

HEALTH MATTERS

NEWSLETTER

JAN 2015

VOL. VI ISSUE I

This month on “We Know Health Matters”:

Dr. Camille Jones and Jennifer Chubinsky discuss Life Expectancy on this month’s “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.

Follow CHD

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

www.weknowhealthmatters.org

If you have news to share,
please email

Ashley.auciello@cincinnati-oh.gov

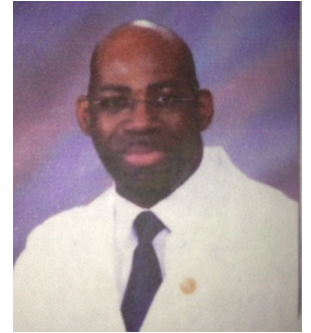
CHD welcomes new Board of Health members



Gary Hagopian



Malcolm Timmons



Timothy Collier

CHD welcomes its newest members Gary Hagopian, Malcolm Timmons and Timothy Collier to the Board of Health.

Mr. Hagopian has a graduate degree in law and an MBA, and is retired from Procter & Gamble. Mr. Hagopian will serve a three-year term which will expire Nov. 5, 2017.

Malcolm Timmons has been with Queen City Metro for more than 30 years. He will serve a three year term which will expire Nov. 5, 2017.

Timothy Collier is a Registered Nurse, specializing in cardiology at the University of Cincinnati Medical Center. He will serve a three year term which will expire Dec. 10, 2017. CHD welcomes the newest Board of Health members!



New year, new you!

By Brittany Supelak

The beginning of a new year can mean new resolutions, new goals and maybe a new outlook on life. Think about what you’ve tried to do in the past. Did you succeed? strive to make it a year focused on being healthy. Make sure you’re setting realistic goals such as eating three well-balanced meals each day or exercising four days out of the week. Also, set short and long term goals you can continue throughout the year.

Join CHD’s Twitter chat during the month of January, using **#healthycincy2015**. Set and follow your resolution, as well as get health tips that may relate to your 2015 goals. Let’s make Cincinnati healthier this year!

#healthycincy2015

Flu facts

Flu cases have reached the epidemic threshold across the nation, according to the CDC. It's not too late to get a flu vaccine, which offers the greatest protection, and is safe and effective.

Tips to protect yourself:

- Frequent and thorough hand washing. If you are sick, stay home.
- Get a flu vaccine. Everyone 6 months and older should be immunized, particularly those with chronic illnesses that put them at higher risk of severe influenza illness.
- Everyone, especially children, should practice hand, cough and sneeze hygiene at home and at school or work. If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- Families with infants under 6 months of age should be immunized, as well as others with frequent contact with infants, such as day care or health care workers.

January: Cervical Cancer Awareness Month

Who gets cervical cancer? Women are at risk, however it is most common to occur in women over the age of 30.

Are there symptoms? Typically signs and symptoms will not show unless the cancer has become advanced and can lead to abnormal bleeding or discharge.

How can you prevent cervical cancer? First, get the HPV vaccine as early as possible. Get regular check ups including a Pap test. Use condoms during sex and limit your number of partners. For more information about sexual health, visit www.cancer.org or www.cdc.gov.



Stay healthy this winter!

When the cold comes and the snow starts falling, here's what you can do to stay safe and healthy.

- **WASH YOUR HANDS.** This is the number one way to prevent the spread of germs and decrease the number of illness this season.
- **Bundle up.** With cold temperatures expected, make sure you and your family are always wearing enough layers to stay warm and dry.
- **Travel safely.** Be sure you are aware of the road's conditions and stay alert to weather conditions that can lead to snow emergencies.
- **Get regular check-ups and vaccinations.** It is important to be one step ahead when it comes to preventing sickness this season. Remember, it's not too late to get your flu shot!
- **Stay home.** If you're sick or have symptoms of illness, stay home.
- **Eat well and exercise.** Make sure you are consuming well-balanced, nutritious meals. Exercise is still important during the winter months. Even though it's cold outside, there are plenty of ways to stay active indoors.



For more winter weather tips, visit www.cincinnati-oh.gov/health.



NEED HEALTH INSURANCE?

FREE HELP IS AVAILABLE. CALL US AT
513 564 CARE (2273).

DEADLINE FOR OPEN ENROLLMENT IS FEBRUARY 15

HEALTHMATTERS

NEWSLETTER

FEB 2015

VOL. VI ISSUE II

This month on “We Know Health Matters”:

Ellen Berninger, Cynthia Eghbalnia and Carmen Burks discuss Safe Routes to School and Anti-Idling on this month’s “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.

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

www.weknowhealthmatters.org

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

Ambrose Clement Health Center expands services

CHD’s Ambrose Clement Health Center has expanded its scope of health care services to offer adult primary care and reproductive health services.

Since the late 1970’s, the Clement Health Center, located at CHD’s main campus on Burnet Ave., has operated as the area’s expert resource in the examination, diagnosis and treatment of Sexually Transmitted Infections (STI). With the addition of adult and reproductive health care services, and eventually pediatrics, patients in the surrounding community will have increased access to a wider range of services. This expansion will also help in diverting unnecessary visits to the Health Center’s neighboring emergency room.



