

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

October 2016

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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

CHD= Cincinnati Health Department

 Cincinnati Health Department

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DR. O'DELL OWENS RESIGNS FROM CHD AFTER APPOINTMENT AS PRESIDENT/CEO OF INTERACT FOR HEALTH

Dr. O'dell Owens resigned from his position as the Interim Health Commissioner at the Cincinnati Health Department (CHD) today, effective October 3, 2016. He will become the next President/CEO of Interact for Health, replacing James E. Schwab, who will retire later this month.

The decision comes after six months of prolonged uncertainty of his appointment as permanent Health Commissioner at the CHD. Dr. Owens stated that this uncertainty opened up the possibility for other career options to be made available to him. The opportunity from Interact for Health is one that was very difficult for him to turn down, despite his fondness of the CHD.

“The Presidency/CEO appointment at Interact will allow me to continue serving the community in the healthcare arena and further utilize my expertise in healthcare, public health and the non-profit community,” Dr. Owens stated.

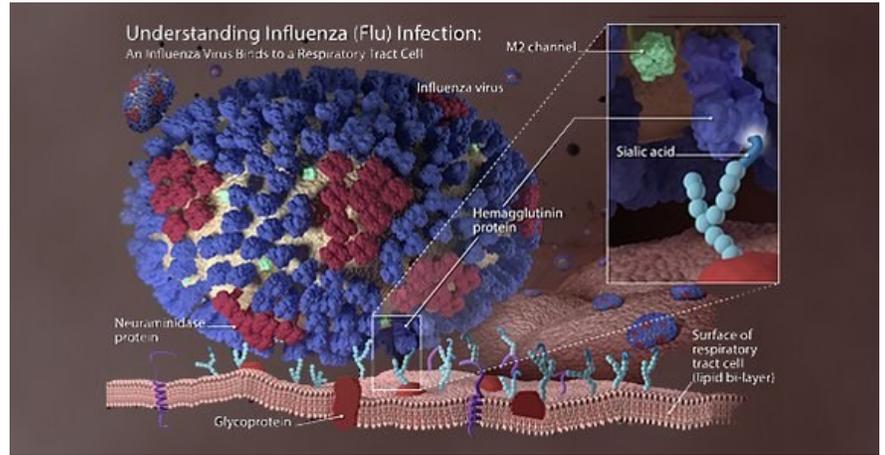
Dr. Owens was very successful in his accomplishments during his year tenure with the CHD. Over the past year, he’s achieved the following:

1. Secured a \$25,000 Work Flow Study Grant to analyze the efficiency and quality levels of the CHD health centers. Once the findings from the work study have been communicated to the senior leadership of CHD, specific measures will be taken to improve the quality of care for the staff and CHD health center patients to improve efficiency and increase productivity.
2. Oversaw the opening of two new School-Based Health Centers (SBHC). One at the Children’s Home of Cincinnati, which is the first of its kind, combining mental health care services with primary care services. The other opened at Taft Information Technology High School.
3. Increased the productivity of our providers from 60-90 percent, further improving the quality of healthcare delivery; leading to an increase in the number of patients served.
4. Secured the Health Center Quality Improvement Grant Award 2016 from the Health Resources and Services Administration (HRSA) on behalf of our Federally Qualified Health Centers. CHD was ranked number one in the state for quality out of 41 health centers across the state.
5. Ensured the proper training for essential staff members in the administration of Naloxone (Narcan) in response to the heroin epidemic.
6. Raised the image and improved the reputation of the CHD.

Supported the implementation of a three-year colorectal screening grant awarded by the American Cancer Society to provide preventative colorectal screenings at every CHD health center.

Flu Prevention Strategies to Keep You Well

Every Fall, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system a leg up on influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness with serious outcomes of flu infection resulting in hospitalization or death. Some people, particularly older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.



Now is a good time to get vaccinated as it takes about two weeks after vaccination for protection to set in. CHD is offering free flu shots on Tuesday, October 4, from 7:00 a.m. - 9:30 a.m. in the Auditorium at B&K to all employees with insurance through the City of Cincinnati.

These free flu shots are available to all City employees and spouses/dependents (3 and older) who are on the Anthem Insurance Card. Don't forget to sign in on the Healthy Lifestyles log to receive your \$10 incentive!

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

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

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

Cincinnati Health Department Hosts Young African Leaders

Irene Nyamondo, from Tanzania, and Freeblessing Murahwa from Zimbabwe, are recipients of The Mandela Washington Fellowship for Young African Leaders, a flagship program of President Barack Obama's Young African Leaders Initiative. The Fellowship allows 1,000 outstanding students to sharpen their skills at U.S. higher education institutions with continuing support for professional development after they return home. Irene and Freeblessing chose to do their six-week fellowship at the Cincinnati Health Department.

Irene is a registered nurse and a National facilitator for family planning services. She is raising awareness of the importance of men getting involved in reproductive health with regard to birth control, pregnancy and breastfeeding. She works in Maternal Child Health at the CHD where she offers her insight and technical advice to enhance Cribs for Kids, Male Initiatives, the WIC program and other family-focused programs. Irene also has invaluable experience with HIV/AIDS which she has used in Tanzania and also shared with various departments involved with family outreach at the CHD.

