an exciting product of these meetings.



When the group originated in April of 2004, it was called the Hamilton County Lead Poisoning Prevention and Testing Collaborative; made up of nurses, doctors, public health officials, and social service organizations. Similar groups were formed in urban areas across the state to address low numbers of children receiving lead testing. With a growing awareness of how healthy homes issues are intertwined with lead poisoning hazards, and in response to state and federal consolidation of lead poisoning prevention and healthy homes programs, the collaborative gained its current name in 2012. Over the years, membership has expanded to include: the Greater Cincinnati Water Works; the Department of Community and Economic Development; the Environmental Protection Agency; the University of Cincinnati’s Department of Environmental Health and the School of Law; regional health departments; insurance providers; community housing agencies; Hispanic community organizations, Cincinnati Public Schools; Legal Aid; People Working Cooperatively; arts organizations; the Cincinnati Metropolitan Housing Association; concerned parents; and more.



HCLHHC holds bi-monthly meetings on the third Thursday of alternating months, from 9:30 – 11:00 a.m. Recent topics of featured speakers include studies on: the correlation between lead poisoning and adult criminal behavior; the effect of a lengthy vacancy on water chemistry in a home; and, the efficacy of various indoor air filters on children’s asthma. Additionally, state and federal officials have reported on current funding levels and activities. Future topics on the agenda are: People Working Cooperatively’s new Healthy Homes program and showroom (September); the methodology of performing a Public Health Lead Investigation and Lead Paint Inspection/Risk Assessment (November); and, a tour of EPAs water research laboratories (January).



Continued on page 3...



I'm here. I'm excited. I'm committed to achieve the CHD vision of making Cincinnati the healthiest city in the nation. I stand with you to assure you, your families and the community at large that our residents can gain greater control of the factors that influence their health. I stand beside you to help improve the health of our diverse neighborhoods. I'm working to create an adaptive learning organization that serves as an effective and accountable local public health authority and provider of community health services.

I want to reassure everyone that we're doing fine but that doesn't mean that there won't be changes and tough decisions that can sometimes bring about growing pains. Despite a few changes in the leadership team staff members, as well as changes to the portfolios' of senior staff in the Health Department, we will continue to thrive and grow and flourish.

Understand that under a new administration, changes will occur or will result. Often many veterans seek new opportunities, having achieved their objectives, or simply retire. Those who have chosen to leave have done so on their own accord. I assure you that this is not unusual or a negative reflection on the new administration.

It's common when a new administration brings an unfamiliar prospective, progressive thoughts and new roadmap to success, while maintaining responsible fiduciary stewardship of the Cincinnati Health department and its patients; that changes will occur. But change is good. Very good.

Continued on page 3...

Congratulations to CHD for being selected to pilot the Brush, Book, Bed Program.

The purpose of the Brush, Book, Bed (BBB) Program is to link together three important nighttime routines in one health message. It aims to educate both pediatric providers and families about the importance of nighttime routines and focuses on improving the implementation of oral health services in the medical home by linking oral health information to messages about early literacy and sleep. BBB may be used during the 3 – 6 year old well-child visit.

Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employees:

Steven J. Englender, MD, MPH
Director, Center for Public Health Preparedness

Robert Schlantz, Division Manager,
Finance

When Does Mosquito Season End?

Is mosquito season over? Well, the temperature plays an important factor. As the weather begins to cool, you'll likely notice a decrease in the level of mosquito activity on and around your property. Non-hibernating mosquitoes tend to die off as the temperature approaches the 50° F mark, while the hibernating species will start to seek winter refuge in hollow logs, abandoned animal burrows and other convenient hiding spots. The first frost is usually a reliable sign of the end of mosquito season. However, it's possible that some hibernating mosquitoes will emerge during unexpected warm spells during winter, only to return to their hiding places when the temperature drops. Read below for CHDs data and statistics from this season's mosquito trapping:

- CHD submitted for testing 2510 mosquitoes from 43 different trap sites in the city, and had a total of 7 WNV-positive pools from 7 different addresses.
- Across the state, 36 health jurisdictions had more WNV-positives than us, and 43 jurisdictions had fewer.
- There were 5 confirmed human West Nile Virus cases in Hamilton County, but 0 Cincinnati residents.
- Out of all the health jurisdictions who submitted mosquitoes to ODH (a total of 82), we had the 4th highest number of *Aedes albopictus* (Asian tiger) mosquitoes in the state (279), behind only Franklin Co., Montgomery Co., and Portsmouth City.