Patients can also be seen on a walk-in basis for reproductive health issues such as gynecological exams, birth control and annual cancer screenings. For more information or to schedule an appointment, please call CHD’s Call Center at 357-7320.

Price Hill Health Center offers diabetes education program

Congratulations to CHD’s Price Hill Health Center! For over two years, following the success of “Diabetes Day”, Price Hill has been working on an education program titled *Living Well With Diabetes*. The new program received accreditation by the American Association of Diabetes Educators.

Living Well With Diabetes is a series of eight classes providing participants a chance to learn about their disease. These classes include information on nutrition, exercise, medications and complications related to diabetes. Classes meet weekly January through April and end with a celebration for participants and their family and friends.



Congratulations, 2014 CHD retirees!

Yvonne Bray
Vernell Moore
Theresa Shook
Janice Davis
Brenda Frye
Voncille Kaiser
Diane Gerwin
David Macovei
Champ Brown
Johnnie Askew
Ronald Clemons

Keep your heart healthy

In recognition of American Heart Month, CHD encourages you to live a healthier lifestyle that includes physical activity and a healthy diet. Small changes can boost your heart health. Lower your sodium consumption, quit smoking and monitor cholesterol and blood pressure.

Did you know?

- One in every four deaths is caused by heart disease
- Every year about 720,000 Americans have a heart attack
- Coronary heart disease is the most common type of heart disease

Recent studies show Cincinnati was in the range of 300,000–350,000 deaths from heart disease alone. Top three risk factors include high blood pressure, high LDL cholesterol, and smoking. Almost half of Americans have at least one of these risk factors. Get your regular health checks and stay #hearthealthy.

Achieve some big improvements in your heart health this month! For more information on heart health visit www.cdc.gov/heartdisease.



The poster features a red background with a large white footprint graphic on the right side. Inside the footprint, there are icons of a person running, a water bottle, and an apple. The text on the poster includes the NJIBC logo, the slogan 'LET'S MOVE! CINCINNATI', and the event title 'RUN CARTHAGE' in large, bold letters. Below the title, it says 'HEALTHY EATING AND EXERCISE TIPS' and 'MINI-MARATHON COACH AND PREP'. A list of dates is provided: JANUARY 24, 2015; FEBRUARY 7, 2015; FEBRUARY 21, 2015; MARCH 7, 2015; and MARCH 14, 2015. At the bottom, it specifies the time '8:00AM-10:00AM' and the location 'NEW JERUSALEM COMMUNITY CENTER, 125 West North Bend Road, Cincinnati, Ohio 45216'. It also notes 'LIGHT BREAKFAST WILL BE PROVIDED'. Contact information for Tamaya Dennard is provided at the bottom right.

NJIBC LET'S MOVE! CINCINNATI
RUN CARTHAGE
HEALTHY EATING AND EXERCISE TIPS
MINI-MARATHON COACH AND PREP

JANUARY 24, 2015
FEBRUARY 7, 2015
FEBRUARY 21, 2015
MARCH 7, 2015
MARCH 14, 2015

8:00AM-10:00AM
NEW JERUSALEM COMMUNITY CENTER
125 West North Bend Road
Cincinnati, Ohio 45216
LIGHT BREAKFAST WILL BE PROVIDED

For more information, please contact
Tamaya Dennard
In the Office of Councilmember's PG Sittenfeld's office
at 513-352-5270
or Tamaya.Dennard@cincinnati-oh.gov

National Public Health Week 2015

“Healthiest Nation in One Generation”

Celebrate with us on
Fountain Square!
Saturday, April 11, 1–4pm

HEALTH MATTERS

NEWSLETTER

MAR 2015

VOL. VI ISSUE III

For more health related information, stay tuned to CHD's "We Know Health Matters" show, 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.

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

If you have news to share, email Ashley.auciello@cincinnati-oh.gov

OneSight Vision Center at Oyler School recognized

The One Sight Vision Center at Oyler School was recognized at the February Board of Health meeting. The Vision center, which has already seen over 1,700 students this school year, was the recipient of the Difference Makers award presented by the Cincinnati Museum Center.

Difference Makers awards are presented to honor and recognize positive impact on children's lives. OneSight is the seventh recipient of this award.

The vision center, operated by CHD, serves as the first and only self-sustaining school-based vision center in the United States. Students are provided eye exams, glasses, fittings and adjustments. During the 2013-14 school year, One Sight saw 2,800 students, 70% needing eyewear.



Cari Van Pelt, Center Manager and Optician; Dr. Laura Thiemann, Optometrist

Oregon's loss a win for Elm St. Health Center



As part of the Reach Out and Read program, the American Academy of Pediatrics' Ohio and Oregon Chapters shared a friendly wager during the National Championship college football game between the University of Oregon and The Ohio State University.

The winner would get a donation of 100 children's books. And if you missed the big game, the Buckeyes won and so did CHD's Elm Street Health Center, which is now receiving a generous donation of 100 new children's books.

The Reach Out and Read program benefits children from 6 months to 5 years of age with a new book at well visits. CHD pediatricians participate in the Reach Out and Read program and greatly appreciate any gently used book donations.

March: National Nutrition month

In celebration of National Nutrition Month, CHD can help you focus on your personal nutrition and your family's. Every day during March, follow @CinciHealthDept on Twitter for a daily #nutritiontip and a conversation focused on #healthycincy. For more information visit www.eatright.org.



