

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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

Playback Times

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

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



#KeepCincyHealthy

Program Spotlight: Technical Environmental Unit Pool Inspections

With summer temperatures in full swing, U.S. officials have a warning for Americans who will inevitably be looking for ways to beat the heat, and some public pools may pose a serious health hazard.

Each year, thousands of public pools, hot tubs, and water playgrounds are forced to close nationwide due to serious health and safety violations, including contamination problems that could make people sick.

Thanks to the Environmental Service, Technical Environmental Unit (TEU), however, area residents have a lot less to worry about. The public health officials at the CHD work together to improve the operation and maintenance of local public places so people will be healthy and safe when they swim or participate in water activities.

The TEU licenses and inspects over 200 public swimming pools, spas, and spray grounds throughout Cincinnati each year. Techs check the water for available chlorine, pH, and alkalinity in efforts to reduce or eliminate waterborne diseases associated with recreational water facilities. Techs also evaluate the circulation system, and ensure that no safety hazards exist at the facility that would threaten public health. The most commonly reported illness is diarrhea, which is caused by germs such as Crypto, Giardia, Shigella, Norovirus, and E. coli.

The TEU also inspects for conditions that may pose an immediate threat such as opaque pool water, or lack of disinfectant in the water. When these issues are found, operation of the facility is suspended immediately and the facility is not reinstated until all necessary safety measures are met.

Additionally, during the Summer months, seasonal Pool Techs perform weekly pool inspections, take samples, check water chemistry, and alert inspectors of critical issues. The efficient surveillance procedures of CHD, has one of the best pool inspection programs in the state, receiving consistently favorable surveys from the Ohio Department of Health (ODH).



Defeat the heat

As temperatures increase it's important to take care of your body. Prevent heat-related illness with the following tips:



Stay cool

- Stay in air-conditioned buildings and shelters when possible
- Avoid direct sunlight
- Do not rely on fans as your primary cooling device
- Wear lightweight, light-colored clothing
- Check on those most at-risk twice a day
- Take cool showers or baths

Stay hydrated

- Drink more water than usual, don't wait until you're thirsty
- Avoid alcohol or sugary beverages
- Remind others to drink enough water

Upcoming Events

July 9—CHD will be participating in this year's Hopefest event at Washington Park! Nurses will be doing blood pressure and BMI screenings for anyone attending.

July 15—CHD will be hosting the brown bag series. This session, Drivers for a Healthy Pregnancy, focuses on what we know to be healthy for mom and baby throughout the pregnancy.

If there is an event your division is participating in or would like us to promote, please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov. For a calendar of CHD events visit our website: www.cincinnati-oh.gov/health.



AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.

Congratulations to Regina Hutchins, PhD, for her APHA abstract acceptance. Dr. Hutchins submitted her abstract "Transforming the Community Health Process: Moving from average to awesome" and will be presenting at the 2016 APHA Annual Meeting and Expo in Denver, Colorado. Her presentation will be part of the "Promising Models and Partnerships to BUILD Better Community Health" at the annual meeting.

For more information on this year's annual meeting or to register visit <http://www.apha.org/annualmeeting>.



First Sankofa Award

The Sankofa Award was established in 2016 by the Cincinnati Health Department. The purpose of this annual award is to recognize a prominent local citizen whose life's work positively addresses the range and complexity of excellence, inspiration, diversity, community service and lifetime achievement.

The first Sankofa award recipient was Noble Maseru, PhD, MPH, who was presented the award at his retirement party in June. Future Sankofa awards will be presented at the CHD's annual State of the City's Health address in the Spring.

"Sankofa" teaches us that we must go back to our roots in order to move forward. That is, we should reach back and gather the best of what our past has to teach us, so that we can achieve our full potential as we move forward. Whatever we have lost, forgotten, forgone or been stripped of, can be reclaimed, revived, preserved and perpetuated.