ODH identified a total of 12 different species of mosquitoes in the submissions we sent: *Culex pipiens*, 6 different species of *Aedes*, 3 different species of *Anopheles*, 1 species of *Uranotaenia*, and 1 species of *Toxorhynchites*.

Many thanks to our mosquito tech Justin Ramey, Environmental Health staff in Technical Environmental Services, and all who helped in CHDs mosquito efforts this season.

Working Collaboratively to Prevent Lead Poisoning

Current items on the agenda include: removal of lead service lines; obtaining entry into City-owned vacant housing for further water testing; extensive soil testing of a local ballfield lead-contaminated by using it for a shooting range; and, creating a directory of resources. A recent addition to the HCLHHC are “mini-workshops” immediately following the regular meeting. The first topic was reading and understanding water filter labels, both pitchers and point-of-use filters. In November, the mini-workshop offers the opportunity to bring items to the meeting to be tested for lead with an X-ray Florescence (XRF) device used in lead investigations.

If you are interested in joining the collaborative or attending a meeting, e-mail Cynthia.McCarthy@Cincinnati-oh.gov to be added to the mailing list.

Continued from page 2....

Commissioner's Corner

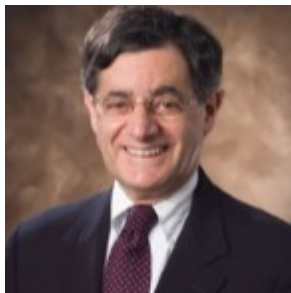
My management style empowers employees to make decisions about how they do their jobs within the framework of the Department's objectives. Our goals flow from the executive planning process to execute the mission, vision and core values here at the Cincinnati Health Department. The process is guided by our input from the executive team who help develop our overall strategic direction.

In this first 100 days, I have enjoyed getting to know you, and I am looking forward to working even more closely with you. Let me tell you a bit more about why I'm here. I'm here to build; not to tear down. I'm committed to help us achieve the CHD mission, vision, core value and goals, and to ensure that we deliver extraordinary services, provide quality care, and work in partnership to create health equity for all. I'm genuinely looking forward to your ideas on how we can achieve these goals together. I'm also interested, while we're talking, to hear what your individual goals include.

We will continue to work closely with our community partners to bring needed services to those who are insured, uninsured, or underinsured and vulnerable in the greater Cincinnati communities.

In closing, I'd like to extend a heartfelt thank you for the many years of service and dedication that our colleagues have demonstrated during their tenure at the Cincinnati Health Department and to the City of Cincinnati. We are thankful that they have been an active and engaging member of our community, and we wish them well in their future endeavors.

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of
Health

Last month, CHD staff participated in the Public Health Accreditation Board (PHAB) Site Visit, bringing us one step closer to achieving success in this voluntary national accreditation program.

During this journey, we've worked hard to improve and protect the health of the public by advancing the quality and performance of our health department. Throughout it, we've been able to identify our strengths and weaknesses and build upon them in order for us to provide the best health care services to our patients and their families. It was an 'all hands in' approach with multiple individuals sacrificing a great amount of time, energy, expertise and passion.

On behalf of the Board of Health, I'd like to extend an astounding applause and congratulations for this phenomenal step towards achieving Accreditation. As we move forward, I hope we continue to develop, revise and improve the quality of broad services that we provide at a level of excellence only befitting of a nationally Accredited public health entity.

Again, congratulations to the entire CHD staff (past and present) for your outstanding efforts in the accreditation process. I'd like to share a heartfelt appreciation and tremendous amount of gratitude to all of the community partners and Board of Health members that came out to support this worthy cause.