Health Care Hero awards



Congratulations to Tiffany Hamm, a recipient of the Health Care Hero awards, presented by the Cincinnati Business Courier.


"I joined CHD to become part of a great staff, while getting to care for so many amazing students," said Ms. Hamm. She works at the Delta Dental Center at Oylar School and has 13 years of pediatric dental experience.

The annual program recognizes individuals who have elevated the quality of health care in our region through outstanding patient care, innovative programs, management skills or community service.



FOUNTAIN SQUARE
SATURDAY, APRIL 11 | 1 - 4 PM

Join #NPHW2015
conversation
#HealthiestNation2030

 CinciHealthDept

National Public Health Week 2015

Join CHD in celebrating public health. This year we join the American Public Health Association to make the U.S. "the healthiest nation in one generation." The event is free and will include live entertainment, snacks, raffles, and more!

Follow CHD on Facebook or Twitter for upcoming information about the event.

HEALTHMATTERS

NEWSLETTER

APRIL 2015

VOL. VI ISSUE IV

This month on “We Know Health Matters”:

Drs. Lawrence Holditch and Judith Feinberg discuss Hepatitis C awareness and prevention on this month’s “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.

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

CHD Primary Care Health Centers receive highest recognition for PCMH model



CHD’s Primary Care Centers received the highest level of recognition for patient care by the National Committee for Quality Assurance (NCQA). CHD’s Patient Centered Medical Home (PCMH) model is a proactive approach to primary care that transforms the organization and delivery of health care services.

“This recognition exemplifies the hard work and commitment our Health Department staff exhibits in caring for the citizens

of Cincinnati,” stated Dr. Lawrence Holditch, CHD Medical Director.

The PCMH model fosters a team approach to care coordination and whole person care using evidence-based guidelines. Medical homes can lead to higher quality and lower costs, and can improve the care experience for both the patient and provider. Each of the five Primary Care Health Centers has been recognized as a Level 3 PCMH.

Continued on pg 2

Board of Health recognizes outgoing members Dr. Dato and Dr. Graham

Drs. Camille Graham and Mark Dato were recognized at the March Board of Health meeting for their contributions and service as Board members. Dr. Graham served one term and Dr. Dato served two terms. Both terms expired in October 2014.

CHD would like to thank Drs. Graham and Dato for their commitment and dedication during their time as Board members.



Public Health celebration on Fountain Square

In recognition of National Public Health Week (NPHW), April 6-11, CHD celebrated with a health fair on Fountain Square. Attendees were offered free health screenings, local resources, health insurance sign up, door prizes and more. Entertainment featured salsa dance demos, line dancing and double dutch performances. Several organizations participated including Cincinnati Children's Hospital Medical Center, American Lung Association, Healthy Moms and Babes and Cincinnati Recreation Commission.

The NPHW committee thanks everyone for their participation in making this event possible!



Board of Health Vice Chair chosen

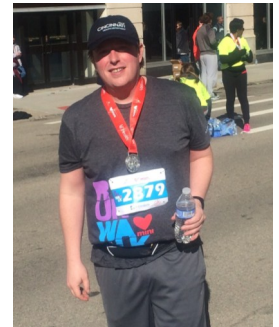


The Board of Health elected Dr. Donna Shambley-Ebron as Vice Chairperson. She has served on the Board since 2010. Her second term will expire in August 2016.

Congrats, Dr. Shambley-Ebron!

(Continued)

The NCQA seal is a reliable indicator that an organization is well-managed and delivers high quality care and service. Organizations recognized by NCQA must pass a rigorous, comprehensive review and annually report on their performance. Congratulations to the entire PCMH team for a job well done!



Several CHD staff participated in this year's Mini-Heart Marathon. Great job to Geneva Goode, Dr. Corinn Taylor, Greg Peterson, Dr. Noble Maseru and Dr. Terrence Poole.

CHD participates in anti-idling campaign



The Southwest Ohio Regional Air Quality Agency launched an anti-idling campaign and is promoting the campaign by providing free signage. CHD is the third agency to participate and receive anti-idling signs. The signs encourage drivers to turn off their cars at CHD locations.

Idling adversely affects our health, the environment and our wallets. A car that idles for 10 minutes a day emits about 9.5 ounces of carbon dioxide along with wasting gasoline. Idling can use more fuel than turning off the engine and restarting it.

Anti-idling conserves energy, saves on fuel costs and reduces wear on vehicle engines. Anyone can get involved with the campaign and work with schools and other institutions to install the signs.

For more information about the Anti-idling campaign please contact Joy Landry at joy.landry@hamilton-co.org.

HEALTH MATTERS

NEWSLETTER

MAY 2015

VOL. V ISSUE V

This month on “We Know Health Matters”:

Drs. Lawrence Holditch and Judith Feinberg discuss Hepatitis C awareness and prevention on this month’s “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.

Stay Connected

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

Remembering Mr. Howard Bond



CHD will remember Mr. Bond for his unwavering support for services to the community.

“He encouraged us to be bigger and better at whatever we chose to do in life,” said Joyce Tate, Assistant Health Commissioner. She continued, “Mr. Bond will be remembered for his positive spirit and zest for life, and will be sorely missed.”

