

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

January 2017

Vol. VII 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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Health care delivery for Oyer students

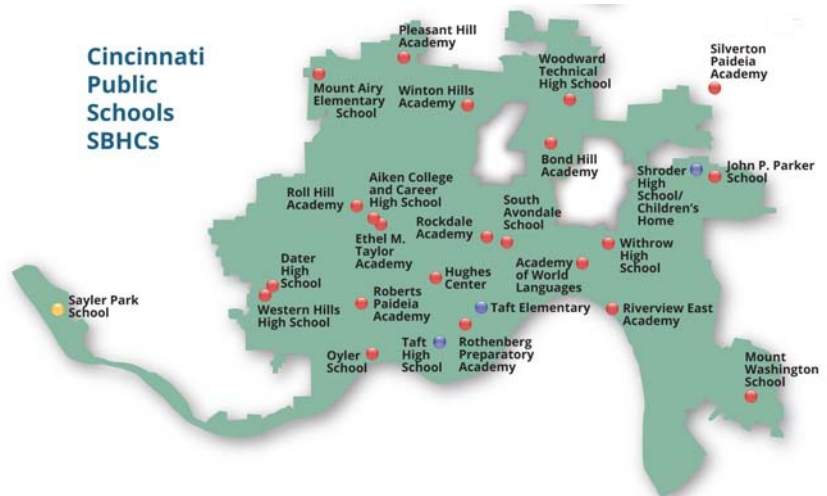
There is more happening at Oyer Community Learning Center than reading, writing and arithmetic. The school has grown from the traditional model of education to a learning center to lessen the effects of poverty on learning and raising academic achievement for its most at-risk populations. Oyer’s community-based health center serves a predominantly Urban Appalachian neighborhood which has always struggled with very low graduation rates and limited access to affordable healthcare.

Today, the students at Oyer are getting health screenings, flu vaccinations and eye exams and glasses all while at school. These services are important steps to improving overall student attendance. And the more kids are in class, the more they can learn.

Oyer students and their families rely on school-based health centers to meet their needs for a full range of age-appropriate health care services, typically including: primary medical care, mental/behavioral health care, dental/oral health care, health education and promotion, substance abuse counseling, case management and nutrition education.

Students can be treated for acute illnesses, such as flu, and chronic conditions, including asthma and diabetes. They can also be screened for dental, vision and hearing problems. With an emphasis on prevention, early intervention and risk reduction, school-based health centers counsel students on healthy habits and how to prevent injury, violence and other threats.

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



Commissioner's Corner



Dear CHD Family,

It is with deepest appreciation that I acknowledge all of the hard work, dedication and commitment each of you has contributed toward making 2016 a successful year. We have experienced many challenges together and have used our collective wisdom to solve some of our community's most pressing problems.

We have seen dramatic change within the leadership of the City of Cincinnati Health Department. We have welcomed three new board members and installed Tim Collier as the CHD Board of Health Chair. I am proud to serve as the Interim Health Commissioner as we continue our 190-year tradition of outstanding service.

As I attend meetings in various locations within the City of Cincinnati Health Department, I have been struck by the compassion I see and the commitment to make a difference. I am extremely proud of the work each of you does to make the lives of those we serve better. It is your work ethic and caring that enables us to significantly impact the health outcomes of so many. We have an untapped opportunity to elevate our work in the community in the coming year and I am looking forward to 2017. Thank you for all the progress we have made as a health department through all the hard work you have completed. I deeply appreciate all the accomplishments achieved and the effort that represents.

As we welcome the New Year, I encourage you to join me in setting specific goals for the year and writing those down at the end of your 2017 calendar. My overarching goal for 2017 is to make Cincinnati a healthier city in every way possible. Let's mark our calendars and plan to look at our goals and our progress together next December.

Happy New Year and Thanks for all you do!

- Dr. Marilyn Crumpton



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.

Announcements & Congratulations

Support the UNCF

There's still time to support the United Negro College Fund with a tax deductible contribution or by purchasing a raffle ticket which could win CHD employees three days of vacation time. For more information contact B. A. Dixon at 357-7483.



Congratulations to CHCC

The Creating Healthy Communities Coalition received the 2016 Healthy Community Award from the Ohio Department of Health and the CCTST Community Advocacy, Partnership and Research Award. Both awards recognize staff efforts for coalition work in healthy eating, active living, chronic disease prevention and tobacco-free living.



Fifth graders celebrate smoke-free workplaces



Fifth grade students at Riverview East Academy celebrated the 10th anniversary of Ohio's Smoke-Free Workplace Act with (back row, from the left) Assistant Principal Jason Dearwester; Northern Kentucky Health Department Director of Health, Dr. Lynn Saddler; Hamilton County Health Commissioner, Tim Ingram; Cincinnati Health Department Interim Health Commissioner, Dr. Marilyn Crumpton; Cincinnati Health Department Board Chair, Tim Collier and Creating Healthy Communities Project Director, Denisha Porter.

The 10-year old students, who have never known otherwise, received awards for posters acknowledging the smoke-free work place law.

If you or someone you know is trying to quit tobacco visit : www.smokefree.gov or call 1-800-QUIT-NOW.

Bedtime Basics: Safe Sleep Saves Lives!

Tamieka Gray, CHD Program Coordinator for Cribs for Kids and First Steps for Kids was featured on WKRC-Local 12 news broadcast over the holidays. The news broadcast highlighted the importance of providing safe sleeping arrangements for babies, especially when visiting family. As Ms. Gray explains it, "Babies need to sleep alone, on their backs and in a crib." The CHD offers free pack and play cribs to qualifying new parents. "We also give parents a survival kit and a safe sleep book to read to their baby," she adds. The safe sleep kit also includes a crib sheet, a pacifier, and Ms. Gray's favorite, a "This Side Up" onesies.

The Tri-State has seen a drop in infant deaths related to sleep problems in the last few years. To view the CHD safe sleep tips, go to: <http://tinyurl.com/SafeSleep12>



A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

As year begins we embark on the incoming with its uncertainties, let us not forget the successes of the Cincinnati Health Departments total journey. The Board must thank every individual for the continued efforts hard work on Health Equity initiatives through the Cincinnati Rise Project; addressing Community Wellness in our Centers through treatment & education; ongoing data of First Steps Program; continuation of WIC (Women, Infants, Children) Program; growth of School-Based Health Centers; ongoing Food Safety initiatives; and the presence Nursing Services that well extend from physical to mental support for many of our citizens.

Through various collaborations and extensions of community engagement, the Cincinnati Health Department has met and exceeded lofty goals. The Board looks forward to building more collaborations to secure the future of this Health Department. We say "Kudos" to 190 years of service & dedication to our citizens!



For nearly 100 years, the Cincinnati Health Department's Home Health Nursing Program has served the citizens of Cincinnati by providing essential skilled nursing care to patients in their homes. In assisting the City's adult population, Public Health nurses provide nutrition and smoking cessation guidance, wound care, and assessment/instruction regarding many diagnoses such as Hypertension and Diabetes. In conjunction with skilled nursing care, social services and home health aide services are available to patients as well as physical, occupational and speech therapies.

Maternal Child Nursing Services provide skilled nursing care to mother/baby within 48 hours of discharge from the hospital. A nurse makes sure the mother understands her newborn's needs and encourages compliance with physician follow-up, safe sleep practices, adequate breast/or bottle feeding, sufficient weight gain, and other newborn related instruction. The nurse will also assess the mother's status for postpartum complications, and provide instruction related to postpartum concerns.

The nurses in The Children with Medical Handicaps Program serve children from birth through 21 years of age. Some of the diagnoses include Cancer, Cerebral Palsy, Cystic Fibrosis, Hemophilia, and Sickle Cell Disease. Public Health Nurses provide specialized services to assist the parents with resources to manage these diagnoses.

Community Health Workers support the division by focusing on the prenatal client and educating the "mother-to-be" regarding safe sleep practices to reduce infant mortality. The Community Health Worker instructs the client regarding the importance of a medical home (for mom and baby), breast feeding, family planning, and other related concerns.

The Cincinnati Health Department Home Health Nursing Program is one of two original organizations in the Greater Cincinnati area to become an established Medicare/Medicaid Certified Home Care Agency, thereby, continuing a long tradition of trusted nursing care for citizens of the Cincinnati.

Honoring a King

The Martin Luther King Jr. Coalition will host day-long celebrations for Martin Luther King, Jr. Day, on Monday, January 16, with events beginning at 8:00 a.m. and continuing into the afternoon.

This 42nd annual commemorative celebration will take place at the Taft Theatre, beginning at 11:30 a.m. Dr. Adam Clark, Associate Professor of Theology at Xavier University, will address this year's theme, *Unfair, Unequal, Unacceptable*. Dr. Clark teaches courses ranging from The Religious Thought of Martin Luther King, Jr., to areas including Black Theology and Hip Hop. While Dr. King's message is often neutralized to platitudes about having a "dream" and "just getting along," Dr. Clark will explore the much more radical Dr. King whose message speaks to the very challenges we face as a nation in 2017. Dr. Clark is a leading voice in reimagining the issues facing urban America, and works with students to address social justice at Xavier and in the community.



Steve Milloy will conduct the award-winning Martin Luther King Chorale joined at times by area children's choirs. The Chorale will also perform selections from "The Man Behind the Dream," a cantata composed by Milloy to honor the life and work of openly gay civil rights activist Bayard Rustin.

The schedule for the day is:

- 8:00 a.m. King Legacy Awards Breakfast at the Freedom Center (ticket purchase required)

Events Free and Open to the Public:

- 10:30 a.m. Commemorative Civil Rights March starts at the Freedom Center
- 11:00 a.m. Fountain Square, Interfaith Prayer Service followed by march to Taft Theatre
- 11:30 a.m. Taft Theatre, MLK Commemorative Celebration
- To purchase breakfast tickets call 513-333-7706 or for more information visit www.mlkcoalition.org or email mlkcoalition@gmail.com.

City gives voice to area youth

The *YOUNG, NOT SILENT* Youth Summit developed by youth, for youth is an opportunity for young people in Cincinnati to learn, be engaged and be heard.

This year's fourth annual Summit took place at the University of Cincinnati late this Fall. A committee of YCC board members, community leaders, and dozens of students worked hard to plan the annual event. Each year, a wide variety of programming options attracts a large youth turnout. Nearly 300 students, grades 7 – 12, from Greater Cincinnati answered, *A Call To Action*.

The Cincinnati Police Department, Youth Commission of Cincinnati, Cincinnati Youth Collaborative, Youth@The Center and local young people collaborated on this year's event. Creating Healthy Communities Collaborative members also involved included: Mary Fairbanks, Emma Shirley, Valerie Daley, Tevis Foreman and Denisha Porter.



Opportunities throughout the day included discussions on innovative strategies to prevent crime, school attendance and preparation for college and career as pathways to success. Advice was offered to City Council members on decisions relating to youth issues.

"From planning the summit to co-facilitating sessions, this summit gives voice to the needs, concerns, desires, and hopes of the next generation. Our young a have a lot to offer our city, and we need to live up to our commitment to help them learn, live and grow. Our young people are innovative, creative, and entrepreneurial, and we need to be able to offer them as many opportunities as possible to express themselves and be engaged in our communities.

Yvette Simpson, Council Member

"One of our key goals for the event was to create an environment where young people can learn and engage in authentic conversation about the issues that shape their lives. The highlight of the day was the Amplifying Youth Voices session that invited adult leaders to listen to youth discuss how they defined success and what role adult mentors could play in helping them achieve success."

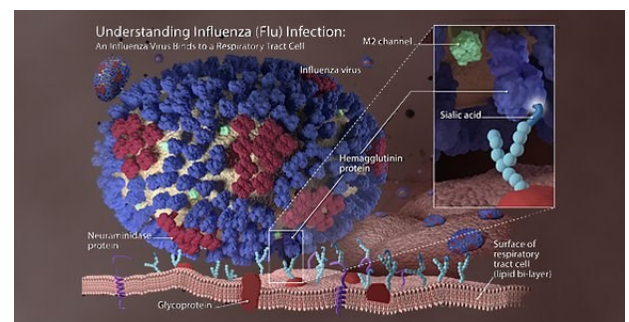
Shawn Jeffers, Director of Leadership Development, Youth @ the Center.

It's not too late to get your flu vaccine

Did you mean to get vaccinated in the fall to ward off the flu, but somehow didn't get around to it? Don't worry, it's not too late to get vaccinated today.

According to the Center for Disease Control and Preparedness (CDC) vaccinations can be protective as long as flu viruses are circulating. And although seasonal flu outbreaks can happen as early as October, flu activity usually peaks in between December and February, but significant activity can occur as late as May. In a typical flu season, flu complications — including pneumonia — send more than 200,000 Americans to the hospital. Death rates linked to flu vary annually, but have gone as high as 49,000 in a year, according to the CDC.

Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. This is why CDC recommends an annual flu vaccine for everyone 6 months and older.



National Observance Month

Each year, more than 80,000 women in the United States are diagnosed with gynecologic cancer. No matter how young or old you are, it's important to know what to look for. Recognizing the symptoms may increase your odds of finding cancer early, when it's most treatable.

The American Social Health Association (ASHA) and the National Cervical Cancer Coalition have named January Cervical Health Awareness Month to encourage women across the country to get screened for cervical cancer and receive the human papillomavirus (HPV) vaccine if they're eligible.

Cervical cancer is one of the most common cancers among women, and early detection is crucial to treat it successfully. Women should talk to their doctor to make sure that they are up to date on their Pap test (not just a pelvic exam), and work with them to ensure that they remain on schedule for their age and risk level. Pap tests should start for women at the age of 21, and routine tests are the best way to screen for abnormal or cancerous cervical cells, allowing for early detection of precancerous epithelial cells and high risk strands of the human papillomavirus (HPV). The Center for Disease Control and Preparedness (CDC) recommends girls receive the HPV vaccine at 11-12 years old. Both men and women can be given the vaccine up to the age of 26. The best practices for preventing cervical cancer are having sex with a condom every time, maintaining a healthy immune system by eating well and exercising, decreasing stress, and avoiding smoking tobacco products.



Creating self sufficiency in our neighborhoods

The CHD staff's holiday donations to the West End Emergency Center were "an absolute success" according to Renee Davis. In all, pillows, blankets, clothes, toiletries and cleaning supplies were donated allowing the Center to continue its mission of helping others. The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. The Center offers a food and clothing pantry in addition to pre-employment education that gives adults the opportunity to develop employment skills.



Do you follow CHD on social media?

If not, be sure to like & 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>

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Dental Expansion at Elm Street Increases Capacity



Thanks to an Oral Health Expansion Grant from Health Resources & Services Administration (HRSA), a new three-chair addition has recently been completed at the Elm Street Health Center. The expansion increases the dental workspace from five to eight dental operatories and will increase productivity in the Dental Center. The Elm Street Dental Center's operating hours are Monday through Friday, from 6:30 a.m. until 8 p.m. In addition to 1.5 full time employee dentists worth of regularly appointed patients, they also serve an average of 75 walk-in dental emergency patients each week.

The expansion funding provided \$100,000 for dental equipment and \$250,000 to increase staffing by adding a dental hygienist, an expanded function dental assistant and a chair-side dental assistant. This expansion in auxiliary dental providers will allow Elm Street to provide more preventive and educational services as well as increase its capacity to restore and save teeth. In both instances, the expansion gives patients a greater opportunity to prevent disease and keep their teeth and gums healthy.



Elm Street Center has been oversaturated with patients. Now, the Center can accept new patients and offer walk-in emergency patients greater opportunity to receive routine dental care, eliminating the need for future emergency services. The staff at Elm Street looks forward to providing additional and more comprehensive dental services.



Call to make your appointment today!

Elm Street Health Center
1525 Elm Street
Cincinnati, Ohio 45202
Main: 513-352-3092
Dental: 513-352-2927





Dear CHD Family,

The accreditation process is in full swing at CHD. Whether you are involved in domain meetings or have never heard of PHAB, I'd like present the basics of accreditation:

PHAB stands for the Public Health Accreditation Board. PHAB's goal is to improve and protect the health of the public by advancing the quality and performance of health departments. Since we receive funding from the Ohio Department of Health, we are **required** to apply for accreditation by July 1, 2018 and be accredited by July 1, 2020.

Accreditation is a lengthy, time-consuming and incredibly detailed process. The accreditation process uses PHAB standards and measures that help a health department achieve performance excellence. The standards and measures are the framework for evaluating a health department's processes and services, their outcomes, and progress toward specific goals and objectives. These range from quality improvement to workforce development. To view a complete list of PHAB's Standards & Measures, visit here: <http://tinyurl.com/PHAB1-5>

Accreditation involves everyone. Yes. Everyone.

All employees will be involved in the accreditation process in one way or another. By now, you should have received a secondary badge card. This card is to accompany your CHD badge at all times. It contains CHD's mission, vision and core values in addition to the benefits of accreditation. The card serves as a daily reminder of why we do, what we do, and how we can all achieve excellence together.

