

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JANUARY 2019

Vol. IX 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

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Elm St. Health Center Renamed in Honor of Mayor Bobbie Sterne



Councilmember David Mann joined various City leaders last month to formally rename a Cincinnati Health Department health center in memory of trailblazing local politician Bobbie Sterne.

In honor of the late mayor of Cincinnati, the public health clinic at 1525 Elm Street is now known as the Bobbie Sterne Health Center. The renaming was marked by a series of sign unveilings at the Over-the-Rhine facility and various comments and anecdotes shared by Councilmember Mann, current Mayor John Cranley, Acting City Manager Patrick Duhaney, and Health Department leaders.

“This renaming is a fitting honor for Mayor Sterne. She was a true champion for all Cincinnatians but especially those in need,” stated Councilmember Mann who authored the ordinance asking for the name change. The ordinance passed unanimously.

“Sterne was a passionate voice for those who didn’t have one; a political trailblazer whose commitment to public service was demonstrated by her grace, fortitude and unwavering conviction that a great city deserved a City Hall that worked for all of its people,” Councilmember Mann added.

Bobbie Lynn Sterne played a prominent and influential role in Cincinnati’s political scene for nearly 30 years. She was Cincinnati’s second female mayor, serving two terms in office from 1975–1976 and 1978–1979. In addition to being remembered as one of the first female mayor’s in the United States, she was also a long-time Cincinnati City Councilmember and a staunch supporter of the Cincinnati Health Department.

“Former Mayor Sterne’s advocacy for the health of all Cincinnatians is a legacy that deserves to be honored and celebrated,” said Mayor John Cranley. “She was a tremendous public servant and will continue to inspire us all through the dedication of this center.”

Throughout her professional career, Sterne promoted for policies that aimed to enhance equity and equality, and she pushed for additional services to benefit the physically and emotionally challenged. She was a strong believer in providing health services for the poor, an early supporter of LGBTQ rights, and an overall advocate for the less fortunate.

Continued on page 4 ...



Love on each other!

In my short time here, I've found that Cincinnati is a vibrant and growing city with a bright future – incredibly rich in heritage and history, with a thriving and innovative business community and tourism industry, numerous unique family and child friendly attractions, some of the best healthcare in the country and much to be proud of.

The Cincinnati Health Department also has a lot to celebrate and be proud of. From our programs and services to our community partners and commitment to our patients and those we serve, we are vibrant and thriving – thanks in large part to our employee base. Without them, we wouldn't have improved the health of our community or made the positive and un-denying impact that we have over the past 193 years.

In 2019, my hope is to build upon that 193 year foundation; starting with building a kinder workplace that will rush in profound positive effects on morale, productivity and, ultimately, the health and wellness of our staff at large and community.

It is the compassion of our staff who have an authentic desire to help others, which thereby creates a positive effect on others and in turn, elicits a positive emotional response. When we treat ourselves and others compassionately, we tend to come together in a contributory manner that raises the group to greater heights as a whole. With this, bonds are formed, trust is established, and a willingness to collaborate on projects and shared visions becomes the driving force behind our every intention. The bonds are strengthened and silos are broken and we are better.

When people come together in a supportive environment, and they feel safe from competition, there is less fear of failure, which results in greater strength. These are some of the things that we will be focusing on to improve our day to day working relationships with our peers. I'm working to get us to better 'love on each other' to move us to that place.

Events & Shout Outs!

Monday, January 21— Martin Luther King, Jr. Day, "400 Years of Enslavement: It Stops With Us"

- *King Legacy Breakfast*, National Underground Railroad Freedom Center, 8:00 a.m.
- *44th Annual Commemorative March*, Begins at the Freedom Center, 10:30 a.m.
- *Interfaith Prayer Service*, Fountain Square, 11:00 a.m.
- *Music Hall Celebration*, 12:00 p.m., Rev. Derek Terry, Keynote Speaker
- Featuring the award-winning MLK Chorale Word-play Cincy Scribes



CHD would like to give a BIG shout out to Rhonda Johnson and Sharmayne Moore (CRR's) who received a bouquet of flowers from a satisfied customer. We want to extend our thanks for exhibiting the qualities of GREAT Customer service. Keep up the great work you're doing to improve the health and wellness of all

who live, work & play in Cincinnati!

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, February 26, at 6:00 p.m.

Please join us to celebrate their commitment to the Queen City

It's not to late to get a flu shot!

Even if you haven't yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get). As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu.



People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older. For people at high risk, getting the flu can be more serious than for other people. Flu is more likely to lead to hospitalization or death for people in this category.

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.



Community programs awarded \$15,000



The final Creating Healthy Communities meeting of 2018 took place on Wednesday, December 12. The meeting featured the first SHARP Tank: Population Health Pitch. Local community health leaders presented their pitches to our judge panel consisting of Health Commissioner Melba Moore, Dr. O'dell Owens, and Megan Folkerth. They awarded two community programs with \$15,000 of funding for their initiatives: Vanessa Denier of the Smoke-Free Hammond North Condominiums initiative and Candice Tolbert of SuperSeeds.

The Coalition also recognized several of its members who have worked diligently to contribute to positive changes in community-level outcomes. These coalition members have implemented interventions to target healthy eating, active living, tobacco free living, and evaluation and capacity building. Honorees include: Jodi Cunningham of the Community Builders, Anzora Adkins of the Evanston Community Council, Jeff Gaylor of the American Heart Association, and Alicia Tidwell of Health Care Access Now.



A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

As we enter the New Year, I would like to send my greetings to all of you. This year, the Cincinnati Health Department will mark the 193rd anniversary of its founding. I realize that this, too, would not have been possible without the support of our elected officials, employees, community partners/ stakeholders, grantees, and 44,000 patients. For that and more, I would like to express my heartfelt gratitude to all of you. In this milestone year, I would like to reaffirm our commitment to doing our utmost for the advancement of the City of Cincinnati.

I have had the great pleasure being the Board of Health Chair for the last year. In 2018, we achieved a number of significant milestones together, and for you I am also thankful. With each passing year, there are always challenges, and maybe a low point here and there, but most often, they are generously peppered with many successes which bring happiness and forward movement.

I'd like to personally thank you for your support and endorsement of our combined efforts, and pledge to work even more strenuously for you in the year ahead. As I look forward to another busy and productive 2019, I'm elated at how fortunate I am to live, work and play in this great city.



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.

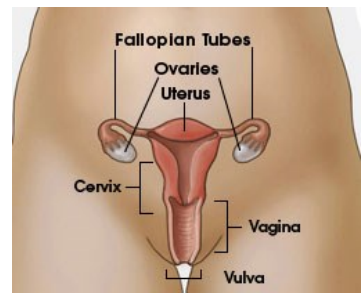
Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix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



Continued from page 1—Elm St. Health Center Renamed in Honor of Mayor Bobbie Sterne

Long before federal law required it, Sterne pushed to make Cincinnati more accessible for those suffering from disabilities and led the charge for sidewalk “cut outs” that made it easier for people in wheelchairs to use city crosswalks.



Prior to her career in politics, Sterne served as a nurse in the U.S. Army during World War II. That background in nursing led her to help start the Cincinnati Health Department Volunteers, a first-of-its-kind group in the country. Her work with the volunteers brought the health care needs of citizens directly to her attention and propelled her interest in public service.



“As a healthcare advocate, she helped create health clinics for the underserved, providing pre- and post-natal care for mothers and babies who had no access to health services,” explained Phil Lichtenstein, MD, Board Chair, Board of Health. “Specifically, as a Health Department Volunteer, she successfully spearheaded immunization programs in schools and neighborhoods. That’s the type of name we want represented on our health center.”



Special thanks to Councilman David Mann and staff, Alvenia Ross, Gauri Wadhwa, VaLinda Hallums and Andrew Bass for their assistance in preparing for the Bobbie Stern Health Center renaming press conference. A special thank you to Ms. Ross for offering her excellent event planning and decorating expertise.

The newly named Bobbie Sterne Health Center initially functioned as a public school before the Cincinnati Health Department acquired the building and moved its 12th Street Health Center to the site. Services provided include dental, pharmacy, vital records, Women Infant Care (WIC), IT, environmental health, and laboratory services. Comprehensive ancillary support is also housed at the facility. Currently, there are approximately 125 employees who work in the building.

Cincinnati Raises Tobacco Sale Age to 21

An ordinance named "Tobacco 21" passed by City Council raised the age to sell tobacco products to customers in the city of Cincinnati. Tobacco 21 increases the minimum legal sale of tobacco products from 18 to 21 in Cincinnati city limits. It was voted into law by a majority vote from Cincinnati City Council on December 12, 2018.



In accordance with the newly passed Tobacco 21 ordinance, the Cincinnati Health Department will implement a Tobacco Retail License regulatory protocol in December of 2019, requiring all stores that sell tobacco products within the City of Cincinnati to purchase an annual license. The license, which allows for regular inspections and enforcement activities, empowers the Health Department to ensure compliance with the Tobacco 21 policy.

Prior to implementation of the Tobacco Retail License protocol, CHD will conduct educational outreach activities with tobacco retailers to educate them on Tobacco 21 and the Tobacco Retail License. The Cincinnati Health Department will also host community forums and use the voices of the Cincinnati STAND anti-tobacco youth group to spread the word about Tobacco 21 and how it reduces youth access to tobacco.

The Health Department will ensure compliance with the Tobacco 21 policy through regular inspections and enforcements. Specific details about the application process and details about the program will be outlined in greater detail on the Cincinnati Health Department's website in the coming months.

Tobacco is the leading cause of preventable death, disease, and disability in the United States, according to the Centers for Disease Control and Prevention (CDC). A U.S. Department of Health and Human Services report in 2014 shows that tobacco contributes to more than 480,000 annual deaths, tobacco kills more Americans than opioid overdoses, alcohol, AIDS, car accidents, homicides and suicides combined.

If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 years or younger alive today.

National data shows that 95% of smokers begin smoking before age 21, with 75% of teen smokers continuing to smoke into adulthood. In Ohio, 34,100 youth under 18 try their first cigarette and an additional 5,400 kids become new, daily smokers every year. If current trends continue, 259,000 of Ohio's youth alive today will die prematurely from a tobacco-related illness, according to the Surgeon General.

Raising the minimum legal sale age of tobacco products to 21 will help keep tobacco out of high schools and out of the hands of teenagers.

Currently six states – Hawaii, California, New Jersey, Maine, Massachusetts, and Oregon – have raised the age to purchase tobacco products to 21, along with more than 350 localities throughout 22 states. There are 15 cities in Ohio with similar Tobacco 21 laws, including Columbus, Cleveland and Akron.

The Cincinnati Tobacco 21 initiative received support from the Cincinnati Health Department, the Creating Healthy Communities Coalition, American Heart Association, American Lung Association, American Cancer Society Cancer Action Network, Campaign for Tobacco Free Kids, Interact For Health, the Health Collaborative, Hamilton County Public Health, Cradle Cincinnati, Tobacco 21 Foundation, and Cincinnati Public Schools.



CHD Announces Maya Williams as January 2019 Employee of the Month!



Huge congrats to Maya Williams for being the CHD Employee of the Month for January 2019! Ms. Williams started working for CHD in April 2001 after years working in WIC. She worked at Ambrose Clement Health Center for 9 years (2001-2010), Price Hill Health for 1 year (2010-2011), WIC 5 years (2011-2017) and now here at HR since 2017. She manages the payroll process, HR processing, onboarding and FMLA. She's been a City employee since 1999 where she started working at Fleet Services.

Williams embodies what it means to be a leader, a team player and a role model of our CHD core values. When asked why she was deserving of the recognition, Harry Barnes, HR Manager and Ms. Williams' supervisor, responded, "Ms. Williams delivers professional, patient, dedicated and dependable service to CHD daily. Most employees do not understand what processes must be completed in order to receive timely paychecks, personal data changes, step up pay and merit pay." Barnes emphasized that Ms. Williams works hard to meet required deadlines so that employees receive pay and other transactions in a timely manner. "Ms. Williams often works beyond regular work hours to ensure timely outcomes," stated Barnes.

Williams consistently demonstrates dedication, patience and high level of customer service. Despite numerous challenges, she meets central payroll deadlines while overseeing a process where key partners do not meet the required timelines. She excels in every area each pay period in this effort.

"Ms. Williams will stay after hours to ensure payroll processing meets the required deadline without any employee missing a paycheck," explained Barnes.

Ms. Williams' personal motto that she lives by is "Treat others how I want to be treated!"

The purpose of the Employee of the Month Program is to recognize employees who have served CHD in an exceptional manner by exemplifying our core values through his/ her work and exhibiting a positive and supportive attitude.

Any employee can nominate a co-worker simply by filling out and submitting a nomination form. Clients may also fill out and submit a nomination form. Forms are available on the CHD website. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).

Once the selection has been finalized, the Health Commissioner will present the winner with a certificate signed by BOH Chair and Commissioner. Nominees will be recognized via an all-staff email, during the Group of 50 meetings, during planned BOH monthly meetings, in the CHD Newsletter and on CHD social media accounts.



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>

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Celebrate School-Based Health Awareness Month this February

February is National School-Based Health Care Awareness Month. Each year, the school-based health care community comes together in an effort to highlight and recognize the role school-based health care providers play in ensuring students have access to high-quality health care, often including dental and vision health.

The Cincinnati Health Department is the Chief Medical Consultant for Cincinnati Public Schools. Our Division of School and Adolescent Health works hard to keep students healthy and ready to learn through our School Based Health Centers. These centers are primary health care facilities on or within school grounds, and serve students in grades pre-K-12. They are licensed as outpatient clinics or hospital satellites, and are staffed like a pediatric primary care office. The Cincinnati Health Department’s SBHCs are full service health centers located in Cincinnati Public Schools. These centers serve the medical needs of children and families in the school and community. Currently, CHD has 13 School Based Health Centers serving over 10,000 students.

One of the best ways to connect students to the health care services they need to thrive is a school-based health center. We work hard to remove barriers to health care by meeting students where they are. CHD’s centers provide chronic illness management for conditions such as asthma, primary care, behavioral health and counseling, immunizations, prescription medications, sick and injury care, treatment of acute injuries and illnesses, routine checkups and physicals, health screenings, immunizations, mental health services, and health education to children and families. Having a health center in school makes it easier for parents to keep up with their children’s medical needs, and keep children in school. CHD focuses on how increasing access to health care services helps students succeed in and out of the classroom. Our SBHCs remove barriers to health care by meeting students where they are and create better access to healthcare and help keep families healthy!

They are an important resource for school-aged children because they can provide primary medical and mental health services on site, regardless of the student’s insurance coverage or ability to pay. The Cincinnati Health Department operates 13 SBHCs and focuses on redefining health for children and adolescents. We have a team of nurse practitioners, physicians assistants, social workers, physicians, and at some schools, dentists/ dental hygienists, as well as ophthalmologists/optometrists.

This February, please join CHD in celebrating the physicians, nurses, medical professionals, staff, and most importantly, the students who make the school-based health care movement such a success. National School-Based Health Care Awareness Month—an opportunity to recognize our success and raise awareness about how school-based health centers (SBHCs) are revolutionizing the way children and adolescents access health care services.

For more information log onto <https://www.cincinnati-oh.gov/health/cincinnati-health-department-divisions1/school-adolescent-health/>



Last month, CHD kicked off two new programs to show appreciation to our employees: the Gold Star Acts and the Employee of the Month.

The purpose of these programs is to recognize employees who have served CHD in an exceptional manner by exemplifying our core values through his/her work and exhibiting a positive and supportive attitude.

The employee of the month is generally someone who exceeds the expectations of his/her job. He/She arrives on time, works his/her entire shift and stays late if necessary to complete assigned tasks correctly and on time.

Simply doing your job isn't enough, though. Finding a better or more efficient way to complete a task, or volunteering to complete a project that no one else wants to do, can also lead to extra recognition. Anticipating problems before they occur, and taking steps to avoid them, is a common reason employees win the employee of the month designation.

Any employee, client or patient can nominate an employee simply by filling out and submitting a nomination form. Forms are available on the CHD website at <https://www.cincinnati-oh.gov/health/contact-us/employee-of-the-month/>. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).

Winners will be presented a certificate at a Board of Health meeting and acknowledged in the CHD Newsletter, on CHD social media accounts and during staff meetings.

Events & Shout Outs!

Wednesday, February 13, 2019, 11:00 a.m.—1:00 p.m. Learning to Love Fatherhood (3691 President Drive, Cincinnati 45225)

Congratulations CHD Retirees Effective March 1, 2019!



Marilyn Crumpton, MD, MPH—Dr. Marilyn Crumpton, Medical Director, Division of School & Adolescent Health, CHD, and Medical Consultant for Cincinnati Public Schools since 2008.

Jim Wimberg—Interim Division Manager/ Supervising Accountant, TRD - Fiscal

Do you want to learn more about how the flu is impacting Cincinnati and the U.S.? View the Seasonal Influenza Activity Reports by logging onto <https://www.cincinnati-oh.gov/health/community-health-data/seasonal-influenza-activity-reports/>

Cincinnati has recently been hit with some of the coldest air in a generation

You may not live in one of America's five coldest cities, but that doesn't mean you don't have to protect yourself from frostbite and hypothermia. Both conditions are caused by excessive exposure to low temperatures, wind or moisture and can cause serious or life-threatening health problems including hypothermia and frostbite.

Infants and elderly people are most susceptible to cold weather. Exposure can also be dangerous for anyone who enjoys outdoor winter sports, and people who work outdoors during winter must be particularly mindful of the risks.

When temperatures drop significantly below normal, staying warm and safe can be a challenge. Learn how to protect yourself and prepare for winter storms.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature.

Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.



All of our dental assistants are working hard to provide excellent care to our patients. Several have recently gained new certifications to allow them to provide sealants, polishing and nitrous oxide monitoring. We are proud to have such hard working committed staff to serve our patients! Pictured above: Celeste (Preventive Team), Brittney (Elm Dental) and Stephanie (Elm Dental) at the coronal polishing course. Other dental assistants who have recently attended courses are Jessie (Price Hill Dental), Ashley (Elm Dental) and Keshia (AWL SBDC).



CHD Dental Centers provide comprehensive, state-of-the-art dental care including:

- Diagnostic (exams, X-rays)
- Restorative (fillings, crowns)
- Peridontal (deep scaling, gum surgery)
- Cosmetic dentistry (bleaching, veneers)
- Preventive (cleanings, sealants)
- Endodontic (root canals)
- Prosthodontic (dentures, bridges)
- Dental implants

February is Heart Health Month and Oral Hygiene Awareness Month

Maintaining good dental hygiene may reward you with more than a gleaming smile: it may keep your heart healthy too. February is both Heart Health Month and Oral Hygiene Awareness Month - and the two may share a close link.

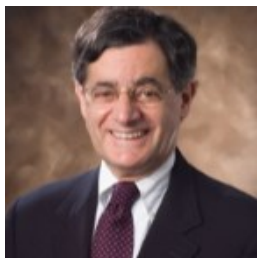
Studies have shown that people who have poor oral health (such as gum disease or tooth loss) are almost twice as likely to have heart disease. Researchers suspect the link between the two diseases is due to the same bacteria. The bacteria that infect the gums and cause tooth decay also travel to blood vessels elsewhere in the body where they cause inflammation. Inflammation, or swelling, is the body's natural response to infection. The buildup of swelling, plaque, and blood clots causes the majority of heart attacks and certain types of stroke, if blood flow to the heart or brain is obstructed.

