HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

FEBRUARY 2018
Vol. VIII Issue II

"**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

@CHD

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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city of CINCINNATI HEALTH DEPARTMENT

What is prescription drug misuse?
Prescription drug misuse has become a large public health problem, because misuse can lead to addiction, and even overdose deaths. For teens, it is a growing problem:

After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.

Teens misuse prescription drugs for a number of reasons, such as to get high, to stop pain, or because they think it will help them with school work.
Many teens get prescription drugs they misuse from friends and relatives, sometimes without the person knowing.

Boys and girls tend to misuse some types of prescription drugs for different reasons. For example, boys are more likely to misuse prescription stimulants to get high, while girls tend to misuse them to stay alert or to lose weight.

Also known as:
Opioids: Happy Pills, Hillbilly Heroin, OC, Oxy, Oxycotton, Percs, and Vikes
Depressants: A-minus, Barbs, Candy, Downers, Phennies, Reds, Red Birds, Seeping Pills, Tooies, Tranks, Yellow Jackets, Yellows, and Zombie Pills
Stimulants: Bennies, Black Beauties, Hearts, Roses, Skippy, The Smart Drug, Speed, and Vitamin R, and Uppers

What Makes Prescription Drugs Unsafe
Prescription drugs are often strong medications, which is why they require a prescription in the first place. Every medication has some risk for harmful effects, sometimes serious ones. Doctors consider the potential benefits and risks to each patient before prescribing medications and take into account a lot of different factors, described below. When they are misused, they can be just as dangerous as drugs that are made illegally.

Personal information. Before prescribing a drug, health providers take into account a person's weight, how long they've been prescribed the medication, other medical conditions, and what other medications they are taking. Someone misusing prescription drugs may overload their system or put themselves at risk for dangerous drug interactions that can cause seizures, coma, or even death.

Form and dose. Doctors know how long it takes for a pill or capsule to dissolve in the stomach, release drugs to the blood, and reach the brain. When misused, prescription drugs may be taken in larger amounts or in ways that change the way the drug works in the body and brain, putting the person at greater risk for an overdose.

Commissioner's Corner

Last month the Cincinnati Health Department released the latest version of our Community Health Assessment or CHA. The CHA is a comprehensive collection and analysis of data regarding health issues and opportunities for action in Cincinnati communities.

The Community Health Assessment is a crucial public health tool used to understand the health needs in our community and how we can collectively work together to continue to make Cincinnati a healthy place to live, work and play. It not only describes the health status of our community, it provides in-depth information on the living conditions and lifestyles of our residents.

Four issues stood out that applied to all age groups: chronic disease prevention and management, poor mental health, poverty, and unhealthy weight. The health issues identified in the CHA will serve as a roadmap and provide critical information to those in a position to make an impact on the health of our city - government, social and human service agencies, healthcare providers, businesses, and other stakeholders. If you would like to read the CHA in its entirety it is available on our website: http://bit.ly/2GHbPpd

Events & Shout Outs!

February is Black History Month! Follow CHD on social media to learn about black women in healthcare throughout history.

Congratulations on your retirement Barbara Demasi, a Public Health Nurse 2 with over 23 years of service.

FEBRUARY 1–28: Children's Dental Health Month (National)

FEBRUARY 4–10: Burn Awareness Week

FEBRUARY 14: Donor Day (National)

FEBRUARY 5–11: PeriAnesthesia Nurse Awareness Week

FEBRUARY 11–17: Cardiac Rehabilitation Week (National)

FEBRUARY 11–17: Cardiovascular Professionals Week

FEBRUARY 11–17: Health Care HR Week

FEBRUARY 14: Donor Day (National)

FEBRUARY 14–21: Alzheimer's Disease and Dementia Care Staff Education Week

FEBRUARY 26–MARCH 4
Eating Disorders Awareness Week (National)

February is American Heart Month

Cardiovascular disease is the leading cause of death in the United States according to the Center for Disease Control and Prevention (CDC). In fact, one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. Fortunately, it is largely preventable and there are many things people can do to reduce their risk, such as being more active.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. That's why CHD is encouraging Americans to move more. We recommend that you strive for at least 150 minutes (2 ½ hours) each week of physical activity that gets your heart pumping and leaves you a little breathless. There are flexible ways to break it into amounts of daily activity, and even small amounts add up and can have lasting heart health benefits.

To lower your risk:

- Know your ABC's: Ask your doctor if you should take an **Aspirin** every day. Find out if you have high **Blood** pressure or **Cholesterol,** and if you do, get effective treatment. If you **Smoke**, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

By controlling all of these risk factors for heart disease and stroke, you lessen the chance of having a heart attack by 80 percent.