If you are interested in learning more, PHAB orientation is available for everyone: <http://www.cecentral.com/phab>.

Dr. Marilyn Crumpton

What to do if your child gets sick with the flu

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 your 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.

Announcements & Congratulations

Thank you for your support of the UNCF

The United Negro College Fund Raffle Drawing is here!
Thank you for your overwhelming support and generous contributions!

Join us for the raffle drawing:

Friday, February 3, at 1:00 p.m.
B&K Auditorium

Three employees will win 24 hours of vacation time donated by the CHD Leadership Team

Light refreshments will be served

The grand total of funds raised will be announced on Tuesday, February 14.



Pharmacy Tips

Taking out-of-date drugs carries certain risks

One of the most common questions people ask health care providers is, *Can I use my old drugs past their expiration dates?*

The short, safe answer is no.



Out with the old! Be it the fresh start of a new year or a spring cleaning, consumers are encouraged to take stock of what has surpassed its usefulness. Medicines are no exception.

Expired medical products can be less effective or risky due to a change in chemical composition or a decrease in strength. Certain expired medications are at risk of bacterial growth and sub-potent antibiotics can fail to treat infections, leading to more serious illnesses and antibiotic resistance.

In 1979, the U.S. Food and Drug Administration (FDA) began requiring an expiration date on prescription and over-the-counter medicines. This date is a critical part of deciding if the product is safe to use and will work as intended.

The expiration date can be found printed on the label or stamped onto the bottle or carton, sometimes following "EXP." It is important to know and stick to the expiration date on your medicine. Using expired medical products is risky and possibly harmful to your health. In addition, many Americans may not be aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse.

Learn the facts, Be lead safe!

Learn how to ensure safe drinking water quality in your home or child care program.

Voluntary lead testing is FREE for Greater Cincinnati Water Works (GCWW) customers. Your results will be reviewed with you by one of GCWW's representatives.

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

For more information: Lead.myGCWW.org

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

Jim Nelson at 591-6869

James.Nelson@gcww.cincinnati-oh.gov



A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

As we engage the Board Members in support of staff and patient services at CHD, the focus on efforts of continuity of care remains. Changes in the Affordable Care Act and its repeal brings much uncertainty. Yet, the task of delivering services will be monitored for best outcomes and minimal interruptions to our citizens.

We encourage our citizens to contact Representatives to voice all concerns.

Contact Information:

Sen. Rob Portman 513-684-3265

Sen. Sherrod Brown 513-684-1021

Congressman Steve Chabot 513-684-2723 or 513-684-2723

Representative Brad Wenstrup 513-474-7777

Again, we appreciate the efforts of Dr. Marilyn Crumpton and the employees of the CHD and Health Centers for the excellent work being done to keep our City healthy!

Tattoos and Body Piercing: Play it smart with body art

Once only popular among sailors, circus performers and spies, tattoos and body piercing are now commonplace. This popular form of self-expressive body art comes with significant health risks.

Robin Anderson, Supervising Sanitarian, Environmental Health Services at CHD, says tattoos and body piercing carry risks of infection and blood-borne disease transmission caused by unsterile needles and equipment as well as unsanitary procedures and practices by the artists. Allergic reactions to inks and piercing jewelry or the latex gloves used, can result in swelling, scarring or general discomfort.

**Health concerns**

Signs of infection include: sore/tender/painful skin or redness and warmth at the tattoo or piercing site; discharge from the skin at the site or a fever. Existing medical conditions such as allergies, heart disease, diabetes, skin disorders or conditions affecting the immune system may increase the risk of complications from tattooing and body piercing. Anderson advises those seeking these procedures to speak with their physician regarding potential health risks before getting a tattoo or body piercing.

CHD facility inspections

The CHD has increased their unannounced annual inspections from twice a year to three times a year at all 25 licensed body art establishments in Cincinnati. The facilities are inspected to ensure safe and sanitary conditions for clients. All artists are checked to make sure they have current first aid and blood-borne pathogen training.

CHD inspectors check paperwork documenting the facility's autoclave operation and verify all equipment has been sterilized properly and dated. For prepackaged, pre-sterilized equipment, inspectors check expiration dates and make sure the packaging is not damaged. All inks and jewelry are inspected for compliance. "Only a facility located in a commercial building can be licensed, not individuals," says Anderson. Only use a reputable facility which is licensed and inspected by the health department.

Parental involvement is important for teens

Parents of teenagers should discuss the consequences of tattoos and body piercing. In the state of Ohio, it is illegal for anyone under the age of 18 to receive a tattoo or piercing except in the presence of a parent or legal guardian. The parent or guardian must sign a document, provided by the establishment, which explains the procedure and methods for proper aftercare. No one under the age of 18 can receive a genital piercing; even with parental consent....it is strictly against the law.

"Getting a tattoo or a piercing is a big decision," Anderson says. "Taking a few precautions will help you get the best results from your new body art and avoid serious side effects."

Contact the CHD for information on licensed body art establishments. For questions/complaints call 513-564-1780.

CHCC Presents Excellence Awards

Creating Healthy Communities Coalition recently recognized several of its members who have worked diligently to contribute to positive changes in community-level outcomes. These coalition members have implemented a comprehensive set of data driven strategies and interventions to target the unique and specific conditions contributing to healthy eating, active living and tobacco free living. Honorees include:

Healthy Eating—Tevis Foreman, Chair; Recipient Erin Spinney, Our Harvest

Erin Spinney has demonstrated excellence in her work with the Creating Healthy Communities Coalition and Harvest Day programs. Her efforts resulted in increased access to healthy, local food. Spinney, and Our Harvest Cooperative, exemplify excellence in partnerships.



...Continued on page 5

Active Living—*Ellen Berninger, Chair; Recipient Jill Gorley, Alzheimer's Association*

Even though our topic didn't correspond directly with Gorley's mission she was always active and engaged and allowed us to see how we could choose our efforts to be inclusive for everyone in the community.

Tobacco-Free Living—*Julian Collins and Tonia Smith, Chairs; Recipient Cristie Carlson, Cradle Cincinnati and Hamilton County Public Health*

Collins is a wonderful partner who not only attends all of the CHCC meetings and events, but helps with joint projects outside of CHCC related to tobacco. She is a wealth of knowledge in the tobacco field.

Evaluation & Capacity Building—*Denisha Porter, Chair; Recipients Lora Arduser and Rachael Shepler, University of Cincinnati*

Arduser and Shepler created one pagers for the community describing our Community Health and Group Evaluation data. These CHANGE Tool evaluations were 100+ pages which Arduser and Shepler compressed into concise, easy-to-read formats.



Interprofessional collaboration improves healthcare

The CHD, Cincinnati Public Schools and Xavier University have entered into an interprofessional collaboration requiring continuous interaction, coordinated efforts and shared knowledge to combat chronic absenteeism in Cincinnati public schools. The benefits of this affiliation are improved patient outcomes, enhanced provider satisfaction and more effective utilization of resources.

Certified Pediatric Nurse Practitioner Norah Bertschy, MSN is leading the effort for the CHD. The collaboration is funded by a three-year HRSA grant written and managed by Xavier University in Cincinnati. The grant period ends in 2018.

Xavier nursing students are currently focused on health issues affecting chronic absenteeism in Cincinnati public schools. "Our three-pronged approach allows us to consider the impact of healthcare on improved patient and family experiences while reducing medical costs," says Bertschy. "Our goal is to identify factors which would cause students to miss ten percent or more school days."

Collaborative partners participating in the grant include the CHD Home Health team, The Elm Street Health Center Pediatric Clinic, the Adult Clinic at Millvale Health Center, and school-based health centers in the Academy of World Languages, Mt. Airy Academy and Roberts Academy.

The underlying causes of chronic absence from school include: acute illnesses, taking care of younger siblings, work or missed transportation. "The impact of chronic absenteeism on a child's education is alarming," states Bertschy.

The CHD can proactively identify, treat and manage health concerns like asthma and other chronic illnesses. Parental involvement and school intervention are also important aspects of identifying underlying risk factors contributing to emotional and behavioral responses which cause poor grades, absenteeism and poor health.

For more information about the Interprofessional Collaborative Practice, contact Norah Bertschy by email at norah.bertschy@cincinnati-oh.gov

National Observance Month: Heart Month

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for both men and women. You can make healthy changes now to lower your risk of developing heart disease. Controlling and preventing risk factors are also important for people who already have heart disease.

To lower your risk:

- Schedule a visit with your doctor to talk about heart health.
- Watch your weight and increase healthy eating options.
- Become more active by adding exercise to your daily routine.
- Control your cholesterol and blood pressure.
- Take medication as prescribed.
- Quit smoking or take steps to quit smoking. Avoid secondhand smoke whenever possible.
- If you drink alcohol, drink only in moderation.



Lead paint can become an indoor health hazard



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

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

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

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

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



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>

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#CincyCultureofHealth launched

The City of Cincinnati Health Department has partnered with the Health Collaborative to submit an application for the Robert Wood Johnson Foundation (RWJF) Culture of Health prize. The Culture of Health prize recognizes U.S. communities for their accomplishments to bring about and sustain positive health outcomes.

RWJF reviews each application for: the collective power of community leaders and residents; how resources are efficiently and effectively shared; changes made across systems and policies; and measuring and monitoring progress toward better health.

There are 3 distinct phases to the application process which culminates in site visits with finalist communities. Greater Cincinnati and Northern Kentucky are fortunate, as a region, to be chosen along with 31 other applicant communities – out of a pool of 210 – to move beyond Phase I into Phase II.

“As community highlights were gathered for the application it was inspiring to see the work being done in our region, by so many organizations,” says Denisha Porter, CHD Director of Health Promotion and Worksite Wellness, Creating Healthy Communities.

The application encompasses a seven-county region in Southwestern Ohio and Northern Kentucky. Mayor John Cranley and First Lady Dena Cranley, along with Interim Health Commissioner Dr. Marilyn Crumpton, commented in a Healthy Community video as part of the Phase II submission.

Mayor Cranley says, “No other city in the country has collaborated better than we have between government, non-profits and entrepreneurs.” Dr. Crumpton adds, “We are coming together as a community to develop health as an important value.” As part of the Phase II review, CHD and the Health Collaborative provided more detail to support their original submission essay including creating the hashtag, #CincyCultureofHealth.

“We want to share just a handful of Cincinnati’s achievements and bring more attention to the Culture of Health that’s emerging,” explains Porter. “Regardless of whether or not we are chosen for the RWJF prize, our region is doing amazing things to improve our health outcomes.”

The CHD will know later this month if Cincinnati’s submission has been selected for Phase III site visits.





Dear CHD Family,

As you know, the Cincinnati Health Department is facing significant budget reductions. The City of Cincinnati Budget Office and City Manager Harry Black are planning the 2017-2018 budget which is scheduled to be approved in early June. The City anticipates a \$25 million deficit in the upcoming budget cycle. All of Cincinnati's eighteen departments are being asked to submit budget reduction plans. Police and Fire are being asked for 3% budget reductions in their General Fund budget. All other departments are being asked for 10% budget reductions in their General Fund budget.

The CHD is required to submit recommendations to reduce its General Fund budget of \$17.4 million by \$1.74 million. The CHD faces difficult choices. The general fund reductions do not include our revenue funds. Many vacant positions are not expected to be

filled. Staff reorganization may result in service and staff cuts. The Home Health Program is being proposed for closure as well as Braxton F. Cann Memorial Medical Center. These decisions are always difficult. We realize any of our recommendations will have a significant impact on the communities we serve as well as the Cincinnati Health Department.

After consideration and advisement by the Board of Health, the Senior Leadership team is proposing the following budget reductions for evaluation by the City Manager and Budget office.

1. Close the Community Nursing (Home Health) Program

A) This program has provided home visits to home-bound adults as well as to new and expecting mothers and their babies.

B) Proposed cuts –

- i. Home Health has 8 positions in the continuation budget; the proposed General Fund budget reduction of \$647,000 would eliminate 8 positions
- ii. Eliminate PHN2 assigned to the Community Health Worker program. Budget reduction – \$96,000.
- iii. Eliminate 2 positions transferred from Community Nursing to other programs in continuation budget. Proposed cut – \$191,000.

C) The grant funded Community Health Worker Program would be continued.

2. Braxton F. Cann Memorial Medical Center –

A) This historic health center is located in Madisonville. Access to care for adults, pediatric, gynecology and prenatal services (5,206 health visits in 2016) and pharmacy will be lost. WIC's vices for the area will need to be relocated.

B) Proposed cuts – The annual cost to operate this health center is \$2 million. Of that, \$621,000 comes from the General Fund and provides services that generate almost \$1.4 million in revenue. This General Fund budget reduction would eliminate 14 positions.

3. Error Health Department Target from 2017 Budget

A) Proposed cut – \$104,638

The current budget cuts are the latest in a long history of financial cuts to the Cincinnati Health Department over several years. Once reviewed and accepted, the overall City budget will be submitted to City Council for final approval in late April or early May. While difficult, cuts are part of the normal budgeting process. The Cincinnati Health Department cuts are driven by the requirement for the City to submit a balanced General Fund budget.

The Senior Leadership Team will do everything possible to preserve the services we know improve our City's health. We will be meeting with staff to discuss this in more detail. If you have questions or comments, please contact me directly via email at Marilyn.Crumpton@cincinnati-oh.gov.

Pharmacy Tips

CHD Pharmacy encourages safe disposal of medications

Is your medicine cabinet full of expired drugs or medications you or family members no longer use? Safely disposing of medications is important for public health and the environment.

Almost all medicines can be thrown in the household trash, but precautions should be taken before throwing them away. A small number of medicines may be especially harmful if taken by someone other than the person for whom the medicine was prescribed. Many of these medicines have specific disposal instructions on their label.

To safely dispose of your unused and expired medications in your household trash, SmaRxt Disposal recommends removing the medicine from its original container and pouring it into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it. Then add coffee grounds, kitty litter, sawdust or any material that mixes with the medication and makes it less appealing for pets and children.

Place the sealed mixture in an empty can or other container to prevent the medications from leaking or breaking out of the garbage bag. This method not only protects children and pets, it also makes the contents unrecognizable to people who may intentionally go through the trash seeking drugs.

Be sure to remove and destroy all identifying personal information on the prescription label from all medication containers before recycling them or throwing them away. Read handling instructions on the labels of inhalers and aerosol products. They could be dangerous if punctured or thrown into a fire or incinerator.

A Message from the Board of Health



*Tim Collier, RN
Chair, Board of Health*

As Cincinnati gathers its support for the war on the affects of Drug Addiction, the Board of Health stands in total support of the efforts to make our City safe and healthy.

We recognize the disturbance in the education of our children and the economic strain on households do to the financial decisions to support habits. There is also empathy regarding the rise in violence in our neighborhoods.

Our charge is for the best and healthiest City in the nation and we serve to make this true.

CHD kicks butts on March 15

Kick Butts Day on March 15 is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Nationally, The Campaign for Tobacco-Free Kids expects more than 1,000 events in schools and communities across the United States.



This Fall, CHD joined Riverview East Academy in celebrating the 10th Anniversary of Smoke-Free Ohio. On Kick Butts Day, teachers, youth leaders and health advocates will organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's "cool factor" in marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

Tonia Smith, Tobacco Free Living Coordinator/Health Educator with the CHD Creating Healthy Communities Program will work with local students. The students, ages 11-17, are from Winton Hills/Spring Grove Village, North and South Fairmount, English Woods and Evanston. A flash mob is under consideration to encourage students to 'Stand Up' and speak out against tobacco.

The students will also tie into a tobacco-free event at The University of Cincinnati.

Announcements & Congratulations Dr. Yury Gonzales named Medical Director

Dr. Yury R. Gonzales, M.D., F.A.C.P has been named Medical Director and Chief Medical Officer for the Cincinnati Health Department. Dr. Gonzales continues in his role as a Public Health Internist at the Price Hill Health Center.

Dr. Gonzales also serves as a Member of the Schulman Associates Institutional Review Board. He is a member of the Resident Evaluation Committee and Program for the Internal medicine Residency Program at Good Samaritan Hospital and an Institutional Review Board Member for TriHealth Hospitals.



Rabid animals carry diseases requiring quick action

The danger of rabies from animal bites is an ever-present hazard. The CHD Sanitarian employees' surveillance of all animal bite cases helps keep rabies from re-entering the animal population and being transmitted to humans. Animal bite incidents occur throughout Cincinnati and are called, emailed or faxed to the CHD. According to Antonio Young, Interim Environmental Services Director, animal bite reports are typically responded to within 24 business hours of receipt and bite victims are advised to contact a physician for advice regarding the necessity of shots.



What happens to an animal suspected of rabies?