The American Academy of Periodontology lists the signs of periodontal disease as the following:



- Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- A change in the way the teeth fit together when one bites down
- Red, swollen, or tender gums or other pain in the mouth
- Bleeding while brushing, flossing, or eating hard food
- Loose or separating teeth
- Pus between the gums and teeth
- Sores in the mouth
- Persistent bad breath

A Message from the Board of Health

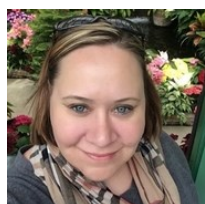


Phil Lichtenstein, MD
Board Chair

"We welcome the unique skillset that our two new board members offer as we continue to work to protect and promote the public health of our city."

With the start of the New Year well underway, we are honored to welcome two new members to our Board. Each individual brings valuable experience and expertise, as well as a passion for our community.

Dr. Monica Mitchell is the Senior Director of Community Relations and a Professor of Pediatrics within the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital. She also serves as the Co-Director for Community Engagement for the Center for Clinical and Translational Science and Training. In her work, Dr. Mitchell consults and collaborates with numerous non-profit organizations to advance translational research, training, and leadership development and evidence-based programs in the community.



Chandra Yungbluth joins the Board of Health after nearly two decades of management experience, with expertise in the public, private, and non-profit sectors. She currently works as a consultant for political and nonprofit organizations to assist them with strategic planning, recruitment, hiring and team building, goal setting, and events. She also serves as vice chair of the board of Whole Again International, a non-profit summer and enrichment program for at risk kids in the Cincinnati area.

It's not too late to get the flu shot!

Just before Winter begins to break, 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 Yury Gonzales, MD, FACP, Medical Director, Chief Medical Officer, 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."

It's never too late to get vaccination as it takes about two weeks after the 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.

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.

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February is Heart Health Month and Oral Hygiene Awareness Month

The most important thing you can do to avoid gum disease and maintain good oral health (including prevention of tooth decay or cavities) is:

- Brush teeth twice a day with an ADA-accepted fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for oral examinations and professional cleanings.



...Continued from page 2

Cincinnati has recently been hit with some of the coldest air in a generation

Warnings signs of hypothermia and what to do:

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, the Centers for Disease Control and Prevention (CDC) recommends that you handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a 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. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Warnings signs of frostbite and what to do:

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

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. 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, the CDC encourages you to 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.

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.



CHD Honors, Robert Smith, February 2019 Employee of the Month



Robert Smith is the supervising sanitarian of CHD's Technical Environmental Services (TES) program. Technical Environmental conducts the city's public swimming pool, household sewage, vector control, and animal bite/exposure inspections. TES also conducts pest control services at approximately 30 city owned locations, monitors mosquito Bourn disease, and baits Cincinnati's sewers. Smith has been supervising the program for over a year now but has nearly 18 years of experience in TES. Smith has handled his first year as a supervisor marvelously; consistently producing top quality work. Robert's experience, reliability and easy-going personality are key to his continued success.

"One of his biggest assets is that he embraces and values the Health Department's commitment to customer service, and recognizes the impact that good customer service has on the quality of life for Cincinnati citizens. In this respect, he is very responsive to the public and his colleagues in satisfying their requests," explained Antonio Young, Director, Environmental Health. "He is also effective in detecting and communicating issue that may become high profile/political hot button concerns to upper management in a timely fashion. He is one of CHD's friendliest employees; always arriving with a smile on his face and a happy greeting for his co-workers and clients."

Young says that although it has been difficult, Smith has demonstrated patience and flexibility in having to make adjustment to staff and his workload trying to keep up with the task demands in the absence of a permanent Senior Sanitarian. He is the only Supervisor without this position filled. Despite the overwhelming amount of work, Robert consistently finds ways to help his co-workers and reaches to go above and beyond for his clients.

Robert's commitment to educating the public is unequalled. He routinely conducts presentations and answers program questions during on-camera interviews, trainings, and at public informational booths. He conducts the annual traffic safety training for the sewer baiting program, holds several bed bug/vector control presentations, and is a regular at the annual Neighborhood Summit.

He has shown resourcefulness by acquiring a grant for the second year through the Ohio Environmental Protection Agency (OEPA) to offset cost for the summer mosquito surveillance program. He's a team player with a very positive attitude. In the capacity, his willingness to explore the Health Department's role and responsibility with legionella investigations and private water systems has been exceptional.

"It is with great pleasure and respect that I submit this nomination for Robert Smith to be recognized as the Employee of the Month. He is the gold standard in terms of professionalism, responsiveness and effectiveness," Young emphasized.

Congratulations Robert Smith! Keep up the great work!

Any employee can nominate a co-worker simply by filling out and submitting a nomination form. Clients and patients may also fill out and submit a nomination form. Forms are available on the CHD website <https://www.cincinnati-oh.gov/health/contact-us/employee-of-the-month/>. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).



Do you follow CHD on social media?

If not, be sure to like and follow:

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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 2019

Vol. IX 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

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What You Need to Know About Communicable Disease Outbreaks

CHD has been monitoring outbreaks across the county of several vaccine-preventable illnesses. In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren’t vaccinated.

When a large percentage of the population is vaccinated, the spread of disease is limited. This indirectly protects unimmunized individuals, including those who can’t be vaccinated and those for whom vaccination was not successful. This is known as herd immunity. As the number of those vaccinated increases, the protection of herd immunity increases. Depending on the contagiousness of the disease, vaccination rates may need to be as high as 80-95%. When vaccination rates fall, the protective effect of herd immunity lessens and can lead to outbreaks. We have seen several outbreaks of Measles across the country, and there have been cases of pertussis in Cincinnati.

Measles

Measles starts with fever, runny nose, cough, red eyes, and sore throat. It’s followed by a rash that spreads over the body. Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection.

Pertussis

Pertussis, or whooping cough, is known for uncontrollable, violent coughing which often makes it hard to breathe. After a coughing fit, someone with pertussis often needs to take deep breaths, which result in a “whooping” sound. Pertussis spreads easily and can last up to 10 weeks or more.

Pertussis can affect people of all ages, but in infants and young children, the disease can be quite severe, even deadly—especially in babies younger than 6 months of age. The DTaP vaccine for babies and young children, and the Tdap vaccine for preteens, teens, and adults — including pregnant women — help prevent this potentially life threatening illness. Protect your family—and our community—against whooping cough. Talk to your doctor about getting yourself and your children vaccinated.



During National Nutrition Month, I want to highlight the food and nutrition expertise available in Cincinnati, offered to clients of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) by 19 Registered Dietitians who serve the community through our 10 WIC locations offered throughout the city.

WIC is a federally funded program generally available to low-income individuals and families who are at or below 185 percent of the federal poverty level. Among other services, WIC provides supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk.

Our WIC nutritionists are educated, trained, and trusted experts committed to improving the health of their clients and communities through food and nutrition. One of our foremost goals is to ensure that all Cincinnati children have access to the nutritious foods they need to get a good start in life.

WIC clients receive vouchers to buy healthy foods from WIC-authorized vendors. In addition, they receive education on the importance of making informed food choices and developing sound eating and physical activity habits. WIC clients also receive support and information about breastfeeding and help in finding health care and other community services.

The Cincinnati WIC Program serves approximately 15,000 women, infants and children as part of its mission to optimize health outcomes through food and nutrition education. Studies have shown that the WIC Program has played a significant role in improving birth outcomes and containing health care costs. WIC has resulted in longer pregnancies, fewer premature births and infant deaths, a greater likelihood of receiving prenatal care.

Throughout the year, the WIC Program strives to communicate healthy eating messages that emphasize a balance of food and beverages to provide the body what it needs. Most favorite foods can fit within this pattern if eaten in moderation with appropriate portion size and physical activity. Remember that maintaining good health is not about a specific food, meal, or time of year, rather, a life-long balance of healthy behaviors that leaves plenty of time for the foods and activities we love.

Events & Shout Outs!

CHD Welcomes New Hires

January 13, 2019

[Lisa McGiveron](#) - Sanitarian, Environmental

January 27, 2019

[Anna Benjamin](#) - Medical Assistant, School and Adolescent Health

[Stephanie Green](#) - PHN2, School and Adolescent Health

[Catherine Lanzillotta](#) - PHN2, School and Adolescent Health

[Jillian Magner](#) - Nurse Practitioner, School and Adolescent Health

[Sarah Roberts](#) - Optometrist, School and Adolescent Health

[Fernando Rico-Alarcon](#) - PHN 2, School and Adolescent Health

February 10, 2019

[Teminijesu Ige](#) - Public Health Educator, Health Promotions/Worksite Wellness

[Jasmine Taylor](#) - Optometric Technician, School and Adolescent Health

February 24, 2019

[Lakisha Sanders](#) - Medical Assistant, CCPC

Community Health Improvement Plan (CHIP) Employee Strategic Planning Meeting 2:00—3:30 pm. —3101 Burnet Avenue, Delores L. Bowen Auditorium

Tuesday, March 12— Xavier University Students Host Community Health Fair, 10:00 a.m.—4:00 p.m. Madisonville Recreation Center

Saturday, March 16— Why Are Black Men Dying Part 2, Emotional Health & Well-being conference, 10:00 a.m.—2:00 p.m., Cincinnati Children's MERC Auditorium

Tuesday, March 19—Cincinnati Community Health Improvement Plan (CHIP) Kick Off Meeting, 9:00 a.m.—12:00 p.m. Register at <http://tinyurl.com/CincyCHIP>

CHD kicks butts on March 20, 2019

Kick Butts Day on March 20 is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. On this day, teachers and health advocates across the nation work with youth to set up events that raise awareness of tobacco use within their community, encourage kids to stay away from tobacco, and to bring awareness to elected officials who can take actions to protect children from tobacco products. The goal is to reduce death and disease associated with tobacco, to save lives by advocating for policies that can prevent children from smoking, to protect individuals from the harms of secondhand smoke, and to help those who do currently smoke in quitting.

Do you want to stop smoking but do not know how to get started? We can help!

Smoking is one of the leading causes of preventable death in the United States. More than 480,000 people die from tobacco use and secondhand smoke every year. Data shows that 95% of smokers begin smoking before age 21. To fight this high number, the Cincinnati City Council has passed the Tobacco 21 ordinance. This new rule raises the legal age to buy tobacco products from 18 to 21. To spread the word about this new law, the Cincinnati Health department will provide community education on how it will help lower youth access to tobacco products. This new regulation will be in full effect by December 1, 2019.

Nicotine, one of the main ingredients in tobacco, is the reason quitting is so tough. Research has shown that nicotine may be as addictive as heroin or alcohol. The symptoms of nicotine withdrawal can include: increased hunger and cravings, feeling irritable or nervous, and weight gain. These symptoms make it very hard for people to stop smoking. It takes the average person 9 attempts to quit for good. While it is hard to quit, the health benefits are worth it! Quitting smoking can lower your risk of lung cancer, heart disease, and stroke. Breathing problems, such as coughing and wheezing can also be reduced.

There are different types of programs available to help you quit smoking. There is a national quit line, 1-800-QUIT-NOW (1-800-784-8669), that offers over-the-phone support to all who call. The phone lines are staffed by skilled coaches who offer counseling and advice by creating a personalized quit plan, providing free or discounted medications (if applicable), and referrals to other resources. Also, the health centers have smoking cessation services for those interested in quitting. Pharmacists are available for face-to-face appointments to help you stop smoking. These visits are free of charge and we can work with your doctor to prescribe medications that can help you be successful.

If you or someone you know is trying to quit smoking please contact 1-800-QUIT-NOW or your local health center to find out how to get started today! We hope to end smoking in Cincinnati so that we can breathe and live happily!

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

I'm pleased to welcome Ronald Robinson as our new Division Manager of Finance after the Board unanimously voted to approve his hiring. Mr. Robinson previously served terms as the Vice Chair of the Board of Health, and also as the Chair of the Finance Subcommittee for the Board of Health. Robinson was instrumental in setting strategic vision and managing budget operations for the Health Department.

Ronald Robinson is a skilled financial analyst with over 25 years of healthcare, private sector, and consulting experience. Mr. Robinson's extensive knowledge will certainly be well utilized as we face several structural changes to the health department's budget beginning next fiscal year.

The Board looks forward to him joining the health department now as an employee, and building on its long and distinguished history of providing high quality health services to the citizens of Cincinnati.



What to do if your child gets sick with the flu



The timing of flu is unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round; however, seasonal flu activity often begins as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the United States between December and February. Children younger than five years old have a greater chance of having problems with the flu. Children with a long term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu. If your child is younger than five years of age, or of any age with a long-term health condition, and develops flu-like symptoms they're at risk for serious complications from the flu.

To reduce the spread of the flu, keep you sick child at home until at least 24 hours after their fever is gone, except to get medical care. Children can go back to school 24 hours after their fever is gone WITHOUT the use of medicine that lowers fevers.

Here are simple tips to care for your sick child:

Make sure your child gets plenty of rest and drinks a lot of clear fluids such as water, broth, sports drinks, and electrolyte beverages for infants (Pedialyte) to prevent dehydration.

- Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members.
- Do not allow your child to share food or drinks with others.
- Try to have one person as the main caregiver for the sick child. If possible, the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma.

CHD Honors Long Term Employees and Retirees

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 February 26, 2019, the CHD Labor Management Committee (LMC) held another 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 20-35 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.



| | | |
|----------------------------|---|-----------------|
| <u>30+ YEARS</u> | | |
| KAREN FLOWERS | SECRETARY, FISCAL | 30 YEARS |
| PAMELA FANON | CUSTOMER SERVICE REP., ENVIRONMENTAL HEALTH | 30 YEARS |
| <u>25+ YEARS</u> | | |
| SANDRA LOYD | MEDICAL ASSISTANT, WIC | 25 YEARS |
| ANTONIO YOUNG | DIRECTOR, ENVIRONMENTAL HEALTH | 25 YEARS |
| JACKIE SILAS | INTERIM NURSE SUPERVISOR, ADMINISTRATION | 25 YEARS |
| JOHN DUNHAM | COMMUNICABLE DISEASE | 25 YEARS |
| <u>RETIREES</u> | | |
| LARRY FLOREA | SUPERVISING SANITARIAN, ENVIRONMENTAL HEALTH | 33 YEARS |
| SANDRA LOYD | MEDICAL ASSISTANT, WIC | 25 YEARS |
| DEBORAH MURPHY | TYPIST, WIC | 22 YEARS |
| STEVE ENGLENDER, MD | DIRECTOR, CENTER FOR PUBLIC HEALTH PREPAREDNESS | 14 YEARS |

Spring rains considered during Flood Safety Awareness Week, March 11-15, 2019

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 19-25, 2017, 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



National Poison Prevention Week is March 17-23

It only takes a second for someone, especially a young child, to fall victim to an unintentional poisoning. While poison is the #1 cause of injury-related death in the United States, many poisonings are preventable and help is only a phone call away.

The old adage, “an ounce of prevention is worth a pound of cure” is a reminder to put potentially harmful cleaning products and medicines out of the reach of children. Many cleaning products are packaged in ways resembling familiar things. Brightly

colored laundry and dishwashing packets which are squishy and fit into a small mouth could be mistaken for a pacifier to a toddler. And, while most poisonings are from swallowing a substance, people are also exposed through the skin, eyes and lungs.

A few simple tips can keep families safe as they begin spring cleaning and moving outside to enjoy warmer weather. Keep products in their original packaging. The label often includes any product use warnings and remedies if misused. Never mix cleaning products -- doing so, can create harmful gases that can irritate the lungs and sinuses.

Discard old medicines and other outdated products. Pesticide labels contain instructions for the safe handling of the product. Be sure to follow directions carefully to avoid potential harm to yourself or others.

The nationwide Poison Help hotline at 1-800-222-1222 provides free, confidential, expert medical advice 24 hours a day, seven days a week from toxicology specialists including nurses, pharmacists, physicians and poison information providers. Poison centers are your first resource for advice and help in the event of an actual or suspected poisoning. The toll-free number connects callers to their local poison center. Be sure to program the number into your phone and post the phone number throughout your house – in the medicine cabinet, in the kitchen and wherever you store household cleaning or yard supplies.

CHD CONGRATULATES NANCY CARTER, MARCH 2019 EMPLOYEE OF THE MONTH

Big shout out and congratulations to Nancy Carter, RDH, MPH, for being the Employee of the Month for March 2019! Ms. Carter has had a long and successful career at CHD. She started here in 1983 as the Assistant Dental Director. In 2008, she was promoted to the Associate Dental Director, Office of Community Oral Health Programs within the Cincinnati Health Department.



During Nancy's tenure, she has helped develop and implement community-wide programs directed to dental education, prevention of disease, and increasing access to dental services for children, the elderly, low-income, chronically ill, and disabled. Under Ms. Carter's leadership, CHD has expanded its dental services from five to nine sites. She's also driven the increase of the availability of dental care in the areas of emergency services and access to basic dental services for school-aged children.

The Cincinnati Health Department operates five dental centers, one school-based dental center and provides services on behalf of the thousands of community members without dental insurance. Carter oversees all aspects of the dental operations.

Ms. Carter has worked tirelessly for years to improve the oral care of children and adults in Cincinnati. She has been instrumental in helping with the "Children's Specialty Dental Care" and "Leave No Vet Behind" programs.

"Although I've only worked with Ms. Carter for three years, I've consistently been impressed by her work ethic, productivity and accomplishments, as well as her obvious commitment to public health, the dental staff and CHD patients," stated Marla Hurston Fuller, Director, Communications & Governmental Relations and award nominator for Ms. Carter. "Ms. Carter is always shy about being in the spotlight but she is the first to sing the praises of others," Fuller emphasized.

Fuller further expressed the reason she felt Ms. Carter was a perfect award recipient, stating, "She has what it takes to achieve greatness in whatever she pursues and I'm delighted she chose public health decades ago – an area where so many of our oral health disparities abound and need the passion and hard work of people like her. Because of her, our program, our (public health) profession, and most importantly the children and communities she serves are positively impacted."

Yury Gonzales, MD, Medical Director, CHD expressed his thoughts on Ms. Carter saying, "She has a deep-seated passion to serve the underserved, a vision and plan to go out and make a difference in the community, and actually deliver and execute that plan. Ms. Carter is a rare find. She is the type of individual that sets high goals and expectations for herself and follows through on achieving them. She is all about action, a do-er, and a natural leader."

"Seeing Ms. Carter in direct interaction with the dental staff is most gratifying. She has this nurturing and supportive presence that seems to engage them effectively – a quality that well serves our organization and patients, both adult and pediatric alike," explained Dr. Gonzales.

She was named a Cincinnati Business Courier Health Care Hero Finalist, and received the HealthPath Foundation of Ohio Community Connector award and the distinguished 2018 Jack W. Gottschalk, D.D.S Notable Service Award presented by The Cincinnati Dental Society's Oral Health Foundation

Ms. Carter is a registered dental hygienist and holds a Master's degree in public health from the University of Michigan, a Bachelor's degree from the University of Kentucky, and an Associate's degree from The University of Cincinnati.

**Do you follow CHD on social media?**

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 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

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National Public Health Week 2019

The Cincinnati Health Department is celebrating National Public Health Week (NPHW) from April 1-7. This year’s theme is “Changing Our Future Together,” which will celebrate the power of prevention, advocate for healthy practices, share strategies for successful partnerships and champion the role of a strong public health system.

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 highlight 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 2019, Generation Public Health, 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, policymakers 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: Healthy Communities
Tuesday: Violence Prevention
Wednesday: Rural Health
Thursday: Technology and Public Health
Friday: Climate Change
Saturday and Sunday: Global Health

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

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.



It is an exciting time for us as we continue to work toward accreditation from the Public Health Accreditation Board (PHAB). I appreciate the extra effort each one of you is making to help us get through the accreditation process. In the end, it is my hope the excellent work each of us is doing will be recognized with acceptance as an accredited health department.

