

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MAY 2016
Vol. VI Issue V

“We Know Health Matters”

Eric Washington and Dr. Kamaria Tyehimba discuss Men’s Mental Health on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

Playback Times

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

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

Join our local conversations

Thursday, May 5: Smoke Free Educational Symposium

4 p.m. - 6 p.m., CMHA, 1635 Western Ave.

Join the Creating Healthy Communities Coalition to learn about the Cincinnati Metropolitan Housing Authority (CMHA) smoke-free policy. They will share smoke-free policy successes and provide resources that are helpful in living smoke-free.

Saturday, May 21: Local Conversation on Minority Health

10 a.m. - 3 p.m., Community Action Agency, 1740 Langdon Farm Rd.

Join Dr. Regina Hutchins and Ms. Denisha Porter as they discuss minority health concerns in our city and the work being done to improve these conditions.

Saturday, May 21: Brother You’re On My Mind

10 a.m. - 1 p.m., CHD, 3101 Burnet Ave. (First floor auditorium)

Eric Washington and Dr. Kamaria Tyehimba, PhD, LISW-S, LIDC-CS invite all men to participate in the conversation around men’s mental health.

If you have any events to promote or want to know how your division can be promoted, please contact Ashley (Ashley.auciello@cincinnati-oh.gov) or Brittany (Brittany.supelak@cincinnati-oh.gov) for more information.

Global Employee Health and Fitness Month

Join Ms. Jonda Profitt every Thursday at Burnet and King for line dancing! Weekly sessions will be held from 12:00-12:45 pm in the Auditorium. The line dancing lessons will continue through June 9. Those who attend at least six of the eight classes will receive a \$10 Wellness Program Incentive.



A message from our Health Promotions and Worksite Wellness Group



CHD reminds everyone to choose Water First for Thirst! Instead of going for the sugary drinks, make water your first choice. Every sugary drink consumed increases one’s risk for becoming overweight or obese. For more information visit bit.ly/1W22Hzw.

Employee Spotlight

Congratulations to our Director of School and Adolescent Health, Dr. Marilyn Crumpton, who was the recipient of the Cincinnati Pediatric Society Outstanding Community Physician Award.



Pictured (left to right): Dr. Camille Graham, Dr. Marilyn Crumpton, and Dr. Mona Mansour.

ArtsWave campaign results



CHD wants to thank all staff who donated to ArtsWave this year. In 2015, CHD raised a total of \$335. For this year's campaign we set a goal to raise 15% more, making the total 2016 goal \$385. Thanks to the nine donors who supported this year's campaign, we were able to raise **\$1,475** for this worthwhile cause. Your contributions are greatly appreciated.

A Look Behind the Counter



Pharmacists' Role in Improving Care

Pharmacists play a vital role in the CHD health care team. Through medicine and education, our pharmacists work to achieve positive health outcomes for the patients we serve.

Diabetes Education

We meet individually with diabetic patients to discuss treatment plans, A1C testing, compliance with medications and dietary concerns. This service is offered at all CHD Health Centers.

Smoking Cessation

Ready to quit smoking? Our pharmacists are here to help. In addition to individualized support and guidance, we offer medications such as Chantix, nicotine patches, nicotine gum, nicotine lozenges and Bupropion. This service is offered at all CHD Health Centers.

Doctor Dispensing

Dental visits can be stressful, but getting prescribed medications should be stress-free. Doctor Dispensing is designed for added convenience and safer treatment. Medications are pre-bottled and labeled, and ready even before patients leave their appointment. The Ambrose H. Clement Health Center and all CHD dental sites provide this service.

Pharmacy Locations

Braxton Cann	5818 Madison Rd., 45227
Elm Street	1525 Elm St., 45242
Millvale	2750 Beekman St., 45225
Northside	3917 Spring Grove Ave., 45223
Price Hill	2136 West 8th St., 45204