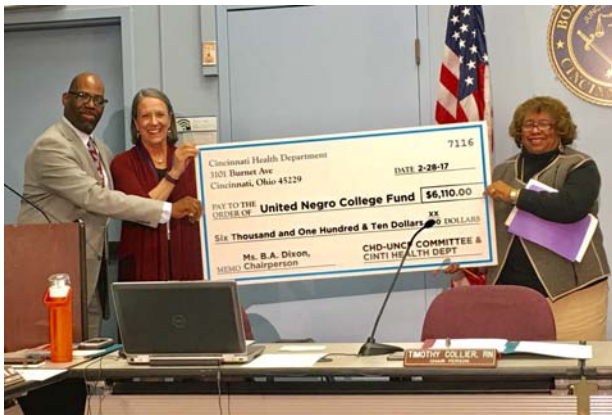
The CHD staff quarantines the biting animal for at least 10 days after the bite. If the animal is a dog or cat, and does not have a current rabies inoculation, an order is issued to the pet owner to have it inoculated within seven days after quarantine. Rabies is most prevalent in wild animals like skunks, opossums, raccoons, bats or foxes. If the wild animal is captured, it will be euthanized and sent to the Ohio Department of Health for examination. Any biting animal that dies or is destroyed before the tenth day following the bite will be shipped for examination.

"If a quarantined animal appears to be ill, or in any way appears not to be normal, a Sanitarian will issue an order for the owner to have the animal examined immediately by a veterinarian at the owner's expense," Young adds, "When the biting animal is released from quarantine, or when laboratory examination results are received, the person bitten is notified."

Dog bites most reported incidents

Of the 465 animal bites reported in 2016, 365 of them were dog bites, 54 cat bites, seven bat bites with 31 exposures to bats, three domestic and three wild rats or rabbit bites, one raccoon bite and one undetermined wild animal bite. All bite investigations were conducted by CHD.

For information regarding animal exposure or bites, please call CHD's Technical Environmental Services line at 513.352.2922.



UNCF campaign a resounding success!

"Thank you for believing 'A Mind is a Terrible Thing to Waste,'" says CHD Campaign Chair B. A. Dixon. "Your contribution to this year's UNCF campaign provides deserving students with an opportunity to pursue a college education and better their lives. Together, we've made an investment in the education of our youth and, in turn, an investment in our future."

The CHD campaign netted a grand total of \$6,110 -- 50 percent more than their goal of \$4,000. CHD was able to exceed the campaign goal through payroll deductions, raffle tickets, baked goods sales, breakfast fundraisers and monetary donations. The campaign was also an

astounding success because it provided 5 employees with an extra twenty four hours of vacation time. Special recognition goes to the CHD Senior Leadership Team for their donation of vacation hours for a raffle which served as an extra incentive for those who contributed. Raffle winners include Sandra Watson, Rachel Lapre', Paula Doll, Keara McGruder and Jonathan Burns.

Several employees went above and beyond in supporting the campaign. Felicia Felix, Brenda Waldron and the staff at the Northside Health Clinic conducted their own breakfast fundraiser in support of our overall campaign.

"I was a Biology major and graduated from West Virginia State University, a historically black college. While not a recipient of an UNCF scholarship, I have seen the difference UNCF makes in the lives of deserving scholars," stated Dixon.

...Story continues on page 6

Spring rains considered during Flood Safety Awareness Week, March 19-25

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

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

National Poison Prevention Week is March 19-25

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 1-800-222-1212 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.



National Observance Month: National Nutrition Month “Put Your Best Fork Forward” during National Nutrition Month

To help find your healthy eating style during March’s National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to “Put Your Best Fork Forward” when dining out. Choosing healthful options at restaurants is easier than ever when you plan ahead — look at the menu on online and choose foods carefully.

According to CHD dietitians, how much you eat is as important as what you eat. For example, if you plan to have lunch with coworkers, eat a light dinner that evening. If you know you’re going to a restaurant in the evening, plan to have lighter meals earlier in the day. Another way to control portions and eat healthfully is to pack a lunch at home to bring with you.

Balance your meals by choosing healthier items such as lean protein foods, non-starchy vegetables and fruits. Most restaurants offer healthy side dishes such as salads and steamed or roasted vegetables. For larger portions, ask for a to-go box and eat half your meal at the restaurant and take the other half home for a second meal.

“A healthy lifestyle is more than choosing to eat more fruits and vegetables,” Dr. Marilyn Crumpton, Interim Health Commissioner says. “It’s also essential to make informed food choices based on your individual health and nutrient needs. A registered dietitian or nutritionist can separate facts from fads and translate nutritional science into information you can use.”

For more suggestions on eating healthier, go to www.choosemyplate.gov.



This year’s top monetary contributors to the UNCF campaign are: Brenda Waldron, Denise Pat-tison, Dr. Duane Lewis, Nora Bertschy, B. A. Dixon, Celeste Wall, Dr. Camille Jones and Lori Sublett.

UNCF continued from page 4

“I deeply appreciate every employee who participated in our stellar achievement. I also could not have asked for a harder working committee,” remarked Dixon. “Renee Davis, Michelle Daniels and Eric Washington’s dedication was instrumental toward achieving our goal.”

The UNCF is a consortium of 39 private historically black colleges and universities. It has grown to become the nation’s oldest and most successful minority higher education assistance organization. Since 1944, More than 300,000 students have graduated from UNCF schools.



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>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

April 2017
Vol. VII Issue IV

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

Playback Times

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

Also available online on Vimeo



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

CHD= Cincinnati Health Department

 Cincinnati Health Department

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CHD Recognizes National Public Health Week, April 3-7

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



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

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

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

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

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



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

Hamilton County Public Health has successfully demonstrated their commitment to improving health and delivering quality public health services to their

communities. Fifteen more public health departments were also awarded Accreditation status last month. Collectively, these public health departments bring another 4.5 million people into the expanding network of communities across the nation whose health departments meet rigorous national standards for delivering quality programs and services.

**CONGRATULATIONS HAMILTON COUNTY
PUBLIC HEALTH FOR A JOB WELL DONE!**

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

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

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

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

Upcoming Events

- Building Bridges Towards Equity, 2nd Annual Conference to Eliminate Racial Disparities in Breastfeeding and Infant Mortality, Wednesday, May 3, 7:30 a.m. - 4:30 p.m., University of Cincinnati Tangeman University Center. To register or for questions call 513.558.7503.
- Cecil Striker Society Annual Lecture, 231 Albert Sabin Way, Medical Sciences Building, Kresge Auditorium, Thursday, May 4, 5:00 - 7:30 p.m., African American Society Annual Lecture—Physicians of Cincinnati—Past, Present and Future UC Masters of Public Health Honorary Forum, Questions? Call 513.558.5120.

CHD and Oyler expose students to STEM careers

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

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

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

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

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



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

Pharmacy Tips



Prescription safety

When taking medication, follow these tips:

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

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

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

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



Joe N. Hackworth, MD

Home renovations require caution, lead paint remains health hazard

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

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

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

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

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



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

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

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

In the Community



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

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

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



TV, phone and computer screen time can affect health



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

Recently, studies have shown that cutting down screen time can also have a positive effect on kids' physical, social, and behavioral well-being, and can even improve their academic performance.

A 2009 Kaiser Foundation Study found that the average child 8-18 years of age views 7.5 hours of total screen time daily. Screen time encompasses TV, video games, computers and phones. Keep in mind that this study is now eight years old and current screen usage has increased! A very recent study in the Archives of Disease of Childhood suggests reducing screen time may be beneficial in reducing Type 2 Diabetes risk factors in both boys and girls.

How can we help our kids?

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

Nasal Irrigation - Is it safe?

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

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

What Types of Water Are Safe to Use?

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



Safely Use Nasal Irrigation Systems

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

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

National Observance: National Minority Health Month



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

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

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

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

CHD Health Center Profiles

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

Ambrose H. Clement Health Center for Reproductive Health & Wellness

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

Northside Health Center

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



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HEALTH MATTERS

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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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Women’s Health Week is May 14 - 20

The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20. 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.

....continued on page 2



Our accreditation application is well underway. The ultimate goal of accreditation is to improve and protect the health of the public by advancing the quality and performance of health departments as established by the Public Health Accreditation Board. In some way, all of us will be impacted by our participation in the national accreditation process.

We have already gone through the pre-application phase of self-assessment and orientation training. The community health assessments, community improvement planning and strategic planning were concluded last summer. Right now, we are in the document selections and submission phase. Some of you may be asked to become part of the work groups responsible for pulling information together in support of our 12 domains. It is a lot of work in addition to what many of us are already doing.

I appreciate the extra effort each one of you is making to help us get through the accreditation process. After all of the documentation is submitted we will undergo an audit of the materials we submit as well as have a site visit from the Public health Accreditation Board.

It's an exciting time for us. In the end, it is my hope the excellent work each of us is doing will be recognized with recognition as an accredited health department. To learn more about our accreditation process visit: <http://tinyurl.com/PHAB-CHD-2017>

Women's Health Week is May 14 - 20 Continued from page one....

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 multivitamins 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.

CHD assures food safety at outdoor festivals

Taste of Cincinnati on Memorial Day weekend marks the start of the summer outdoor festival season. The CHD has a team of Sanitarians who inspect each food service booth at outdoor events. In addition, they inspect all food service operations and retail food establishments in the City of Cincinnati to ensure compliance with the Ohio Uniform Food Safety Code.

"Our compliance standards ensure the health of diners in restaurants and food establishments in Cincinnati," says Antonio Young, Environmental Health Director. The Health Department inspects and licenses over 1,675 food service operations and 459 retail food establishments each year. A food inspection typically covers: food protection, time and temperature requirements, employee hygiene, cleaning/sanitizing of equipment and utensils, waste disposal, pest control and overall maintenance of the facility.

"An outdoor festival and food truck inspections require us to also consider the outdoor environment. We are looking for proper trash disposal to minimize the prevalence of pests like rats as well as pets or animals seeking food," emphasizes Young. "Our job is to make sure outdoor events are as food-safe as possible. If the community sees things that concern them they should report it immediately so that corrective action can be taken with vendors and restaurant owners." To file a complaint or to get information regarding opening up a food business, contact the Food Safety Program at (513) 564-1751.

CHD school based health center 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 and has already provided primary care services for nearly 530 patients, through nearly 800 visits.

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,” says Nurse Practitioner Heather Columbia-Kinney. “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 newly revamped 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!

May 4-June 18

Thoughtful Thursdays (Mindfulness Meditation Program) is being offered in May and June for Cincinnati Health Department employees beginning May 4 and ending on June 22. Programs will take place at B&K (Noon-12:45 p.m.) and Elm St. (10-10:30 a.m.) worksites. Snacks will be provided. To register: go to <https://www.surveymonkey.com/r/M5MFCMS> or call Tonia Smith, 357-7274.

May 27-29

Taste of Cincinnati on Fifth Street, Downtown Cincinnati
One of the largest outdoor food festivals in Cincinnati

May 31 & June 1, 2017

2nd Annual Spring Clean-Out Celebration

Office Supplies you’ll never use? Bring it to the Spring Clean-Out Celebration. 9:00 a.m. – 2:00 p.m. B&K Auditorium

Congratulations to Antonio Young who was appointed the



Environmental Health Director after serving in the interim role for a year. Young has nearly 24 years of service with CHD.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

ACA makes healthier outcomes possible

As we continue to implement our vision for Cincinnati to become the healthiest city in the nation, I am reminded of the importance of the Affordable Care Act to those we serve. The Affordable Care Act was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage and reduce the costs of healthcare. The ACA has caused a significant reduction in the number of people without health insurance, with estimates ranging from 20-24 million additional people covered during 2016.

What all of this means for the Cincinnati Health Department is for us to continue to look for creative ways to curb costs while still delivering exceptional healthcare. It is a challenge that does not go unnoticed by the Board. We appreciate the competent and compassionate care each one of you offers to those we serve. Your ideas and attention to detail enables us to take giant steps toward obtaining healthier outcomes for Cincinnati residents.

In the United States, there are over four billion prescriptions filled annually. Picking up a prescription from a pharmacy is a part of many patients' everyday lives. Often, patients do not pick up their prescribed medications for various reasons, including beliefs about healthcare, cost, transportation and time.



So how can you get the most from your visit to your pharmacy? Jacklyn Sampson, CHD pharmacy resident offers some simple advice:

Call your medication refills in a few days in advance, while you still have 3-5 days' worth of medication. This allows the pharmacy adequate time to prepare them, instead of waiting in line. Advance ordering also allows the pharmacists to obtain refills from your provider if you ran out or your prescription has expired. This is particularly important for medications that are not typically stocked. It may take 3-5 business days to receive an ordered medication. Ask if it is possible for your medications to be 'synced' to fill on the same day. This means being able to pick up your medications all at once. It may take 2-3 months to get your prescriptions on the same day, but syncing can save you valuable time. This is especially helpful to patients who may not have adequate transportation.

Be patient with your pharmacist. Although we may not look 'busy', we are often following up with doctors about drug interactions and other questions we have about your (and other patients who are waiting) prescriptions. "Pharmacists really care about your health. We want you to receive the right medications and the attention you deserve," says Sampson. "Ordering your medicines prior to picking them up, gives us time to talk to your doctor, when necessary, prior to filling your prescription. We can't always reach your doctor immediately, so calling ahead gives us enough time to complete the transaction."

"We realize not every patient wants to take his or her medication," explains Sampson. "If you have questions, ask to speak to a pharmacist. We can help ease your anxiety over new medication, and help you understand how to get the most benefit from it."

Prevent bed bugs from 'bugging' you during summer 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.

CHD has federally qualified health centers

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.

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.



Step into Spring with a new commitment to fitness

Spring is finally here and with summer just around the corner it's a good time to ramp up your exercise program. May is a great time for employees and their families to share the benefits of getting active according to CHD Worksite Wellness Coordinator Mary L. Fairbanks. Mary is the coordinator for HP&WW and leads the wellness initiatives. "Spring is the perfect time for all of us to be more mindful of the benefits of being more active than we usually are during the winter months," Fairbanks states. "Our department has implemented several programs to assist employees in increasing their exercise and creating healthier options for themselves and their families. We have healthy solutions for every fitness level, from beginner to advanced."

Back by popular demand is **Thoughtful Thursdays**. Beginning May 4 – June 15, registrants will have the opportunity to create a serene space in their day to learn techniques which will help reduce stress, improve concentration and lessen feelings of being overwhelmed during the work day. Ellen Berninger and Tonia Smith are the facilitators for this session which is underwritten by Interact for Health.



Mindful Mondays is a meditation program which was piloted this winter at the B&K location. These Monday sessions focused on mental health and awareness. They are geared toward relaxation and encourage participants to be more mindful of how they feel during the day. Employees were given suggestions about how to do a mental body scan to relax tense areas of their bodies. Monday Healthy Message reminders are currently sent to all employees. "We love hearing from employees about the types of health and wellness programs they would like for us to implement," adds Fairbanks. "We've done 'Biggest Loser' competitions with TriHealth, holiday 'holds' to control weight gain during the Thanksgiving to New Year holidays and Mile Marker walks around our various health center locations. By increasing your activity, especially your walking time daily, you can help reduce your risk for developing chronic diseases."

All employees can establish Healthy Lifestyle accounts and earn "dollars" toward their healthcare benefits. The benefits of physical activity go beyond just feeling better. **For children and adolescents** – physical activity can improve muscular fitness, bone health, and heart health. **For adults** – physical activity can lower the risk of osteoporosis, heart disease, type 2 diabetes and some types of cancer. **Older adults** benefit from physical activity which can improve flexibility, lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Encourage your family to make small changes, like taking a walk after dinner or going for a bike ride. For employees who want to increase their activity during the work day, the CHD B&K location has an onsite gym. "Everyone should shake up their exercise routine," emphasizes Fairbanks. "It's the little changes that can have a big impact." Suggestions for more movement include: parking your car a little further from your destination, standing when you talk on the phone and take the stairs instead of the elevator.

For more information about the CHD's Workplace Wellness initiatives, contact Mary Fairbanks at 357-7439.



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HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

June 2017

Vol. VII Issue VI

“We Know Health Matters”,
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Also available online on Vimeo



This month’s topic:

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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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 18th. 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



Cincinnati is currently experiencing an outbreak of youth suicides. So far in 2017, there have been seven. In 2016, there were 13. In prior years usually no more than five occurred. The reason behind the current rise is still unknown, however risk factors for youth suicide can include a lack of proper mental health care, poor existing mental health, poverty, and bullying - especially online.

Life is chaotic, however each of us can share the burden and speak up if we notice someone with extreme behavior changes; withdraw from friends, family and activities; crying; excessive sadness, anxiety, and guilt. Talking openly and honestly about emotional distress and suicide is ok. It will not make someone more suicidal or put the idea of suicide in their mind. If you are concerned about someone, it's important to ask them about it.

Suicide can unfortunately be contagious, especially for youth. Knowing how to acknowledge and respond to someone who shares their thoughts of emotional distress or suicide with you is important. Do not judge them or their thoughts. Listen. Be caring and kind. Offer to go with them to get help or contact a crisis line.

If you or someone you know needs help, text "START" to 741741 or Call 1-800-273-8255.