At the end of March, CHD received notification from PHAB that we are required to submit an action plan on 12 measures before being awarded accreditation status. The next steps are to assemble the CHD PHAB Core Team to review the measures and identify the objectives we need to meet and the documentation that needs to be submitted. We will be working through the end of May to submit an action plan to address those standards, and a final action plan will be due to PHAB by the end of June.

Through this process we are working to improve and protect the health of the public by advancing the quality and performance of our health department. During this time, 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.

One of the ways we can ensure we are providing the best services is through our involvement in the Cincinnati Community Health Improvement Plan (CHIP). CHD staff did a wonderful job of leading a community meeting on March 19th, 2019 to kick-off the Cincinnati CHIP process. Over 50 participants, from multiple community organizations and sectors, came together to partake in this process. At the meeting, Cincinnati health data was presented and preliminary focus areas were discussed. The next meeting for the CHIP process will be held Monday, May 6th. Participants will finalize the focus areas and begin to form action teams to develop strategies in each focus area.

We are excited to see what is accomplished through the Cincinnati CHIP. Thank you to all those that helped plan this kick-off effort and to all of the community partners and Board of Health members that continue to support and participate in this cause. 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.



The Body Shop at CHD

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**.

Events & Shout Outs!

CHD Welcomes March New Hires

- ⇒ Ronald Robinson - Division Manager, Finance/TRD (Not pictured)
- ⇒ Curtis Williams - Optician, School & Adolescent Health
- ⇒ Dana Harris - Optician, School & Adolescent Health
- ⇒ Aishia Peoples - Medical Assistant, CCPC
- ⇒ Aquashia Peterson - Breastfeeding Peer Helper, WIC Program
- ⇒ Danielle Ross - Breastfeeding Peer Counselor, WIC Program
- ⇒ Shane Satterfield - Health Counselor, Community Health



Williams



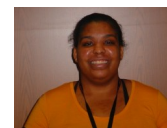
Harris



Peoples



Peterson



Ross



Satterfield

CHD Salutes Karen Flowers, Secretary - TRD/Fiscal, on her retirement after 30 Years of employment. Congratulations and best wishes to Ms. Flowers.

The next Cincinnati CHIP Meeting will take place on Monday, May 6, 9:00 a.m. —Noon at the Health Collaborative, located at 615 Elsinore Place.

SAFE PLACES CINCY
Struggling with addiction? Your connection to recovery starts by calling 513.357.7320.



Active & Healthy | April 2019

April 2019 is National Minority Health Month, and for the observance this year, the Cincinnati Health Department will team up with Health & Human Services Office of Minority Health (OMH) in raising awareness about the important role an active lifestyle plays in keeping us healthy.

Minority Health Month was created to be a 30-day, high visibility, health promotion and disease prevention campaign. Conducted with and by community based agencies and organizations, this celebration reaches into urban, suburban and rural areas of the state. It's a National observance 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.

The theme for the 2019 observance is Active & Healthy, which will allow OMH and minority health advocates throughout the nation to emphasize the health benefits of incorporating even small amounts of moderate-to-vigorous physical activity into our schedules. Physical activity is one of the best things people can do to improve their health. Yet, too few Americans get the recommended amount of physical activity. Only 1 in 4 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities. These numbers are even lower among adults in some racial and ethnic minority populations.

Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups. Physical activity also fosters normal growth and development in children, improves mental health, and can make people feel better, function better, and sleep better.

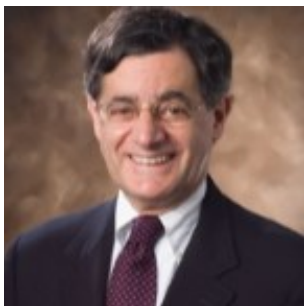


An active and healthy lifestyle can help reduce the risk of high blood pressure, type 2 diabetes and other chronic diseases. According to the 2nd edition of the Physical Activity Guidelines for Americans released last year, adults need at least 150-300 minutes of moderate-to-vigorous physical activity each week with muscle-strengthening activities two or more days a week.

Preschool-aged children should do physical activity every day throughout the day for healthy growth and development. Children and adolescents starting at age 6 should participate in at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Remember that children imitate adults. You can start by adding physical activity to your own daily routine

and encouraging your child to join you.

A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

I'm pleased to welcome Domonic Hopson as our new Assistant Health Commissioner and CEO of Primary Care beginning the end of this month. Domonic is a highly experienced and results-oriented leader with a background in leading division level operations and delivering process improvements. He has a broad range of supervision, clinical, and administrative experience for the U.S. Department of Veterans Affairs, well versed in implementing policies, programs, and cost-effective solutions.

He is joining us from Nashville, Tennessee where he was managing business and ambulatory care operations for a network of 5 Healthcare systems serving more than 130,000 patients. He has a Master of Public Health and a Bachelor of Science in Kinesiology from the University of Southern Mississippi. We look forward to the contribution of his leadership toward continuing improvement of the Cincinnati Health Department's performance and services protecting the health of the public.



Learn the facts, Be lead safe!

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

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

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

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

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

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

Understanding Health Equity and Health Disparities at a Glance

The United States has become increasingly diverse in the last century. According to the 2010 U.S. Census, approximately 36 percent of the population belongs to a racial or ethnic minority group.

Though health indicators such as life expectancy and infant mortality have improved for most Americans, some minorities experience a disproportionate burden of preventable disease, death, and disability compared with non-minorities. Reducing and eliminating health disparities is fundamental to reaching health equity and building a healthier nation.

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.



Greater Cincinnati Water Works (GCWW) and the Cincinnati Fire Department (CFD) would like to remind citizens that this is the time of year for the Annual Spring Service – a time when all 12,000+ fire hydrants within the City of Cincinnati are checked and serviced by “flowing” pressurized water through the network of pipes.

What does this mean for citizens?

Safety: It is in the best interest of public safety that the hydrants be checked and verified to be in proper working condition. This ensures the hydrant is functioning properly and available for service in the event of an emergency.

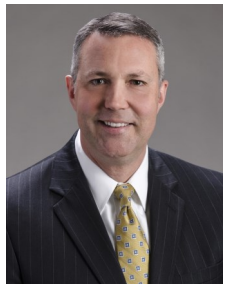
Potentially “discolored” water: The servicing process may temporarily discolor the water and make it look red or brown. GCWW & CFD acknowledge that citizens may be particularly sensitive to this condition.

Patience please: CFD always attempts to flush the water until it is clear. However, if water appears discolored, it is recommended to also flush home plumbing/pipes by running the water from the tap for a few minutes until it becomes clear again. If the water remains discolored for longer than a few hours, please notify GCWW Customer Service at (513) 591-7700.

Awareness: Servicing of the hydrants takes place seven (7) days a week. Please watch for CFD vehicles on streets and move cars if possible.

This process of servicing hydrants takes approximately one month. There is no set schedule. The goal is to complete the entire process in the month of April, but it is also dependent on weather and accessibility.

Since these activities routinely occur region-wide, GCWW & CFD are also contacting other fire departments in the area for expanded awareness.



Combatting ‘Intextication’ - A Message from Tom Wiedemann, President & CEO, AAA Club Alliance Inc., AAA Allied Group

April is National Distracted Driving Awareness Month and an opportune time for a more public conversation about the pervasive problem of distracted driving.

We know that our members care about this issue, and our AAA club is launching a far-reaching safety campaign to advocate for you as a driver and passenger. Our campaign targets drivers who would never consider getting behind the wheel after drinking a beer or any other alcoholic beverage and, yet, will regularly use mobile devices while driving that dangerously take their eyes and minds off the road.

The campaign “Don’t Drive Intoxicated—Don’t Drive Intexticated” was created with the goal of making distracted driving socially unacceptable—just as socially unacceptable as drinking and driving. And why not? The two are comparably dangerous and deadly.

AAA’s sobering “intexticated” message makes clear that the consequences of both alcohol-impaired driving and texting while driving are often the same: deaths and injuries among drivers, passengers and pedestrians.

Every day, distracted driving kills an average of 9 people and injures 1,000, according to the National Highway Traffic Safety Administration. It is the third-leading driver-related cause of crash fatalities, only surpassed by speeding and driving under the influence.

Research by the AAA Foundation for Traffic Safety reveals that even though 97 percent of drivers say texting/emailing while driving is a serious or very serious threat to their safety, 45 percent admit to having read a text or email while driving—and 35 percent admit to having typed one—in the past month.

Decades of public education efforts against alcohol-impaired driving and related efforts have helped reduce by half the number of alcohol-impaired crash fatalities since the 1980s, according to the National Institutes of Health. Similarly, we can make a difference with texting and emailing behind the wheel, too.

In the coming months, you will see and hear AAA in social and traditional media sharing messages and telling stories about the dangers of distracted driving, including texting and emailing while driving. It’s critical that we all be responsible drivers and passengers who understand the importance of not driving “intexticated”—or distracted in any way—so that we can all be safer together on the road.

CHD Honors Michelle Daniels, April 2019 Employee of the Month

This month we celebrate Michelle Daniels (MSN, RN), as April's Employee of the Month! Congratulations!! Mrs. Daniels has been an employee of the Cincinnati Health Department for 21 years. She is currently the clinical manager/ nursing supervisor for the City of Cincinnati Primary Care Center's Millvale at Hopple Street Health Center. In this role she is responsible for supervising clinical staff and working directly with our providers, and overseeing the day-to-day operations of the health center. Mrs. Daniels has been serving in this role for a year and a half, and she has been continually working to promote the services offered and develop partnerships with other community agencies for better health access and care to residents.

During her tenure with CHD, Mrs. Daniels has worked within various programs including Home Care, Children with Medical Handicaps, Immunization Action Plan (IAP), School Health, and Quality Management.

Ms. Phyllis Richardson, Health Program Manager and COO, described Mrs. Daniels as a "hard working manager, who believes in team work and encourages her staff to perform as a team." Together, her staff have worked on a project called Thrive by Five, a model through Cincinnati Children's Hospital Medical Center that is designed to deliver high quality care to patients. Her team worked on improving immunization rates in 0-24 month old patients. They also created newborn welcome bags to give moms with the goal of helping the mothers to be compliant with follow up visits and immunizations.

Mrs. Daniels has become known for her keen ability to build collaboration and consensus amongst her team members for best outcomes. She's demonstrated exemplary skill in bringing all staff together to work seamlessly with everything from registration to collaborating with the providers, and this is what contributed to the success of the Thrive by Five project.

"Each manager has their own individual strengths, which is great. I believe Michelle's strength is the ability to pull staff together to works as a collective unit," explained Ms. Richardson. "It's imperative that we all work together, especially in a clinical environment, in order to succeed in every phase of the care delivery system. "She serves a critical role in ensuring that all the pieces are pulled together wholly and completely," emphasized Ms. Richardson.

Mrs. Daniels is also recognized for her superior communication skills which are important assets as a manager. "Michelle always motivates her team and understands the importance and positive impact of listening to staff feedback," expressed Ms. Richardson.

Under Mrs. Daniels leadership, the Millvale team won awards for the Centers for Disease Control and Prevention Sentinel Influenza program. During the monthly Board of Health meeting in December, the Millvale team was recognized for their hard work on the project.

Ms. Richardson said that the quote that best describes Mrs. Daniels is "Tend to the people, and they will tend to the business," by John Maxwell.

Congratulations Michelle Daniels! CHD is proud of you!



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 2019
Vol. IX 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

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 @cinci_healthdept



Women’s Health Week is May 12 - 18

The 20th annual National Women’s Health Week kicks off on Mother’s Day, May 12, and is celebrated through May 18, 2019. This week is an observance led by the U.S. Department of Health and Human Services Office on Women’s Health. The goal is to empower women to make their health a priority.

May, and its focus on Mother’s Day, is a perfect time to schedule a well-woman checkup and preventive screenings. Many health insurance plans now offer preventive services for women at little or no cost. Preventive care can help detect problems early, when treatment is more effective.

The CHD and UC Health have partnered for several years to offer women in the community top notch preventative health services. Under the direction of Dr. Elizabeth Kelly, CHD health centers provide preventative services recommended by the CDC including breast and cervical cancer screening. “This partnership has been instrumental in ensuring that women and families in Cincinnati are healthy and have opportunities for quality health care,” emphasizes Dr. Jennifer Mooney, Division Director, Family Health. “Many thanks to the UC Division of Community Women’s Health Team for all you do for the women in our community!”

Women are caregivers for so many. Taking care of you is as important as taking care of others. The CHD offers the following reminders on self-care:

Prioritize Mental Health

Keep your mind and body healthy. There is emerging evidence that positive mental health is associated with overall health. Getting enough sleep impacts how you feel and perform during the day. Most adults need 7-8 hours of sleep each night.

Get Moving

Physical activity is one of the most important things you can do for your health and has many benefits including lowering your risk for diabetes, osteoporosis and heart disease—the leading cause of death for women.





CHD School-Based Health Centers offers integrated health services

The CHD school based health center at The Children's Home of Cincinnati (CHOC) is located in a wooded area off Duck Creek Road in Madisonville. The health center opened in August 2016.

What makes The Children's Home location unique is that it offers integrated health services for students attending The Children's Home and Schroder Paideia High School. CHD providers work closely

with the Children's Home's Staff to encourage CHOC patients and families to receive primary care which includes: well child exam, sports and work physicals, immunizations, sick visits, management of chronic conditions, referrals, and lab work.

We offer an individualized circle of care and support to the students, staff, and families we serve. As part of the school and adolescent health center, we offer our services to the students of the Children's Home as well as Schroder Paideia, but we also offer our services to the community at large serving the greater Cincinnati area in hopes of assisting our patients to be the healthiest they can be.

The health center contains four exam rooms for children and adults. Healthcare services are provided by a nurse practitioner, medical assistant, and case work associates. A pediatrician is also on-site one half day a week for specialized care. For more information on student health and school based health centers, please contact School and Adolescent Health at 513-357-2808.

Events & Shout Outs!



CHD welcomes May 2019 new hires, [Katherine Orth](#), Dietitian, WIC Program (pictured at left)

[April Abaecherli-Shore](#), Nurse Practitioner; [Toni Binford](#), CWA; [Angela Bredestege](#), CCPC; [Courtney Greenwood](#), Dentist; [Amy Heath](#), Public Health Nurse 2; [Kelly Holtel](#), Public Health Nurse 2; [Mary Jo Rose](#), Public Health Nurse 2 and [Christine Tarter](#), Public Health Nurse 2.

Friday, May 31, 9:00—11:00 a.m.—Addiction Crisis and Narcan Training, Metropolitan Sewer District (1081 Woodward Avenue, Rooms 104-106)

Saturday, June 1, 10:00 a.m.—Walk in Awareness, Celebrating National Cancer Survivors Day; 1701 Mercy Health Place in Bond Hill (Two mile walk; Free health screenings and Party on the lawn with DJ Bill.

Thank you to UC Health for your partnership at Cincy Cincy 2019! Because of you, we were able to provide Body Mass Index and Blood Pressure Screenings. We appreciate you!



Know the difference! Spring weather brings possibility of tornadoes

A Tornado **WATCH** means a tornado is possible. A Tornado **WARNING** means a tornado has been sighted by weather radar and there is eminent danger to life and property. Common tornado danger signs include: dark, ominous storm clouds, cloud of debris, large hail and funnel clouds or a roaring sound.

Stay informed about watches and warning through local media or a NOAA weather radio for updated information and safety instructions.

Preparation is a key safety element! The Greater Cincinnati area often has tornado sightings and touchdowns during the Spring and early Summer months. It is important to have a plan of action before a tornado occurs.

Here are some safety tips to remember during the season.

- Identify a safe place in your home – the basement, an interior room (like a closet) on the lowest floor possible with no windows.
- If you are in a high-rise building – pick a hallway in the center of the building if there is not enough time to get to the lowest floor.
- If you live in a mobile home, choose a safe place in a nearby sturdy building or designated shelter at the mobile home park.

Prepare for high winds by cutting back diseased or damaged tree limbs in your yard. Store or secure lawn furniture, trash cans, hanging plants or anything outside of your home that could be picked up by high winds.

Emergency preparedness kit should include: flashlight and batteries, first aid kit, emergency contact numbers, copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies), cell phone and chargers and extra cash/your credit cards.

Just add water!

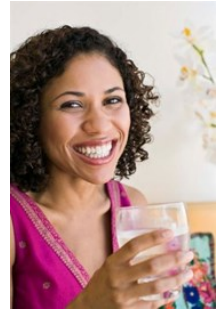
Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat.

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

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

- Add a wedge of lime or lemon to your water.
- Choose water instead of sugar-sweetened beverages.
- 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.



Continued from page one.... Women's Health Week is May 12 - 18

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. Strength and balance training can help reduce the chances for falls. One out of three older people fall each year and women fall more often than men.

Enjoy Healthy Foods

A healthy eating plan includes fruits, vegetables, whole grains, fat free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats, and added sugars.

A multivitamin helps ensure a woman is getting her recommended daily requirement of nutrients.

Practice Healthy Behaviors

Daily decisions influence overall health. Small changes will set a good example for others in your family. Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet. Use prescription drugs only as directed by a health care provider. About 18 women in the U.S. die every day of a prescription painkiller overdose.

Before you schedule your next appointment review your family health history and write down any questions or issues you may have, and take it with you.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

This year marks the 70th year of observing Mental Health month. Since 1949, health organizations have worked to raise awareness about mental health and fight the stigma. 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.

Our bodies don't separate mental and physical health like our health care system does. We know that the underlying environment - the "social determinants" of health - plays a role in the development of both physical and mental health conditions. The Board of Health is working to develop partnerships 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.

We know that some common tools and strategies - such as animal companionship, humor, spirituality, work-life balance, recreation, and social networking - lead to improvements in both physical and mental health. 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.

Have you ever wondered, what is a federally qualified health center? A Federally Qualified Health Center is a reimbursement designation from the Bureau of Primary Health Care and the Centers for Medicare and Medicaid Services of the United States Department of Health and Human Services. This designation is significant for several health programs funded under the Health Center Consolidation Act.



According to the Health Resources and Services Administration (HRSA), federally qualified health centers receive funding under Section 330 of the Public Health Service Act. These health centers qualify for enhanced reimbursement from Medicare and Medicaid, as well as other benefits. Criteria include: serving an underserved area or population and offering a sliding fee scale.

Providing comprehensive services (either on-site or by arrangement with other providers), including:

- Preventive health services
- Dental services
- Mental health and substance abuse services
- Transportation services necessary for adequate patient care
- Hospital and specialty care

In addition, federally qualified health centers have an ongoing quality assurance program and a governing board of directors.

The City of Cincinnati has seven community health centers, four of them with dental centers, the Crest Smile Shop and 13 school based health centers, three with dental and two with vision centers. **To schedule an appointment at one of our health centers call 513.357.7320.**

Prevent bed bugs from ‘bugging’ you during Spring travel

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep, hence the name. Bed bugs are experts at hiding. They can fit into the smallest of spaces and stay there for long periods of time.

Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting stow-away bed bugs as they travel from location to location, infecting areas as they travel. Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by the use of insecticides.

If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs which is very important,” adds Antonio Young, Environmental Health Director.

“The best way to prevent bed bugs is regular inspection for the signs of an infestation. Since bed bugs do not carry disease, the Cincinnati Health Department does not regulate them.”

CHD provides public information to citizens at their request through our Healthy Homes Program. Citizens may call the Healthy Homes program at (513) 352-2908.



Controlling blood pressure

High blood pressure is a common and dangerous condition. It is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important to check your blood pressure regularly.

Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

According to the Centers for Disease Control and Prevention, about 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. Only about half (54%) of these people have their high blood pressure under control. Many youth are also being diagnosed with high blood pressure. This common condition increases the risk for heart disease and stroke, two of the leading causes of death for Americans.

