HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MAY 2018
Vol. VIII Issue V

"**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

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city of CINCINNATI HEALTH DEPARTMENT

The Board of Health Appoints First Female African American Health Commissioner, Ms. Melba R. Moore, MS, CPHA

The Cincinnati Health Department Board of Health voted unanimously to appoint Ms. Melba R. Moore, MS, CPHA, as the new permanent Health Commissioner at its board meeting on April 24, 2018. The Board has had many discussions on restructuring the leadership at the health department with the ever-changing public health landscape, and concluded it was most appropriate to appoint a permanent health commissioner after two years of interim leadership.

Ms. Moore has extensive experience in public health, serving as the Commissioner of Health for the City of St. Louis Department of Health for the past 17 years. During these years, Ms. Moore was successful in developing and implementing health programs for improving outcomes with asthma, obesity, childhood lead poisoning, sexually transmitted infections, environmental health, and violent crime. She additionally secured funding to address cardiovascular disease, youth violence and parent mentoring programs to improve early childhood well-being.

A Doctoral candidate for Business Administration with a Healthcare Administration Specialization at Northcentral University, Ms. Moore also has a Bachelor of Arts degree in Psychology from Webster University, and a Masters of Science in Health Management from Lindenwood University.

"Ms. Moore has an established reputation for energetic, creative, dedicated leadership. The Board looks forward to her joining the health department and building on its long and distinguished history of providing high quality services to the citizens of Cincinnati," expressed Board Chair, Phil Lichtentstein, MD.

Marilyn Crumpton, MD, MPH, has served as the Interim Health Commissioner since October 2016 after the departure of O'dell Owens, MD, who resigned as the Interim Health Commissioner and Medical Director to lead Interact for Health as the organization's President/CEO. During Dr. Crumpton's term as interim, she oversaw the critically important completion of the application submission for Accreditation by the Public Health Accreditation Board. The completion of this process will ensure a competitive advantage for retaining state and federal grants in the future. She also oversaw the re-accreditation of the City of Cincinnati Primary Care Health Center Network among many other accomplishments.

Dr. Crumpton will resume her former responsibilities as the Medical Director for the Division of School and Adolescent Health, a nationally recognized model of school-based health services which she is responsible for developing.

Commissioner's Corner

On April 13th, I presented to the Ohio House of Representatives' Legislative Assistants and Policy Advisors for #KidsTalk on behalf of Voices for Ohio's Children to discuss how School Based Health Centers (SBHCs) improve academic achievement through better health. #KidsTalk is a monthly speaker series that offers state legislators and their staff a presentation on kids' issues by local experts.

I explained how SBHCs utilize a community approach by resource coordination. Cross boundary leadership provides an infrastructure through the coordination of networks of community agencies and resources to support the efficient and effective administration of Community Learning Centers. School Health serves as a vital partner within the schools. This allows for health services to be accessed to all students and families, regardless of income or insurance. SBHCs offer equity in access to services across all Cincinnati Public Schools. Care includes vision, dental, behavioral and primary care.

Voices for Ohio's Children has been in existence since 1996 and has grown into a comprehensive and hands-on advocacy organization, focused on educating, influencing, and improving policies that impact children in Ohio. To learn more, please visit **http://www.raiseyourvoiceforkids.org/**

Events & Shout Outs!

Wednesday, May 9, 5:30 p.m.—7 p.m. (registration begins at 5:00pm), Communities Healthy by Design, Urban Designs Center's Renee Martin introducing Angela Mazzi, AIA ACHA EDAC, GBBN; Angelica Hardee, PhD, Gen-H The Health Collaborative; and Christa Hyson, MPH, Cincinnati Health Department. **Event location:** Design Center, 1116 Race Street Cincinnati OH 45202

Free for AIA members, sponsors, non-architects and students (registration required). $10 for non-member architects to receive AIA CEUs.

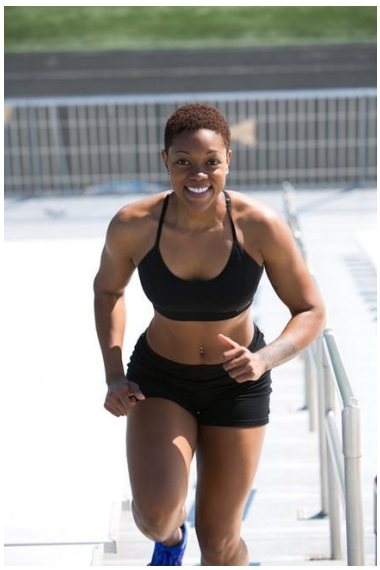
Thursday, May 17, from 6 p.m.—8 p.m., *Brother You're On My Mind*, a conversation to raise awareness about men's health with Guest Speaker Ronald Hummons (Speaker, Author, Film Producer), **Event Location:** CHD, 3101 Burnet Avenue, Delores L. Bowen Auditorium, 1st Floor

Friday, August 3, from 9:30 a.m.—11:30 a.m. The Global Big Latch On, with the Big Latch at 10:30 a.m., Event Location: 7162 Reading Road, 3rd Floor. Questions 513.821.7012.

National Women's Health Week celebrated in May

Women's Health Week is celebrated this month and it's never too early or late to make healthy changes so you look and feel your best. The 19th annual National Women's Health Week kicks off on Mother's Day, May 13, and is celebrated through May 19, 2018. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to inspire all women to be as healthy as possible.