Pool safety includes more than swimming lessons

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.

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World Sickle Cell Day



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 effects 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.

It is important to note that SCD 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.

Sickle Cell Disease effects 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. Many people living with SCD live with chronic pain as a result.

Forty five years ago, a person was expected to live an average of 14 years with SCD. Now, a person living with SCD in the United States can now live for about 40 to 60 years. Early diagnosis and ongoing treatment to manage complications are crucial in prolonging life in SCD patients. There is hope for individuals living with Sickle Cell Disease around the world.

Play Healthy Cincy!

Cincinnati's goal is to become the healthiest city in the nation, we want to give all residents, especially children, an opportunity to build a healthy and happy foundation of play and recreation. In order to do this, Cincinnati City Departments are teaming up with FC Cincinnati to present **Play Healthy Cincy!**

Children ages 6-12 are invited to join FC Cincinnati players to attend a free soccer clinic (June 11) and a FC Cincinnati game (June 17) where they can learn how to achieve a healthy lifestyle. Sign up is available here: <https://cincyrec.cincyregister.com/playhealthy17>

The Cincinnati Health Department, Cincinnati Recreation Commission and local community partners will be hosting a health fair on Sheakly Lawn before the FC Cincinnati game begins. Come out to support FC Cincinnati and receive important health information all in one place!

June celebrates Men's health and fatherhood

...Continued from page 1

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.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

Congratulations to Dr. Phil Lichtenstein who was honored as the Outstanding Pediatrician of the Year by the Cincinnati Pediatric Society. He serves as the Board of Health as Vice Chair and has been practicing medicine for over 40 years. He received his medical degree from Vanderbilt University, where he specialized in pediatrics. He then completed his residency at Cincinnati Children's Hospital Medical Center and currently serves as the Medical Director of the Children's Home of Cincinnati.

Dr. Lichtenstein has spent a great deal of his career treating children with behavioral health issues, particularly Attention Deficit Hyperactivity Disorder (ADHD). He was an integral part of establishing better processes to improve outcomes in ADHD patients, participating in a one-year quality improvement initiative at Duke University, where he was a part of a pilot program that improved methods for pediatricians to do high quality work treating children with behavioral problems in their offices and schools. Dr. Lichtenstein has had a successful career collaborating with Cincinnati Children's since his residency, improving the lives of countless children along the way.



Events & Shout Outs!

June 10, from 11:00 a.m.—4:00 p.m.
The Butts Family Foundation/Pendleton Neighborhood Council, 3rd Annual Get It Checked Health Fair—Spring Street Park at East 12th Street

June 17, from 12:00—9:00 p.m.
Cincinnati Juneteenth Festival
6242 Orchard Lane

Congratulations Retirees!

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

- **Sue Shepherd** (Medical Assistant, Elm Street Health Center) - 8 years
- **Deborah Cline** (Dietician, WIC) - 26 years



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 barbecue 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!

Pool safety includes more than swimming lessons

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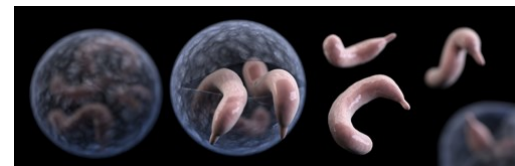
The Cincinnati Health Department says pool owners and managers have to be diligent about hygiene, but the parasite is resistant to chlorine. The CHD works with public pools in Cincinnati to test and monitor pool water hygiene.

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.



Zika: Protecting children from mosquito bites at camp



It doesn't seem like summer if you're not sending your child(ren) to a good outdoor camp. And with every outdoor camping experience comes bugs. Among those bugs are the most hated of all pests: mosquitoes. Mosquitoes are more than annoying, and it isn't just the itchy bites that can get under your skin. In some instances, mosquitoes can be downright dangerous to your child's health. Mosquitos can spread viruses like Zika and West Nile, which can make people sick. A mosquito transfers these and other viruses through its saliva upon biting a human or animal host. Many people infected with Zika won't have symptoms or will only experience mild symptoms. The most common symptoms are fever, rash, joint pain, and red eyes. Sym-

toms can last for several days to a week.

Here are some tips that every parent/guardian should follow to prepare your child for a healthy, fun time at summer camp.

Preventing Mosquito Bites

The best way to prevent viruses spread by mosquitoes is to protect your child from mosquito bites. Talk to your child about how to protect themselves. They should understand and know the risks of mosquito bites and how to properly apply insect repellent.

What to pack

- Environmental Protection Agency (EPA) registered insect repellents containing one of these active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Long-sleeved shirts and long pants.
- Clothing and gear treated with permethrin provides an added layer of protection.
- If your child will be sleeping outdoors or in a building without windows and door screens, ask the camp if they provide bed nets. If not, consider purchasing a bed net that is treated with permethrin. Permethrin-treated bed nets provide more protection than untreated nets.

Prevention

Campers should avoid sites where mosquitoes lay their eggs, such as standing water in woodland pools, ditches, ponds not containing fish or other predators, and artificial containers (e.g. tires, buckets, tarps, plant pot receptacles). Mosquito resting sites like high grass, and wooded areas should also be avoided, when possible. Mosquitoes are attracted to carbon dioxide that we exhale, dark colors, heat, and movement. If an itchy mosquito bite occurs, anti-itch creams and/or ice can ease the irritation.

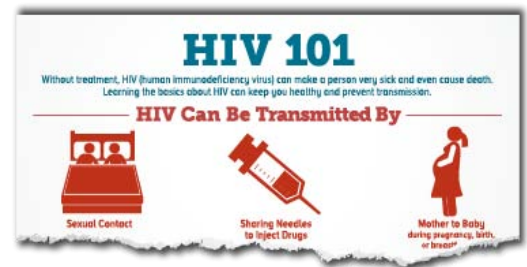
Campers who get sick with Zika

There is no vaccine or medicine for Zika. Camp staff and administrators know how to help sick kids. If a camper gets sick and it might be Zika, he or she should:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine, such as acetaminophen, to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Inform camp staff about any medications that your child is taking.
- If your child gets Zika, they should strictly follow steps to prevent mosquito bites for 3 weeks.

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. This virus has had quite a destructive impact in just over three decades, and it continues to affect the lives of millions around the globe. 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.

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.

For more information or to schedule HIV/STI testing, please call CHD at 513-357-7301.



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

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Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.


Also available online on Vimeo



This month’s topic:

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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CHD protects against the hazards of infectious waste



As an approved health department on the Ohio Environmental Protection Agency’s approved list, the CHD Environmental Waste Unit inspects infectious waste generators and treatment facilities.

“We have eight treatment facilities which consist of three hospitals, the (United States Environmental Protection Agency (USEPA) facility, the USFDA (United States Food & Drug Administration) facility and a Quality Assurance Laboratory,” says CHD Supervising Sanitarian Robin Anderson from the Environmental Waste Unit. The treatment facilities are inspected quarterly. They utilize two types of treatment for infectious waste; autoclaving and chemical which uses bleach during the process.

“The importance of treating infectious waste properly is to destroy all pathogens and infectious agents in the materials,” adds Anderson. “We have a public health duty to protect employees and the community at-large from possible contamination.”

The largest generators of infectious waste are: doctor’s offices, nursing homes, clinics, laboratories, hospitals and veterinarians. The CHD also inspects the nearly 200 large quantity generators of infectious waste annually; and conducts re-inspections as needed. These inspections are no longer mandated by the Ohio EPA (Environmental Protection Agency), but recommended.

According to Anderson, businesses generating more than 50 pounds of infectious waste in any calendar month are required to register with Ohio EPA and, among other requirements, ensure all infectious waste is treated prior to ultimate disposal. The CHD maintains oversight of the process to make sure Cincinnati’s infectious waste generators are managing their waste properly and maintaining approved treatment methods.

“Approved treatment technologies may be used onsite or infectious wastes may be sent to a commercial treatment facility,” comments Anderson. “In addition to autoclave and incineration technologies used prior to disposal, chemical treatment for stocks and cultures; applied heat encapsulation for sharps; and chemical treatment using acetic acid and grinding are also used,” she adds. “I don’t think the general public is aware of how much we are integrated into this process.”





Our community has seen an alarming increase in suicides in youth 18 years and under. The Hamilton County Coroner's office reported there were 13 youth suicides in 2016 and eight youth suicides so far in 2017 in young people 18 years and under.

From 2011 to 2015 mental health admissions at Cincinnati Children's Hospital Medical Center rose by 70%. Mental health, medical professionals and concerned community members are doing a great deal of work already. Below are some examples of the community resources available:

Cincinnati Children's: <https://www.cincinnatichildrens.org/service/s/surviving-teens>

MindPeace: 513.803.0844 www.mindpeacecincinnati.com

Mental Health First Aid training: 859.431.1077 | www.mhankyswoh.org.

WARNING SIGNS OF SUICIDE RISK

Studies suggest that 80 percent of people who die from suicide give warning signs. It is important for our community to have a safety plan. For anyone who expresses any of these warning signs, assist them in immediately connecting to professional help for safety. Here is a list of warning signs for potential suicide from the Surviving the Teens / Suicide Prevention Program:

- Saying good-byes. Perhaps thanking friends for "being a good friend" and telling them they are going away and will miss them.
- Direct statements about wanting to die or kill themselves (e.g., "I want to die" or "I am thinking about suicide.").
- Looking for ways to kill themselves. They could be looking up methods on the internet or trying to obtain a gun, pills, or other means.
- Talking about being a burden on others. (e.g., "Everybody would be better off without me.").
- Talking about being in unbearable pain, such as saying, "I can't take this anymore!"
- Talking about feeling trapped or that there is no way out of a situation.
- Talking about feeling humiliated or too embarrassed to face others after being dishonored or disgraced in some way.
- Giving away prized possessions.
- Sudden and extreme changes in mood or behavior. This can be a sudden positive or negative change (i.e., all of a sudden appearing happy or calm after a prolonged period of depression or being upset).
- Increased use of drugs and/or alcohol.
- Hopelessness. Expressing things will never get better or that they cannot go on or that their life is over.
- Taking unnecessary risks or putting themselves in danger, such as driving recklessly or darting in front of traffic.
- Prior attempts. This is one risk factor that can actually predict a future suicide attempt.
- Having high levels of anxiety or agitation.
- Showing serious signs of depression, such as insomnia, drop in grades, isolation, losing interest in things they once enjoyed or not feeling pleasure (or feeling numb or empty inside).
- Showing rage or talking about seeking revenge for being rejected or victimized. They may believe this is happening even though others may not see this going on.

Cincinnati City Council adopts motion on urban agriculture

On June 1, 2017, Cincinnati City Council unanimously adopted a motion regarding urban agriculture. The motion, submitted by Councilman Kevin Flynn, calls on city departments to identify and map land that could be used for urban agriculture and to create a pilot project to begin farming on 10 suitable parcels in 2017.

A statement included with the motion says "urban farming, especially in areas that do not have easy access to fresh fruits and vegetables, will provide health benefits to the immediate neighborhoods along with the creating jobs in those neighborhoods."

Congratulations to the Greater Cincinnati Regional Food Policy Council, the Creating Healthy Communities Program at the Cincinnati Health Department and the Office of Environmental Sustainability on this policy win!

Are You Flood Aware?

Did you know that most homeowner's insurance does not automatically cover flood damage? Do you know the difference between overland flooding and sewer backups?

To protect and educate the public, the Metropolitan Sewer District of Greater Cincinnati (MSD) and the Hamilton County Emergency Management and Homeland Security Agency (EMHSA) are launching a joint education campaign on June 19 to promote Flood Awareness.

The campaign will begin as a three-week social media blast, but will continue as an ongoing effort to engage Hamilton County residents to become more aware of flood risks.

The campaign will provide tips and mitigation techniques on how to prevent floods and sewer backups, protect your property and belongings, and respond if an event occurs.

Learn more by following our campaign on Twitter @CincinnatiMSD and @HCEMA and on Facebook at @hamilton.countyema and @CincinnatiMSD.

- For more information about sewer backups, visit MSD's Sewer Backup website, <http://sbu.msdcg.org/sbu/>.
- Tips to prevent, protect and respond to floods and sewer backups can be found at <http://sbu.msdcg.org/sbu/page/Preventing-Floods-Sewer-Backups.aspx>.
- For more information about flooding, please visit <http://www.hamiltoncountyohioema.org>

Events & Shout Outs!

July 15, from 1:00 p.m.—4:00 p.m. Molina Healthcare Dress for Success Women's Health Fair, Evanston Recreation Center, 3204 Woodburn Avenue, Cincinnati, OH 45207

Congratulations Retirees!

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

- **Deborah Barnes**, Clerk Typist 3, School Based Health Centers - 33 years
- **Michelle Burns**, Administrative Specialist, Human Resources - 31 years
- **Jennifer Gazaway**, Administrative Technician - 28 years
- **Michelle Jeffery**, Clerk Typist 3, Home Health - 30 years



A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

Affordable Care Act—A Call To Action!

The U.S. Senate's current draft of legislation to repeal and replace the Affordable Care Act includes several provisions that would have a significant impact to our health centers and the patients we serve, particularly within the Medicaid program. For a half a century, health centers have been an important community resource. It is our hope we can remain a trusted source of affordable care. Unfortunately, the bill as currently written, significantly undermines the ability of health centers to serve our patients.

This is where we encourage you – the Citizens of Cincinnati and consumers of City Health Care - to take action today by visiting: <http://p2a.co/JeqpWZ6> for access to the one stop advocacy shop, provided by the Ohio Association of Community Health Centers. This site provides contact information for your legislators and instructions on how to add your voice to the ongoing discussion. “

One voice, one difference to provide better service to all! Call Senators Rob Portman (202.224.3353) and Sherrod Brown (202.224.2315) today!

Kids have arthritis too

Juvenile arthritis (JA) is not a disease in itself. Also known as pediatric rheumatic disease, JA is an umbrella term used to describe the many autoimmune and inflammatory conditions or pediatric rheumatic diseases that can develop in children under the age of 16. Juvenile arthritis affects nearly 300,000 children in the United States — that's 1 in 250 kids who are affected by some form of JA. That's right, kids get arthritis too!



It is a common misconception that only “old” people are afflicted with arthritis. The form of arthritis that kids experience is not the same as grandma’s aches and pains. Children suffer from various autoimmune forms of arthritis. Their body’s immune system is attacking their joints, causing swelling, stiffness and permanent damage.

A child’s immune system is not fully formed until about age 18; so an “autoimmune” form of arthritis is especially aggressive in children, compromising their ability fight normal diseases and leaving them open to complications that may affect their eyes, bone growth, etc. This disease takes a unique physical and emotional toll on kids, often resulting in debilitating pain and feelings of loneliness or depression.

Although various types of juvenile arthritis share many common symptoms like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. Some types of juvenile arthritis affect the musculoskeletal system, but joint symptoms may be minor or nonexistent. Juvenile arthritis can also involve the eyes, skin, muscles and gastrointestinal tract. Juvenile arthritis is extremely serious; if left untreated it can result in loss of mobility, blindness and even death.

Ways to prevent Lyme disease this tick season

Tick season is here, which means people spending time outdoors are on high-alert for the most common tick-borne illness in the United States: Lyme disease. If your vacations involve camping or hiking in the Northeastern or North-central states, or along the West Coast, it’s smart to take preventive measures. Lyme disease is an infection caused by a bacteria-like organism that is spread to people through the bite commonly spread by a deer tick.



A tick usually has to be attached for more than 24 hours in order to transmit Lyme disease. Early detection and treatment helps avoid Lyme disease. If you develop a rash, you should schedule an appointment with your doctor immediately.

If you know you are going to be outdoors where ticks may be prevalent take preventative measures including: applying a tick repellent containing the chemical DEET to all exposed skin and clothing; wearing long-sleeved shirts and pants; checking your body for ticks and showering soon after coming indoors.

National Association of County and City Health Officials elects Denisha Porter to Board of Directors

The National Association of County and City Health Officials (NACCHO) has elected CHD’s Director of Health Promotions, Denisha Porter, MPH, RS, HHS, to its 2017-2018 Board of Directors. NACCHO is governed by a 24-member board that comprises local and tribal health officials who are elected by their peers. The Board also includes *ex-officio* members who represent the National Association of Counties and the U.S. Conference of Mayors. Ms. Porter began her term on July 1, 2017.

As the governing body, the Board of Directors establishes NACCHO’s strategic direction and initiatives, sets the annual legislative agenda, approves official statements of policy, ensures that annual goals are met, and provides financial oversight. The Board is NACCHO’s public face, and represents members in matters of policy, public health practice, and collaboration with health partners in the public and private sectors.



CHD dental work transforms Zion's smile



Imagine being a young teen with teeth that are misshaped and make you hesitant to smile. Zion Wale's dental journey started as a shy young girl with teeth that were not aligned properly. Her first appointment was at CHD's Elm Street Dental Center in 2011.