The good news is that you can take steps to prevent high blood pressure or to control it if your blood pressure is already high. Lifestyle changes can help you control your blood pressure.

- **Diet.** Eat a healthy diet that is:
 - Low in salt (sodium), total fat, saturated fat, and cholesterol.
 - High in fresh fruits and vegetables.
- **Be active.** Try taking a brisk 10-minute walk 3 times a day 5 days a week
- **Do not smoke.** If you smoke, quit as soon as possible.



These lifestyle changes for blood pressure control are similar to those for preventing high blood pressure.



Asthma—What is it?

Asthma is one of the most common health problems in Cincinnati and the nation, especially among inner-city and preschool-aged children. Recently, the number of people with asthma has grown at such a rapid rate that it is called an epidemic.

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

In most cases, it’s not completely understood what causes asthma, and there is currently no cure. We know that if someone in your family has asthma you are more likely to have it.

“At certain times, asthma makes it hard to breathe. If your child has asthma, his or her airways get sore, swollen and very sensitive,” stated Yury Gonzales, MD, Medical Director, CHD. “They react strongly to things that your child is allergic to or finds irritating. When this happens less air goes into the lungs. An asthma attack is when someone with asthma wheezes (makes a whistling sound when breathing), coughs, has a tight chest, and has trouble breathing, especially at night and early morning,” Dr. Gonzales explained.

Although asthma can’t be cured, these attacks can be managed, allowing kids with asthma to lead active lives. Dr. Gonzales emphasized that if your child has asthma, it is very important that you see a doctor to develop and stick to an asthma action plan for your child. This may include taking medicine. It is also important that you do not smoke. Smoking will make your child’s asthma worse. Help your child avoid contact with things that might cause an asthma attack such as tobacco smoke, cockroaches, dust, dust mites, pets, mold, and some chemicals.

“These items are called ‘triggers’ because they may start an attack. Triggers vary from person to person,” said Dr. Gonzales. “Even babies can have asthma. If your family has a history of allergies and/or asthma, your baby may be more likely to develop asthma. It may first show up as several days of wheezing after a cold, or a tight-sounding cough at night. If you notice your baby has wheezing, coughing, trouble breathing, or shortness of breath, take him or her to a doctor to be checked.” For an appointment at one of CHD’s health centers, call 513.357.7320.

John Dunham and Todd Dudley, A Dynamic Duo Named CHD's Employees of the Month

It is with great enthusiasm that I announce John Dunham and Todd Dudley as the Employees of the Month for May 2019! Normally, the Cincinnati Health Department (CHD) celebrates one employee each month. This month however, the voting committee and senior leadership team had too much of a difficult task to acknowledge one without the other.



Although both men work very closely together and their job responsibilities often overlap, each individual brings their own knowledge, hard work, dedication, personality and team spirit to the organization. As Senior Environmental Safety Specialists, Mr. Dunham and Mr. Dudley have collectively 32 years of service to the Cincinnati Health Department; John having worked here for 25 years, and Todd 7 years (although he worked for the Sharonville Health Department (5 years), and Hamilton County Public Health (6 years) before coming to CHD).

As a team, this dynamic duo partner to develop, train on exercises, evaluate and revise emergency plans and protocols (including fire drills, Ebola and other communicable disease or disaster situations). They work around the clock, responding 24-7 as needed to emergencies in order to keep staff and community alike, safe and out of harm's way. Together they also coordinate the Medical Reserve Corps and the Employee Safety Program (fit-testing, etc.).

In their role, they also inspect and evaluate the environment, equipment and processes in working areas to ensure compliance with government safety regulations and industry standards. Their chief goal is to protect the employees, customers and the environment.

Individually, John is responsible for managing the Public Health Emergency Preparedness sub-grant, while Todd manages the Cities Readiness Initiative grant.

Commissioner Moore has been working closely with John and Todd since her arrival last August, and she nominated them for Employee of the Month. She expressed that they were "deserving of the recognition because they are very pleasant, willing to step in and step up, and have a sense of urgency." Commissioner Moore described them as "true team players who have positive attitudes and exemplify the core values of CHD."

Another nominator, Sharon Hutchins, Ph.D., MPH, Supervising Epidemiologist, Communicable Disease Unit, shares Commissioner Moore's sentiment about the dynamic duo. "They consistently demonstrate a positive, can-do attitude," Hutchins stated. "They are also very much respected for being proactive. They exude a quiet competence and deep-expertise while being flexible and reliable."

Always on call 24-7-365, they frequently work odd and long hours. Dr. Hutchins recalled a time where they set up an entire Incident Command System response to Hepatitis A in a timely manner, despite an already heavy workload.

Dr. Hutchins also praised the team for being able to explain very complicated rules and procedures in simplified language, their extreme patience and their interest and participation in mentoring students. Dr. Hutchins described the two men saying, "John is a rock! Intelligent, knowledgeable, responsive, dependable, capable, tactful, always willing to help, and someone that you are happy to see show up in an emergency. A strong, calming and helpful presence."

She described Todd saying, "Todd is a great leader and co-worker. He does not have a chip on his shoulder, but is able to organize and lead due to his knowledge and skills and the respect he engenders in others."

Congratulations to John Dunham and Todd Dudley for being selected as the May 2019 Employees of the Month!



Do you follow CHD on social media?

If not, be sure to like and follow:



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 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>
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HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JUNE 2019

Vol. IX Issue VI

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| Sun | 3 p.m. |

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

CHD= Cincinnati Health Department

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June celebrates men’s health and fatherhood

June is Men’s Health Month and a chance to recognize a father’s importance in the life of his children. It also provides children with the opportunity to express their love and respect for their fathers.



Father’s Day is on June 16. It is a day when fathers are acknowledged nationally for their commitment and care of their families and themselves. Men often underestimate the impact they can have on the health and growth of their children.

From the beginning, dads can support the mothers of their children in providing natural nutrition through breastfeeding. Men can be an important catalyst for nursing mothers through informed and supportive care. There are many known benefits to breastfeeding for the mother and child. It helps strengthen the mother-child bond and protects the baby from many childhood illnesses and helps the mother’s health by lowering the risk of type 2 diabetes and various types of cancer.

For fathers to be involved in the care of their children, they also have to take care of themselves. Heart disease is the number one cause of death in America. Significant disabilities can result from heart disease -- some cannot be changed, such as genetics or family history. Luckily, there are some things men can do to prevent heart disease and model healthier choices for their families.

Blood Pressure

High blood pressure puts one at a risk for heart disease and strokes. Thirty percent of men have high blood pressure. If your blood pressure is greater than 120/80, you should talk to your health provider.

Cholesterol

High cholesterol levels can be very dangerous and cause heart disease. Cholesterol levels are checked via a simple blood test. Talk to your primary care provider to see whether you would benefit from early screening.

Smoking

About 20 percent of adult men smoke, which can lead to heart disease. Fortunately, quitting helps! The increased risk of heart disease goes down as soon as you quit.

Continued on page 3...



Congratulations! This year marks a significant milestone for those celebrating 5, 10, 15 and 20 years of service to the City of Cincinnati. Last month, every CHD division honored several employees for their years of service, completing their probationary period, and the many wonderful accomplishments they've made during their tenure.

Facilitated by Ms. B. A. Dixon, Human Resources, employees were recognized by their peers in various ceremonies honoring their achievements and dedication to CHD, our patients, and community at large. Those recognized received certificates, cards, and tokens of gratitude during special recognition ceremonies to further underscore CHD's appreciation for their hard work.

This project was one of many new and ongoing initiatives of the Labor Management Committee (LMC) to help boost moral, emphasize the importance that each of team member, and reiterate how the abilities and contributions of staff will always be an important part of our continued success.

We know that achievement and success aren't by accident. Breakthroughs come after spending what seem like hours of hard work and trying new ideas. We applaud your performance and appreciate your commitment to improving population health.

For everyone's years of services, whether you've worked with us for 5 or 35 years, we honor your career milestone and for the part you play in maintaining our performance standards and commitment to excellence.

Recognition programs like these are important. This most recent recognition was done in addition to the awards given to 25 –30 year employees at the February board meeting.

All recipient received awards based upon their tenure effective 12-31-2018

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 cells 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!

June 15-16, from 12:00—9:00 p.m. — Cincinnati 32nd Juneteenth Festival, Eden Park

June 8, from 9:00 a.m.—4:00 p.m. — The Butts Family Foundation, 4th Annual Get It Checked Health Fair, 512 East 13th Street

CONGRATS!

Congratulations to CHD's Meg Schroeder, MSN, RN, Public Health Nurse, Taft High

School Health Center, who received the Award for Excellence in Nursing at the Florence Nightingale Awards ceremony held last month. Shout out to Abbie Crookham, Public Health Nurse, Dater High and Western Hills High Schools, who was a nominee for the award.



Ms. Crookham also received the Interact for Health, Health Nursing Excellence Award on May 6. Congratulations on a job well done!

Congratulations to Trish Hollis (Accounting) on her retirement!

World Sickle Cell Day is June 19th. Sickle Cell Disease (SCD) is a chronic, life-long disease that affects millions of people across the globe. Sickle Cell Disease is a genetic disease that affects the hemoglobin in a person's red blood cells. Hemoglobin is responsible for picking up oxygen from the lungs and delivering it to vital organs, muscles, and tissues throughout the body. This abnormal hemoglobin causes a change in the shape of the red blood cell it is bound with, which results in the formation of a sickle cell instead of a normal round red blood cell.

Sickle Cell Disease is genetic and is not contagious. The only way for a person to get SCD is if they inherit two abnormal hemoglobin genes, one from each of their parents. The only way to prevent passing on the trait that causes SCD is asking your doctor to be tested to see if you carry the gene. Most people who carry the trait that causes SCD do not have any signs or symptoms. Many people living with SCD live with chronic pain as a result but it affects each person differently, but can potentially damage a number of bodily structures including the spleen, liver, blood vessels, gallbladder, kidneys, brain, heart and eyes. SCD places an individual at higher risk for complications such as infection, stroke, heart disease, high blood pressure, kidney disease, eye problems, gallstones, liver disease, among other things.

June celebrates Men's health and fatherhood

Diet and Exercise

Finally, diet and exercise are often talked about and sometimes the hardest things to change. Increased physical activity and adherence to a healthy diet help overall health., especially your heart. Talk to your doctor about the best way to increase your physical activity and how to change your diet for the better.

Healthy fathers nourish children with a strong and healthy sense of self determination and self acceptance. It's equally important for children to know their fathers not only take care of them, they also take care of their health as well.

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
Board Chair

Violence, overall, has become a serious public health crisis. Injuries and violence affect everyone, regardless of age, race, or economic status. In the first half of life, more Americans die from violence and injuries — such as motor vehicle crashes, falls, or homicides — than from any other cause, including cancer, HIV, or the flu. This makes injury the leading cause of death among persons 1-44.

From infants to the elderly, it affects people in all stages of life. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Many more survive violence and suffer physical, mental, and or emotional health problems throughout the rest of their lives.

Kids can use electronic media to embarrass, harass, or threaten their peers. As teens develop emotionally, they are heavily influenced by their relationship experiences, including teen dating. Nearly one in 10 teens reports having been hit or physically hurt on purpose by a boyfriend or girlfriend at least once over a year's time.

Violence places a massive burden on national economies, costing countries billions of US dollars each year in health care, law enforcement and lost productivity.

The Board of Health has been working with CHD to improve the understanding of our community's current health status through specific health indicators and community input regarding issues and areas of concern like violence so we can better address them.

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.



Sun Safety in the Summer

Summer is here, which means that many of us will be heading outdoors for activities and enjoying the warm weather. Whether you're outdoors to garden, exercise, attend a barbeque with friends, or lounge by the pool, it is always important to protect yourself from the sun's harmful rays. It is always best to avoid as much sun exposure as possible and follow these rules to limit sun damage:

- Wear sunscreen with a minimum SPF of 15.
- Remember to apply sunscreen about 20 to 30 minutes before you step into the sun.
- Apply a thick layer of sunscreen to any exposed skin. Don't forget your ears, scalp, tops of your feet and hands and face (and yes, even your lips).
- Even if your sunscreen's label says "sweat proof" or "water proof," you should still reapply after 2 hours and every time after you sweat, swim, or rub your skin with a towel.

- Hang out in the shade under a tree or umbrella.
- Wear clothing to cover exposed skin. Dark, tightly-woven clothing is more protective than lighter, loosely-woven clothing.
- Wear sunglasses that protect 100% of UVA and UVB rays.
- Wear a wide brimmed hat to protect your face and neck from sun exposure.
- Sunscreen loses its effectiveness with time, so be sure to throw out old sunscreen after 1-2 years.

Practicing these sun safety tips are very important year round, not just in the summer. The sun's rays can damage your skin at any time of year, even on a cloudy day. Taking measures to protect your skin are always necessary, especially in the summer. Following these tips can help protect your skin from a painful sunburn and even from developing skin cancer!

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.



Physician Spotlight

Anisa Shomo, MD (she/her/hers) is a Board Certified Family Medicine Physician. She has an appointment as Assistant Professor at the University of Cincinnati College of Medicine in the Department of Family and Community Medicine. She also practices internal medicine and gynecology at CHD's Braxton Cann Memorial Medical Center, and the Bobbie Sterne Health Center. She began her career at CHD in a school based health center in 2014.

Her interests include healthy lifestyles, preventative medicine, and healthy sexuality. She recently started a business to discuss different health topics, DR SHOMO KNOWS, LLC.

What she likes most about working at CHD is taking care of families and individuals. "The relationships we build and how we can help patients through health problems, grief, and loss allow us to make a positive impact on patient's behaviors," stated Dr. Shomo. "I'm really into preventative medicine. I like to educate my patients about ways they can drastically improve their lifestyle."

Dr. Shomo's interest in family and preventative medicine started when her father was diagnosed with diabetes at the age of 30. She saw his struggle with the chronic disease and made a concerted effort to take care of herself so she wouldn't find herself in a similar situation.

A Cleveland native, Dr. Shomo, is a Family Medicine physician with many interests. She graduated from The Ohio State University with a Bachelors of Arts in Spanish and she is a member of Alpha Psi Lambda, the nation's first coed Latinx fraternity. She is a graduate of The Ohio State University College of Medicine. She completed her Family Medicine residency and Geriatric fellowship at the University of Cincinnati/ The Christ Hospital. Since then she has worked in school based health, nursing home facilities, global health, and underserved clinics during various points in her career. She and her husband wed during their residencies. Her hobbies include traveling, salsa dancing, and running. She has served as Black Girls Run! Ambassador for Cincinnati.

CONGRATULATIONS ... JUSTIN BERRY, EMPLOYEE OF THE MONTH, JUNE 2019!



It is with great enthusiasm that I announce Justin Berry, CDCAll, as the Employee of the Month for June 2019! As a Health Counselor/Addiction Counselor, Justin is the first official hire for the Cincinnati Health Department in the area of addiction and harm reduction. “We were so lucky to have him apply for the health counselor position because so much of the role involves working with people in active addiction,” stated Jennifer Mooney, PhD, MS, Division Director, Community Health.

For the past, year and a half, a good portion of his duties involves helping individuals struggling with addiction through the Cincinnati Exchange Project, a syringe exchange program. This program is a public health harm reduction program aimed at reducing the spread of communicable disease by offering injection drug users access to sterile syringes, as well as safe disposal of used syringes.

“Although we know this program can be quite controversial, we also know that it is fully supported by the Centers for Disease Control and Prevention (CDC) as the best method to reduce the spread of

Hepatitis B and C, as well as HIV,” says Dr. Mooney.

Justin staffs the exchange for the City’s strategically selected neighborhood locations four days a week. He hopes to engage clients in other services as well, including health care and substance abuse treatment. When not focusing on the mobile exchange project, Justin spends a great deal of time in the community. He works with residents to find housing, food, and treatment services. “This job is not for the faint of heart. You have to muster up all kinds of courage to work with a variety of people experiencing true hardships in many ways. Substance use disorder is usually only one of the many complex issues,” says Dr. Mooney.

Dr. Mooney says, “Justin is a true public servant. Where others would turn a blind eye, Justin approaches people and asks how he can help. This is exceptional in a crisis that is tearing apart families through trauma and death. He is an asset to the City.”

In addition, Justin is working towards completing his Master’s Degree in Social work at Northern Kentucky University. His expected graduation date is May 2020.

Congratulations Justin Berry on a job well done!



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 2019
Vol. IX 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. |

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

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Don't Let Measles Be Your Travel Souvenir

Stay safe and healthy when traveling. Make sure you and your family are vaccinated for measles before you travel.

Are you traveling in the U.S. or abroad? You might not think about measles when you are preparing for your trip, but it is a health risk in many destinations. Make sure you and your family are vaccinated for measles and other diseases before you travel this year.

What is Measles?

Measles is a highly infectious viral disease that can easily spread through the air by breathing, coughing, or sneezing. It is so contagious that anyone who is exposed to it and is not immune will probably get the disease. respiratory droplets (coughs, sneezes), or contact with surfaces contaminated by fresh virus, or the air (for up to 2 hours).

Measles virus can remain infectious in the air for up to two hours after the infected person leaves the area. Therefore, you are unlikely to know that you've come into contact with the virus.

What are the signs and symptoms of measles?

People who have measles first develop cough, congestion, and watery red eyes. This is shortly followed by a fever that is often extremely high, including 103-105°F. Four to seven days after the first symptoms such as cough, the person may develop a rash. The measles rash typically starts on the face or head and progresses downward and out to other parts of the body.

Measles symptoms typically include:

- High fever (may spike to more than 104°F)
 - Cough
 - Runny nose
 - Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Complications of the measles

While most people with measles will recover, some will get extremely sick, some will die, and others will develop complications years later. For example, 1 in 5 unvaccinated people who get measles will need to be hospitalized. In addition, 1 out of 20 may get pneumonia; 1 out of every 1,000 measles cases will develop acute encephalitis (swelling/ inflammation of the brain) which will often result in permanent brain damage, and 2 out of 1,000 people may die. Up to 3 out of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.

Continued on page 3...



Heatwaves and Heat Warnings can your 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).

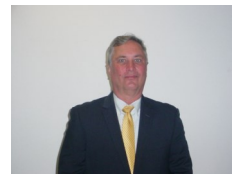
CHD Welcomed New Staff in June 2019

Jo Ann Martini - Dental Assistant - CCPC/Dental 6/16/2019 (photo attached)
 Mackenzie Hoban - Dentist - CCPC/Dental 6/16/2019 (photo attached)
 William Scott Dean - Public Health Educator - CHES 6/30/2019 (no photo)
 Nicole Lacasse - Public Health Practitioner - CCPC 6/30/2019 (no photo)



Transfers to Health

Angela Bredestege - Administrative Specialist - CCPC/Board Clerk 6/2/2019
 Jon Lawniczak - Administrative Specialist - Ofc of the Commissioner 6/16/2019
 Axel Nyilbakwe - Accountant - TRD/Fiscal - 6/30/2019 (no photo)



Events & Shout Outs!

The Ambrose H. Clement Health Center is moving to 3559 Reading Road, Suite 101 later this month. We hope that you follow us to our new facility. We'll provide the same great quality of care for our patients at our new facility.