Syringe Exchange Services

In 2017, Cincinnati City Council approved the additional funding designated for harm reduction at the Cincinnati Health Department. Specifically, the funding supports syringe exchange services. In January 2018, CHD partnered with Hamilton County Public Health in the initiative to make syringe exchange a public health mission. Currently, syringe exchange operates in the City at the following locations and times:

Monday, 2:00 p.m.—5:00 p.m.	Northside: 1670 Cooper Street
Wednesday, 10:00 a.m.—1:00 p.m.	Mt. Auburn: 65 E. Hollister Street
Wednesday, 2:00 p.m.— 5:00 p.m.	Westwood: 2420 Harrison Avenue
Thursday, 2:30 p.m.— 5:30 p.m.	Corryville: 250 William Howard Taft (Hamilton County Public Health Department)

In addition, CHD is expanding addiction services with a new grant awarded from HRSA. This grant award is designated toward expansion of mental health and addiction services in our FQHCs. CHD will eventually add Medication Assisted Treatment (MAT) in health centers for stabilized patients in recovery from opioid use disorder.

If you have questions, please contact:

Dr. Jennifer Mooney, Division Director, Family Health

Jennifer.mooney@cincinnati-oh.gov

Or

Justin Berry, CDCA, Health Counselor, Family Health

Justin.berry@cincinnati-oh.gov

ACT receives Gen H Award

THE HEALTH  COLLABORATIVE

Arguably one of the greatest health issues facing Cincinnati, and most especially Avondale, is the community's high rates of pre-term birth and infant mortality. Avondale Children Thrive (ACT) reflects a cross-sector collaboration to address the social determinants of children's health, and specifically, on those interventions that address maternal and child health early on. Partners seek to create an environment in which Avondale children, aged zero to six, are able to thrive related to a variety of factors, such as education, community engagement, safety, employment, and health. The program employs an innovative health champion model, drawn from, and for, the community and employs a door-to-door strategy—leveraging trust built as housing providers and neighbors.

The Avondale Children Thrive Health Champions are being celebrated as finalists for the 2018 Gen-H Award. Each year, The Health Collaborative recognizes the healthcare heroes in our community at the Inspire | Healthcare Gala and Awards Celebration. Award categories include Diversity and Inclusion, Gen-H (population health), Informatics Solutions (health information technology), and Leadership in Quality Improvement. The Gen-H Award recognizes an individual, team, or organization that has demonstrated progress on the Gen-H goals of making Greater Cincinnati and Northern Kentucky a healthier, more vibrant community by addressing health-related social needs affecting our community.

Avondale Children Thrive is the collaboration between the Creating Healthy Communities Coalition at the Cincinnati Health Department, The Community Builders, and the Cincinnati Children's Hospital Medical Center. It is funded by The BUILD Health Challenge Award. With funding, CHD was able to hire Health Champions who are building a culture of Health in Avondale by addressing infant mortality, social determinants of health, tobacco, and healthy eating.

CHD, along with The Community Builders and Cincinnati Children's Hospital Medical Center have been awarded a 2017 BUILD Health Challenge grant.

Find out more: <http://buildhealthchallenge.org/communities/2-avondale-children-thrive/>

FIGHT HEP A *It starts with you!*

PREVENT Hepatitis A by:



Wash hands frequently- especially after using the toilet



Do not share same cigarette, pipe or drug equipment



Avoid sexual contact with infected person



GET VACCINATED!

Vaccination is the **BEST** protection against Hepatitis A and may provide some protection up to 2 weeks after exposure.

If you are experiencing these symptoms **see your doctor right away!**
If you have any concerns regarding hepatitis A, **see your doctor right away!**

Symptoms of Hepatitis A include:



Fever



Tiredness



Stomach
ache



Yellow
Skin/eyes



Dark urine
Pale stool



Vomiting



Phone: 513-386-7899

Locations: 40 East McMicken 2nd floor
411 Gest Street
4138 Hamilton Ave.
2499 Reading Road
Mobile Medical Van

Schiff Wellness Center at Academy of World Languages Opening

In October, Interact for Health and its longstanding partners - Cincinnati Public Schools and the Cincinnati Health Department - collaborated to open a comprehensive school-based health center at the Academy of World Languages, located in Cincinnati's Evanston neighborhood. It will operate year-round and provide services to the community.



The need for these services is great: The poverty rate at the three nearby public elementary schools exceeds 90%. More than 1,000 children under the age of 5 live in the area, and the majority of them are living below the poverty line. Further, there are no public health centers serving this community.

Previously, limited primary care services were available to students through a Cincinnati Health Department operated school-based health center located in an office space at Academy of World Languages. But children needing vision or oral health care had to travel to other locations throughout the city. This led to gaps in health care for children on the east side of Cincinnati: 50% of children referred for dental services by Cincinnati Health Department staff at the Academy of World Languages did not receive it; and 8% of children who were referred for glasses were unable to access those services.