Zion was afraid of dentists and always imagined any dental work would cause a great deal of pain. "I got over my fear once I met Dr. Judith Allen. She was very kind and patient," says Zion. Their meeting was the perfect match of a young patient and a caring doctor who is often referred to as the "tooth fairy."

After initial assessments and dental work, Zion received a grant from Dr. Donald Murdock, Orthodontics and Dentofacial Orthopedics, which covered the cost of her braces and follow up care. "Dr. Allen made all of it possible," adds Zion. "Six years later I have amazing teeth and a smile I share with everyone."

Zion continues to share a close bond with Dr. Allen. "I think of her as another mother. Dr. Allen has truly impacted my life."

The CHD offers comprehensive general dental services in nine Cincinnati neighborhoods to 20,000 patients in 44,000 visits each year. The six community-based sites are located in Over the Rhine, West End, Price Hill, Avondale, Northside and Millvale.



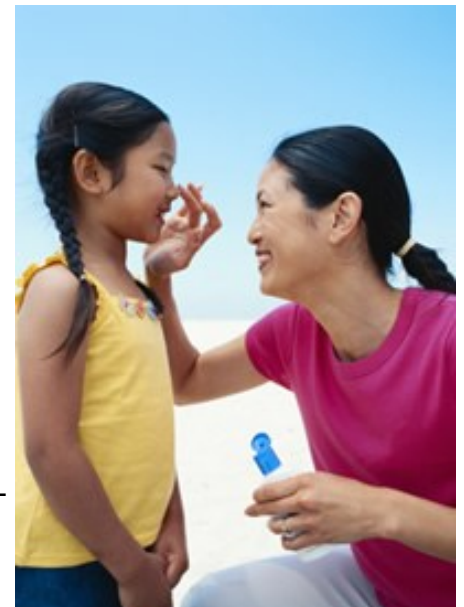
Have a sun-safe Summer

Summer is here, which means people are crowding the swimming pools, soccer fields, and other places for outside activities. While enjoying the outdoors it's very important to remember to use sunscreen while enjoying the sun. There is a wide variety of sunscreens and tanning lotions at your local drug stores, and it can be difficult to choose the best product for your summer activities.

Ideally, pick up a sunscreens which are at least SPF 30, providing skin protection of at least 97% against Ultraviolet B (UVB) sun rays. Broad

spectrum products can also protect our skin against Ultraviolet A (UVA) sun rays, the longer waves that make our skin age and wrinkle prematurely. To use sunscreen correctly, apply it 15-30 minutes before any activities and reapply every 1 or 2 hours as directed on the product's labeling even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. If you are in the water or involved in high intensity activities, use a water resistant sunscreen; however, you should reapply it more often because it only lasts 40-80 minutes in these activities. And remember, sunscreen works best when combined with other options to prevent UV damage.

For patients who are on medications that increase sensitivity to sunlight, using skin protectants is even more crucial. The most common photosensitive medication ingredients we should be aware of are diuretics, tetracyclines, sulfonyleureas, fluoroquinolones, diphenhydramine, NSAIDs, amiodarone, isotretinoin, among others. Do not hesitate to consult a pharmacist if you have any questions about what sunscreens are right for you.



Heatwaves and Heat Warnings can impact health

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

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

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

Know Hepatitis. Act Now.

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

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

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

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



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

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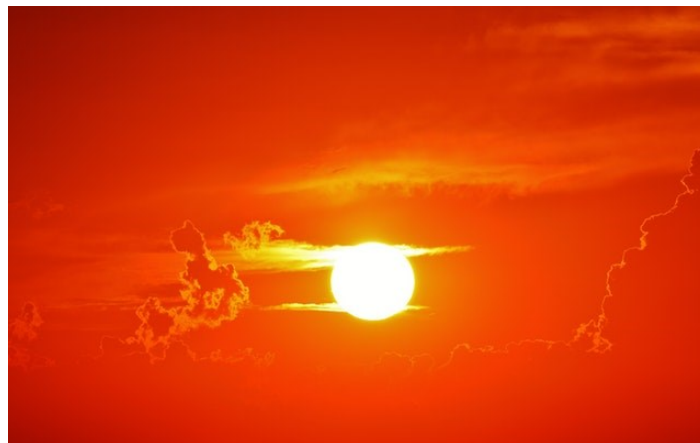
 @CinciHealthDept

 @cinci_healthdept



The Heat is Here

Recently, the National Weather Service issued a heat advisory when the combination of heat and humidity is expected to make it feel like it is 95 to 99 degrees for two or more consecutive days, or 100 to 104 degrees for any length of time. When heat and humidity reach such extremes, individuals are more likely to suffer from heat stress during outdoor exertion or extended exposure. Extreme heat can cause illness and even sometimes death among the more at-risk population who can’t find relief. Sunstroke, heat cramps or heat exhaustion are other likely health effects resulting from high heat levels, in addition to heat stroke which is possible with prolonged exposure.



“Area residents are encouraged to seek relief from the heat in swimming pools, community and senior centers, libraries, malls and other air conditioned or cool areas that can shelter from the high temperatures,” stated Marilyn Crumpton, MD, MPH, Interim Health Commissioner, Cincinnati Health Department. “People should be sure to check on

their neighbors, especially the elderly, children or those with special needs, to ensure access to heat relief and adequate hydration,” Dr. Crumpton explained.

Excessive heat events are common in the Cincinnati and Ohio area. These events are public health threats because they often increase the number of daily deaths and nonfatal adverse health outcomes in affected populations. Dr. Crumpton reminds residents to take the necessary precautionary actions to stay healthy and safe. “Anyone overcome by heat should be moved to a cool and shaded location,” said Dr. Crumpton. “Heat stroke is an emergency and in the event someone seems to suffer from one, call 9 1 1 immediately.”

Stay safe in this summer’s heat.

Make sure to drink plenty of water regardless of your activity level. Don’t wait until you’re thirsty to drink. Don’t drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Try to stay indoors and, if at all possible, stay in an air-conditioned place. Exercise only in the early morning or early evening. Wearing lightweight, light-colored, loose-fitting clothing can help keep you cool. Protect yourself by wearing a wide brimmed hats or use umbrellas for shade and NEVER leave anyone in a closed, parked vehicle—these tips apply for your four-legged friends as well.



What is Public Health?

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

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

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

Support for public health programs comes from multiple places. We receive direct funding from the City of Cincinnati and state and federal funding for specific programs such as lead abatement and emergency preparedness. We also have services that are paid individually such as licenses for food establishments or birth and death certificates.

Direct health services may be provided by grants such Vaccines for Children (VFC) funding for vaccinations or by a health insurance company such as Medicaid or private insurance for individual health services. Because we are also a federally qualified health center, no one is denied health care based on inability to pay. The safety provided by public health is not always visible but it is a critical part of a thriving city.

Back to School Health Check Ups

August is the month to get ready to go back to school! Before the school year starts, make time to make sure your children will stay healthy all school year long! Schedule an annual wellness visit appointment with your child's pediatrician to make sure they are ready for the new school year. Before the school year starts is a great time to have physical exams, which may be required for some sports participation. Ask your pediatrician about vision screenings for your child. If they need glasses, before the school year starts is the perfect time to get them!

This time of year is also a great time to make sure your child is up to date on all their vaccinations. Vaccinations are the best way to ensure your child is protected from various illnesses. Illnesses can spread easily in childcare and school settings because these are crowded environments and many children are still learning to cover their coughs and proper hand washing. Many schools and childcare centers require certain vaccinations for children to start, so be sure to check the requirements before the school year begins. Vaccines aren't just for young children and children entering school for the first time. Pre-teens and teens need vaccinations, as well as students entering college, especially those living in college dormitories. Check with your pediatrician to make sure you child is up to date and ready to have a healthy school year!



Events & Shout Outs!

August 5, from 10 a.m.—2:00 p.m.
Omega Psi Phi, Fraternity, Inc. 2017 Leadership Conference, Hyatt Regency, 151 West 5th Street

August 11, from 11:00 a.m.—3:00 p.m. Winmed Health Care Celebration and Back to School Festival, 1019 Linn Street

August 12, from 10:00 a.m.—2:00 p.m. 14th Annual Avondale Festival and Health Fair, South Avondale School (636 Prospect Place)

August 18-20, from Noon—8:00 p.m. Midwest Regional Black Family Reunion, Sawyer Point, 705 E. Pete Rose Way

August 19, from 11:00 a.m.—4:00 p.m. Day of Hope—Faith Alliance Coalition Team & Cincinnati Police Department, Wayne Playfield (South Cumminsville, Beekman Street)

Congratulations Retirees!

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

- **Dr. Judith Allen, Dentist, Elm Street Health Centers—17 years**
- **Anne West, Administrative Tech, Home Health —26 years**

The BIG Latch On 2017

World Breastfeeding Week (WBW), recognized yearly August 1-7, is celebrated all over the globe to encourage breastfeeding and improve the health of babies around the world. The 2017 theme for WBW is *Sustaining Breastfeeding Together*.

In honor of this important week, the Hamilton County Women Infant Children (WIC) Program is hosting *The Big Latch On*. This event is hosted around the world to promote and support breastfeeding. All breastfeeding women are invited to come and breastfeed their children at the same time as other breastfeeding moms.

EVENT DETAILS: The Big Latch On
Friday, August 4, 9:30 a.m.—11:30 a.m.
Big Latch On at 10:30 a.m.
7162 Reading Road, 3rd floor, Cincinnati, Ohio 45237

What is a PDSA?

A PDSA (Plan, Do, Study, Act) is a quality improvement tool that is used to implement a small test of change within an organization in which the impact of that change is then assessed.

A PDSA is done where an idea is trialed for a short period of time and the impact is assessed by adopting the change into practice, adapting the change, or abandoning the change.

We are currently trying to increase our social media engagement by experimenting with content, posting time, and expanding our reach.

Follow us on Facebook, Instagram (@cinci_healthdept and Twitter (@cincihealthdept) to track our progress!

Practical patient education tool for your health

The U.S. Department of Health and Human Services (HHS) and American Academy of Family Physicians (AAFP) have partnered to produce an easy to use, free patient education tool called Myhealthfinder (<https://healthfinder.gov/myhealthfinder/>). This is an interactive, personalized online tool for patients to use to learn about prevention practices and services, with the information based on their age, sex, and pregnancy status, in either English or Spanish.

The recommendations given come from the U.S. Preventative Services Task Force (USPSTF), the Center for Disease Control and Prevention (CDC) and the Health Resources and Services Administration (HRSA) sources, along with the AAFP, the American Academy of Pediatrics (AAP), and other professional organizations. The intent is to encourage patients to get the recommended clinical preventative services they need to stay healthy. This information can supplement patient conversations on prevention that they have during the patient visit, but the tool can also be embedded for free onto patients doctor's website for direct access for patients (<https://healthfinder.gov/FreeContent/PreventiveServices>).

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

National Health Center Week

August 13-19 marks National Health Center Week 2017. This year's theme is, "Celebrating America's Health Centers: The Key to Healthier Communities." Community Health Centers serve over 25 million Americans at more than 9,000 sites in all 50 states, the District of Columbia, Puerto Rico and U.S. territories. According to the National Association of Community Health Centers, one in every fifteen people living in the United States depends on health center services. Health Centers deliver high quality, cost effective, accessible care to populations that are heavily underserved.

In 2016 alone, CHD Health Centers saw over 43,000 patients at over 20 sites. CHD provided essential medical, dental and vision services. Thank you to all the providers, administrators and support staff that operate the CHD Health Centers! It is because of you that CHD is able to provide quality care and essential health information to our communities. Support your local Health Center and join the conversation online by sharing stories and using #NHCW17 and #ValueCHCs. Find out more about this week by visiting: www.healthcenterweek.org

Children's Eye Health and Safety Month



August is Children's Eye Health and Safety Month. Regular vision screenings are an important part of children's wellness and school success. Eye exams are recommended for newborns, infants, pre-schoolers and school aged children to ensure healthy development and detect any potential problems. Regular vision screenings are recommended for children; these are sometimes done by a school nurse and can also be done by a pediatrician or eye doctor. When children have vision problems they may begin having trouble in school, feel more tired or have difficulty concentrating. While some children may complain about blurriness or be squinting, it is important to look for other signs of poor vision including avoiding reading, losing their place reading and having a decreased attention span. All of these may indicate a child needs glasses and scheduling a vision screening will help keep children on track.

One of the most common eye diseases in children is pink eye. An estimated 3 million school days are missed annually in the US because of acute pink eye. Because pink eye is contagious, it is important to keep children home from school if they have pink eye to prevent the spread to other students. Making healthy habits, including frequent hand washing, avoiding touching eyes and proper contact care, can help prevent pink eye and other eye diseases. Additionally, eye injuries are common among student athletes, especially baseball players. Wearing protective eyewear can prevent approximately 90 percent of eye injuries. Seeking medical assistance is important to prevent further damage to the eye after injury. Be sure to keep your eyes healthy this year with eye safety and regular vision screenings!

National Breastfeeding Month

August is National Breastfeeding Month and August 1-7 is World Breastfeeding Week. These two designations highlight the importance of breastfeeding for healthy development. Breastfeeding is beneficial for both moms and newborns. Breast milk allows newborns to receive hormones, cells and antibodies which promote healthy development and can help protect babies from illnesses, especially before they are old enough to receive vaccinations. Additionally, babies who breastfeed have lower rates of asthma, childhood leukemia, childhood obesity, ear infections and lower respiratory infections. Breastfeeding also benefits mothers and can lower the risk for type two diabetes, ovarian cancer, and certain types of breast cancer. Breastfeeding is an adjustment and tools are available to help mothers who may have a difficult time breastfeeding. Your doctor will be able to help and direct you to additional resources.

While there are many benefits from breastfeeding for both moms and babies, it is important to remember that breastfeeding may not be the right choice for all mothers and babies. Rarely, babies may be unable to digest milk, including milk based formulas. In these cases, there are non-milk based, hypoallergenic formula options. Additionally, certain medical conditions may prevent some mothers from breastfeeding. These challenges are uncommon and for most mothers and babies, breastfeeding is the best option. Consulting your doctor will allow you to identify whether breastfeeding is the best option for you. Talk with your doctor to make sure you are choosing the option that will work for you and promote healthy development for your child!



National Immunization Awareness Month <https://www.nphic.org/niam>

August is National Immunization Awareness Month. Immunizations are an important part of ensuring healthy development and are recommended throughout the life cycle. Beginning with pregnancy, some vaccines are recommended before and during pregnancy to keep both mom and baby healthy throughout the pregnancy and while breastfeeding. After birth, young children need vaccines to protect them from 14 diseases. Following the recommended vaccination schedule is the best way to ensure your child is protected from preventable diseases. Even if children have missed the recommended window for vaccines, your pediatrician will work with you to help catch your child up and ensure they are protected. Before going back to school is a great time to check children's vaccination records and make sure they are up to date on all their vaccines to stay healthy this school year!



Vaccines don't stop after childhood. Many vaccines are recommended for preteens as well as students entering college and adults. Preteen and teen vaccinations can help protect young adults from cancer causing HPV infections and meningococcal disease. Many colleges have required vaccinations for students, especially those living in college dormitories. Make sure to check university requirements and submit all required paperwork before arriving on campus. Different vaccines are recommended for adults based on age, occupation, health condition, and for travel to certain countries. Vaccine recommendations are updated annually, so be sure to check with your primary care physician to stay up to date on your vaccinations and keep you and your family healthy all year!

PEAP—A program for City Employees

The Public Employee Assistance Program (PEAP) is a professional, confidential counseling service designed to help employees and their family members manage work and personal problems. The program provides assistance before life problems affect job performance.

One of the areas PEAP can be beneficial in is managing grief. The five stages of grief—denial, anger, bargaining, depression and acceptance—are fairly well known. What is less known is that these stages are not necessarily a linear process. Individuals all experience grief differently and you may go through these stages in a different order, skip some, feel other emotions, experience them all at once or not at all. There is no “right” way to grieve. However you grieve, it's important to support yourself throughout the process.



In general, be aware of these tips for when you or a family member is grieving. Be gentle with yourself: grief does not follow a timeline and may even take years, don't be in a rush to “get over it.” Get support: while friends and family can be a great resource, they may not know how to support you through your grief; grief support groups and your confidential PEAP service are available at no cost. Remember that children grieve too: children may express their grief in different ways, including play, art and acting out. Children also need support and help learning how to cope with loss.

While there is no timeline for grief, the sadness does lessen over time, however unresolved grief seems never-ending; it doesn't ease and interferes with daily responsibilities. Some indications of unresolved grief are not being able to accept the reality of the loss, fear of getting close to others, unrelenting, intense sorrow, bitterness or anger, idealizing the person who has died and preoccupation with the circumstances of the loss. Grief is a normal part of the healing process and there is no shame in seeking help and support groups, especially for unresolved grief. PEAP is always an available, confidential option for seeking support and can connect you with additional resources.