Hours of operation:

Monday – Friday

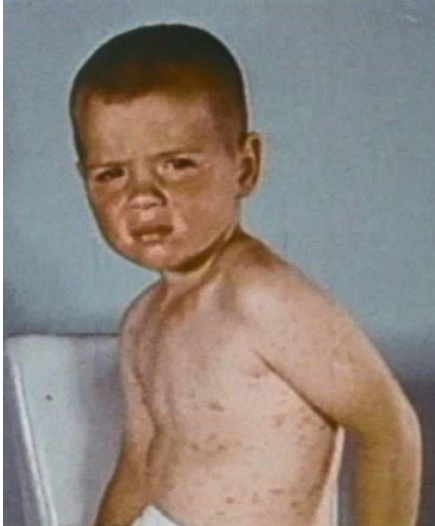
8:00 a.m. – 5:00 p.m.

Call 513.357.7320 for an appointment

Follow us on Facebook, Twitter and Instagram or visit us online to learn more.

Don't Let Measles Be Your Travel Souvenir

....Continued from cover



Measles can cause a fatal degenerative disease that does not develop for 7-10 years later resulting in death. Measles can be especially dangerous to people with compromised immune systems and women who are pregnant and their unborn babies, as well as infants and children less than 5 years old.

Someone with measles can spread it to others starting four days before rash appears to four days afterwards. This means that people who don't know that they're sick can transmit it to others. Travelers who are not vaccinated are at risk of getting measles.

The best protection against measles

The best way to protect yourself and your loved ones from measles is by getting vaccinated. The measles-mumps-rubella (MMR) vaccine protects against all 3 diseases. Two doses of MMR vaccine provide 97% protection against measles.

Before any national/ international travel—

- Infants 6 months through 11 months of age should receive one dose of MMR

vaccine.

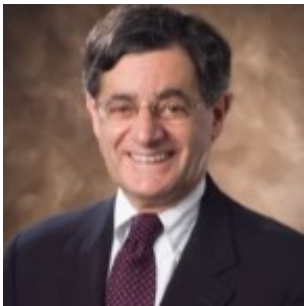
- Children 12 months of age and older should receive two doses of MMR vaccine separated by at least 28 days. Teenagers and adults who do not have evidence of immunity* against measles should get two doses of MMR vaccine separated by at least 28 days.

Infants who get one dose of MMR vaccine before their first birthday should get two more doses according to the routinely recommended schedule (one dose at 12 through 15 months of age and another dose at 4 through 6 years of age or at least 28 days later).

You should plan to be fully vaccinated at least 2 weeks before you depart. Getting your MMR vaccine in advance of your travels ensures that your body has time to respond to the vaccine, so that you are protected from measles before you leave the country. If your trip is less than 2 weeks away and you're not protected against measles, you should still get a dose of MMR vaccine.

What to watch for after you're home

Watch your health for 3 weeks after you return. If you or your child gets sick with a rash and fever, call your doctor. Be sure to tell your doctor that you traveled abroad, and if you have received MMR vaccine.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

I am pleased to welcome Ms. Virginia Scott, MSN, RN-BC, as our new Nursing Director, Quality and Compliance. Ms. Scott is a dedicated and compassionate healthcare leader with experience in care coordination, population health practice transformation, case management, and care transitions.

She is joining us from Northern Virginia where she served as the Regional Director of Care Management of the Patient-Centered Medical Home, a shared saving program that compensates primary care providers for higher engagement in managing the health risks of their patient populations, for CareFirst BlueCross BlueShield.

Ms. Scott earned her Master's in Nursing Leadership and Management from Walden University and her Bachelor of Science Health Care Administration from Wilberforce University. She is board by American Nurses Credentialing Center in Cardio-Vascular.





Viral hepatitis is a public health threat, both domestically and abroad. Hepatitis A, hepatitis B, and hepatitis C are the most common types of viral hepatitis in the United States. For World Hepatitis Day, learn more about the different types of viral hepatitis that impact millions worldwide.

“Hepatitis” means inflammation of the liver, an organ vital in regulating many of the body’s functions. Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease.

According to the U.S. Department of Health & Human Services, viral hepatitis is a major global health threat with more than 290 million people living with chronic hepatitis B and up to 150 million people living with chronic hepatitis C. World Hepatitis Day is observed annually on July 28, the birthday of Dr. Baruch Blumberg (1925-2011). Dr. Blumberg discovered the hepatitis B virus in 1967 and two years later developed the first hepatitis B vaccine and for these achievements won the Nobel Prize.

World Hepatitis Day is one of eight official disease-specific world health days designated by the World Health Organization. The annual observance focuses attention on the huge impact of viral hepatitis infection globally – with as many as one in 12 people worldwide living with either chronic hepatitis B or C. The World Hepatitis Alliance, a non-governmental organization that represents hepatitis B and hepatitis C patient groups from around the world, also helps to support and coordinate this global observance.

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.

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.

...Continued on page 5

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.

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.

The five hepatitis viruses – A, B, C, D and E – are distinct; they can have different modes of transmission, affect different populations, and result in different health outcomes.

- Hepatitis A is primarily spread when someone ingests the virus from contact with food, drinks, or objects contaminated by feces from an infected person or has close personal contact with someone who is infected. Hepatitis A does not cause chronic liver disease and is rarely fatal, but it can cause serious symptoms. Hepatitis A can be prevented through improved sanitation, food safety, and vaccination.
- Hepatitis B is often spread during birth from an infected mother to her baby. Infection can also occur through contact with blood and other body fluids through injection drug use, unsterile medical equipment, and sexual contact. Hepatitis B is most common in sub-Saharan Africa and Asia, but is also high in the Amazon region of South America, the southern parts of eastern and central Europe, the Middle East and the Indian subcontinent. The hepatitis B virus can cause both acute and chronic infection, ranging in severity from a mild illness lasting a few weeks to a serious, chronic illness. If infected at birth or during early childhood, people are more likely to develop a chronic infection, which can lead to liver cirrhosis or even liver cancer. Getting the hepatitis B vaccine is the most effective way to prevent hepatitis B. WHO recommends that all infants receive the hepatitis B vaccine as soon as possible after birth, followed by 2-3 additional doses. In many parts of the world, widespread infant vaccination programs have led to dramatic declines of new hepatitis B cases.
- Hepatitis C is spread through contact with blood of an infected person. Infection can occur through injection drug use and unsafe medical injections and other medical procedures. Mother-to-child transmission of hepatitis C is also possible. Hepatitis C can cause both acute and chronic infections, but most people who get infected develop a chronic infection. A significant number of those who are chronically infected will develop liver cirrhosis or liver cancer. With new treatments, over 90% of people with hepatitis C can be cured within 2-3 months, reducing the risk of death from liver cancer and cirrhosis. The first step for people living with hepatitis C to benefit from treatments is to get tested and linked to care. There is currently no vaccine for hepatitis C but research in this area is ongoing.
- Hepatitis D is passed through contact with infected blood. Hepatitis D only occurs in people who are already infected with the hepatitis B virus. People who are not already infected with hepatitis B can prevent hepatitis D by getting vaccinated against hepatitis B.
- Hepatitis E is spread mainly through contaminated drinking water. Hepatitis E usually clears in 4-6 weeks so there is no specific treatment. However, pregnant women infected with hepatitis E are at considerable risk of mortality from this infection. Hepatitis E is found worldwide, but the number of infections is highest in East and South Asia. Improved sanitation and food safety can help prevent new cases of hepatitis E. A vaccine to prevent hepatitis E has been developed and is licensed in China, but is not yet available elsewhere.



Physician Spotlight

Grant M. Mussman, MD, MHA is a pediatrician and serves as Associate Medical Director for the Cincinnati Health Department. After a decade as a pediatric hospitalist at Cincinnati Children's, he joined the health department in 2018 and practices primarily at Braxton Cann Medical Center and at Price Hill Health Center. He began serving as Associate Medical Director for School Health and School-Based Health Centers in March of 2019.

Dr. Mussman's profession interests include systems improvement and measurement as well as systems improvement infrastructure and higher level improvement theory. Dr. Mussman completed his general pediatrics residency training at the University of Virginia in 2005 and practiced for two years as a general pediatrician in Richmond, Virginia. He then moved to Cincinnati to start practice

as a pediatric staff hospitalist at Cincinnati Children's Hospital in 2007. In 2012, Dr. Mussman officially joined the pediatric faculty as an instructor and became assistant professor in 2013 with research interests in viral lower respiratory infections of infancy and systems improvement. Dr. Mussman's systems improvement work included improvements in communication between hospitalists and primary care providers, and improvements in inpatient and emergency department management of patients with bronchiolitis in a large improvement collaborative.

What he likes most about working at the Cincinnati Health Department is the interaction with community members and the increased integration of services. "I really love working in the clinics and making a difference in a neighborhood, and I love the difference we make with our school nurses and school based health centers," said Dr. Mussman. "We're just so well positioned to make a difference in people's lives."

His hobbies include jogging (slowly), complaining about the dog, and amateur astronomy. He and his wife Susan have three children, 8 year old twins Arthur and Eva and their 5 year old little brother Jack, who spend their summers on the swim team, at farm camp, or the beach.

CONGRATULATIONS, MS. SHEILA NASH, EMPLOYEE OF THE MONTH—JULY 2019



Ms. Shelia Nash has been a city employee for over 30 years. Ms. Nash started her career at CHD in 1986. Prior to working at CHD Sheila worked at a nursing home as a nurse's aide. Ms. Nash's interest in public health was born when one of her pregnant co-workers went into labor and she helped get her to the hospital to deliver her baby. After giving birth, Ms. Nash overheard a conversation that the new mom had with the nurse that was assisting her with her newborn. It was then that she heard that the Cincinnati Health Department was hiring certified Nursing Aides. Ms. Nash immediately applied for the position the following day. Soon thereafter, Ms. Nash was hired as a nursing aide and the rest is history.

Ms. Nash has worked in Adult Nursing as a Home Health Aide for 23 years. During this time, she loved monitoring patient by observing physical and mental condition, as well as performing additional duties including intake and output, and exercise. In this role, she also supports patients by providing house-keeping and laundry services; shopping for food and other household requirements; preparing and serving meals and snacks; and running errands.

Years later, Ms. Nash decided to take on another role, and started working making phone calls, 200-300 a day, for patient appointments including primary care and dental. Once the phone system became automated, Ms. Nash was in for another adventure, and took on the responsibility of working at the front desk at the Burnet and King facility. If you've been to the CHD, you've certainly been greeted by her with a warm welcome and smiling face. Ms. Nash's bubbly personality, kind and gentle spirit, and friendly nature allows her to serve in this role seemingly meant especially for her responsible and outgoing disposition. Daily, she assists visitors or patients visiting our health center to ensure they know how to get to their intended destination. She also assist with parking, emergencies and many deliveries among many other duties.

Health Commissioner Melba R. Moore, MS, CPHA, described Ms. Nash as being one of CHD's most excellent representative for customer services. "She is highly reputed for her concern and courtesy. Such personal attributes also reflect well on the whole health department."

One of Ms. Nash's biggest accomplishments was her involvement in the living wage increase a few years ago. She was a big advocate for living wage increase in 2016, which increased minimum salaries for full time City Employee's to \$15 dollars and hour, and part-time city employees to \$10.10 an hour. The living wage increase was supported by Mayor John Cranley, and City Council passed the Ordinance on a 5-3 vote. Please join me in congratulating Ms. Nash on her latest accomplishment of being recognized as the July 2019 Employee of the Month! Way to go Sheila!



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 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

AUGUST 2019

Vol. IX Issue VIII

“We Know Health Matters”,
CHD’s show on Citicable,
Time Warner Ch. 23.

Playback Times

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|------|------------|
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| 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

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National Health Center Week

America’s Health Centers: Rooted in Communities

National Health Center Week (August 4th-10th) 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 28 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, the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the ways that health centers are “Rooted in Communities.”

A host of NHCW events are scheduled across the country, including health fairs, visits by Members of Congress and state officials to local health centers, press conferences, back-to-school drives, community breakfasts, patient appreciation events, free health screenings and much more. Each day of NHCW 2019 is dedicated to a particular focus area:

- ⇒ Sunday, 8/4: Social Determinants Day (Creating Nutrient-Rich Soil)
 - ⇒ Monday, 8/5: Healthcare for the Homeless Day
 - ⇒ Tuesday, 8/6: Agricultural Worker Health Day
 - ⇒ Wednesday, 8/7: Patient Appreciation Day
 - ⇒ Thursday, 8/8: Stakeholder Appreciation Day
 - ⇒ Friday, 8/9: Health Center Staff Appreciation Day
 - ⇒ Saturday, 8/10: Children’s Health Day
- Mark your calendars for National Health Center Week 2019, August 4th-10th.

Sample Activities at Cincinnati Health Department Health Centers

Braxton Cann Health Center, 5818 Madison Road 513-263-8750

- Patient social needs and housing-counselor on site- Madisonville Education and Assistance Center
- Healthy Food Day-Dietitians on site
- Healthy Snacks
- Back to School information and incentives

Bobbie Sterne (formerly Elm Street Health Center), 1525 Elm Street, 513-352-3092

- Pharmacy Vial Education
- Pediatrics Flu Prevention and Education
- Reproductive Health

Millvale Health Center, 2750 Beekman Street, 513-352-3192

- Ohio Means Employment Services
- Caracole and HIV screenings
- Community Councils, Board of Health, and CCPC Board meet and greet

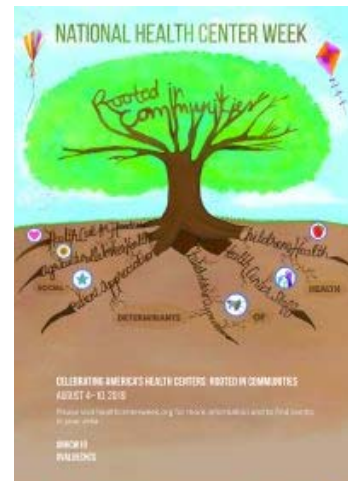
Northside Health Center, 3917 Spring Grove Ave. 513-357-7600

- Mindful Monday
- Time for School
- Workout Wednesday
- Improving Health-Behavior Change

Price Hill Health Center, 2136 W. 8th Street, 513-357-2700

- Housing, employment, financial and food resources
- Healthy eating
- Going back to school resources.

To find activities near you visit: <https://healthcenterweek.org/>





Strong Cincinnati

Leadership, engagement, performance and well-being; all characteristics of strengthening workplace cultures. The Cincinnati Health Department has participated in Strong Cincinnati training and plans to partner with Mayerson Academy to continue this engagement. The Strong Cincinnati Institute activates strengths in individuals and organizations to maximize and build strengths-based workplaces. Research shows that employees who regularly use their strengths at work are up to 18 times more likely to be flourishing – to have higher levels of engagement, stronger relationships, and greater levels of accomplishment (Hone, et al 2015).

The Cincinnati Health Department is benefiting from participating in the Strong Cincinnati Initiative with staff completing the www.viacharacter.org survey to identify and discuss individual strengths. When individuals discover their greatest strengths, it becomes easier to

handle stress and life challenges, become happier and develop better relationships; all of which create a better work environment.

In addition to VIACHARACTER, Strong Cincinnati, promotes PERMAH Workplace Wellbeing. The PERMAH survey, www.permahsurvey.com is based on Professor Martin Seligman's wellbeing theory and it provides latest scientific research with over 200 evidence-based, interventions so you can create your own personal wellbeing plan and feel more energized, confident and happy at work.

Individuals who have completed the survey have gained valuable experience for their own personal development, gained new insights and resources to immediately apply at their organization.

Organizations such as the Cincinnati Health Department, that participate in these initiatives, become part of the Strong Cincinnati network and gain access to a growing learning community of non-profit organizations across the city that are building strengths-based workplaces.

Events & Shout Outs!

CHD welcomes new hires and transfers to for the month of July 2019 and employees retiring effective 8/1/2019. Dr. Zumberger has not yet started.

New Hires

[Austine Collins](#) - Expanded Function Dental Assistant - CCPC/Dental, Started July 14

[Austin Huff](#) - Dentist - CCPC/Dental, started July 14

[Alex Zumberger](#) - Dentist - CCPC/Dental starts July 29 (no photo)

Transfers to Health

[Magdalyn Tettevi](#) - Accountant - TRD/Fiscal - Started July 14

Retiring August 2019

[Rhonda Johnson](#) - Customer Relations Representative - CCPC/Clement Health Center - 25 years of service

[Helen Weiss, MD](#) - Public Health Practitioner - CCPC/Northside - 4 years of service

- Thursday, August 8, 6:00—8:00 p.m. — Black Men's Health Panel Discussion, Cincinnati Children's MERC Auditorium (620 Oak Street)
- Saturday, August 10, 8:30 a.m. — Avondale Feet in the Street 5K/ Competitive Run/ Walk, South Avondale Elementary School
- Saturday, August 10, 9:30 a.m.—12:30 p.m., Avondale Festival and Health Fair, South Avondale Elementary School
- Saturday, August 31, 8:00 a.m.—Walk & Run for Sickle Cell 4th Annual Fundraiser for Patients, Central Park located at 1201 W. Kemper Road (45240)



Austine Collins



Austin Huff



Magdalyn Tettevi

August is National Immunization Awareness Month



Is Your Family Up to Date on Vaccines? During National Immunization Awareness Month (NIAM), the Cincinnati Health Department encourages you talk to your doctor, nurse, or other healthcare professional to ensure you, your child, your family, are up to date on recommended vaccines.

August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. As your children head back to school this fall, make sure vaccination is at the top of your checklist of things to do for your entire family.

Even though many serious vaccine-preventable diseases are uncommon in the United States, some are common in other parts of the world. Even if your family does not travel internationally, you could come into contact with international travelers anywhere in your community. This year's measles outbreaks are a key reminder of how quickly diseases can spread when children aren't vaccinated.

This annual observance highlights the importance of getting recommended vaccines throughout your life. Some infections that are prevented by vaccines, like HPV, can also lead to serious health problems later in life. You have the power to protect yourself and your family against serious diseases like measles, mumps, rubella (MMR), influenza, whooping cough, cancers caused by HPV, and pneumonia with vaccines.



CHD celebrates the 10th Global Big Latch On During National Breastfeeding Month

The Global Big Latch On takes place annually over three days during World Breastfeeding Week (1st – 7th August), it includes in person locations and virtual attendance. As a worldwide peer support and community development event, it aims to strengthen national and global support for breastfeeding and to improve the health of children and women around the world.

Global Big Latch On events aim to protect, promote & support breastfeeding families by:

Provide support for communities to identify and grow opportunities to provide on-going breastfeeding support and promotion in local communities.

- Raise awareness of breastfeeding support and knowledge available locally and globally.
- Help communities positively support breastfeeding in public places.
- Make breastfeeding as normal part of day-to-day life at a local community level.
- Increase support for people who breastfeed – they are supported by their partners, family and their communities.
- Ensure communities have the resources to advocate for coordinated appropriate and accessible breastfeeding support services.

Global Big Latch On events are highly successful, targeted community development initiatives that raise awareness of breastfeeding, encourage the formation of support networks between breastfeeding persons, and aim to normalize breastfeeding as a part of daily life.

A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

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.

Solving the Vision Care Crisis for Our Youth

As children grow, 80 percent of what they learn is processed visually. Yet one in four students in North America has an undetected vision problem.

For too many children, poor vision results in poor academic performance, low self-esteem and unrealized potential. Often, a simple pair of glasses can transform how they see their world and their future. It is estimated that only one in seven children in Ohio has an eye exam prior to entering school. Upon graduation, only 50 percent have ever received an eye exam. For many it's due to inadequate access to vision care.

Chief among the barriers preventing children in Cincinnati from receiving comprehensive eye care is a childhood poverty rate that is third worst in the United States. As a result, school nurses or community centers often serve as the lifeline to health services for 75 percent of Cincinnati Public School students living below the federal poverty line.