“His kindness and generosity of spirit were a gift to the community and to all those who knew and loved him,” said John Kachuba, CCPC Board Chair. “It is

an understatement to say that he will be missed; he is simply irreplaceable.”

A native of Stanford, Ky, Mr. Bond served in the U.S. Army and received a Bachelor’s degree from Eastern Michigan University and a Master’s degree in Business Administration from Pace University in New York. In Cincinnati he was well known for his dedication to the public schools, city parks and many other organizations.

CCPC welcomes new board member

The City of Cincinnati Primary Care Board (CCPC) welcomes Claudia Velez as the newest board member.

Ms. Velez attended University of Cincinnati where she obtained a BS in Nursing and BA in Spanish. She currently works as an RN in the Specialty Resource Unit at Cincinnati Children’s Medical Center and has a strong interest for community health.



Hepatitis C Awareness Month



During the month of May, CHD is raising awareness for Hepatitis C. Did you know if you were born between 1945 and 1965, you should be tested at your next doctor's visit?

More than 75% of adults infected with Hepatitis C are baby boomers.

Many symptoms go unrecognized by those who have undiagnosed and untreated Hepatitis C. This could lead to serious complications such as liver disease or liver cancer. For more information visit www.cdc.gov.

Awards & recognitions

- Sheila Bonner: Bachelor of Science in Nursing, Indiana Wesleyan University
- Corinn Taylor: EdD, Organizational Leadership, Argosy University
- Doris Nelson Frierson: Master in Nursing Administration, Xavier University.
- Dr. Noble Maseru, Cincinnati Health Commissioner was a recipient of the Ohio Community Health Care Hero award from the Ohio Association of Community Health Centers (OACHC). This award is presented to outstanding leaders and advocates. Dr. Maseru was also recognized by Morehouse College for the Project Imhotep, an internship program focused on research in public health.
- Board of Health Chair Dr. Richard Scwhen, and past Board of Health Vice Chair Dr. Camille Graham, were recognized by OACHC for their dedication and commitment to making positive strides in our health care system.

Communities discuss local health initiatives at health expo

CHD's Creating Healthy Communities Coalition (CHCC) held a community expo on April 18 at the Dunham Recreation Center. Attendees, including the Southwest Millcreek Corridor residents, gained knowledge and information from outside organizations such as the YMCA, CHD's LEAD program, Cincinnati Recreation Commission, Northside Farmer's Market, Apple Street Farmer's Market and others,



Discussions focused on neighborhood food access and local farmers' markets. CHCC thanks those who participated in making the event happen and to all those who attended. For more information about CHCC and other initiatives, visit www.cincinnati-oh.gov/health

CHD celebrates 'Nurses Week'

May 6—12 was Nurses Week across the nation. CHD nurses celebrated with a luncheon and guest speakers to honor our public health nurses for their work and dedication. Thank you to all CHD nurses!



HEALTH MATTERS

NEWSLETTER

June 2015

VOL. V ISSUE VI

This month on “We Know Health Matters”:


Dr. Corinn Taylor and Lisa Holloway discuss Infant Vitality on this month’s “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.

Stay Connected

 @CinciHealthDept

 Cincinnati Health Department
www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

Forum highlights infant vitality progress

On June 11, CHD held a community forum, *Inside the Evidence*, focusing on infant vitality improvements in Cincinnati.

The Forum provided a chance to highlight some of the successes that have led to more babies surviving their first year of life than in years past.

“While there is still work that needs to be done to improve infant vitality, we must also recognize the progress that has been made,” said Dr. Noble Maseru, Cincinnati Health Commissioner, who presented a historical look at the topic during the Forum.

Seven more babies survived their first year through May 2015 than this time period in 2014. The infant mortality rate (IMR) in Cincinnati is 8.4 (provisional) according to Ohio Department of Health, Office of Vital Statistics. IMR is the number of infant deaths before one year of age per 1,000 live births and is an indicator of a community’s health.

Infant vitality in Cincinnati is also improving in other ways. For example, sudden unexpected infant deaths (SUID) have decreased from 11 in 2012 to a record low of 3 in 2014, surpassing a Healthy People 20/20 target.

To build on this progress, the Infant Vitality Forum took a closer look at the data to determine what factors influence maternal, reproductive and infant health outcomes. Guest speakers included Councilmember Wendell Young, Dr. O’Dell Owens President of Cincinnati State Technical and Community College and Dr. Karen Bankston of the University of Cincinnati. The format included expert panelists who represented social, medical and community aspects of infant vitality, addressing areas of concern as well as success stories.

The goal was to arrive at strategies that have made, are making and may make a qualitative difference. The Forum was an opportunity for dialogue to lead to a more

continued on page 2



L: Dr. Jennifer Malat, Dr. Charles Dillard and Dr. Marian Spencer.



(continued)

distinct picture of infant vitality in Cincinnati. The overarching goal is to ensure that every child lives through their first birthday and this is step in the right direction. For more information visit www.cincinnati-oh.gov/health

Withrow Dental Center opens



On May 14 Withrow Dental Center opened its doors as CPS's third in-school dental center. Annually, the center at 2520 Madison Road will provide dental care to 1,800 - 2,000 students. The center will also serve students from surrounding elementary schools and residents from the east side of Cincinnati.

Services will help prevent disease, treat existing disease and alleviate acute pain/infection that is inhibiting students' ability to learn. CHD also operates the Delta Dental Center at Oyler and Deaconess at West High-Dater.