In 2016 planning and fundraising began for this 5,500 square foot addition comprehensive school-based health center.

The facility includes:

- A primary care center with four exam rooms
- A dental center with four chairs
- Administrative space
- Shared waiting area
- A community room for meetings and classes
- Office space for a mental health therapist and case managers
- A vision care center with the capacity to serve three clients at a time



The Academy of World Languages also provides students with resources to obtain nutritious food for their families outside of school hours.

Additionally, the Schiff Wellness Center at the Academy of World Languages will leverage the existing language and cultural support services available via the school to offer health services to Greater Cincinnati's growing refugee population, which currently exceeds 11,000.

Total costs to open the center are total approximately \$2.5 million, which includes construction, furnishings and equipment. Funders include: Interact for Health, John J. and Mary Schiff Foundation, Luxotica's OneSight Foundation, Delta Dental, MindPeace, John and Francie Pepper, CDS Oral Health Foundation and numerous individual donors.



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> & <https://vimeo.com/user7753914>

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

DECEMBER 2018

Vol. VIII Issue XII

“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



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

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept

Deadline quickly approaching for 2019 health insurance open enrollment

Do you need health insurance coverage? Now is the time to enroll in a 2019 health plan, as open enrollment for health coverage through the Affordable Care Act marketplace is officially underway. The Health Insurance Marketplace Open Enrollment period is shorter than previous years and will run only through December 15, 2018. This year, consumers will only have 40 days to enroll and/or update their current Marketplace coverage, instead of the original 90 day period.

Open enrollment is the time period each year when you’re allowed to start, stop or change your health insurance plan. Normally, you sign up around the end of one calendar year for coverage that lasts the next full year.

Currently, ten million Americans have government-sponsored health insurance under the measure. Health coverage and the financial support that make insurance affordable are up against a variety of scrutiny and challenges this year so it’s important to enroll now so you can get the coverage you need.

While costs for marketplace plans is expected to increase next year, the Trump administration is also ending reimbursements for insurance companies required to provide low-cost plans. On average, consumers will see an increase of 34% for the most popular type of exchange plan.

Consumers should contact the **Outreach and Enrollment Team at (513) 564-2273 to schedule an appointment** at one of CHD’s community health centers for enrollment assistance. Appointments are available at the following CHD locations:

- **Ambrose H. Clement Health Center – 2101 Burnet Ave., 45229**
- **Braxton F. Cann Memorial Medical Center – 5818 Madison Rd., 45227**
- **Citylink Center – 800 Bank St., 45214**
- **Crest Smile Shoppe – 612 Rockdale Ave., 45229**
- **Elm Street Health Center- 1525 Elm St., 45202**
- **Millvale at Hopple Street Health Center – 1750 Beekman St., 45225**
- **Northside Health Center – 3917 Spring Grove Ave., 45223**
- **Price Hill Health Center – 2136 W. 8th St., 45204**
- **Walnut Street Health Center – 1005 Walnut St., 45202**



The end of a year is a good time to look back, reflecting on achievements, and to look forward, to see what we still need to accomplish.

The year 2018 can be summarized in a few words: In the face of significant challenges, we made significant progress. I thank you for your continued commitment and all that you do to deliver on our mission – to help patients and clients seize opportunity at every stage of their lives to achieve health equity and improve the health and wellness of all who live, work and play in Cincinnati.

While there is much work to do and there may be further challenges ahead, we end 2018 stronger and better able to serve our community. We continued throughout the year to prepare for the Accreditation site visit. We continued to perfect our quality improvement efforts across both our medical services and administrative work. We opened and expanded facilities that provided more clinical services for our patients for primary, dental and vision care.

The New Year will bring its own mix of successes and challenges, but our direction is clear and we know what we must do. Our job is to continue to focus intently on what we can control: providing our patients and clients with the best service and most comprehensive health care services solutions in the market, manage our costs, recoup losses, building our brand, and do our part to keep the economy moving forward and our community healthy. Our long-term value will come through and be reflected in the health of our city over time if we accomplish that.