Helping Cincinnati Students See their Future

Just as it takes a village to raise a child, it takes a partnership of experts to solve today's vision care crisis for our youth. Based on this shared belief, seven organizations have come together as founding partners to create the OneSight Vision Center at Oyler School - The City of Cincinnati Health Department, The Cincinnati Public Schools, The Cincinnati Eye Institute Foundation, Ohio Optometric Association, OneSight, Growing Well Cincinnati, Oyler School, along with support from the Cincinnati Women's Club.

Providing Cincinnati's Students with Year-Round Access to Quality Vision Care

The OneSight Vision Center at Oyler School is the first self-sustaining school-based vision center in the United States. The American Optometric Association considers this a program with strong expansion potential to serve the vision care needs of low-income students nationwide.

Operated by the Cincinnati Health Department, the OneSight Vision Center at Oyler School provides access to comprehensive eye exams, glasses fittings, adjustments and medical eye care. The center's staff includes full-time optometrists, ophthalmic technicians, opticians and office coordinator.

Opened since October 2012, the center has focused on serving the Cincinnati public, private and parochial students, including all children newly placed on an Individualized Education Program and those who have failed vision screenings.

For more information, please contact OneSight Vision Center at Oyler School 513-363-4195.

Prevent Tick and Mosquito Bites

According to findings in the latest *Vital Signs* report by the Centers for Disease Control and Prevention, illnesses from mosquito, tick, and flea bites have tripled in the U.S., with more than 640,000 cases reported during the 13 years from 2004 through 2016. Nine new germs spread by mosquitoes and ticks were discovered or introduced into the United States during this time.

To protect yourself and your family from tick and mosquito bites use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Make sure the insect repellent contains one of the following: DEET; Picaridin (known as KBR 3023 and icaridin outside the US); IR3535; Oil of lemon eucalyptus (OLE); Para-menthane-diol (PMD) or 2-undecanone.

Tips for everyone:

- Always follow the product label instructions.
- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.



Continued on page 5

Prevent Tick and Mosquito Bites

Tips for everyone

Always follow the product label instructions.

- Reapply insect repellent as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
-

Tips for babies & children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.



Grasping tick



Pulling tick



Natural insect repellents (repellents not registered with EPA)

We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents. To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

Wear long-sleeved shirts and long pants

Treat items, such as boots, pants, socks, and tents, with permethrin or buy permethrin-treated clothing and gear. Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last. If treating items yourself, follow the product instructions. Do not use permethrin products directly on skin.

Physician Spotlight



Nikki Lacasse, MD, MPH, grew up in Princeton, West Virginia. She graduated from Wake Forest University, and subsequently obtained a Master's degree in Public Health in Community Oriented Primary Care at The George Washington University.

Dr. Lacasse returned to West Virginia to attend West Virginia University School of Medicine, where she was inducted into both the Alpha Omega Alpha (AOA) Honor Medical Society and the Gold Humanism Honor Society (GHHS.) She completed her pediatric residency at Cincinnati Children's Hospital Medical Center and became a member of the CHD family last month.

Her clinical interests include preventive care, adolescent medicine, obesity, and global health. Dr. Lacasse is certified in Pediatric Advanced Life Support 2018, Neonatal Resuscitation Program 2018, and Helping Babies Breathe 2017.

Dr. Lacasse has received numerous awards including Joseph L. Rauh Award for Excellence in Adolescent Medicine (Spring 2019) American Medical Women's Association Glasgow-Rubin Certificate for Academic Excellence (Spring 2016) Outstanding Rural Health Student of the Year by the WV Rural Health Association (Fall 2015)

She enjoys spending time with her husband, trying new foods, traveling, and running.

CHD Congratulates Pharmacy Gurus, Paul Abeln and Angela Moore, August Employees of the Month

Our heartiest congratulations to Bridgette Moore and Paul Abeln on winning CHD's Employees of the Month for August 2019.

There so many good things to say about the amazing team of Paul Abeln and Bridgette Moore of the Braxton Cann Pharmacy. Paul, a Pharmacist who began his career here in February 2009, and Bridgette, a Pharmacist Technician who started at CHD in June 2010, are ideal employees. Both not only display the true definitions of teamwork, intelligence, flexibility, compassion, reliability, empathy, responsibility, and organization, but they are also effective patient care advocates. One patient at a time, they fulfill the vision and mission of the Cincinnati Health Department. Even during their recent relocation to another CHD pharmacy location due to construction currently underway at Braxton F. Cann Memorial Medical Center, they have continued to not only care for their patients but have taken on a new population at Ambrose H. Clement Health Center.

They also have been very flexible and positive in whatever has to be done.

Braxton F. Cann Pharmacy is one of the model pharmacies for all of CHD's pharmacy departments thanks to their hard work. Whether it is sharing their wisdom and expertise for television news programs, teaching a group visit class on chronic disease, or representing the pharmacist and pharmacy technician perspective on the Pharmacy and Therapeutics Committee, they are always eager to volunteer and be an asset.

I truly appreciate them and am grateful that they are a part of the pharmacy team," said Melissa Tijmsma, Public Health Nurse 2. "I've had the pleasure of working with Paul and Bridgette at Ambrose H. Clement while Braxton F. Cann was being renovated and they assisted with different tasks that were not a part of their required duties such as ordering medicines from the State for our STD walk in clinic," Michelle expressed. "Bridgette jumped in and helped me figure it out while Paul assisted me to help a patient get their medications even though they had no money." Melissa also stated that although she and Robin Gulley, CNP offered to pay for the patient's prescriptions, Paul managed the situation in a very appropriate manner to get the medicine the patient needed long term. "Paul and Bridgette are the BEST models of TEAM PLAYERS! They really do put patients first which is how it should be and they are phenomenal examples of patient advocates," Melissa stated.

Please join me in a hearty shout out to both Paul and Bridgette. Congratulations to Paul and Bridgette for a job well done and being recognized as the August 2019 Employees of the Month.

**Do you follow CHD on social media?**

If not, be sure to like and follow:



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 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

HEALTH MATTERS

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CHD Celebrates National Preparedness Month in September

National Preparedness Month (NPM), is recognized each September to promote family and community disaster and emergency planning now and throughout the year. The 2019 theme is "Prepared, Not Scared."

Every September, the Center for Preparedness and Response (CPR) along with its preparedness and response partners in government, private and public health, and academia come together to observe National Preparedness Month (NPM) and encourage year-round personal and community preparedness for disasters, disease outbreaks, and human-caused emergencies.

What is Personal Health Preparedness?

Personal health preparedness is about being ready to care for and protect your health and wellness in the immediate aftermath of an emergency or disaster. That means having the supplies, skill, and self-confidence to bounce back from a difficult or life-changing event like a natural disaster.

Large-scale events, like hurricanes, can cause widespread destruction and long-lasting power outages, disrupt supply chains, and strain public health and health care systems.

When access to resources and the availability of services is limited, it is important to have an emergency supplies kit that includes items from the following categories:

- Personal needs
- Prescriptions
- Paperwork
- Power sources
- Practical skills



Personal needs refers to the unique items—supplies, equipment, and tools—you need to protect your physical, mental, and emotional health and safety in an emergency.

About half of all Americans take a prescription medication as part of their daily routine. Yet, according to a survey done by FEMA in 2012, only 8 percent of respondents said they have medications in their emergency supplies kit. Because a disaster could make it difficult to find an open pharmacy and/or get your prescription filled, it is important that you organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

Continued on page 2 ...



Dear Staff,

The difference between success and failure is a great team. No matter how smart, talented, driven, or passionate you are individually, our success as an organization depends on our ability to build and inspire a team. My charge is to spur us to work well together toward a common vision and goals. To further unify us and remind everyone that "We Are One."



We kicked off our "We Are One" theme at an all staff meeting last month; the first since my arrival a year ago. It was important to me that I express to you that your diligence, self-motivation as well as dedication to always go the extra mile in order to achieve the best possible results is admirable and appreciated.

I, along with the Senior Leadership team, know the amount of effort that you have put into your jobs and we want to assure you that your efforts are significantly appreciated. That's why every member of the Senior Leadership team showcased their team's individual accomplishments and thanked them for their hard work and dedication.

I not only wanted to celebrate you, but also highlight the department's accomplishments in 2018, introduce the annual report, and formally announce the goals for fiscal year 2019-2020. Those goals centered around improving community health such as Access to Health Care, Infant Mortality, Nutrition and Food Access, and Mental and Behavioral Health.



Motivational Speaker and Principal Owner at Empire Strategies, Inc., Roland West, was the keynote and he encouraged staff to stay positive and build team comradery. Keep up the good work and remember, we can do better as a team than we can alone. Here's to your--and your team's--success!

Continued from page 1...

CHD Celebrates National Preparedness Month in September

Paperwork refers to any important papers that might help you prove medical coverage, ownership, or your identity after an emergency. Collect and protect insurance cards, identification documents, and copies of emergency action plans to prepare for a short-notice evacuation because of a wildfire, earthquake, or other event.

On average, people experience about four hours of power loss each year. Power outages caused by a large-scale disaster can last much longer and—as a result—can become life threatening for people who rely on electrically powered medical equipment and devices. Be prepared for a prolonged blackout with alternative heating and lighting, and backup power sources for your cell-phone, appliances (i.e., refrigerator), and power-dependent medical devices.

Practical skills are self-health and life-saving skills and lessons that you can learn and practice—some of them every day—to prepare for an emergency. Teach and encourage those around you to learn practical skills. When family, friends, neighbors, and co-workers complete CPR training, for example, it protects your health (you can't perform chest compressions on yourself) and can help build resilience in your community.

Events & Shout Outs!

Sunday, September 15, 12:00—3:00 p.m. — Health Care Access Now 3rd Annual "It's a Great Dad to be a Dad", Cincinnati Reds Urban Youth Academy (2026 E. Seymour Avenue, 45237)

September 15—October 15, National Hispanic Heritage Month

Sunday, October 13 — First Ladies For Health's, 5th Annual Community Family Health Day. Log onto <http://www.familyhealthday.org/family>

Welcome & Congratulation to CHD Staff New Hires

Fatima Khan - Dentist - CCPC/Dental
Emaan Qureshi - Dentist - CCPC/Dental
Malika Smoot - Public Health Educator - Health Promotions/Worksite Wellness

Transfers to Health

Li Liu - Supervising Accountant - TRD/Fiscal

Retiring September 2019

Tina Williams - Dental Assistant - CCPC/
Dental 30 years



Smoot



Qureshi



Kahn



Liu

Congratulations to Deann Ramey, BSHC RN, the recipient of 2,500 pairs of Bombas Socks which we'll be given to our patients and those who are experiencing homelessness. View the video here <https://www.webmd.com/dna/removing-the-obstacles>



A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

The Centers for Disease Control and Prevention recommends that people get MMR vaccine to protect against measles, mumps, and rubella. Children should get two doses of MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age.

Teens and adults should also be up to date on their MMR vaccination. Children may also get MMRV vaccine, which protects against measles, mumps, rubella, and varicella (chickenpox). This vaccine is only licensed for use in children who are 12 months through 12 years of age.

A Tale of Two Epidemics

Public Health is not a partisan issue. The mission of public health is to create interventions that extend the length and improve the quality of life for all members of our community. Epidemics threaten that mission. When epidemics arise to endanger our community, the Cincinnati Health Department combats those threats by employing evidence-based medical and public health interventions, by conducting community-wide public education campaigns, and by advocating for necessary legislation and changes in public policy.

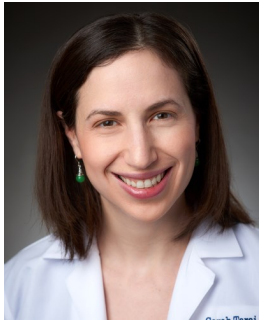
Two epidemics have threatened the citizens of Cincinnati this summer. The first of these, the measles epidemic, has passed almost unnoticed, because of efforts made by the Health Department and other health care providers, to promote life-saving immunization programs across throughout the city. The Cincinnati Health Department has played a substantial role in ensuring vaccination coverage by vigorously promoting measles immunization in its six community-based health centers, its fifteen school-based health clinics, and in an additional twenty schools that are served by Health Department nurses. These programs have achieved a 95% vaccination rate in the schools we serve. This compares with an average vaccination rate of less than 70% that do not have the benefit of Health Department affiliation. The end result of this effort is that, while new cases of measles continue to be identified in other parts of the country, there have been no reported cases in Cincinnati.

The second epidemic, gun violence, has not been successfully addressed and remains a scourge that tragically diminishes the quality of life in our community. More than twenty teenagers have been shot and killed in our streets since school ended in May. One of these was a patient of mine. He was an 18 year old who had overcome significant problems, was set to enter his senior year of high school, and was hoping to attend college. I continue to see, on a daily basis, patients who knew one or more of the other victims. In many cases, they have been afraid to leave their homes for fear of being shot and killed. In other cases, their mothers have been afraid to let them go outdoors for the same reasons. The result is that they have spent most of their summers indoors doing none of the things children and teenagers typically do. They, uncharacteristically, look forward to returning to school where they know they can see their friends again AND feel safe at the same time.

There are effective evidence-based policies for stopping the gun violence epidemic. The evidence is clear: countries that employ common-sense gun control public policy measures have a more than 50% reduction in homicide and suicide deaths compared with the United States. This proves the point that guns ultimately kill people if people who have the intent to kill have access to them. These measures include, among others a) making illegal the sale of assault weapons, bump-stocks and high capacity magazine cartridges, b) insisting on comprehensive background checks for all weapons sales including those that occur over the internet, at gun shows and in stores, c) making illegal the private sale of guns, d) requiring that all gun owners obtain certification that they have participated in gun safety classes.

CHD Celebrates National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.



Sarah Tarai, MD, is a Spanish speaking pediatrician at the Cincinnati Health Department. She joined the Health Department in 2018 and practices at Price Hill Health Center.

Dr. Tarai's professional interests include pre-school benefits for children, community-wide care and special needs health. She completed Medical School at Baylor School of Medicine Houston, Texas and her General Pediatrics training at Riley Hospital for Children at Indiana University in Indianapolis. She started as a general pediatrician and hospitalist at Witham Health Services where she helped lead the effort to establish a literacy program, Reach Out and Read, for the practice. She then moved to Cincinnati to start at the Cincinnati Health Department.

partment.

What she likes most about working at the Cincinnati Health Department is serving people from all parts of the community. "I love working with my team at Price Hill to ensure these children's complex health and social needs are met and building long term relationships with the families."

CDC, FDA, States Continue to Investigate Severe Pulmonary Disease Among People Who Use E-cigarettes

Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes.

E-cigarettes are sometimes called "e-cigs," "vapes," "e-hookahs," "vape pens," and "electronic nicotine delivery systems (ENDS)." Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. E-cigarettes are devices that deliver an aerosol to the user by heating a liquid that usually contains nicotine, flavorings, and other chemicals. E-cigarettes can also be used to deliver marijuana or other substances.

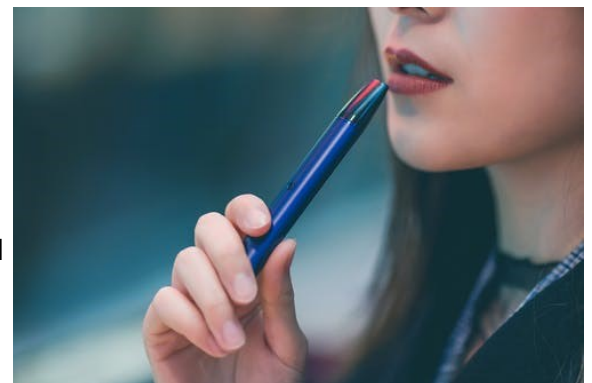
Several states have recently reported cases of severe respiratory illness among teenagers and young adults with a history of vaping. Reported symptoms include cough, fatigue, dizziness, headache, vomiting and diarrhea, chest pain, and worsening difficulty breathing, sometimes requiring intensive care. A variety of vaping products associated with the illnesses have been reported across states.

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating this multistate outbreak of severe pulmonary disease associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use. This investigation is ongoing and has not identified a cause, but all reported cases have a history of using e-cigarette products.

Youth should be discouraged from using vaping and e-cigarette products of any kind as the long-term health impacts for youth using these products are unknown. Patients with a history of vaping who are experiencing breathing problems should seek medical care. Health care providers should ask patients with respiratory illness about the use of vaping and e-cigarette products.

If you are concerned about these specific health risks, consider refraining from using e-cigarette products. CHD encourages everyone to follow these safety tips to stay healthy:

- E-cigarette users should not buy products off the street (e.g., e-cigarette products with THC, other cannabinoids) and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.
- E-cigarette products should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. If you use e-cigarette products, monitor yourself for symptoms (e.g., cough, shortness of breath, chest pain) and promptly seek medical attention if you have concerns about your health.
- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you who need help quitting tobacco products, including e-cigarettes, call 1-800-QUIT-NOW.



CHD's City of Cincinnati Primary Care earned the 2019 Health Center Quality Leader Award



Thanks to our hard work and dedication, the City of Cincinnati Primary Care (CCPC) earned the **2019 Health Center Quality Leader Award** for being in the **top 10%** of all health centers in overall clinical performance. Congratulations on achieving **Gold** in the quality award rankings.

Health Resources and Services Administration (HRSA) provides Quality Improvement Awards (QIA) to improve the overall quality, efficiency, and value of the health care services provided by the nation's health centers, and to celebrate their recent achievements in providing care to more than 28 million patients. These awards recognize the

highest performing health centers nationwide as well as those health centers that have made significant quality improvement gains from the previous year.

The QIA support HRSA's strategic goal to improve access to quality health care and services, and supports the U.S. Department of Health and Human Service's goal of promoting a value-based payment system by improving the quality, breadth of services, modernization, efficiency, and overall value of primary health care delivered by health centers.

In FY 2019, the U.S. Department of Health and Human Services (HHS) announced nearly \$107 million in Quality Improvement Awards to 1,273 health centers across all U.S. states, territories and the District of Columbia. Health centers will use these one-time grant funds to expand their achievements in clinical quality improvement, care delivery efficiency, and the overall value of health care in the communities they serve.

Next year, CHD's goal is to become a Nation Quality Leaders. To accomplish this, we need to be ranked in the top 1-2% of all health centers in one or more of the clinical quality measures. I am confident that we will achieve this goal!

First Ladies for Health, 5th Annual Health Day

September is National Prostate Awareness Month and the Cincinnati Health Department encourages you talk to your doctor, nurse, or other healthcare professional make sure you are up to date on recommended prostate screenings.

Prostate screenings are available during the First Ladies for Health's 5th Annual Health Day on Sunday, October 13, 2019. Prostate Screenings can be done at New Jerusalem Baptist Church (Carthage), New Prospect Baptist Church (Roselawn), Word of Deliverance (Forest Park), College Hill Recreation Center, and Evanston Recreation Center. Log onto <http://www.familyhealthday.org/family-health-day.html> for more information.





FAMILY HEALTH DAY

Sunday October 13th

Power in Unity. One day. 12 locations. ALL ARE WELCOME!

FREE Health Screenings
Giveaways and Raffles!
Visit familyhealthday.org for locations

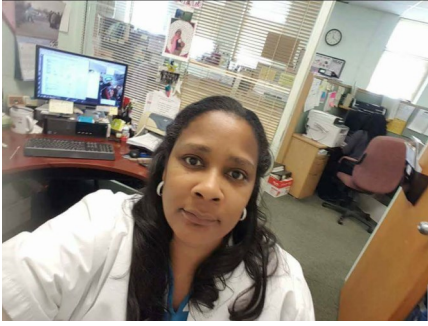









CHD Names Jackie Silas, Employee of the Month for September



Jackie Silas, RN has been with the CHD for 26 years. She is currently working in Home Health as the Team Lead for the Community Health Worker's. During her tenure at CHD, she has worked two additional stints in Home Health, as well as with Every Child Succeeds, Lead Program, Primary Care (OB/GYN, Quality Improvement/ Nursing Administration. While at the CHD, she's also completed a military career with the U.S. Army.