Awards & recognitions

- Cierra Graham completed her dissertation and received her Ph.D.
- CHD welcomes Katherine Mitchell and Kemazee Cooper, interns from the Imhotep program.
- This summer CHD welcomes 6 MSD interns.



Men's Health Month

June is Men's Health Month nationwide. During the month, wearing **BLUE** shows support for the health of men in your life. Men experience increased obesity, blood pressure, heart disease and other health complications.

Encourage the men in your life to stay active and healthy this month and all year! For more information visit www.cdc.gov.

Tristate Medical Reserve Corps annual Summit

The Tristate Medical Reserve Corps (TMRC) held summit discoursing volunteers about disasters. These volunteers serve to Support the Surgeon General, train with health departments and local emergency personnel, participate in community preparedness and assist health departments and other agencies during times of disaster. Captain Bruce Bernard, MD, MPH, is photographed discussing Ebola preparedness.



Staci Wagner awarded 'Nefertiti'

Staci Wagner was an honoree at the Cincinnati Herald's Annual Nefertiti Awards Luncheon. Ms. Wagner, COO of CHD Primary Care Health Centers, was nominated and selected by the community for her positive contributions.

Nefertiti was an African Queen who showed great wisdom and inner beauty. Congrats, Staci!



HEALTH MATTERS

NEWSLETTER

July 2015

VOL. V ISSUE VII

This month on “We Know Health Matters”:

Drs. Judith Feinberg and Lawrence Holditch discuss Hepatitis C on this month’s “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.

Stay Connected

 @CinciHealthDept

 Cincinnati Health Department
www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

For healthy swimming, try these tips

During the summer months keep your health in mind, especially when it comes to swimming. Follow these tips for healthy swimming:

- Practice good hygiene. Shower before heading to the pool and wash your hands with soap after using the restroom.
- Don’t swallow pool water. If possible, avoid getting pool water in your mouth at all.
- Take frequent restroom breaks and make sure kids do as well. Avoid changing diapers poolside, as germs can spread in and around the pool.
- Avoid the pool when you are ill. Germs on your body end up in the water, so you could make other people sick.



For more information visit www.cincinnati-oh.gov/recreation.

Good luck, Ms. Ciera Graham

CHD thanks Ms. Ciera Graham for her work as the Data Coordinator for the FIMR program. Ms. Graham managed fetal death data, qualitative interviews and assuring infant death numbers were accurate for the City and County. In June she defended her dissertation and will graduate with a Ph.D. in Sociology from University of Cincinnati.



After graduation, Ciera plans to return to her hometown of Seattle, Washington while awaiting to hear from one of the West Coast schools where she hopes to continue her journey.

Outside of her work at CHD, Ms. Graham has obtained almost six years of experience in student affairs. Most of her positions have been centered in student affairs and higher education administration.

Good luck, Ms. Graham!

Local school health leaders present at national conference

Dr. Marilyn Crumpton, CHD School and Adolescent Health division, and Francie Wolgin, Interact for Health, presented at the National School Based Health Alliance conference in Austin, Texas. They discussed the impact of school based health centers (SBHC) on health care access and the improvement of the health of students in Cincinnati Public Schools.

SBHCs improve the overall health and wellness of children through health screenings, health promotion and disease prevention, and enable children with acute or chronic illnesses to attend school.

Founded in 1995, the School-Based Health Alliance is a nonprofit that provides high-quality resources and guidance to improve the health of children by advocating for school based health centers.



JULY 28

#WorldHepatitisDay



WORLD HEPATITIS DAY



Awards & recognitions

- Marilyn Crumpton, MD, MPH, was an honoree for the 2015 Comprehensive Healthcare Leadership Award.

CHD welcomes former Asst. Health Commissioner, Dr. Mitchell Zavan

From 1956 to 1973, Dr. Mitchell Zavan served as the Assistant Health Commissioner for the Community Health and Environmental Services division. Earlier this month CHD welcomed Dr. Zavan, who was accompanied by his wife and son, also CHD alumni.



HEALTH MATTERS

NEWSLETTER

August 2015

VOL. V ISSUE VIII

This month on “We Know Health Matters”:

Drs. Judith Feinberg and Lawrence Holditch discuss Hepatitis C on this month’s “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.

Stay Connected

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov



CHD opens the Walnut Street Health Center

On August 11, CHD in partnership with Talbert House celebrated the opening of the Walnut Street Health Center. This new site provides affordable primary and preventative care to low-income and medically underserved populations.

“We are proud to be able to expand our primary health care model to address the needs of the downtown Cincinnati community,” said Joyce Tate, Assistant Health Commissioner.

The ribbon-cutting coincided with National Health Center Week, a week long campaign to raise awareness about the mission and accomplishments of America’s Health Centers. The Walnut Street Health Center is the seventh Federally Qualified Health Center (FQHC) operated by CHD. More information and photo gallery can be found at www.cincinnati-oh.gov/health



Meet the WIC breastfeeding committee

By Betsy Buchanan

Our committee represents different WIC offices throughout the county and includes 3 IBCLCs, 1 CLC, 3 Peer Helpers, the Hamilton County WIC Program Director and Coordinator, and 3 Registered Dietitians. Combined, we have over 200 years of breastfeeding experience!