I appreciate all of your great work this year; it is because of you, and because we know we can do so much more for patients and clients, that I have such great confidence in our future. Please enjoy some well-deserved rest with family and friends during this holiday season, and let's get right back to it in 2019. I could not be more excited about what's in store for next year, and for the opportunity to work with all of you to make it happen.

World AIDS Day 2018

World AIDS Day takes place on December 1 each year. Founded in 1988, World AIDS Day was the first ever global health day. Globally, there are an estimated 36.7 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history.

Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. Despite this, each year thousands of people are diagnosed with HIV in the US, people do not know the facts about how to protect themselves and others, and stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.



The United States and other countries across the globe have made great progress in controlling HIV; however, much more needs to happen. Leadership and partnership in all levels of HIV prevention will continue our collective success to achieve national HIV prevention goals and save lives in the U.S. and around the world.

Events & Shout Outs!

December 1—30th Anniversary, World AIDS Day!

December 14, 2:00 p.m.—Elm Street Health Center Renaming Ceremony (changing to Bobbie Sterne Health Center), 1525 Elm Street

Congratulations to Mr. Patrick Duhaney for his permanent appointment to serve as the Cincinnati City Manager!

Congratulations Ms. Carlyn



Pat Carlyn RN, MHA, BSN resigns from CHD for an early retirement after nearly six years as the Director of

Nursing. During her tenure she was responsible for HIPAA, Risk Management, Regulatory Compliance, and Quality Improvement. Carlyn plans to get a little rest and relaxation and spend time with her grandson and family. Congratulations and best of luck to you, Pat. Thank you for your years of service.

Prepare your home and car for winter weather

The weather has a habit of changing pretty rapidly, especially in Ohio during the winter months. Powerful winter storms driven by jet streams moving at a speed of 200 mph can bring large amounts of snow and ice causing whiteout conditions. In some cases the temperatures can drop over 50 degrees in a matter of hours. If travelers don't check the weather forecast and plan accordingly, these fast-changing conditions can be a matter of life or death when we are on the road.

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.

Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.
- Repair roof leaks and cut away tree branches that could fall on your home during a storm.
- Install storm windows or cover windows with plastic from the inside.
- Have your chimney or flue inspected each year.
- Caulk and weather-strip doors and windows.
- Service all snow-removal equipment.

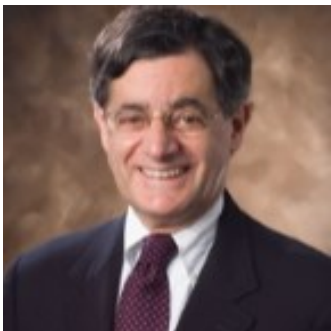


In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add anti-freeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

In passing the Affordable Care Act (ACA), federal lawmakers made a commitment that people with pre-existing conditions should be able to buy insurance on the same terms that are offered to other consumers. One of the most important--and popular--provisions of the Affordable Care Act is the expansion of health coverage to low-income families through the Medicaid program. The Medicaid expansion provides additional opportunities for individuals to qualify by allowing adults ages 18-64 who normally are not eligible for Medicaid, to be eligible.

If you, your family members or friends do not receive health insurance this is the time to sign up. The deadline for open enrollment is December 15, 2018. You can get free help by calling the Cincinnati Health Department at **(513) 564-CARE (2273)**. Let us help you get covered. Our trained Certified Application Counselors are ready to provide free help and walk you step-by-step through the enrollment process and help you get covered.

Preventing frostbite and hypothermia

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly. Staying out in the cold too long can cause serious health problems. Hypothermia and frostbite are the most common cold related health problems.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well.

Frostbite is a serious condition that's caused by exposure to extremely cold temperatures. It is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes.

Frostbite can permanently damage the body, and severe cases can lead to amputation.

According to the Centers for Disease Control and Prevention, you may have a greater risk of developing frostbite if you:

- Have poor blood circulation
- Are not properly dressed for extremely cold temperatures

Recognizing frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- Numbness: victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to do

- If you detect symptoms of frostbite, seek medical care. First determine whether the victim also shows signs of hypothermia is a more serious medical condition and requires emergency medical assistance.
- If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Remember that these procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

Be prepared

Taking a first aid and emergency resuscitation (CPR) course is a good way to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.