Grief Resources:

www.compassionatefriends.org
Support groups for grieving parents

www.fernside.org
Cincinnati center for grieving children

www.grasphelp.org
Support for those who have lost someone to substance abuse

www.pomc.com
Support for parents of murdered children

***PEAP, your confidential employee assistance program**

Dr. Noble Maseru joins Pitt Public Health



CHD is delighted to announce that Noble A-W Maseru, PhD, MPH, will join the University of Pittsburgh Graduate School of Public Health as the new director of the Center for Health Equity (CHE), and associate dean for diversity. Effective August 15, he will also join the school's faculty as professor of public health practice in the Department of Behavioral and Community Health Sciences.

As you may know, Dr. Maseru served for more than a decade as Health Commissioner for the City of Cincinnati Health Department where he oversaw more than 400 employees in seven divisions, seven preventive and primary health care centers, twenty-two school based health centers, environmental, surveillance, chronic disease prevention and public health preparedness programs, creating healthy communities initiatives and an annual budget of \$49 million dollars.

"I would like to congratulate Dr. Maseru on his success while at CHD. It is with further well wishes that his leadership and successes be his guide in the future at Pittsburgh. Dr. Maseru has a deep affection, appreciation and understanding of public health, health equity, policy and leadership — all essential qualities that will prove vital as he leads Pittsburgh in his new role," stated Tim Collier, Board of Health Chair.

You may remember that while at CHD, Dr. Maseru devoted his energies to achieving a healthier Cincinnati through establishing strategic partnerships with numerous public, private and grassroots agencies with the overall goal of elevating the department's health equity impact on Cincinnati—particularly vulnerable and underserved populations.

Mr. Robert Brown, City of Cincinnati Primary Care Board Chair, reflected on Dr. Maseru's accomplishments and emphasized numerous reasons why he felt that the former Health Commissioner would be an asset to Pittsburgh. "Despite facing consecutive years of daunting municipal budget cuts, he managed to expand the capacity and effectiveness of the Health Department. Under his leadership, the CHD had become the largest single provider of primary care in the city with many of its health centers having achieved PCMH level 3 designation; its school-based health system had a well-respected national reputation; its dental program was robust and recently expanded; through its First Steps Maternal and Infant Home Health, it accomplished an Infant Mortality Rate (IMR) of less than 5 among its patient population and was principally responsible for an historic low IMR of 7.9 in the city; in collaboration with University of Cincinnati Medical Center, CHD met or exceeded the Center for Disease Control and Prevention's Healthy People 2020 goals for fetal mortality, preterm birth percentage and sudden unintended infant deaths for four years, stated Brown." He also set the framework for CHD to begin integrating behavioral health program in its health centers," Brown continued.

CHCC launches diabetes self management program

The Creating Healthy Communities Program at the CHD and Xavier University sponsored a Leader Training for the Stanford University Chronic Disease and Diabetes Self-Management Programs. Both programs are proven to improve quality of life for leaders as well as participants. Ultimately, workshop participants save money by reducing personal health care expenses. Leaders help the community embrace a culture of health by conducting community workshops.



The five-day Leader Training is currently FREE to prospective individuals and will be available again this Fall. Our very own City of Cincinnati Primary Care Board Chair, Robert Brown, is now a trained leader.



Do you follow CHD on social media?

If not, be sure to like and follow:



Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>

Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/

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

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

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

September 2017

Vol. VII Issue IX

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

Playback Times

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

Also available online on Vimeo



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

CHD= Cincinnati Health Department

 Cincinnati Health Department

 @CinciHealthDept

 @cinci_healthdept



September is National Preparedness Month

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

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

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

Make sure your emergency preparedness kit has the following items:

- Water (1 gallon per person per day. Have a 3-day supply for evacuation and a 2-week supply for home)
- Non-perishable food (have a 3-day supply for evacuation and a 2-week supply for home)
- Flashlight
- Battery-powered hand-crank radio
- Extra batteries

Continued on page 2...





Understanding FQHC's

What is a federally qualified health center (FQHC) and why did Cincinnati Health Department compete to gain this status in 2014? An FQHC is a health organization that provides comprehensive healthcare regardless of ability to pay. The purpose of an FQHC is to provide comprehensive healthcare to underserved populations (uninsured, under insured, and impoverished community members). This purpose means

that there is a Sliding Fee Scale for eligible patients based on patient income and family size in compliance with federal Health Services Resources Administration (HRSA) Section 330 program requirements. FQHC status also requires a quality assurance program to measure and improve health outcomes. This includes providing up to date resources (such as our Epic electronic health record and best practice obstetrical and gynecological care).

Cincinnati Health Department receives several benefits from the FQHC designation award. This includes an operational grant, cost-based reimbursement for services for patients with Medicaid insurance, and malpractice coverage under the Federal Tort Claims Act (FTCA). The funding has allowed Cincinnati Health Department to expand services to many more qualifying individuals in the City. The governing board for the health department FQHC is called the City of Cincinnati Primary Care Board (CCPC) and it is, as required, a consumer board (at least 51% of members must be consumers).

Events & Shout Outs!

Employee Flu Shots- Tuesday, October 3, from 7:00 a.m.—10:00 a.m., Burnet & King, Room 210

First Ladies For Health—Sunday, October 8, starting at 10:00 a.m. at 16 locations throughout the City. For exact times by location, visit www..org or call 513.352.3250.

2017 CycleNation—Saturday, October 14, from 12:00—4:00 p.m., Yeatman's Cove. Call 513.842.8896 for more information.

Su Casa Health Fair—Saturday, October 21, from 12:00 p.m.—4:00 p.m., Woodward High School (7005 Reading Road, Cincinnati 45237)

Congratulations Retirees!

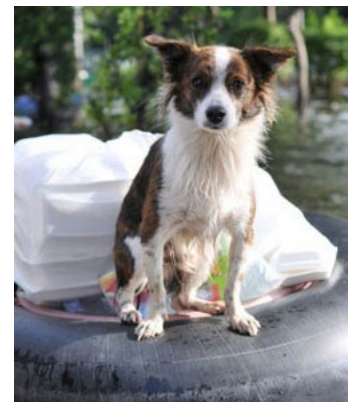
CHD is delighted and disheartened to announce the retirement of the following employees:

- **Melanie Williams**, Health Counselor, Community Nursing/Home Health - 14 years!

National Preparedness Month Continued....

- Cells phones and chargers
- Medications (7-day supply)
- Sanitation and hygiene items
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map of the area
- Extra clothing (consider the weather for the season)
- Copies of personal documents (medication list and medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

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



Plan ahead so you're ready to take care of your pet in an emergency

CHD employee selected as People's Liberty grantee



Providing kids a path to good choices.

People's Liberty, a philanthropic lab that brings together civic minded talent to address challenges and uncover opportunities to accelerate the positive transformation of Greater Cincinnati, has awarded Christa Hyson (Office of Communications and Governmental Relations) a \$10,000 project grant to implement youth opioid prevention education within a Cincinnati Public School. Her project is entitled, "Not Even Once."

Not Even Once aims to implement HOPE (Health and Opioid Prevention Education) curriculum to Oyler Elementary. Oyler was strategically selected as a pilot site for HOPE due to the high number of overdoses in the surrounding neighborhood. Cincinnati has unfortunately become the epicenter for heroin and opioid overdoses, and prevention programming like HOPE is key—key to saving lives, saving resources, and the most important part of that prevention model is stopping youth from ever starting.

During the summer school session Christa worked with students from ages 9 -13. Mid-September she will begin weekly after-school classes and continue to spread HOPE in the Oyler community. Be a part of Christa's journey and follow [@NotEvenOnce Cincy](https://www.instagram.com/NotEvenOnceCincy) on Instagram. Find out more about her project at: peoplesliberty.org/ourstories#/christa-hyson/.

Commissioner's Corner Cont...

A health department's public health role in the community is Assessment, Policy Development and Assurance so why did Cincinnati Health Department decide to become an FQHC? The primary reason is that Health Inequity continues to be a major problem for Cincinnati. Health Inequity means health services of the same quality and accessibility are not available to all community members. The evidence of this public health problem in Cincinnati is the continuation of markedly lower health outcomes in many health measures for African Americans including infant vitality, hypertension and diabetes.

First Ladies for Health Hosts 3rd Annual Family Health Day

First Lady Dena Cranley, wife of Cincinnati Mayor John Cranley, and the First Ladies of 16 area churches will host the Third Annual Family Health Day on Sunday, October 8.

Free health screenings and educational information will be provided for the entire family. Screenings include HIV, Glucose, Blood Pressure, Asthma, Lung, Vision, Prostate, Breast, BMI, and Hearing, etc.

Health Day is one of several projects of the First Ladies For Health that focuses on reducing health disparities and improving well-being among African American and other minority populations.



First Ladies
For Health

FAMILY HEALTH DAY
Sunday, October 8th

FREE Health Screenings

Giveaways & Raffles!

Visit familyhealthday.org for locations!



Power in Unity.
One day. 16 locations.
All are welcome.
Free Health Screenings.

Take Charge of
your Health.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

Social Media & Health

There's no denying that the role of social media has changed the way we communicate every day. Social media has created a space to break down walls between health departments, community organizations, providers, and the public. In addition to two-way communication, organizations can now rapidly share health and safety information, especially valuable in the event of an emergency.

Whether you are an employee, community partner, or a concerned parent, follow the health department's social media accounts for important health information, events, and tips for a healthy lifestyle. Follow us today! Accounts are below:

Facebook: www.facebook.com/CincinnatiHealthDepartment

Instagram: [@cinci_healthdept](https://www.instagram.com/cinci_healthdept)

Twitter: [@cincihealthdept](https://twitter.com/cincihealthdept)

Vimeo: [@CitiCable](https://www.vimeo.com/CitiCable) and [@CHD](https://www.vimeo.com/CHD)

Or visit <http://www.cincinnati-oh.gov/health/> for additional health information

National Prostate Cancer Awareness Month

There is no better time than September, during Prostate Cancer Awareness Month, for men to discuss their prostate health with their healthcare provider. Besides skin cancer, prostate cancer is the most common cancer among American men.

Prostate cancer begins when cells in the prostate gland begin to grow uncontrollably. The prostate gland is only found in males and is responsible for making some of the fluid that is a part of semen.

About 1 in 7 men will be diagnosed with prostate cancer in their lifetime. The disease is more common among older men, with the average age of diagnosis being 66. Prostate cancer is the third leading cause of cancer death among men. Although it is a serious disease, it also boasts high survival rates when it is detected early because many types of prostate cancer are slow to grow and spread.

Many of the risk factors for prostate cancer cannot be controlled, such as your age, race, and family history. However, there are some things you can do to lower your risk of developing the disease, such as maintaining a healthy weight, eating a wide variety of fruits and vegetables each day, and being physically active.

Prostate cancer is often detected early with a simple blood test. Talk with your healthcare provider to discuss uncertainties, risks, and benefits of prostate cancer screenings before you decide whether or not to be tested. For more information, visit <https://www.cancer.org/cancer/prostate-cancer/about.html>.



National Childhood Obesity Awareness Month



About 1 of every 5 (17%) children in the United States are obese. Childhood obesity places a child at greater risk of developing high blood pressure, type 2 diabetes and heart disease, problems that have previously only been seen in adults. Childhood obesity also places a child at greater risk of developing certain cancers, having lifelong physical and mental problems, and being obese as an adult.

Childhood obesity is complex and is influenced by many factors. Some of these factors can include spending too much time sitting, getting too little sleep or not having a space outside to play. Factors can also include having easy access to inexpensive, high calorie food and drink, or lack of access to affordable, healthy foods.

September is National Childhood Obesity Awareness Month, which provides an opportunity to prevent and address this serious health concern. Addressing obesity can begin at home, but it also takes the support of communities. Here are a few ways to help prevent childhood obesity:

- Substitute high nutrient, low calorie foods like fruits and vegetables
- Reduce TV and computer time
- Make sure your child gets adequate physical activity each day
- Substitute sugary beverages with water
- Make sure your child eats the recommended amount of calories each day



For more information, visit: <https://www.cdc.gov/features/childhoodobesity/index.html>

Rabies: Educate. Vaccinate. Eliminate

September 28 is World Rabies Day. It is celebrated each year to raise awareness about rabies prevention. Rabies is 100% vaccine-preventable, but thousands of people from around the world die from the disease each day. Rabies is a disease transmitted from animals to humans in which a person comes in contact with an infected animal's saliva via a bite or scratch. Dogs are the source of most human rabies deaths, however bats, raccoons, foxes, and skunks can also carry the disease.

Once symptoms appear, rabies is almost always fatal. Washing the wound with soap and water and getting an immunization within a few hours after contact with a rabid animal can prevent the onset of the disease.

The U.S. has successfully eliminated the canine rabies virus, but it is still important to vaccinate dogs and cats to prevent the virus from coming back and to protect our pets from contracting it from wildlife. Vaccinating dogs is the best way to prevent human rabies deaths. You can protect yourself and others from rabies by vaccinating your pets, supervising your pets outdoors, reporting any animals acting strangely to your local health department or animal control, and staying away from unfamiliar animals. On World Rabies Day, as we celebrate our progress, we must also renew our commitment to eliminate human rabies deaths.

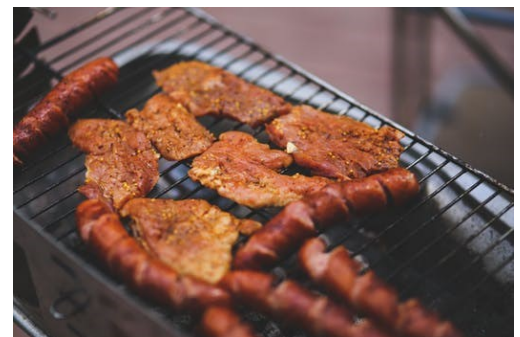
Make your tailgating a touchdown!

Football enthusiasts everywhere are gearing up to tackle tailgating — are you ready for the kick off? This season, prepare to defend your pre- and post-game gatherings from the most challenging opponent — food poisoning.

Planning is the key to keeping your food safe during a tailgate, so get your gear ready now. Do you have the right coolers, utensils and all the tools you need to cook? While packing the grill and fuel for cooking be sure you don't forget the most valuable player, the food thermometer. It will help you to defeat bacteria. Meat and poultry cooked on a grill often browns very fast on the outside so the only way to be certain that the food has reached a safe minimum internal temperature is to use a food thermometer. This utensil not only keeps your guests safe from harmful food bacteria, but it also helps you to avoid overcooking, giving you safe and flavorful meat.

To protect yourself, your family, and friends from foodborne illness during tailgate time, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

- Wash hands with warm soapy water for at least 20 seconds before preparing food, after handling raw meat or poultry and before eating.
- Use disinfecting wipes to clean food tables to avoid cross contamination.
- Keep raw meats and poultry separate from all other foods and wrap tightly when packing.
- Never ever put cooked food on a plate or tray that held raw meat.
- Don't use utensils that touched raw meat to remove cooked meat from the grill.
- Clean the thermometer probe after testing meat so you don't transfer bacteria.
- Use ice to keep cold foods cold during dinner.
- Pack leftovers in clean containers and put them in a cooler again with ice.



Protecting yourself and others from the flu

by Nira Kadakia, PharmD, CHD

As we head into the fall and winter months, influenza becomes a concern. Influenza, or flu, is a highly contagious illness caused by a virus.

“Flu season” can begin as early as October and last until as late as May, with the peak occurring from December to March. It is usually spread via secretions from an infected person, such as a cough or sneeze.

Coming down with the flu can have serious health consequences, especially for the very young and the very old. The Centers for Disease Control and Prevention (CDC) estimates that since 2010, flu-related hospitalizations have ranged from 140,000-710,000, and flu-related deaths have ranged from 12,000-56,000.

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

How does it work?

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

What are the side effects of the flu shot?

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

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

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

Who should get the flu shot?

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

Where can I get the flu shot?

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

Flu Symptoms

Cough Sore throat Runny or stuffy nose Muscle or body aches Headaches Tiredness Vomiting/diarrhea (more common in children) Fever/chills (not everyone with the flu will have a fever)

**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>



HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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Also available online on Vimeo



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CHD= Cincinnati Health Department

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 @cinci_healthdept



Lead-Free Kids for a Healthy Future National Lead Poisoning Prevention Week

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

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

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

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

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

The City of Cincinnati's Lead Program has a \$3.4 million dollar grant to remediate properties with lead hazards. Call us today to see if you qualify at (513) 357-7420.





You can play an important role in youth suicide prevention!

If you have a teenager at home, then you know what an exciting time adolescence can be. With the excitement, however, there are also a variety of challenges. Developmentally, the adolescent years are a critical period of transition and significant cognitive, mental, emotional, and social change. The transition into adulthood can be very difficult for some to navigate and can lead to an increased risk for suicide.

Keeping your child safe is one of the most important values we share with you, and your help is really appreciated.

Please have your teen add the crisis call number and text number listed below to their cell phone in case they are in crisis and there isn't a caring adult with them.