Our mission is to increase breastfeeding among WIC mothers. Topics we address include breastfeeding education and promotion, WIC breastfeeding-related policies and staff training.

Did you know?

Infants who are formula fed have:
2 times more ear infections, 3 times more GI infections and 4 times greater risk of dying from SIDS.

WIC 513 821 7012

Recognitions

- Former Imhotep intern, Atefeh Paziraei, has been working with the CARE Cameroon Project focusing on HIV/AIDS.
- School based Health Center nurses presented at the Johnson & Johnson School Health Leadership Institute at Rutgers.



Farewell, CHD

By Leslie Stevenson

After serving as a consultant to the Creating Healthy Communities Coalition at the Cincinnati Health Department by providing communication, grant writing and strategic planning services, I have decided to pursue academic professional development in the area of public policy. Therefore, I have been accepted into the Gender, Leadership and Public Policy Graduate Certificate Program at UMASS Boston. I begin my studies this fall.

I am excited to build upon the excellent work we accomplished with the Creating Healthy Communities Coalition. In one year, we created the current Strategic Plan and Logic Model; we were awarded nearly \$300,000 in grants to address health disparity through policy, system and environmental changes; and we completed the CDC's CHANGE Tool in three priority communities—that's over 20,000 residents—within six months.

I look forward to applying my knowledge and skill in a Massachusetts agency. Thank you to each CHD staff and CHC Coalition member who supported my role on the team. I am confident the work we accomplished will remain a sustainable foundation for future model practice and community awards. Peace to each of you!



HEALTH MATTERS

NEWSLETTER

September 2015

VOL. V ISSUE IX

This month on “We Know Health Matters”:

First Ladies Dena Cranley and Barbara Lynch join Dr. Noble Maseru to discuss the First Ladies Health Initiative.

Robin Thomas, Jessica Skelton, John Dunham and Todd Dudley also discuss Emergency Preparedness on this month’s “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.

Stay Connected

 @CinciHealthDept

 Cincinnati Health Department

www.cincinnati-oh.gov/health

If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

NC officials latest to visit CHD program

Forsyth County Health Department officials are the latest group to visit CHD to learn about the First Step Program.

The First Steps Program is a partnership of home visitation agencies and delivery hospitals committed to reducing infant deaths in Cincinnati. Interventions include depression screenings, safe sleep education, breastfeeding and WIC services.

During their visit, health officials also toured the Elm Street Health Center where many expecting mothers are seen for OBGYN appointments.

The coordinated care model has been generating interest from other cities including Detroit, MI, where a local version, *Detroit Baby*, was implemented to target zip codes with high infant mortality rates.

For more information and local resources call the mother-baby line at 513-564-BABY (2229).



New ‘Brown Bag Series’ engages community, experts

CHD is introducing the next phase of enhancing infant vitality in our city, the Infant Vitality Brown Bag lunch series.

Over the course of eight mini-sessions, the series will enable in-depth dialogue around influential factors related to maternal, reproductive and infant health outcomes. Sessions and parking are free.



- September 18 Maternal & Prenatal Education
- November 20 Resources for Pregnant Women & Mothers
- January 15 Chicken or the Egg Conundrum
- March 18 Truths Around Teens & Sex
- May 20 Family Planning Myth vs. Fact
- July 15 Drivers For A Healthy Pregnancy
- September 16 Delivery & Postpartum Experience
- November 18 Beyond the Hospital, Going Home with Baby

For more information and to register, visit www.cincinnati-oh.gov/health.



Are you prepared?

CHD joined the National Association of City and County Health Officials (NACCHO) to promote preparedness in our community.

This month's observance focuses on making sure you and your family are prepared for emergencies. Many things can be done to ensure you are prepared, including building a preparedness kit, having a communication plan with family and friends, making an evacuation plan that includes a common meeting place, and more! Visit ready.gov for more information.

JOIN THE CONVERSATION



#NatlPrepMonth
#InfantMortalityAwareness

City of Cincinnati fall flu shot schedule

September 30	Centennial 2 805 Central Parkway	7:30-10:30am	No apt needed
October 1	GCWW 4747 Spring Grove	7:30-9:30am	Register in "TAP" or call 7921
October 2	Public Services 1115 Bates Ave.	7-9am	No apt needed
October 5	MSD 1600 Gest St.	8-10am	No apt needed
October 6	Health 3101 Burnet Ave	8-11am	No apt needed
October 7	Police D1 310 Ezzard Charles Dr	6:30-9am	No apt needed
October 12	Parks 1501 Eden Park	9-11am	No apt needed
October 19	Police D1 310 Ezzard Charles Dr	2-5pm	No apt needed
October 20	MSD 225 W. Galbraith	7-9am	No apt needed
October 21	GCWW 5651 Kellogg Ave	9-10am	Register in "TAP"
October 28	CRC 5915 Ridge Rd.	8-10am	No apt needed

FREE to all City Employees and spouses/dependents (3 and older) who are on the City Anthem Insurance Plan. Please bring your Anthem Insurance Card. Don't forget to sign in on the Healthy Lifestyles log to receive your \$10 incentive!