Foodborne illnesses and germs



Did you know that food safety is the most important ingredient in preparing food for the holidays? According to the Center for Disease Control and Prevention (CDC), every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

Many different disease-causing germs can contaminate foods, so there are many different foodborne infections. Researchers have identified more than 250 food-

borne diseases.

Most of them are infections, caused by a variety of bacteria, viruses, and parasites.

Harmful toxins and chemicals also can contaminate foods and cause foodborne illness.

People who have consumed dangerous foodborne bacteria will usually feel symptoms within 1 to 3 days of eating the contaminated food. However, sickness can also occur as quickly as 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time without medical care, some are not so fortunate. In some cases, foodborne illness can lead to chronic, severe, life-threatening health problems or even death.

This is especially true for people with weak immune systems including the very young, elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system. Pregnant women also need to be careful.

Food poisoning may cause symptoms like diarrhea, vomiting, upset stomach, or nausea. See your doctor if you experience:

- High fever (over 101.5°F)
- Blood in stools
- Diarrhea that lasts more than three days
- Frequent vomiting that prevents you from keeping liquid down
- Signs of dehydration (decrease in urination, dry mouth and throat, and feeling dizzy when standing up)

Tips to prevent food poisoning:

Clean - Wash your hands and work surfaces often.

Separate - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods in your shopping cart, refrigerator, and meal preparation area.

Cook - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.

Chill - Keep your refrigerator below 40°F. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if above 90°F outside).

The top five germs that cause illnesses from food eaten in the United States are:

- Norovirus
- Salmonella
- Clostridium perfringens
- Campylobacter
- Staphylococcus aureus (Staph)



Some other germs don't cause as many illnesses, but when they do, the illnesses are more likely to lead to hospitalization. Those germs include:

- E. coli
- Clostridium botulinum (botulism)
- Listeria
- Escherichia coli (E. coli)
- Vibrio



CHD Works to Protect Pregnant Moms and Babies

In recognition of Prematurity Awareness Month in November, CHD teamed up with community partners Cradle Cincinnati, March of Dimes, and elected officials to host a press conference to bring attention to the role stress plays in preterm birth.

During the event, the organizations shared research findings and county-wide initiatives to improve maternal and infant health and to reduce infant mortality. The research presented suggests that women experiencing high levels of stress during pregnancy are at an increased risk of preterm birth than women with lower levels of stress.



More than 1,100 babies are born preterm in Hamilton County every year. Extreme preterm birth, or when a baby is born before the end of the second trimester, is the leading cause of infant mortality locally, accounting for 60% of deaths in the last five years.

A variety of factors can influence stress, including anxiety, depression, perceived racism, the community in which one lives and/or works, social expectations and socioeconomic level. Simply having someone to talk to can lessen pressure. However, in 2016, more than 11% of moms (and 22% of black moms) reported not having someone to discuss their problems with during pregnancy in Hamilton County.

Mitigating stress via social support is one of several new priority areas for Cradle Cincinnati. With funding from the Ohio Department of Medicaid, Cradle Cincinnati and its partners are expanding two promising approaches to reducing maternal stress and preterm birth: group prenatal care and community health workers and home visitors.

Group prenatal care is an evidence-based alternative to traditional prenatal care. This approach allows women to build important social connections as they experience their prenatal care together in a group setting. CenteringPregnancy, a model of group prenatal care, is currently offered by TriHealth, Christ Hospital, WinMed Health Services and UC Health.

“Stress and uncertainty contribute to poor perinatal outcomes. In CenteringPregnancy, women are able to support one another, feel more secure, and access care in a timelier fashion,” said Dr. David Dhanraj, Medical Director of TriHealth Faculty Medical Centers. “Those things all contribute to the better pregnancy outcomes we have actually seen with CenteringPregnancy.”

Community health workers and home visitors serve women during and after pregnancy and help with issues related to housing, transportation, food and employment. Women enrolled in these programs are also eligible for Moving Beyond Depression, an identification and treatment program for moms struggling with depression.

“One thing I know for sure is that every mom-to-be could use a little support,” said Melba Moore, Health Commissioner of the Cincinnati Health Department. “One of the best places to start is talking with a community health worker. If you need support during pregnancy, it’s a safe place you can turn.”

Learn more about group prenatal care by visiting www.centeringhealthcare.org. Moms-to-be can get connected to a community health worker or home visitor by calling 211.



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> & <https://vimeo.com/user7753914>