For additional brain health supports for your child, please remember that you can speak with the lead school based mental health partner at your child's school, the school psychologist at your school or the staff at MindPeace at 513.803.0844. Also, www.MindPeaceCincinnati.com has a searchable data base of providers and a resource library.

People contemplating suicide or experiencing the depths of severe depression need to know they are not alone. From teenagers to college students, LGBT to the elderly, people struggling with depression and suicidal thoughts need options, reassurance, hope and help.

For help 24/7 please call

CRISIS HOTLINE: 513-281-2273 (CARE)

CRISIS TEXTLINE for TEENS: 839863 and text 4HOPE

How to keep your sleeping baby safe



Traveling with a baby? Plan ahead for safe sleep.

The holidays are quickly approaching, and many families are planning to head out of town to visit loved ones.

If you're traveling with a baby, CHD wants to remind you to plan ahead so that your child has a safe space to sleep. As you're packing for your trip make sure you're taking a portable crib like a pack and play or a bassinet.

According to the Center for Disease Control and Prevention, 522 babies died in Hamilton County between 2010-2014. Seventy four of those babies died from sleep-related causes. A baby dies nearly every other day while sleeping in an adult bed, armchair or couch; with pillows or blankets; or with adults or other children.

Health care providers and researchers don't know the exact causes of Sudden Infant Death Syndrome (SIDS). However, research shows parents and caregivers can take the following actions to help reduce the risk of SIDS and other sleep-related causes of infant death:

- Place your baby on his or her back for all sleep times—for naps and at night.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows and loose bedding out of your baby's sleep area.
- Do not smoke during pregnancy, and do not smoke or allow smoking around your baby.

Events & Shout Outs

First Ladies For Health—

Sunday, October 8, starting at 10:00 a.m. at 16 locations throughout the City. For exact times by location, visit www.familyhealthday.org/ or call 513.352.3250.

2017 CycleNation—

Saturday, October 14, from 12:00—4:00 p.m., Yeatman's Cove. Call 513.842.8896 for more information.

Su Casa Health Fair—

Saturday, October 21, from 12:00 p.m.—4:00 p.m., Woodward High School (7005 Reading Road, Cincinnati 45237)

Halloween safety tips

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

- 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



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



Prevent domestic violence in your community

October is Domestic Violence Awareness Month. Domestic violence is emotional, physical or sexual abuse by an intimate partner. This is often in an effort to maintain control and power over the other person. Domestic violence may be difficult to identify initially, but generally intensifies over time. Domestic abuse victims often do not have a free choice to leave the relationship; it's a matter of being able to safely escape. One in three women and one in four men have experienced some form of physical violence by an intimate partner and an average of 20 people per minute are

physically abused by an intimate partner in the United States.

Increasing awareness of domestic violence can be an effective way to decrease rates of domestic violence. By understanding what domestic violence is, you will be more likely to identify it in your own or a loved one's relationship. Getting help is the first step towards getting out of an abusive relationship and beginning to heal. Anonymous, confidential help is available 24/7 from the National Domestic Violence Hotline at 1-800-799-7233 (SAFE). After gaining an understanding of domestic violence, the next steps are sharing this knowledge with others and advocating for legislation to help assist and protect victims of domestic violence. Working together to increase domestic violence awareness can promote understanding and action, encouraging victims of domestic violence to get the help they need.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

In seven different Cincinnati neighborhoods there is a Health Center that is able to meet the needs of all citizens, regardless of age, economic status, or language. Have you explored Primary Care in your neighborhood? Listed below are our Health Centers. Please visit <http://www.cincinnati-oh.gov/health/city-of-cincinnati-primary-care/> or call 513-357-7320 for more information.

Ambrose H. Clement Health Center- 3101 Burnet Ave.
Braxton F. Cann Memorial Medical Center- 5818 Madison Rd.
Elm Street Health Center - 1525 Elm St.
Millvale at Hopple Street Health Center- 2750 Beekman St.
Northside Health Center- 3917 Spring Grove Ave.
Price Hill Health Center- 2136 W. 8th St.
Walnut Street Health Center - 1005 Walnut St.



Be a **FLU FIGHTER**

Getting your flu shot is the best defense against the flu

FIRST LADIES HEALTH DAY

Sunday, October 8th

Starting at 10 am
at most locations.

For exact times by location, visit
www.cincyfirstladiesforhealth.org



VISIT THESE LOCATIONS TO GET A FLU SHOT AT NO COST TO YOU

- | | | | |
|---|--|--|--|
| Allen Temple
Bethel Baptist
Cincinnati Union Bethel
College Hill
Recreation Center
Corinthian Baptist Church | Evanston
Recreation Center
Friendship Baptist
Impact Worship
Madisonville
Recreation Center | Mother Of Christ
New Jerusalem Baptist
New Prospect Baptist
Pleasant Ridge
Recreation
Prince Of Peace | Seven Hills
Neighborhood House
Southern Baptist Church |
|---|--|--|--|

CHD celebrates expansion at Roberts Academy SBHC

Roberts Academy's School-Based Health Center (SBHC) celebrated the most recent expansion in the Health Center.

CHD staff, Cincinnati Public Schools (CPS) administration and various community partners hosted a ribbon-cutting and Open House including a tour of the expanded facility last month. The CHD is a longstanding partner of many of the school-based health centers in the CPS, and has been the lead health agency at Roberts for five years.

The generous gift from Interact for Health enabled the expansion of the health center to include a reception area, waiting room, two additional exam rooms, and a restroom. This new layout enables a better work flow offering more privacy and attention to the patients. Roberts school-based health center works to improve the overall health of students, leading to more time in the classroom and resulting in improved academic performance.

School-based health centers (SBHCs) provide a variety of health care services to youth in a convenient and accessible environment. During the 2016-17 school year, Roberts SBHC served 794 patients who received 2376 visits including 343 physicals. The patients include students, staff, families and community members, who took advantage of the convenience and proximity of the SBHC to meet their medical needs.



A community discussion on heroin

Join Health Experts, First Responders, Community Activists and Public Health Professionals in discussing the current status of the heroin epidemic in Cincinnati. Panel and community discussions will include; on-going prevention efforts, stories of recovery, notable and local people and organizations who are working towards a solution and what YOU can do as a citizen.

THE PROBLEM

1. Every day, 78 people in the United States die from an opiate overdose - 29 of them from heroin, according to the U.S. Centers for Disease Control and Prevention. That's more than 10,500 deaths a year attributed to heroin and more than 28,000 deaths from opiate overdoses.
2. In Cincinnati & Hamilton County alone, there were 107 fatal overdoses and 1,569 non-fatal overdoses in 2016.
3. We have unfortunately exceeded 2016's numbers. There have been 133 fatal overdoses and 1,756 non-fatal overdoses as of September 24, 2017.
4. Source: Greater Cincinnati Fusion Center

THE DETAILS

When: Thursday October 19, 2017, 6-8 p.m.

Where: People's Liberty

1805 Elm St, Cincinnati, OH 45202

Evite: <http://evite.me/VnvXg2mYKa>

Questions? Email Christa.Hyson@cincinnati-oh.gov

Follow the journey [@NotEvenOnce_Cincy](#) on Instagram



This event is sponsored by NOT EVEN ONCE (NEO). NEO is a project dedicated to youth opioid abuse prevention. Deaths by heroin are 100% preventable, and prevention is key—key to saving lives, key to saving resources, and the most important part is stopping youth from ever starting.

October is National Depression Awareness Month

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

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

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



Eva Miller and Martha Walter named 2017 “Champions for Change” award winners

Every September, Cradle Cincinnati celebrates local champions dedicated to making Hamilton County healthier and safer for moms, dads and babies.

This year, two “Champions for Change” awards were given to CHD employees, Eva Miller and Martha Walter. Ms. Miller received the *Champion for Better Care award* which recognizes a nurse, midwife, medical assistant or other provider who cares for women before, during or after their pregnancy. Ms. Walter was honored with the *Champion for Spacing award* which recognizes an individual working to promote optimal pregnancy spacing and family planning. Here’s a little more about our honorees:

Champion for Better Care: Eva Miller, RN -- As a nurse at Northside Health Center, Ms. Miller is invested in providing the best care possible to her patients and takes the steps necessary to better serve them. For example, she was one of the first CHD staff trained on smoking cessation and is committed to helping her clients quit smoking during pregnancy and stay smoke-free after birth.

Champion for Spacing: Martha Walter, MS -- Ms. Walter is the Project Director of the CHD Body Shop, where she works with teams of health care professionals and community champions to educate and promote family planning in the city of Cincinnati. Due to her work, the CHD has become a model Title X program for similar programs in the state.



CHD awarded HRSA grant for health centers

To help combat the issues of mental health treatment and the rising opioid crisis, the Health Resources and Services Administration (HRSA) is giving \$175,700 to the City of Cincinnati primary care health centers.

The money will support expansion and integration of mental health services and substance abuse services. These services focus on the treatment, prevention, and awareness of opioid abuse in the primary care setting by increasing personnel, leveraging health information technology, and providing training.

These grants from HRSA go directly to local organizations, which are best situated to address substance abuse and mental health issues in their own communities.”

About \$7.4 million was awarded to 43 Ohio health centers to

The expanded funding is part of the Department of Health and Human Services’ five-point strategy to fight the opioid epidemic by:

- Strengthening our understanding of the epidemic through better public health surveillance.
- Improving access to treatment and recovery services.
- Targeting use of overdose-reversing drugs.
- Providing support for cutting-edge research on pain and addiction.
- Advancing better practices for pain management.



Do you follow CHD on social media?

If not, be sure to like and follow:



Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>

Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/

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

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

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

November 2017

Vol. VII 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



2018 health insurance open enrollment begins

Do you need health insurance coverage? Now is the time to enroll in a 2018 health plan, as open enrollment for health coverage through the Affordable Care Act marketplace is officially underway. The Health Insurance Marketplace Open Enrollment period is shorter than previous years and will run only through December 15, 2017. This year, consumers will only have 40 days to enroll and/or update their current Marketplace coverage, instead of the original 90 day period.

OPEN ENROLLMENT FOR
HealthCare.gov

November 1-
December 15, 2017

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

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

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

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

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



World Antibiotic Awareness Week 2017

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 13 - 19, 2017, 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.

World Diabetes Day

The International Diabetes Federation and the World Health Organization launched World Diabetes Day (WDD) in 1991 to focus attention on the growing problem of diabetes around the world. Observed every year on November 14, the day was expanded in 2015 to a yearlong campaign to recognize diabetes as a long-term condition that must be managed every day.

The theme for WDD 2017 is *Women and Diabetes*, to promote the importance of affordable and equitable access for all women at risk for or living with the disease. According to the Center for Disease Control and Prevention (CDC), approximately 387 million adults worldwide are living with diabetes. One in 10 women are living with diabetes and many do not have access to education, treatment and care. Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year.

Although Type 1 diabetes can't be prevented, a healthy lifestyle can make a big difference in managing it successfully. If you have diabetes, making healthy food choices—along with being physically active, losing excess weight, and taking medicine, if needed—can help you prevent, control and even reverse diabetes by better managing your blood sugar levels. Good blood sugar control is important because it can help you avoid or delay serious diabetes-related health problems including heart disease and stroke, blindness and eye problems, as well as kidney disease and amputations.

Events & Shout Outs!

November 1- December 15, OPEN ENROLLMENT for HealthCare.gov — Call 513.564.CARE (2273) to make an appointment.

Saturday, November 11, 10:00 a.m.—2:00 p.m. Marijuana Conspiracy, Loud and Clear Symposium, The Health Gap (3120 Burnet Ave, #201)

November 16 Great American Smokeout



Monday, November 27, 1:00 - 5:00 p.m. — Tackling the Ohio Opioid Crisis: Harnessing the Power of Science to Break the Cycle; Kresge Auditorium (UC Medical Campus)

Congratulations to Christopher Lewis, MD — The University of Cincinnati will salute Dr. Christopher Lewis (CHD Board of Health member) for his extraordinary accomplishments in Humanitarianism during the 2017 Men of Honor, A Salute to African American Men taking place on Saturday, November 18, at 6:00 PM at the Hyatt Regency Cincinnati.

Congratulations to Robert Smith on his promotion as the new Supervising Sanitarian of Technical Environmental Services.



Fall is a Season of Change...Not All of Us Like It

Seasonal Affective Disorder (SAD) is a mild type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. About 10 million Americans suffer from SAD. Although scientists are not completely sure what causes the disorder, there are a few factors they think are attributed to the disorder including:

- **Melatonin** - A hormone which regulates sleep and increases when it's dark. As the winter days get shorter and darker, melatonin production increases and people tend to feel sleepier and more tired.
- **Serotonin** - A natural mood stabilizer that impacts every part of your body, from your emotions to your motor skills. It's the chemical that helps with sleeping, eating, and digesting.
- **Vitamin D** - Insufficiency may be associated with clinically significant depression symptoms. Believed to play a role in serotonin activity.

Used individually or in combination, the following treatments can alleviate many of the symptoms of SAD:

- **Light therapy** - Light therapy, mimics outdoor light and appears to cause a change in brain chemistry linked to mood.
- **Medication** - Selective Serotonin Reuptake Inhibitors are medicines that can improve the balance of brain chemicals that affect mood.
- **Exercise** - Taking a long walk outside or joining a gym can improve your outlook and may give you more energy and help you feel less depressed. It can also help to prevent the weight gain associated.
- **Counseling** - Helps you identify and change negative thoughts and behaviors that may be making you feel worse.

CHD/UC partnership featured in *Pharmacy Today* magazine

by Nira Kadakia, PharmD, RPh

October was American Pharmacists Month, an awareness campaign started by the American Pharmacists Association to highlight the role of pharmacists as medication experts and aims to educate patients, healthcare providers, and the general public about pharmacists' expanding role in patient care. October 17 was National Pharmacy Technician Day, an opportunity to specifically recognize the contributions of pharmacy technicians.

CHD's Northside Health Center, along with other public health departments across the country, was featured in the October issue of *Pharmacy Today* magazine. The article, "Public health departments look to pharmacists to address community needs," features the Northside Health Center pharmacy and primary care providers Abby Pritchard, MSN, FNP, and Kellee Haslon, MSN, FNP-BC. It discusses the collaborative medication therapy management between pharmacy and medical providers. Pharmacist-led clinical services, such as health educator appointments, and on-site pharmacies allow patients to interact with pharmacy services where they receive their primary care.

The *Pharmacy Today* article highlighted Northside Health Center and the partnership CHD has with the University of Cincinnati (UC), James L. Winkle College of Pharmacy. Residents completing postgraduate year 1 training with UC and CHD practice primarily at Northside, participating in clinical services and collaborative patient care along with other healthcare providers. The pharmacy team at Northside attends morning "huddles" every morning to present patient cases and provide drug therapy recommendations.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of

This month, the Board and I would like to commend the continued resiliency and progress being made to combat the opioid epidemic by CHD. Numerous staff at the Cincinnati Health Department tirelessly dedicate time, resources, and brainpower to this epidemic on top of their already overtaxed full time jobs. Data from the Fusion Center shows that we have unfortunately surpassed the 2016 totals for overdoses (*fatal & non-fatal*) this year is 1,733 (as of August 27, 2017) compared to 1,676 for all of 2016.

CHD continues to actively partner with Hamilton County Public Health and the UC College of Medicine to continue and expand the existing syringe exchange services. In addition to community partners, CHD actively works with Cincinnati Police District Three's Quick Response Team (QRT). The QRT is comprised of a Cincinnati Police officer, a Cincinnati Firefighter/Paramedic and a Talbert House Caseworker. While there is no roadmap to combat this epidemic, CHD staff are taking active steps in protecting the future of our citizens and creating opportunities for improved health outcomes.

Food safety tips for your holiday 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).

CHD teams up with local fraternity for men's health

Omega Psi Phi Fraternity, Inc., held its annual International Leadership Conference in Downtown Cincinnati recently and the local chapter Beta Iota was the host.

In collaboration with the CHD and Mercy Health, the organizations teamed up for a men's health fair. The Community Health and Wellness Fair provided preventive health screenings and materials to over 900 members. In addition, services to communities throughout the greater Cincinnati with over 11 community health vendors attending.

Screenings included A1C, Cholesterol, Blood Pressures, Prostate Specific Antigen (PSA), along with a Brother, You're On My Mind display. Mercy Health physicians, Dr. Keith Melvin and Dr. Kent Robinson, also addressed the health disparities and challenges men face daily. The essential health message that were shared were KNOW YOU #'s.

There were 196 health screenings performed with the following results

- Total Number of Screening 196
- A1C- Diabetes/Cholesterol = 73
- PSA = 50
- Blood Pressure = 63



CHD Employee Deploys with Team Rubicon



Team Rubicon (TR) is a disaster relief organization that offers its services of home cleanup, demolition, and mold mitigation free of charge to those affected by natural disasters. They unite the skills and experiences of military veterans, first responders, and emergency management trained civilians to rapidly deploy in the event of a disaster. TR was born in response to the 2010 earthquake in Port-au-Prince, Haiti, and has grown ever since. TR has responded to disasters with 224 operations in 16 countries with over 456,000 volunteer hours from 9,231 volunteers. They have provided an approximate value of over \$12.5 million to those that have needed help after a disaster.