Recognitions

- Sr. Programmer Analyst Jon Elam has retired after 28 years.
- This month CHD welcomes AmeriCorps volunteer, Ms. Katherine Wilhelm.
- Dr. Maseru was also recognized for his dedicated service with the Imhotep interns this summer.
- Cynthia Nkoua Badzi is serving as CHD's Mandela Washington Fellow. As a Biologist at the National Laboratory of Public Health, Cynthia is observing how a public health department is involved with policy decisions and observing surveillance systems in public health preparedness.

HEALTH MATTERS

NEWSLETTER

October 2015

VOL. V ISSUE X

“We Know Health Matters”
Citicable, Time Warner Ch. 23

October & November

Robin Thomas, Jessica Skelton, John Dunham and Todd Dudley discuss Emergency Preparedness. Patrick Burke and Dr. Engler discuss influenza.

Playback Times

MON	9, 11 a.m.
WED	5 p.m.
THUR	2 p.m.
FRI	9 a.m.
SUN	3 p.m.

JOIN THE
CONVERSATION

#PlayHealthyCincy



If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

Board of Health elects new officers

CHD congratulates Dr. Kelly Firesheets and Mr. Malcolm Timmons as the new Chair and Vice Chair of the Board of Health.

Dr. Firesheets was appointed to the Board in December 2012. Mr. Timmons was appointed in November 2014.

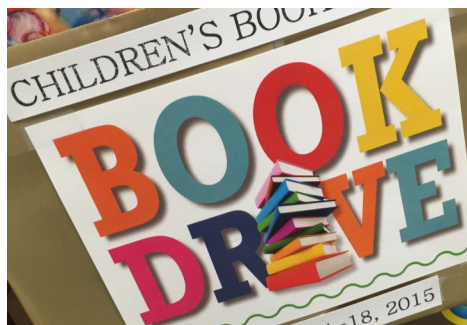


Dr. Kelly Firesheets, Chair



Malcolm Timmons, Vice Chair

Braxton Cann Health Center gets book donation for ‘Reach Out and Read’ program



Over 500 books were donated to CHD’s Braxton Cann Health Center from the US Bank Foundation. The books will benefit the Reach Out and Read program, which sends children home with a free book after getting their regular check-up.

Reach Out and Read has thousands of doctors participating across the country to promote literacy and school readiness in young children. Each year there are 6.5 million books distributed to children. Additionally, this program serves 4.4 million children annually.

For more information or to find out how to make donations please contact Phyllis Richardson at Phyllis.Richardson@cincinnati-oh.gov.



Recognitions

Congratulations to Hollin Funk and Lauren Bostick, recipients of the Champions for Change awards.

Ms. Funk was awarded the Champion for Knowledge, presented to an epidemiologist, researcher or student working to better understand the complexities of infant mortality and pre-term birth.

Ms. Bostick was awarded the Social Support Champion, presented to a community health worker, home visitor or social worker who walks side-by-side with moms through pregnancy.



Hollin Funk, Lauren Bostick

Congratulations to Denisha Porter, recipient of the City of Cincinnati's Employee of the Year award. Ms. Porter is the Director of CHD's Creating Healthy Communities program.

"I credit my success to the guidance of Dr. Maseru and Dr. Jones," said Mrs. Porter. "I'm truly thankful for the entire CHD team, my staff, Ellen Berninger, Tevis Foreman, and Mary Fairbanks, and the Creating Healthy Communities Coalition."



Dr. Camille Jones, Denisha Porter and Ellen Berninger

SIDS awareness month

Sudden Infant Death Syndrome (SIDS) is the death of an infant less than one year of age that cannot be explained after a thorough investigation. To reduce the risk for SIDS we encourage all parents to take the following precautions:

- Always place babies on their back to sleep
- Use a firm sleep surface, such as a mattress in a safety-approved crib
- Heave the baby share your room, not your bed
- Keep soft objects such as pillows or loose bedding out of your baby's sleep area



For more info visit www.cdc.gov/sidsawarenessmonth.

CHD awarded ACA grant

The Braxton Cann Health Center will receive a makeover thanks to a \$941,466 federal grant. The funding is part of \$500 million in Affordable Care Act funding to support health centers in providing primary care to those who need it most.

The expansion will include two examination rooms, offices, health care support functions and five dental operatories within the added dental center. The project will also add more jobs.

CHD also received a \$323,734 service expansion award as part of the federal funding, which will be used for the Elm Street Health Center to increase dental services and add staffing for outreach and insurance enrollment. For more information visit www.cincinnati-oh.gov/health

HEALTH MATTERS

NEWSLETTER

November 2015

VOL. V ISSUE XI

“We Know Health Matters”
Citicable, Time Warner Ch. 23

October & November

Robin Thomas, Jessica Skelton, John Dunham and Todd Dudley discuss Emergency Preparedness. Patrick Burke and Dr. Engler discuss influenza.

Playback Times

MON	9, 11 a.m.
WED	5 p.m.
THUR	2 p.m.
FRI	9 a.m.
SUN	3 p.m.

JOIN THE CONVERSATION

#LungCancerAwarenessMonth
#LungCancer



If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

CHD welcomes new Medical Director, Dr. Owens

Congratulations to CHD's new Medical Director, Dr. O'dell Owens.

“Dr. Owens is a proven innovative and strategic executive leader who works across boundaries with multiple stakeholders,” said Dr. Noble Maseru, Health Commissioner.