Ms. Silas has a great wealth of knowledge that she has obtained and shared in her two and a half decade career at CHD. She is always seeing the needs of her fellow employees, and offering kind words and support in times of trouble. She truly cares for her fellow colleagues and is not going to ask anyone to do something that she is not willing to do herself. If you have a concern, you can go to her, address the problem and you know it will be handled. If you have a question, you know she will help you, even if that means she stays over at the end of our workday. She is willing to do whatever she can to help the department strive!

Her nominations had the following comments, "Ms. Silas goes the extra mile for her patients and individuals both in and outside of her program. Ms. Silas spends extra time with her patients when needed making sure they are aware of the community resources that are available. She always offers kind words and support to her fellow employees and patients who are in need of assistance.

Ms. Silas is described as always willing to help; advocate for what is fair and just. It brings her great pleasure to know that she has helped so many people during her career and that quite a few still remember her despite all the time that has passed.

Public Health was a dream job for her while growing up in Chicago, Illinois. She was attracted to being able to educate and service the community to a state of better health and wellness. The military as well as CHD have given her the opportunity to do that.

Retirees and Years of Service Employees Honored

Recent CHD retirees and long serving employees were recognized for their dedication and years of service to CHD at the August Board of Health meeting. Cincinnati Health Department Board Chair, Dr. Phil Lichtenstein and Vice Chair, Dr. Joe Hackworth, joined Commissioner Moore and Ms. B.A. Dixon (HR) to pay tribute to employees during the Years of Service and Retiree Recognition ceremony. This tribute is a bi-annual recognition created by the Labor Management Committee and Human Resources to honor and personally thank staff and improve moral.

RETIREES RECOGNIZED: Dr. Marilyn Crumpton, Deborah Murphy, Sandra Lloyd Debra Dreyfus, Karen Flowers, and Mary E. O'Leary, Cynthia Ransohoff, Rhonda Johnson, Patricia Hollis, James Wimberg and Dr. Helen Weiss.

EMPLOYEES RECOGNIZED for YEARS of SERVICE: Mary Ann Meehan, 30 Years; Sandra Watson 30 Years; Flossietta Moss, 25 Years; Michelle Williams 25 Years; Carol Thurman 25 Years; and Maxine Watson, 25 Years.

Congratulations to all!!



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 2019

Vol. IX 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



Healthy habits to prevent the flu

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 single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. Follow these tips to protect yourself and others from flu and help stop the spread of germs:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Need Health Insurance? We can help!

Open Enrollment for 2020 Marketplace coverage is less than 2 months

away! That means it's time to check in with your current health insurance status because it's never too early to get prepared, know the dates, and plan! Whether you're buying for an individual or a family, CHD has everything you need to know about open enrollment 2020.

Make sure you don't miss the deadline by adding these important dates to your calendar:

- **Oct 26, 2019:** 2019 Plans and benefit information is released. Start shopping for health plans today!
- **November 1, 2019: Open Enrollment starts** — first day you can enroll, re-enroll, or change a 2020 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2020.
- **December 15, 2019: Last day to enroll in or change plans** for coverage to start January 1, 2020.

Need coverage outside of open enrollment?

You can still get health coverage if you qualify for a Special Enrollment Period due to a qualifying life event — like getting married, losing other coverage, or having a baby. We can help you find out if you qualify.

We can help you find the plan that's right for you. Just call us at 513.564.2273 (CARE) to schedule an appointment.

Events & Shout Outs!

Open Enrollment is November 1— December 15, 2019. Call 513.564.2273 (CARE) to schedule an appointment.

Tuesday, October 1, from 1:00—4:00 p.m. Children with Medical Handicaps Program 100th Anniversary, Ohio Department of Health

October Is National Breast Cancer Awareness Month and National Depression Awareness Month

Welcome new hires and transfers to CHD

CCPC/Dental

Aleena Akbar - Dentist 9/8/19

Natasha Chatta Dental Assistant 9/22/19

Victoria Raymond - Dental Assistant 9/22/19

Christina Ripley - Dental Assistant 9/8/19

Laureece Robinson - Dental Assistant 9/8/19

Tenita Wilson - Dental Assistant 9/22/19

CCPC/Pharmacy

Shawanda Joy Coley - Pharmacy Technician 9/22/19

Taylor Ellis - Pharmacist 9/22/19

Latrice Howard - Pharmacist 9/22/19

Tegegne Mulugeta - Pharmacy Technician 9/22/2019

CCPC/School and Adolescent Health

Arminda Banks - Public Health Nurse 2 9/22/19

Elizabeth Crable-Means- Public Health Nurse 2 9/8/19

Terri Lanier - Public Health Nurse 2 9/22/19

Robin Welling - Public Health Nurse 2 9/22/19

Retiring October 2019

CHD says farwell to Dr. Camille Jones - Assistant Health Commissioner - Community Health and Environmental Services after 12 Years or exceptional service to the Cincinnati Health Department, the City of Cincinnati, and community at large.



Physician Spotlight

Denise Saker, MD, MPH, FAAP, a native of Columbus, Ohio, decided on becoming a pediatrician in 6th grade. She graduated from the University of Virginia with a Bachelor of Arts degree in 1985. In 1989, she earned her Doctorate of Medicine degree from the University of Cincinnati, and in 2009 she was awarded a Master of Public Health degree in 2009.

She has always thought of practicing in pediatrics as a public health specialty. A Masters' Degree in Public Health and working for the Health Department were a natural fit, since the focus is on disease and injury prevention.

Dr. Saker has worked at some of the best healthcare organizations in the area including the Neighborhood Healthcare, Mid-City Pediatrics, and Cincinnati Children's Hospital Medical Center. She joined CHD in July of 2012 as a Public Health Pediatrician and works at

the Bobbie Sterne Health Center.

She plans to continue CHD's team's efforts to improve immunization rates, promote safe sleep for infants, support families, and meet quality of care goals.

In her free time, Dr. Saker enjoys playing the violin and tin whistle in an Irish rock band. She also enjoys cooking, gardening, and taking long walks. She has four children, ages 14 to 24, to whom she is 1000% proud.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

The first step to treatment is to talk with a healthcare provider such as your primary care provider, or a mental health specialist, about getting an evaluation. Consultation with a health provider can help determine if medication, behavioral or cognitive-behavioral therapy should be part of your treatment.

Depression is a serious medical illness and an important public health issue. It is characterized by persistent sadness and sometimes irritability (particularly in children). When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed. Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. As one of the leading causes of disease or injury worldwide for both men and women, it can cause suffering for depressed individuals and can also have negative effects on their families and the communities in which they live.

When you're depressed, you can't just will yourself to "snap out of it." These tips can help put you on the road to recovery.

- **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.

CHD says farewell to Dr. Camille Jones

Camille Jones MD, MPH retired from the CHD on September 30, 2019, after serving 12 years as Assistant Health Commissioner and Division Director for the Community Health and Environmental Health Services Division (CHES). Her accomplishments are too many to list here but the impact that she's had on her colleagues and staff, the City of Cincinnati, and CHD stakeholders will never be forgotten. Dr. Jones trusted her staff members, encouraged creativity, embraced and learned from community partners, and served as a role model and educator for staff, students and fellows. Thank you, Dr. Jones for your commitment to excellence, equity, inclusion, health, safety, wellness and leadership. **You will be greatly missed!**

National Lead Poisoning Prevention Week

Did you know children's hands and toys can pick up household dust or exterior soil contaminated by lead? Lead exposure is dangerous during early childhood development, particularly for children who crawl. If you work near lead-based products, you can carry lead dust home on your clothes.

Lead poisoning can lead to a variety of health problems in children since it primarily affects the brain and the central nervous system. Lead poisoning is preventable and a simple blood test can detect lead.

Keep your family safe by learning more about ways to prevent bringing sources of lead exposure into and around your home by following these tips:

- Be sure to move children's outdoor play areas away from bare soil and the sides of your home
- Wet-mop floors and wet-wipe surfaces indoors often to reduce the risk of lead exposure
- Make sure to take off your shoes when entering the house to prevent bringing lead-contaminated soil in from outside

If your child is 6 years old or under, Ohio law requires that he/she must be tested for lead. 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! Call 513.357.7320 for a free lead test.

There is an estimate of 1.1 million people living with HIV in the United States. At the end of 2018, there were a total of 24,130 people who were living with diagnosed HIV in Ohio alone. 56% of those diagnosed with HIV resided in Cuyahoga, Franklin, and Hamilton counties.

The Centers for Disease Control and Prevention (CDC) recommends that everyone between the ages of 13 and 64 get tested at least once in their lifetime. For those who have high risk factors, it is recommended to be tested at least once a year.

According to the CDC, you should get tested once a year if:

- You are a sexually active gay or bisexual man.
- You have had sex with someone who is HIV positive.
- You have had more than one sex partner since your last HIV test.
- You've shared needles, syringes, or other equipment to inject drugs.
- You are pregnant.
- You've exchanged sex for drugs or money.
- You have another sexually transmitted disease, hepatitis, or tuberculosis.
- You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know.

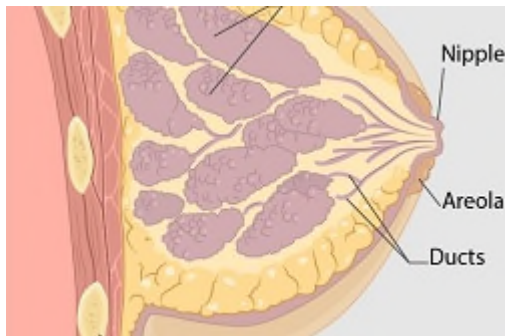
There are many benefits to getting tested for HIV. Getting tested for HIV is the only way to know if you actually have HIV or not. Testing for HIV regularly and knowing your status is the key to keeping you and your partner(s) healthy. By getting tested, you can help to prevent the spread of HIV.

The early detection of HIV allows for the HIV positive individual to receive the necessary treatment in order to stay healthy. Treatment helps to lower the level of HIV in the blood, which is referred to as the viral load. By staying on effective treatment, a person living with HIV can get their viral load to an undetectable level. Undetectable means that the level of HIV in the blood is so low that it is not infectious. It is scientifically proven that HIV positive individuals can not spread HIV to their negative partner(s) as long as they maintain an undetectable viral load for at least 6 months.

There are many opportunities to get tested for HIV. If you are interested in getting tested for HIV, you can visit the following locations on Sunday, October 13 to receive a **FREE** HIV test. First Ladies for Health will have HIV testing at their 5th Annual Family Health Day. HIV test is **confidential** and held in a **private room**. Nobody will know you are receiving HIV testing. **For testing locations or more information** call 513-352-3250.

Breasts, Boobs, Chest, Bosoms, Jugs, Bazookas — Breast Health is NO Joke...Get Checked!

Black women are most likely to die from breast cancer—and they are being diagnosed more frequently



breast health. Start the conversation with your doctor by asking these important questions:

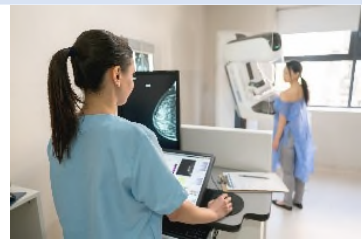
- **Do I need a formal health risk assessment if I have a family history of breast cancer?**
- **When is the appropriate time for breast screening?**
- **How do I perform a self-breast exam?**

Black/African American women have a higher chance of having more aggressive types of breast cancer, called triple negative cancer, that are difficult to treat. Current medications are not as effective for triple negative cancer compared to other types of breast cancer. For these reason, it is very important the Black/African American women stay on top of their breast health and continue to have yearly screening mammograms after the age 40. In addition, it is important to talk to your primary care physician regarding risk factors that may predispose you to breast cancer by your 30th birthday. Identifying your risk for breast cancer is very important for your



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.

Breast Health is NO Joke...Get Checked *continued from page 4*

You have an opportunity to get a mammogram. If you are interested in getting tested, you can visit the following locations on Sunday, October 13th to receive a **FREE mammogram if you are uninsured or fall under 250% poverty level**. Private insurance will cover your mammogram. First Ladies for Health will have mammography units for mammograms at their 5th Annual Family Health Day. **Location for this year are:**

| Location | Address | Time of Screenings |
|----------------------------------|-----------------------|--------------------|
| College Hill Recreation Center | 5545 Belmont Avenue | 1:00 -4:00 pm |
| Mother of Christ Catholic Church | 5301 Winneste Avenue | 1:30-4:00 pm |
| New Jerusalem Baptist Church | 26 W. North Bend Road | 10:00-3:00 pm |
| YMCA | 1105 Elm Street | 1:00 - 4:00 pm |

Please contact **513.352.3250** or visit www.familyhealthday.org if you have any questions about any of these location sites.

Halloween safety tips

Autumn is upon us and Halloween is quickly approaching! 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

CHD Honors Matt Merritt, October Employee of the Month



It is with great enthusiasm that I announce Matthew Merritt as the October Employee of the Month. As a Sanitarian-in-Training in the Food Safety program, Matt performs inspections in all food facilities within his assigned area. His inspections are thorough, the reports are concise and accurate, and his follow-up work is exemplary. Matt's education-first approach emphasizes the business operators' duties in proper facility operation, with Health providing further education (or enforcement) as needed. Despite being a relative new-comer, Matt has shown an excellent grasp of the regulations and has participated in trouble-shooting problems with the inspection application software.

One particular effort on Matt's part stands out. All sanitarians-in-training must pass a rigorous examination within five years of initial hire to become Registered Sanitarians. The examination is provided by the National Environmental Health Association (NEHA) and is the de-facto standard in determining suitability of sanitarian candidates.

Within his first year, Matt took this examination and received a passing score from NEHA...but there was a complication. Ohio's regulations contain an outdated clause specifying a 70% grade as being passing for the registration exam. Since the NEHA examination is a weighted-numerical score derived by a complex algorithm, there is literally no percentage equivalence for a 70% grade. Anecdotal information led the state regulators to believe otherwise.

Deeming NEHA's passing score of 650 to be less than 70%, the regulators arbitrarily selected 657 as being representative of a passing score. This figure appeared nowhere in regulation, nor was any advisory issued as to what constituted a passing score for the examination. The only written notification of the expected passing score from the state was received in a letter advising individual candidates of their test results...not a public forum.

After Matt received the congratulatory letter from NEHA for his passing score of 653, he was shocked by a letter from the state of Ohio advising that he had not passed the test. His discussions with NEHA and the state led Matt to discover the scoring disconnect in Ohio's regulations. Determined to see things put to right, he spearheaded the effort to get the regulations changed, not just for himself, but for everyone affected. There were two other City employees in the same predicament and several others throughout the state.

Ultimately, Matt proved successful. In a few short months, he researched the problem, determined a proper course to achieve a fair outcome, and continually followed-up to ensure the desired result. The state of Ohio has crafted regulations accepting the NEHA passing score of 650 as Ohio's passing score, with results retroactive to a certain date to permit acceptance of a number of otherwise-disappointed candidates.

Throughout all of this, Matt maintained the professional behavior and polite insistence for fairness that is his hallmark. Matt's excellent first year and exceptional achievement in behalf of Ohio's budding sanitarians is in part why he was selected the "Employee of the Month". But if you ask Environmental Health Leadership members Dr. Camille Jones, Mr. Antonio Young or his colleague Senior Sanitarian Neill Cade they all would agree that Matt should be selected as Employee of the Year!

Congratulations Matt Merritt for a job well done!



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/
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HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

NOVEMBER 2019

Vol. IX 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



2020 Marketplace Health Insurance Open Enrollment is Open!

Do you need health insurance coverage? Now is the time to enroll in a 2020 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 again this year than previous years and will run only through December 15, 2019. This year, consumers will only have 45 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 – 3559 Reading Rd, #101, 45229
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- Citylink Center – 800 Bank St., 45214
- Crest Smile Shoppe – 612 Rockdale Ave., 45229
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- 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

5 STEPS TO STAYING COVERED DID YOU GET COVERAGE THROUGH THE HEALTH INSURANCE MARKETPLACE LAST YEAR?

STEP 1 REVIEW REVIEW YOUR CURRENT COVERAGE AND APPLICATION.

STEP 2 UPDATE MAKE SURE YOUR INFORMATION IS UP-TO-DATE.

STEP 3 COMPARE COMPARE YOUR CURRENT PLAN WITH OTHERS.

STEP 4 CHOOSE SELECT A PLAN THAT FITS YOUR NEEDS AND BUDGET.

STEP 5 ENROLL OPEN ENROLLMENT BEGINS NOVEMBER 1st.

Health Care.gov



CHD is celebrating the successful renovation and expansion of our Braxton F. Cann Dental Center which is off to a great start.

The oral health center is simply remarkable, and we are incredibly grateful for the opportunity to serve more patients. This center will allow us to greatly expand oral health access for the most underserved people in our community.

Appointment slots are filling up and patients are enjoying the convenience of having dental services available in their neighborhood. This beautiful new facility has state-of-the-art dental equipment including five dental chairs. Located at 5818 Madison Road in the Braxton Cann Medical Center, it is equipped to have two dentists and support staff and is open Monday through Thursday 7 a.m. — to 5 p.m. and Friday, 7 a.m. — 1:30 p.m.

Emergency walk-in times are available each weekday at 7a. Appointments are available at 513.263.8711. Medicaid and all Medicaid Managed Care plans are accepted as well and most private insurance. Children and adults are welcome.

Events & Shout Outs!

CHD welcomes new hires and transfers for the month of October 2019 and employees retiring effective 11/1/2019.

New Hires (pictured in order):

CCPC/Dental— Amy Fortman, Dental Assistant 10/20/2019

CCPC/Health Centers— Brittany Allen, Nurse Practitioner 10/13/2019; Johnnie Askew, Health Counselor 10/20/2019
Terra Dennis, Medical Assistant 10/20/2019

CCPC/School and Adolescent Health— Teresa Marschall, Public Health Nurse 2 10/20/2019; Devin Patton, Public Health Nurse 2 10/20/2019



School Based Health Center staff at Academy of World Languages and Oylar School were in the holiday spirit last week in celebration of Halloween.



World Diabetes Day and World Diabetes Month

The primary aim of the World Diabetes Day and World Diabetes Month 2019 campaign is to raise awareness of the impact that diabetes has on the family and to promote the role of the family in the management, care, prevention and education of the condition.

The WDD 2019 has three main focus areas: **Discover diabetes, Prevent type 2 diabetes, and Manage diabetes.**

More than 30 million Americans have diabetes. Another 84 million US adults have prediabetes, a serious health condition in which blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke.

Diabetes also increases the risk of heart disease and stroke and can lead to other serious complications, such as kidney failure, blindness, and amputation of a toe, foot, or leg. People with diabetes spend more on health care, have fewer productive years, and miss more work days compared to people who don't have diabetes. In 2017, the total estimated cost of diagnosed diabetes was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity.

Some people are at higher risk of type 2 diabetes because they:

- Are overweight or have obesity.
- Are age 45 or older.
- Have a parent, brother, or sister with type 2 diabetes.
- Are physically active less than 3 times a week.
- Had gestational diabetes (diabetes during pregnancy) or gave birth to a baby who weighed more than 9 pounds.
- Are African American, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American.



A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

I'd like to extend a warm welcome to our newest Board of Health member, Dr. Surmeet Bedi. Born and raised in India, Dr. Bedi came to the United States after completing medical school. She earned a Bachelor of Medicine and Bachelor of Surgery degree from the Government Medical College & Hospital in Chandigarh, India. She is certified by both the National Board of Physicians and Surgeons, as well as the American Board of Nephrology.