February is National School-Based Health Care Awareness Month

February is Children's Dental Health and School Based Health Awareness Month! The Cincinnati Health Department has dental services available in three Cincinnati Public Schools: Oyler Community Learning Center, Withrow High School and Deaconess Health Check @ Western Hills/Dater.

Tooth decay is the most common dental disease. Children who have decay, abscesses and chronic dental pain are more frequently absent from school. According to *Advancing Oral Health in America*, more than 51 million school hours are lost each year to dental related illnesses. The CHD's school based oral health programs are one way to overcome obstacles families may face in ensuring better oral health for their children.

The partnership between Cincinnati Public Schools and the Cincinnati Health Department School Based Health Centers (SBHC) reinforces the connection between student health and academic achievement. The SBHCs offer more than dental care.

The specific health services which are available at each center are based upon 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, Oyler, 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.

With an overall 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 to their health.

Ditch the Diet: Practice Intuitive Eating for Health and Wellbeing

What's Wrong with Dieting?
The diet industry in the US has an estimated worth of $66 Billion. If so many people are investing in diet programs, then why is obesity such an issue in our country? Almost 40% of adults and 20% of children in the US are obese, and at higher risk of a myriad of health problems.*

Ironically, research shows that dieting may actually be contributing to the problem of obesity.
When you reduce the amount of calories you eat, the brain slows down metabolism, and you burn fewer calories. This is nature's defense against famine.

To learn more about intuitive eating and a different approach to health and wellbeing, log onto www.cincinnati-oh.gov\health and click on *Reports and Publications* and read the Public Employees Assistance Program (PEAP) February newsletter.

A Message from the Board of Health

Tim Collier, RN
Chair, Board of Health

As Congress nears the budget deadline, it is apparent now more than ever of the importance of Federal Qualified Health Centers (FQHC). FQHCs serve as the medical home for over 40,000 patients annually in the City of Cincinnati. Our Health Centers strive to provide comprehensive, culturally competent and high quality care for all. And when I say all – I truly mean all. Our Health Centers will see anyone regardless of their ability to pay**.** Nor do they discriminate based on race, color, national origin, disability, religion or sexual orientation. Our primary care services are based on a sliding scale fee on the current federal poverty guidelines. The Board commends the dedicated and diligent staff for their continued efforts to provide comprehensive, culturally competent and quality health care for all.

Have questions on family planning or birth control? Call the hotline at 513-357-7341. Need to make an appointment for a chronic or acute health issue? Please call 513-357-7320 and you will be set up with an appointment at the neighborhood Health Center closest to you.

CHD Honors Long Term City of Cincinnati Employees at CHD

CHD realizes that our employees are our greatest asset, and we are delighted to honor their dedicated service and commitment to this organization. That's why on January 23, 2018, the CHD Labor Management Committee (LMC) held it's first Employee Recognition Ceremony which took place during the monthly Board of Health (BOH) meeting.

This recognition was initiated by the LMC in order to honor and thank the devoted and valued employees for their tremendous contributions to the City of Cincinnati and the Cincinnati Health Department for their 30-40 years of service. They are valued members of our team and their continued contributions are vital for us to continue to be successful in meeting our stated Mission, Vision and Values. All of our organizational achievements are made possible because of their individual efforts as well as the efforts of their team members.

"We acknowledge and appreciate that the foundation of our success is built upon them and their commitment to CHD. The success of our organization is a direct result of their efforts and dedication," expressed Marilyn Crumpton, MD, MPH, Interim Health Commissioner. "Their commitment to quality and personal and professional integrity is the differentiating factor that sets us apart."

Each honoree received a certificate and was recognized by Dr. Crumpton; Tim Collier, the Board of Health Chair; and Harry Barnes, Human Resources Director.

30+ Years

Jill Byrd, Home Health — 30 years
Darlene Capell, Health Commissioner/Human Resources Division — 30 years
Danielle Daniels, Environmental Health Services — 30 years
Kathey Johnston, IAP — 30 years
David McDonald, Human Resources Division — 30 years
Lisa Scott, Vital Records — 30 years
Brenda Waldron, Clement Health Center — 30 years

Deborah Dreyfus, Price Hill Health Center — 31 years
Patricia L. Knudson, Winton Hills, WIC Program — 31 years
Sheila Nash, Clement Health Center — 31 years

Lawrence (Larry) Florea, Environmental Health Services — 32 years
Joanna L. Streicher, Dental — 32 years