Before his appointment as Medical Director, Dr. Owens was president of Cincinnati State Technical and Community College. In 2004 he was elected as Hamilton County's Coroner, and re-elected in 2008.

He attended Yale University Medical School where he earned his M.D. degree and his Masters in Public Health at the same time. He also completed his internship and residency in obstetrics and gynecology at Yale.

Dr. Owens has been the recipient of numerous community awards and was the youngest person inducted into the Ohio Independent College Hall of Excellence.



CHCC awarded tobacco free living grant

The Creating Healthy Communities Coalition (CHCC) was awarded a \$100,000 grant for tobacco free living from Interact for Health. The initiative will work to implement smoke-free multi-unit housing in partnership with Cincinnati Metropolitan Housing Authority (CMHA) and Interact for Health.



The grant will help CMHA transition to a smoke-free environment over the next three years. The grant will be managed by the Coalition's Tobacco Free Living subcommittee, a branch of the Coalition aimed to reduce tobacco use in Cincinnati.

For more information visit www.cincinnati-oh.gov.

One to One Project benefits Millvale children



This holiday season locals are encouraged to support a book-giving project for at-risk children in Millvale.

The One to One Project, a partnership with CHD,

Reach Out and Read and Three Norwegians LTD, is now through December 11.

For every *Inspector Dewey* book bought, another will be donated to the Reach Out and Read program at the Millvale at Hopple Health Center.

For more information and to purchase a book please visit <http://inspectordewey.com/>.

Happy (healthy) holidays!

This holiday season, take control of your eating habits and avoid those extra end-of-the-year pounds by practicing portion control. Pumpkin pie, stuffing and sweet potato casseroles don't have to wreck your weight loss goals.

Here are some tips to enjoy those fancy food spreads without the guilt:

1. Don't arrive to the party hungry.
2. Try lower-calorie versions of your favorite comfort foods.
3. Use smaller plates and pace yourself
4. Limit alcohol
5. Be choosy about sweets



For more tips, visit www.choosemyplate.gov

Recognitions

- The Active Living subcommittee of the Creating Healthy Communities Coalition was awarded the Healthy Ohio Healthy Community Award for their work on chronic illness and active living in the community.
- Dr. Holditch, Staci Wagner and Dr. O'dell Owens accepted the Your Health Matters Impact Award from the Health Collaborative.



- Tevis Foreman was awarded the Community Champion Award by Kroger, P&G and the Bengals. Mr. Foreman was acknowledged by his Produce Perks colleagues for the dedicated work and role as a community activist for health eating in Cincinnati.



HEALTH MATTERS

NEWSLETTER

December 2015

VOL. V ISSUE XII

“We Know Health Matters”
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.

JOIN THE CONVERSATION

#HealthyHolidays
#WinterSafety
#KeepCincyHealthy



If you have news to share, email
Ashley.auciello@cincinnati-oh.gov

Preventing Shigellosis

Our region is seeing increased cases of Shigellosis, a highly contagious disease caused by Shigella bacteria. There is no vaccine for Shigellosis, so the best method is prevention. You, your family and caretakers should follow these steps:



- Wash hands frequently, especially after handling diapers, before preparing food or feeding and before eating
- Teach children to use soap and warm running water to wash hands for at least 20 seconds
- Monitor young children to ensure adequate handwashing
- Disinfect surfaces and toys that may come in contact with stool.

If you think you or your child may be infected with Shigellosis contact your primary care doctor for proper diagnosis. For more information on the spread of Shigella bacteria visit www.cdc.gov/shigella/prevention-control.



Remember your health this holiday season

With the hustle and bustle of the holidays, don't forget to take care of yourself and your health! Here are a few helpful tips to help with your holiday celebrations:

- Make moderation and portion control your friends
- Lose the liquid calories
- Get moving to burn some calories
- Be sure to get plenty of sleep
- Wash your hands often
- Treat yourself! Enjoy something that makes you happy!

Flu season is in full swing

CHD reminds you to prevent the flu and take care of yourself if you become sick with the virus. Make sure you've gotten your flu vaccine. It's never too late! Second, know the signs and symptoms. Fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some may experience vomiting or diarrhea. Third, know how the flu is spread. The flu is a contagious virus that is

most often spread from sneezing, coughing or talking. It might also be spread from touching contaminated surfaces.

If you think you have flu-like symptoms, the best thing to do is stay home! For more information on the flu visit www.cdc.gov/flu.



One-To-One project a success

More than fifty books were donated to CHD's Millvale at Hopple Street Health Center thanks to a holiday book-drive.

The One to One Project was a partnership between CHD, the literacy nonprofit Reach Out and Read, and Three Norwegians Ltd., creators of the children's book *Inspector Dewey*. To learn more visit www.inspectordewey.com



Left to right: Author Kristen Heimerl; Jackie Bartholomew, RN and Hazel Kanu, MD.

Recognitions

- Nancy Carter, CHD Dental Director, was awarded the Community Connector Award for her work in Preventive Oral Health. Ms. Carter was recognized for her work on developing and implementing community programs focusing on dental education, prevention of disease and increasing access to dental services for all. Congrats, Nancy!
- A special thank you to Eric Washington and Joy Maxi for organizing CHD's Holiday party; and Willa Reed and Karen Flowers for organizing the retirement reception for this year's retirees.