After finishing her residency in Chicago and fellowship at University of Wisconsin Madison, Bedi moved to Cincinnati with her husband, Jay.

The members of the Board of Health enthusiastically congratulate Commissioner Moore on having recently being awarded her Doctorate in Business Administration through North Central University. She has managed to complete her studies and dissertation for this degree over the past two years while simultaneously serving as Health Commissioner first in St. Louis and, for the past year, in Cincinnati. This is a significant, substantive achievement which augments an already impressive resume of professional and academic accomplishments. Congratulations, Dr. (Commissioner) Moore!



Food safety tips for your Thanksgiving celebration

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.

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 have:

- 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).



Each November, World Antibiotic Awareness Week (WAAW) aims to increase global awareness of antibiotic resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.

Since their discovery, antibiotics have served as the cornerstone of modern medicine. However, the persistent overuse and misuse of antibiotics in human and animal health have encouraged the emergence and spread of antibiotic resistance, which occurs when microbes, such as bacteria, become resistant to the drugs used to treat them. Antibiotics are a precious resource, so it is important to get the right advice before taking them. Doing so not only ensures you and your loved ones get the best treatment, but responsible use of antibiotics will also help reduce the threat of antibiotic resistance.

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Other conditions that were complicated by an antibiotic-resistant infection also take the lives of many more.

U.S. Antibiotic Awareness Week, slated for November 18 - 24, 2019, is an annual one-week observance to raise awareness of antibiotic resistance and the importance of appropriate antibiotic prescribing and use. This year's theme is "*Seek advice from a qualified healthcare professional before taking antibiotics.*"

People do not understand that antibiotics are a precious resource or how challenging it is to develop new variations. The use of antibiotics is the single most important factor leading to antibiotic resistance around the world. Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed. Antibiotics are also commonly used for promoting growth in food animals, one type of use that is not necessary.

Welcome Tonia Smith—Creating Healthy Communities Program Manager

The Healthy Communities program strives to improve health outcomes for Cincinnati residents. Through the Creating Healthy Communities Program, we hope to create sustainable transformations by improving nutrition, increasing physical activity, promoting tobacco cessation and providing chronic disease prevention and education.

Tonia Smith, RS, CHES, TTS is the recently appointed Healthy Communities Program Manager. Ms. Smith has 22+ year as a City employee who started her career with the city as a Clerk Typist at CHD. Following, she served five years with the Cincinnati Police as a Clerk Typist. Another 12 years she worked as a Sanitarian at CHD, and three more years at CHD as a Public Health Educator. After a brief stint at the Cincinnati Recreation Commission as an Environmental Safety Specialist she returned to CHD as Healthy Communities Program Manager very recently.

In role as the new Healthy Communities Program Manager, she is working with a dedicated team on initiatives such as: Active Transportation (increasing access to safe, active transportation in Ohio which includes walking, biking, and taking the bus); Complete streets (ensure that communities support all residents in getting around safely, no matter their age, income, or ability); Healthy food retail; Increase affordable access to healthy food, while strengthening local farms and economies; Cincinnati Tobacco 21 and implementation of a Tobacco Retail License; Smokefree Multi-Unit Housing; Youth Smoking Prevention; Tobacco Cessation; Men's Health and Cribs For Kids program (safe sleep).

Mrs. Smith's vision for the Healthy Communities program (HCP) is based on these guiding principles:

- Activate and engage communities by being a conduit for motivating and driving change, through community engagement and mobilization.
- Increase cross-sector collaboration through expansion of CHD's diverse, multi-sector, 100+ member Creating Healthy Communities Coalition.
- Further improve the ease of access to healthy choices by Cincinnatians by continuing to address barriers, especially for those groups facing the steepest barriers.
- Achieve health equity by investing in individuals and populations disproportionately affected by chronic disease.
- Create sustainable change by leveraging resources, forming partnerships, and building capacity to ensure lasting policy, systems, and environmental change.

So often people with mental illnesses are being cared for by family members or close friends. It can be a complex and complicated relationship that can be challenging - for both the individual dealing with the illness and their caregiver to navigate.



Recovery from a mental illness is not one-size-fits-all and what works for one person might not work for another. Just as recovery looks different for everyone, so do relationships between caregivers and their loved ones with mental illness. You may be a spouse caring for your partner or a young person caring for your parent; caregivers vary across the board in their roles, resources and abilities to support someone in recovery. While no two caregiver relationships are alike, there are some things we know are essential to everyone's recovery.

This November is National Family Caregivers Month and CHD is sharing tools to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower. If you are a caregiver, with the right tools and perspectives you can work together with your loved one as a team to accomplish goals, find a treatment plan that works, and be prepared in the event of a crisis.

It's important for people with mental illnesses to have a voice and be involved in their own recovery. As a caregiver, it is vital to work with your loved one to determine what they want and need - and make sure they are included in any decisions being made. People with mental health conditions are often left out of mainstream activities like employment or education, but they have the right to meaningfully contribute to their community and be respected, just like everyone else. Peer support can help and teach skills so your loved one may keep working towards established goals that help people in recovery stay motivated and hopeful.

By staying educated on the latest treatment options, you can help your loved one make informed decisions about their treatment. Having a plan in place can help you make sure you set your loved one up to thrive throughout the recovery process - and can ensure that their voice is heard in the event of a crisis.

Encourage older adults to be safe with medications



Whether your family or friends are settling into their sixties or heading into their eighth decade, they should be extra careful when taking prescription and over-the-counter medicines. As someone caring for older individuals, you should help them stay safe.

The older people get, the more likely they are to use additional medicines, which can increase the chance of harmful drug interactions.

And, as we age, body changes can affect the way medicines are absorbed, leading to potential complications. For instance, an older person's liver and kidneys may not work as well, which affects how a drug breaks down and leaves their body. And changes in their digestive system can affect how fast drugs get to their bloodstream.

One in three Americans who use prescription medications is an older adult. Older adults also account for three out of 10 adults who use non-prescription (or over-the-counter) medications. Research has shown that three out of five older adults take their prescriptions improperly, including skipping doses, not filling prescriptions and not following the prescriber's directions. For these reasons, and more, medication safety becomes increasingly important as we age. Possible complications from medication misuse include adverse reactions, depression, confusion, malnutrition, falls, and addiction.

To reduce the risk of harm from adverse drug events in adults:

- Keep a list of your medicines
- Follow directions
- Take all medicines only as directed
- Ask questions





Darlene Capell has been a city employee for over 31 years. She first started out working at the Police Department – Records Unit when they were located at 222 East Central Pkwy, then was relocated again to Broadway Avenue. While with the Police division she processed moving violations and parking tickets. After two years with the Police Department she was promoted to the Department of Transportation & Engineering (DOTE). There she maintained and handled the division supply orders, project and street files. If you wanted to know how a street received its name she had the information. Ms. Capell also assisted the public with aerial maps for develop plan review.

Ms. Capell spent 15 years with Engineering before she was promoted to the Cincinnati Health Department where she maintained the Medical Records at the Elm Street Health Center. Before Epic software became available, she manually processed patient’s records for Supplemental Security Income (SSI), Jobs & Family Services, and other agencies, pulling critical lab reports for doctors’ review and covering the desk either for adult medical, OB/GYN, pediatrics and cashier when a co-worker was absent or at lunch. She now works at the desk outside of the Health Commissioner’s Office answering the phones and directing the public who wants to report health issues regarding their home, a restaurant or a place of business or if someone wants to become a patient at one of our Health Centers. She help assists co-workers when locating a phone number for other colleagues and scheduling rooms for meeting at the Burnet location. She also helps out when the Health Centers have their late days to confirm patients’ appointments.

THANK YOU!

The Cincinnati Health Department, in partnership with UC Health, celebrated the new Ambrose H. Clement Health Center, a full-service healthcare facility in the heart of the Avondale neighborhood. This health center is completely operational, providing first-in-class, culturally competent care, within walking distance for local residents.

CHD would like to extend a very special thank you to UC Health and Dr. Richard Lofgren, the UC Health Board and staff, and city leadership staff for their hard work and dedication to this project. Their collaboration made this effort come to fruition.

A big thank you to the Community Builders Team for their diligence on this project, the City of Cincinnati Economic Development team and other city departments that worked under City Manager Duhaney to make this possible.

Congratulations to everyone on a job well done!

New patients welcome. 3559 Reading Road, 513-357-7320.

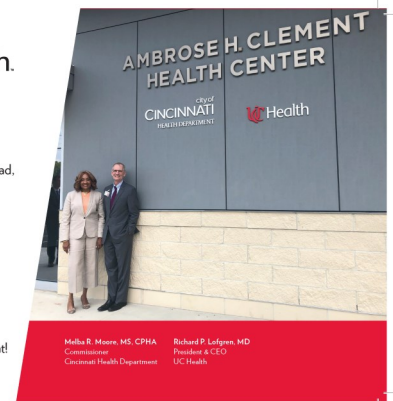


The City of Cincinnati Health Department and UC Health are proud to announce the opening of the Ambrose H. Clement Health Center in the Avondale Town Center located at 3559 Reading Road, Cincinnati, Ohio 45229.

NOW ACCEPTING NEW PATIENTS FOR THE ENTIRE FAMILY:

- Family Medicine
- Primary Care
- Obstetrics and Gynecology
- Mental Health

Please call **513-357-7320** to schedule your appointment Monday – Friday 8 a.m.–5 p.m.



Melba R. Moore, MS, CPA, Commissioner, Cincinnati Health Department; Richard P. Lofgren, MD, President & CEO, UC Health



Do you follow CHD on social media?

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 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

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information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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Deadline quickly approaching for 2020 health insurance open enrollment

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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:

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- **Northside Health Center – 3917 Spring Grove Ave., 45223**
- **Price Hill Health Center – 2136 W. W. St., 45204**
- **Walnut Street Health Center – 1005 Walnut St., 45202**



I would like to extend a celebratory shout out to Shane Satterfield, Justin Berry, Eric Washington, Sheila Bonner, and Ms. Barbarette Bell for all of their hard work with the Safe Places Cincy

program.

Because of the their team effort, Cincinnati Health Department received the Practice-Based Research Network Award from the Center for Clinical and Translational Science and Training (CCTST). Established by the University of Cincinnati College of Medicine in October 2005, CCTST is directed by James Heubi, MD, Professor of Pediatrics and Associate Dean for Clinical and Translational Research, with the support from the program directors and staff.

Safe Places Cincy was nominated for an Advocacy, Partnership and Research Award by Board of Health Board Member, Dr. Monica Mitchell. The Center for Clinical and Translational Science and Training (CCTST) is proud to award honors each year and highlight the dedicated work in our communities and our academic health centers who contribute to creating a healthier greater Cincinnati all year round!



Events & Shout Outs!

- December 1 World AIDS Day!
- December 1-31 Safe Toys and Celebrations Month
- December 1-7 Handwashing Awareness Week
- December 1-7 Influenza Vaccination Week
- December 2-6 Older Driver Safety Awareness Week

CHD Welcomes New Hires and Transfers to the team

CCPC/DENTAL

*Neissa Bender - Expanded Function Dental Asst (EFDA) 11/3/2019



CENTER FOR HEALTH INFORMATION, PLANNING and RESEARCH (CHIPR)

*Angelina Burton - Division Manager, 11/17/2019



*Stephanie Courtney - Epidemiologist, 11/3/2019

FINANCE

*John McCafferty - Accountant, 11/3/19 (not pictured)



CHD wishes everyone a safe and happy holiday season!

CHD is a leader in HPV vaccination in Hamilton County and the state of Ohio

The Cincinnati Health Department (CHD) operates seven Federally Qualified Health Centers (FQHC), one freestanding dental center, one free-standing vision and dental center and 14 school-based health centers. The CHD is a leader in HPV vaccination in Hamilton County and the state of Ohio.

As a grantee under the state's "Get Vaccinated Ohio" initiative, the CHD has implemented several practice changes to increase HPV vaccination rates within its own health centers. The health centers now hold morning huddles to assess HPV vaccination status of patients scheduled for that day. Health center clinicians recommend the HPV vaccine the same way and on the same day as other adolescent vaccines. The CHD has also implemented reminder/recall strategies for the seven FQHCs and monitored HPV vaccination compliance using letters and phone calls.

Through "Get Vaccinated Ohio" grant funds, CHD nurses worked with the Ohio Chapter of the American Academy of Pediatrics to conduct peer-to-peer Teen Immunization Education Sessions (TIES) for nurses in its health centers and other private practices focused on the importance of HPV vaccination among adolescents. The CHD conducted 28 of these sessions from July 2018-June 2019. During the same time period, the CHD performed 29 Assessment, Feedback, Incentives, and eXchange (AFIX) (now known as [Immunization Quality Improvement for Providers](#), or IQIP) audits in their jurisdiction. As a result of these audits and educational sessions, all Hamilton County healthcare providers have been engaged in improving their HPV vaccination rates.

"Get Vaccinated Ohio" has also supported the health department's efforts to educate the wider community about the importance of HPV vaccine. The CHD provides adolescent vaccine information for families in both English and Spanish at community health fairs. For example, the team created an HPV vaccination flyer listing YouTube videos about adolescent immunizations. The team also promotes HPV vaccination on CHD social media platforms throughout the year. Thanks to these efforts, the health department's health centers have achieved an HPV vaccine completion rate of 82%. For its role in promoting HPV vaccination within its own health centers and throughout Hamilton County, the Cincinnati Health Department is Ohio's 2019 HPV Vaccine is Cancer Prevention Champion.

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 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.

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

I'd like to extend a warm welcome to our newest Board of Health member, Edward B. Herzig, M.D. Dr. Herzig is a retired Internist and Rheumatologist.

He earned his Bachelor of Arts degree from Adelbert College Western Reserve University, and his medical doctorate from the College of Medicine, University of Cincinnati. Dr. Herzig was a private practice, Internal Medicine and Rheumatology

He has published over 25 research publications during his career.

Dr. Herzig has served on CASA ProKids, Tax Levy Review Committee, Hamilton County Ohio Board of County Commissioners, Safety and Security Committee for Rockdale Temple and a board member of the Center for Respite Care. He is also active on the Zoological Society, Cincinnati Art Museum. A United States Air Force veteran.



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.



Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products

Smoking leads to disease and disability and harms nearly every organ of the body. More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

The Centers for Disease Control and Prevention (CDC) has identified vitamin E acetate as a chemical of concern among people with e-cigarette, or vaping, product use associated lung injury (EVALI). Recent CDC laboratory testing of bronchoalveolar lavage (BAL) fluid samples (fluid samples collected from the lungs) from 29 patients with EVALI submitted to CDC from 10 states found vitamin E acetate in all of the samples. Vitamin E acetate is used as an additive, most notably as a thickening agent in THC-containing e-cigarette, or vaping, products.

CDC has analyzed national data on use of THC-containing product brands by EVALI patients. Overall, 152 different THC-containing product brands were reported by EVALI patients. Dank Vapes, a class of largely counterfeit THC-containing products of unknown origin, was the most commonly reported product brand used by patients nationwide, although there are regional differences. While Dank Vapes was most commonly reported in the Northeast and South, TKO and Smart Cart brands were more commonly reported by patients in the West and Rove was more common in the Midwest.

The data further supports that EVALI is associated with THC-containing products and that it is not likely associated with a single THC-containing product brand.

CDC recommends that people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, family, or in-person or online dealers. In addition, people should not add any substances to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments.

THC-containing products continue to be the most commonly reported e-cigarettes, or vaping, products used by EVALI patients, and it appears that vitamin E acetate is associated with EVALI. However, many substances and product sources are being investigated, and there might be more than one cause. Therefore, while the investigation continues, persons should consider refraining from the use of all e-cigarette, or vaping, products.

CDC recommends that people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, or family, or in-person or online dealers. While this investigation is ongoing, vitamin E acetate should not be added to e-cigarette, or vaping, products. In addition, people should not add any substance to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments.

Key Facts about Use of E-Cigarette, or Vaping, Products

- Electronic cigarettes—or e-cigarettes—are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives. THC is the psychoactive mind-altering compound of marijuana that produces the “high.”

Key Facts about Vitamin E Acetate

- Vitamin E acetate is used as an additive, most notably as a thickening agent in THC-containing e-cigarette, or vaping, products.
- Vitamin E is a vitamin found in many foods, including vegetable oils, cereals, meat, fruits, and vegetables. It is also available as a dietary supplement and in many cosmetic products, like skin creams.
- Vitamin E acetate usually does not cause harm when ingested as a vitamin supplement or applied to the skin. However, previous research suggests that when vitamin E acetate is inhaled, it may interfere with normal lung functioning.

CHD Announces Ms. Marilyn Goldfeder, Employee of the Month, December 2019



Ms. Marilyn Goldfeder, RN, MPH, has worked as a registered nurse for the Cincinnati Health Department since 1996. She started with the Maternal Child Health office, and worked there for 11 years. Because Ms. Goldfeder speaks Spanish, she received every single referral for Spanish speaking families that came through that office. She then transferred to the Childhood Lead Poisoning Prevention Program, where she's worked for the past 12 years. Ms. Goldfeder developed the Primary Prevention Program for Lead, making Cincinnati the first city in the country to have such a program, well before the Centers for Disease Control and Prevention (CDC) dropped the lead poisoning level

to 5 ug/dL in children.

Since 2007, Ms. Goldfeder was critical in developing the processes to case manage children with lead levels between 5-9 ug/dL. Research indicates that if a child has these lead levels and is not case managed, they will end up with lead levels of 10 ug/dL and above. Hence, initiating this program was a necessity so we could intervene and prevent lead poisoning before a child was lead poisoned. Not only did she contribute to the physical and mental well-being of children, but the protocols created were shared and adapted by many other programs nationwide.

She also had an article published in the *American Journal of Public Health* on childhood effects of lead at the lower levels and presented her paper at the American Public Health annual seminar. She developed an instructional video, Cincinnati's Lead-Free Kids, which can be googled, and currently is collaborating with other agencies, such as Santa Maria and Su Casa, in an effort to educate the public about the dangers of lead. Ms. Goldfeder also makes home visits to families with young children to instruct them about lead and connect them with services.

"Ms. Goldfeder works tirelessly and goes above and beyond her call of duty in safeguarding these children. She has not taken a single sick day in the last several years," stated Rashmi Aparajit, MS, RS, LRA, HHS, Lead Program Director, Childhood Lead Poisoning Prevention Program (CLPPP).

Her dedication doesn't stop there. Since her work involves home visits to various low-income family all over the City, for many years, she created a "Christmas family" choosing one that was most needy out of the families she saw. "A list of family members and their "wish list" was meticulously created and the Lead Program staff contributed to make someone's Christmas a happy one! There are so many little things she does for others on a daily basis, that are too many to mention. She makes a difference in the lives of people known and not known to her on a daily basis," explained Ms. Aparajit.

Ms. Aparajit said that the quote that best describes Ms. Goldfeder is, "It's not how much you do, but how much love you put into what you do that counts." – Mother Theresa

CHD's Dental Division receives a \$100,000 Grant

This is a grant from the Ohio Department of Health, as part of the Maternal and Child Health Block Grant, aimed to improve the health of low-income pregnant women, mothers and children. CHD was chosen from the State of Ohio to receive the funds that will allow 1,000 uninsured women and children to receive dental care each year. This grant comes with a non-competitive renewal, that will allow us to renew for the next 2 years. That is \$100,000 per year for a total of \$300,000 and even better, providing 3,000 uninsured women and children with dental care at Cincinnati Health Department sites! Congratulations to our phenomenal Dental team for positively changing the lives of those in our communities!



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