Cynthia Belcher, Environmental Health Services — 33 years
Nancy Carter, Dental/Administration — 33 years
Clarice Edmondson, Vital Records — 33 years
Rosemary Stemerick, CCPC — 33 years
Diane Warner, Price Hill, WIC Program — 33 years

Esther B. Forde, Children with Medical Handicap — 37 years

40+ Years

Lois Johnson, Environmental Health/Administration — 40 years
Steven J. Zaret, Dental — 42 years

"This ceremony provided recognition, a moral booster as well as an opportunity for employees, friends, family, peers and the community to celebrate the outstanding achievements of these phenomenal employees," stated Ms. B.A. Dixon, LMC Co-Chair and event Chair. "I'd like to personally extend a heartfelt congratulations to each of these devoted employee recipients whose years of service and dedication has sincerely made a positive impact on the community and the patients we serve," expressed Ms. Dixon. "I'd also like to specifically thank all those who assisted with the ceremony," she emphasized.

Recipients and their families were invited to partake of a hot catered dinner provided by *Edibles N Such*. This inaugural event will be followed by several more in the future. It is our hope that you join us in celebrating these employees.

Continued from page 1...Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health

For example, when people who misuse OxyContin crush and inhale the pills, a dose that normally works over the course of 12 hours hits the central nervous system all at once. This effect increases the risk for addiction and overdose.

Side effects. Prescription drugs are designed to treat a specific illness or condition, but they often affect the body in other ways, some of which can be uncomfortable and in some cases, dangerous. These are called side effects. For example, opioid pain relievers can help with pain, but they can also cause constipation and sleepiness. Stimulants, such as Adderall, increase a person's ability to pay attention, but they also raise blood pressure and heart rate, making the heart work harder. These side effects can be worse when prescription drugs are not taken as prescribed or are used in combination with other substances.

How Prescription Drugs are Misused

- **Taking someone else's prescription medication.** Even when someone takes another person's medication for its intended purposes (such as to relieve pain, to stay awake, or to fall asleep) it is considered misuse.
- **Taking a prescription medication in a way other than prescribed.** Taking your own prescription in a way that it is not meant to be taken is also misuse. This includes taking more of the medication than prescribed or changing its form—for example, breaking or crushing a pill or capsule and then snorting the powder.
- **Taking a prescription medication to get high.** Some types of prescription drugs also can produce pleasurable effects or "highs." Taking the medication only for the purpose of getting high is considered prescription drug misuse.
- **Mixing it with other drugs.** In some cases, if you mix your prescription drug with alcohol and certain other drugs, it is considered misuse and it can be dangerous.

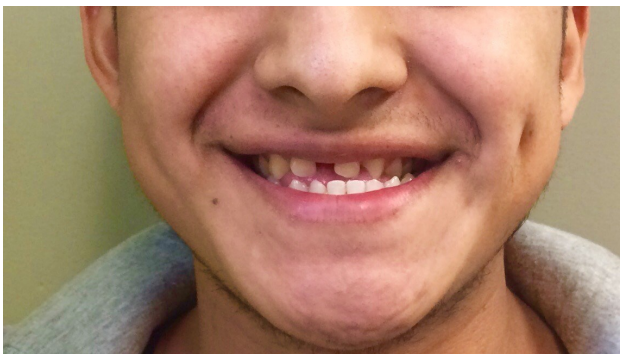
Commonly Misused Prescription Drugs

There are three kinds of prescription drugs that are commonly misused. Visit our separate Drug Facts pages to learn more about each of these classes of prescription drugs:

Opioids—used to relieve pain, such as Vicodin, OxyContin, or codeine
Depressants—used to relieve anxiety or help a person sleep, such as Valium or Xanax
Stimulants— used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin

Life changing event at Dater High School 2017

Even after three years, Deaconess Dental continues to surprise new faces on campus. An 18-year old student from Guatemala finally gets a new look that gives him a confident smile. Despite being far away from his family, he strides to maintain straight A's in hopes to attend university after high school. This is a story that turns hope into reality. Deaconess Dental is proud to take part in his journey.



DATER HIGH SCHOOL

CHD Dental Center Locations:

Crest Smile Shopppe — 612 Rockdale Avenue\513.352.4072
Elm Street Health Center — 1525 Elm Street\513.352.2927
Millvale at Hopple Street Health Center — 2750 Beekman Street\513.352.3196
Northside Health Center — 3917 Spring Grove Avenue\513.357-7610
Price Hill Health Center — 2136 West 8th Street\513.357.2704

Lead poisoning prevention

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.

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 513.591.5068
Kathleen.Frey@gcww.cincinnati-oh.gov or

Jim Nelson at 513.591.6869
James.Nelson@gcww.cincinnati-oh.gov

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