Christa Hyson, Communications and Government Relations, volunteered for Operation Hard Hustle. Hyson was sent to Beaumont, Texas and helped clear out homes in some of the hardest hit areas. She was able to utilize her FEMA training, emergency communication, and photography skills to aid TR in its Texas clean up mission.

“Serving alongside others to help those in dire need, gives a whole new sense of purpose that can only be gained through disaster relief. This experience has truly helped me recognize the impact that motivated individuals can make – especially when a group of like-minded individuals are ready to get dirty and work hard – the outcome is astounding,” says Hyson. Team Rubicon usually commits specific dates and number of volunteers to any operation, however for Operation Hard Hustle in Texas, TR has committed to help the recovery process for 2 years due to the energy of volunteers and the extensive amount of damage to the area. Hyson continues to serve as the engagement coordinator for TR in Ohio. Are you a veteran interested in continuing to serve or have questions about TR? Email: christa.hyson@teamrubiconusa.org



Source: [TR Open Data Initiative](#)

Bats in homes—what you need to know about rabies



Bats are beneficial insect eaters and a vital part of our ecosystem. Ohio is home to 11 different bat species, and while they typically hibernate from late October to early April, during their reproductive time in the spring and summer they can roost in people’s attics, chimneys, or crawlspaces. Over time, accumulations of bat droppings (called guano) have the potential to harbor a fungus that can cause histoplasmosis. Additionally, bat colonies can support large numbers of bat bugs (a cousin of bed bugs), which have the potential to migrate from the roost into the home once the bats are gone.

So far in 2017, 11 bats across the state of Ohio have tested positive for rabies; one has been from the City of Cincinnati. It is important to remember that although only 5% of the bats tested annually by the Ohio Department of Health (ODH) are rabid, they still are considered a high-risk carrier of rabies (along with raccoons, skunks, foxes, and coyotes). In the city, 38 bat exposures were reported to the Cincinnati Health Department in 2016. Besides a person being bitten or scratched, ODH considers a possible exposure to also include a bat found in a room with a sleeping person, unattended child, or someone who may be cognitively impaired. In these cases, it is important to seek medical advice from your physician or CHD’s Communicable Disease Unit.

If a bat is found in the home, it should be taken to the Society for the Prevention of Cruelty to Animals (SPCA) (513.542.6100) who will notify CHD’s Technical Environmental Services, and a sanitarian will make arrangements to have it tested for rabies. If you suspect bats may be living in the home, it is best to contact a pest control company to have them removed. After locating their entry/exit point, a one-way device can be installed to allow them to leave the nest and not get back in. Once all bats are out, the opening can be permanently closed off. Timing is important when doing exclusion work. Because young bats (born in May/June) won’t be able to fly or leave the nest until mid-to-late August, removal and exclusion will have to wait until then. Fall and winter are the best times to bat-proof the home by installing a chimney cap, screening windows and vents, fixing soffit damage and sealing cracks and crevices. To enjoy the insect eating benefits and to keep them out of your home, consider placing a bat house in the yard to give them a place to roost.

2016 City of Cincinnati health profile

The most recent 2016 Cincinnati Health Profile brings together information about the major health outcomes of Cincinnati residents. The Profile analysis reinforces that where we live, learn, work and play has a powerful impact on our health.

Diversity

Cincinnati is more diverse compared to the State of Ohio with just under half of the City 45% self-reporting as African American and 53.6% report as White. Cincinnati's foreign-born population appears to be migrating predominantly from Asia (36.1%), Latin America (23.6%) and Africa (21.3%).

Poverty and Unemployment

The median family income for the City of Cincinnati is \$33,604 as compared to Hamilton County at \$49,013 and Ohio \$49,929 overall. Cincinnati families (30.5%) earned below the Federal Poverty Level, nearly twice the Ohio rate. In Cincinnati 2015, among people aged 16 years and older, 12.5% reported being unemployed in the past year.

Access to healthcare is a key social determinant of health. Among adult 18-64 years of age in Cincinnati, 16.8% are uninsured, 18.5% could not afford a physician and 17.2% could not afford medications. Thirty-six percent of adults 18-64 years of age are uninsured for dental care.

According to the VESTA Community Data 2014 Report, approximately 7,810 individuals self-reported as homeless. Homelessness is associated with many health risk factors such as chronic mental illness, drug or alcohol abuse and children in poverty.

Transportation, access to fresh food and employment are significant disparities in terms of the health of Cincinnatians. Approximately, 8.2% of Cincinnati residents lack a vehicle. A Community Need Index assessment to determine vulnerable in Hamilton County revealed neighborhoods in the greatest need were within the City of Cincinnati limits. Millvale, Price Hill and Winton Hills are the highest need neighborhoods based on socio-economic factors such as income, education, insurance and housing status.

Cincinnati Health Department Impact

Fortunately, the Cincinnati Health Department has community-based health centers in Price Hill and Millvale and a school-based health center in the Winton Hills Academy to address the healthcare needs of the most vulnerable Cincinnati residents. In total, there are nine health centers, 13 school-based health centers and five dental centers serving an underserved population, 60 percent of whom were uninsured before the Affordable Care Act.

Infant Mortality

There are significant racial disparities in infant mortality (the proportion of babies who die before their first birthday) in Cincinnati which is largely attributed to premature births as a result of the poor health of the mother. In 2010-2014, there were 15.6 infant deaths, while for White families 6.1 deaths per 1,000 live births.

The CHD has several initiatives that are designed to help decrease these numbers including: education, care coordination, and home visits for mothers, children and families, regardless of income or insurance status.

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



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

December 2017

Vol. VI Issue XII

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

Playback Times

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

Also available online on Vimeo



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

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12 ways to have a healthy holiday season



When you start preparing for the holidays, you’re confident that you’ve got all the important “healthy holiday tips” down to a science. You know not to over-eat, to cut back on sweet treats, and be careful not to over indulge on alcoholic beverages. While these are great tips, there’s a lot more to it than that. Health and wellness is based on more than just your diet. The holidays are a perfect time to incorporate more healthy habits

into your health and wellness plan, and encourage your loved ones to do the same.

The Center for Disease Control and Prevention suggests you take these simple steps to help you feel your best this holiday season and all year long.

- 1. Wash hands often to help prevent the spread of germs.** It’s flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 4. Don’t drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
- 5. Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- 6. Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
- 7. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history. Get insurance from the Health Insurance Marketplace if you are not insured.
- 8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
- 9. Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children’s reach. Protect them from drowning, burns, falls, and other potential accidents.

Continued on page 2



The Cincinnati Health Department has a 191-year legacy of providing public health services. We are proud of our heritage, and our progress in improving the health of Cincinnatians. We provide traditional public health services as well as an innovative network of primary care health centers, dental centers, school-based health centers, and vision centers. Our centers are strategically located in targeted communities or within schools to create improved health access.

This year, the Cincinnati Health Department has been responding, with other health care partners, to the devastating and sometimes lethal opioid epidemic. As an active participant in the Hamilton County Heroin Coalition, we are participating in the data collection and assessment of the public health impact of this crisis. We are working with our Fire and Police Departments to relieve some of the stressful overload to their staffs resulting from this epidemic.

The Cincinnati Health Department is also actively engaged in seeking accreditation by the Public Health Accreditation Board. Accreditation is a review process that determines if a healthcare institution meets a series of detailed quality performance standards. This new public health accreditation process has been lengthy and demanding but is important for the growth of our organization. Through the process, the department is engaging staff at all levels and collaborating with other organizations. We have many partnerships with other city departments, public health departments, hospitals, community health centers, health care organizations and most importantly, our communities. We evaluate, assist, refer and provide services for the city residents through our inspection and lead programs, vital records, in health centers, in schools, in city neighborhoods, and through our home visitation program.

Events & Shout Outs!

CHD will be closed on Christmas Day and New Year's Day

The next Board of Health Meeting is scheduled for Tuesday, December 12, at 6:00 p.m. The meeting will take place at CHD, located 3101 Burnet Avenue.

Holidays

- Hanukkah, December 13
- Winter begins, December 21
- Christmas, December 25
- Kwanzaa, December 26
- New Year's Day, January 1



Congratulations to Mary Ann Roos, PHN2, School Based Health, on her retirement after 32 years of service to CHD.

Congratulations to Michelle Daniels, MSN, RN on her recent promotion to Nursing Supervisor, Millvale at Hoppe Street Health.

12 ways to have a health holiday season continued from page 1

10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.



Stay healthy and warm indoors

You can reduce the chances of illness by keeping a healthy home this winter. Take these precautions to promote a healthy living space this fall and winter.

Change Your Air Filters— Make it a priority to change or clean your filters regularly during the winter months. If your air filter gets clogged, it reduces the efficiency of your HVAC system and allows dust and dirt into the air that circulates throughout your home.

Indoor Air Quality— In the winter, indoor air can be as much as 100 times more polluted than outside air. Being indoors more during the winter months makes it easier to pass on viruses and bacteria. Poor indoor air quality can aggravate allergies, trigger asthma attacks, and give you and your family flu-like symptoms. Head outside or open the windows when the weather is mild, to 'air out' your home. If you are concerned about the quality of the air in your home, or if there are persons with serious illnesses, consider indoor air quality products.

Emergency Kits— Assemble an emergency kit for your home in case of a weather-related power outage. Your kit should include heavy blankets, candles, water, first-aid supplies and non-perishable food items.

Keeping Your Home Clean— Since your family is going to be indoors more often, keep your home as clean and free from dust, pet dander and bacteria as possible. Germs can spread quickly throughout your home with the increased risk for colds and the flu. Keep viruses and germs at bay by wiping off door handle and light switches frequently. Encourage family members with colds or sniffles to discard used tissues immediately. Wipe kitchen surfaces, especially refrigerator doors and faucet handles often. Examine any damp or wet areas in your home and dry them out/waterproof them to eliminate mold growth.

Install a Carbon Monoxide Detector— Carbon monoxide (CO) poisoning is very common during the colder months. If you have an automatic car starter, open the garage door before you start your car. Be sure to turn off the car motor, if you go back inside because accidents happen, and you may get distracted and forget it is running. Carbon monoxide can linger in the air long after you've left home. Have your furnace checked this winter to make sure there are no risks for carbon monoxide poisoning. Install carbon monoxide detectors and check smoke alarms in your home.

CHD's Norah Bertschy Presents the Group Visit Model

Norah Bertschy, APRN, MSN was selected to present a CHD practice innovation at the recent 4th Annual Advanced Practice Provider Conference sponsored by The Ohio State University Wexner Medical Center. The conference featured session presenters who addressed strategies, advancements and critical issues in health care and attendees had the opportunity to learn the most up to date guidelines in health management and the latest in professional development.



Mrs. Bertschy presented information about the Group Visit Model piloted by the Millvale Adult Clinic Team. She presented in walking poster rounds. The project was also selected to be one of four podium presentations to all in attendance during the afternoon session. The innovative work being done here at CHD is now being recognized around the state!

A Message from the Board of Health

Tim Collier, RN
Chair, Board of Health

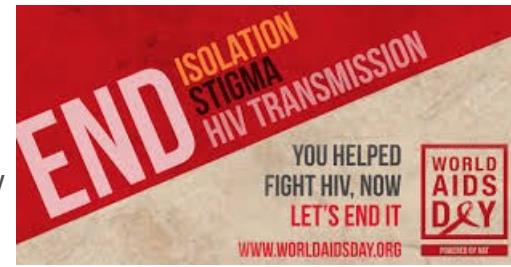
As the representative for the Cincinnati Board of Health I wanted to take a moment to wish you and your families a joyful and blessed holiday season! 2017 has been a year of progress for the CHD. Our clinicians, support staff, administrators and educators have all exhibited excellence in Public Health. In 2017, CHD has explored issues from increasing resiliency in our children to safe sleep for our littlest citizens. We've collaborated with Fire, Police, Emergency Services Personnel, and community coalitions to combat the opioid epidemic.

We have covered vital topics in Men's Health, tobacco prevention, healthy eating and active living. We've explored how our Environmental Health team keeps citizens safe at festivals, restaurants and parks. We are also happy to report that we are almost ready to click the 'submit' button for PHAB Accreditation. We'd like to congratulate Dr. Crumpton on the continued accolades of her staff. Thank you for being a part of the CHD journey to a healthier City. It is because of your support – from retweets to speaking at Board meetings – we are able to execute programs and share information that –YOU– the citizens need.

May You Have a Blessed Holiday Season and a Happy and Healthy New Year!

December 1st is World AIDS Day

World AIDS Day takes place on December 1st each year. It's an opportunity for people around the globe to unite in the fight against HIV, to show support for people living with HIV, and to remember those who have died from an AIDS-related illness. It's also a day to acknowledge progress in HIV prevention and treatment around the world and renew a commitment to secure a future free of HIV. Founded in 1988, World AIDS Day was the first ever global health day.



The *human immunodeficiency virus (HIV)* is the virus that can lead to *acquired immunodeficiency syndrome*, or AIDS, if not treated. HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These special cells help the immune system fight off infections. Untreated, HIV reduces the number of CD4 cells (T cells) in the body. This damage to the immune system makes it harder and harder for the body to fight off infections and some other diseases.

Globally, there are an estimated 36.7 million people who have the AIDS virus. Each year, more than 1 million people die from AIDS-related causes and 2.1 million people become newly infected by HIV. Additionally, more than 35 million people have died of HIV or AIDS since it was identified in the 1980s, making it one of the most destructive pandemics in history.

Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and more is understood about the disease. If you're interested in getting tested for HIV or other sexually transmitted infections please call the CHD at 513.357.7300.



CHD offers Chronic Disease Self-Management

Elm Street Adult Clinic just recently hosted the very first Chronic Disease Self-Management Workshop for CHD Primary Care patients. The program is an evidence-based self-management program developed by Stanford University 20 years ago and has been thoroughly researched and proven to improve patient outcomes and satisfaction. Made up of patients with varied chronic health issues, program participants meet one time per week for 2.5 hours for six consecutive weeks. Each workshop is facilitated by two trained leaders, one or both of whom have a chronic condition. Participants make weekly action plans, share experiences,

and help each other solve problems they encounter in creating and carrying out their self-management program.

Participants learn:

- Nutrition
- Decision making
- Appropriate use of medications
- How to evaluate new treatments
- Communicating effectively with family, friends, and health professionals
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance



Robin Jones, RN, Zella Massaro, SW and Angel White, CWA were co-leaders for this inaugural workshop. CHD Primary Care plans to regularly offer this workshop and its companion program Diabetes Self-Management for patients at other Health Centers.

National Influenza Week, December 3-9 It's not too late to vaccinate!



National Influenza Vaccination Week (NIVW) is a national observance for highlighting the importance of influenza vaccination. Established by the Centers for Disease Control and Prevention (CDC) in 2005, it's a reminder that getting a yearly flu vaccine is the most effective way to prevent the serious illness. According to the CDC, the number of people getting flu shots declines dramatically after Thanksgiving although the peak of flu activity is usually between December and February, and flu season lasts until May.

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.

The CDC recommends that everyone 6 months of age and older should get a flu vaccine every year. Once you are vaccinated, it takes about two weeks before the immune system of the body fully responds and kicks in.

Mumps outbreak across the country

According to the Centers for Disease Control and Prevention (CDC), more than 6,000 cases of mumps were reported in the United States last year, the highest number in 10 years. Around 2010, total annual cases were down in the hundreds but today throughout the country, mumps cases are on the rise.



From January 1 to November 4, 2017, 47 states and the District of Columbia in the U.S. reported mumps infections in 4,980 people to CDC. To combat this, the CDC voted recently to recommend the use of a third "booster" shot of the measles, mumps and rubella (MMR) vaccine during outbreaks of the mumps.

Mumps is a contagious disease caused by a virus that passes from one person to another through saliva (spit), nasal secretions, and close personal contact. The condition can infect many parts of the body, primarily the salivary glands, also called the parotid glands. There are three sets of salivary glands on each side of your face, located behind and below your ears. These glands, which make saliva for the mouth, are found toward the back of each cheek, in the area between the ear and jaw. In cases of mumps, people infected have a high fever of 103°F and swelling of the salivary glands follow over the next few days. The glands may not all swell at once. Typically, they swell and become painful periodically. Other symptoms usually appear 16-18 days after infection, but this period can range from 12-25 days after infection. Those symptoms are flu-like and include fatigue, body aches, headache, loss of appetite and low grade fever. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease.

You are most likely to pass the mumps virus to another person from the time you come into contact with the virus to when your parotid glands swell.

Most people with mumps recover completely in a few weeks. There is no medicine to treat mumps. It usually goes away on its own within 2 weeks. Because it is a viral infection, antibiotics cannot treat mumps.

Prepare your home and car for winter weather

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 work-place. 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.



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



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