Freeblessing firmly believes in equitable healthcare delivery. As a dentist in private practice, he has organized several medical outreach missions in Africa. He is currently overseeing a network of over 200 multidisciplinary health professionals as chairperson of the Christian Medical Fellowship Zimbabwe. Freeblessing enjoys working in the CHD community health centers and seeing the positive outcomes in lower income communities. A valuable skill he has learned is how to listen to and engage community members before embarking on healthcare projects. For him, establishing school-based health centers is a model Freeblessing wants to take back to his home country.

Commissioner's Corner

The Board of Health (BOH) named Marilyn Crumpton, MD, MPH, Medical Director, Division of School and Adolescent Health, the Interim Health Commissioner for CHD during the September meeting that took place on Tuesday, September 27. Dr. Crumpton's new role begins October 3.

The BOH also welcomed new members:

Christopher Lewis, MD

Associate Professor of Family Medicine; Assistant Dean, Office of Diversity and Community Affairs

Mr. Ronald L. Robinson

Independent Contractor/Consultant
Compliance Rating Analyst (Contracted with American Modern Insurance) and Health Plan Advisor (Contracted with Anthem, Inc.)

Community Events

October 8, 10:00 a.m.—2:00 p.m.

INDIA Sister City Association hosts the Second Annual Cincinnati Yoga Day at Duke Energy Convention Center. More details at www.cincinnatiyogaday.com

October 9

The 2nd annual First Ladies for Health event will be offering FREE health screenings at numerous locations throughout the city. For participating locations visit www.cincyfirstladiesforhealth.org.

November 18, 11:30 a.m.—1:00 p.m.

Infant Vitality Brown Bag lunch series *Beyond the Hospital, Going Home With Baby* a session discussing how we maintain care for mothers, infants and families at home. Register at <http://bit.ly/1i26Sdq>

Making
Strides
toward a
world
with more **birthdays**



The American Cancer Society, Making Strides Against Breast Cancer Campaign recently kicked off on August 10, 2016 and will wrap up on October 22, 2016. Our goal to raise \$2,500 for this campaign. Upcoming Events:

- Monday, October 3– Friday, October 7: Paint Cincinnati Pink Week
- Friday, October 7: Paint The Square Pink at Fountain Square from 11a.m. -1 p.m.
- Saturday, October 22: Making Strides Against Breast Cancer walk at Yeatman's Cove. 7:45 a.m.

October Is National Breast Cancer Awareness Month

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

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

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer.

Little Known Food Safety Fact

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

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

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

Rabies, A Deadly Virus Spread to People from the Saliva of Infected Animals

Crisp fall days outdoors means more exposure to animals like stray cats and dogs, raccoons and even bats. Each year, in Hamilton County more than 600 potential rabies exposures are reported to the Cincinnati Health Department. Rabies is a viral infection that affects the central nervous system. Exposure is usually through a bite, but scratches and saliva are also possible ways of transmission.

As the weather changes, more stray animals seek warmer environments in homes and abandoned buildings. Bats are considered high risk for rabies and like to harbor in the attic or crawl-spaces of your home. Post-exposure treatment is indicated for any person bitten or scratched by a bat when the bat is unavailable for testing. Treatment is also indicated, even in the absence of a known direct contact, if a bat is found near a family pet, an unattended child, sleeping individual or a person that is intoxicated or mentally impaired.

Early symptoms can include fever and tingling at the site of exposure. These symptoms, over time, are followed by one or more of the following symptoms: violent movements, uncontrolled excitement or an inability to move parts of the body, confusion, and loss of consciousness. If exposed, immediately cleanse the area with soap and water. All exposures to suspected animals should be reported to the Health Department within 24 hours. Although this virus is nearly always fatal if contracted, due to public education, and the vigilance of the medical community and Health Department staff, there has not been a human case of rabies in Ohio since 1970.

A physician should be contacted immediately to determine if medical treatment is necessary. To report a suspected incident of rabies, call 352-2922.

Roll Hill Elementary Health Center Receives Author Recognition

Allison Rudy is a nurse practitioner at Roll Hill Elementary School who believes a healthy child is also an informed one. When she helps children who come to the school-based health center with their medications, or those in need of a meditative break in their day, she provides a much needed service.

Thinking about how to keep these students engaged in learning while out of the classroom, she built a bookcase and filled it with some of her favorite books for the students to read while in the health center. Her small act of kindness, resulted in eager readers. When the students requested books for older readers, she purchased them.

Allison also sent Bruce Coville, a popular children's author, an email telling him how much Roll Hill students were enjoying a book of his she had bought. Coville, generously responded by sending her ten books for her library and a note to the students which read:

"To the Stingers, Hey, gang -- I'm really glad to know you like my books. Here are a few more for you to enjoy. Have fun! Your pal, Bruce Coville"