During the annual health observance, millions of women take initiatives to improve their health, take control of their lives and help others do the same. The week serves as a reminder for women to make their health a priority and build positive health habits for life. It's a great time to talk to the women in your family to update your family's health history. Knowing of generational health issues can help you make smarter choices about your own healthcare. CHD encourages women to protect their health by getting the care they need to prevent disease, disability, and injuries. That means keeping annual well women check-ups with healthcare providers. Women can talk to their health care provider to learn more about what screenings and exams are needed and when. For example, women can have age appropriate health screenings performed such as Pap and HPV tests, mammogram, DEXA scan, colonoscopy, eye exam, cholesterol and blood pressure tests.



An annual check-up is also a great time to discuss weight management, diabetes and any health concerns women may have regarding bullying and violence against women and girls. Discuss any vaccines that need to be taken to protect your health including Shingles, tuberculosis and pneumonia shots. Preventive care can keep disease away or detect problems early, when treatment is more effective.

Health on the Hill 2018: Connecting Public Health Leaders to Policymakers

The National Association of County and City Health Officials (NACCHO) recently hosted ***Health on the Hill*** in Washington, DC. The annual event is a part of NACCHO's ongoing efforts to inform policymakers of the critical role that local health departments play in keeping our communities healthy and safe. The event drew more than 45 public health officials, state association leaders, and Big Cities Health Coalition members from across the nation who all convened in Capitol Hill to meet with nearly 100 Members of Congress. Although each participant had different priorities to discuss with their elected officials, they all shared a mutual goal to provide awareness into the state of public health in their communities and the inimitable challenges they face in crafting and improving community health and well-being.

CHD's Denisha Porter, MPH, RS, REHS, HHS, Director of Health Promotion and Worksite Wellness and NACCHO Board Member, attended the event. "Hill Day was an exciting experience for me. Most importantly, I was able to connect with our state delegates to better understand what some of their top priorities were, as well as gain insight into their most pressing public health concerns. In addition, we had dialogue about the scope of community engagement on the local level," she expressed.

Tonia Smith receives NACCHO's Promising Practice Recognition

Tonia Smith's work with the Tobacco Free Living program has been selected as a Promising Practice by the National Association of County and City Health Officials' (NACCHO) 2018 Model & Promising Practice Program. The selection of this program as a Promising Practice means that the program demonstrates exemplary and replicable qualities in response to a local public health need. The Tobacco Free program reflects a strong local health department role, collaboration, and innovation.

The program honors and recognizes outstanding local health initiatives from across the nation, and shares and promotes these practices among local health departments via the Model Practice Database. Model and Promising Practices cut across all areas of local public health, including community health, environmental health, public health infrastructure and systems, and public health preparedness.

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A Message from the Board of Health

Phil Litchtenstein, MD
Chair, Board of Health

Since 1949, May has been observed as Mental Health Month. Our bodies don't separate mental and physical health like our health care system does. Monitoring mental health, especially in young children, is key to establishing important life skills -like coping and adapting - to build resiliency to become better problem solvers throughout life.

On April 20th, Dr. Crumpton spoke at a Cincinnati Pediatric Society event on Adverse Childhood Experiences and Toxic Stress. She presented on the importance of building community resiliency in School Based Health. One of the long term goals of the Board of Health is to expand the availability of behavioral health services at all Cincinnati Health Department Health Center sites for both adult and pediatric patients to create a more resilient community.

During Mental Health Month, we encourage you to find ways to take care of you and your loved ones' mental health to build strong, resilient lives.

The Cincinnati Dental Society Honors Nancy Carter, RDH, MPH, Associate Dental Director

Nancy Carter, RDH, MPH, received the distinguished 2018 Jack W. Gottschalk, D.D.S Notable Service Award presented by The Cincinnati Dental Society's Oral Health Foundation. Mrs. Carter was honored for her lifelong commitment to making dental care accessible to all during a formal ceremony that took place last month at the Metropolitan Club in Covington, Kentucky.

This award is given to a group or individual that is committed to improving the oral health of the under served in the Greater Cincinnati Area. Mrs. Carter serves as the Associate Dental Director, Office of Community Oral Health Programs within the Cincinnati Health Department and has worked tirelessly for years to improve the oral care of children and adults in Cincinnati.

Mrs. Carter began her career at the Cincinnati Health Department in 1981 as the Assistant Dental Director and was promoted to the Associate Dental Director in 2007. Her primary responsibilities involve program management and grant writing. Mrs. Carter oversees the CHD dental program which includes nine locations, 15 dentists, 10 dental hygienists and about 50 support staff. The locations are embedded within community health centers and schools, and serve 20,000 patients in 46,000 visits each year. Two new locations are planned to open later this year: one in the Academy of World Languages and one in the Cann Health Center.

"I get the most satisfaction from helping our patients receive dental care that they would otherwise not be able to acquire," expressed Mrs. Carter. "Dental disease is prolific in low-income and uninsured populations. It causes pain and infection that inhibits individuals from functioning at a level where they can maintain employment, care for their children and attend school. It can be life threatening," she explained. Mrs. Carter also emphasized that there is job satisfaction in implementing programs in schools that prevent the disease from occurring in the first place.

Mrs. Carter's motivation comes from the satisfaction of knowing that her co-workers, as a team, are helping people improve their lives. She believes this award is significant because it is a strong sign that her team is making a difference that was noticed by the Cincinnati Dental Society, a group that represents the entire private practice dental community. "This public/private partnership is very important to our ability to provide our patients with the specialty care they often need to restore health and function to their teeth and lives," Carter stated. "This partnership creates more access for our patients. By working together, we can accomplish more and have an even greater impact on the lives of our patients," she added.

The Cincinnati Dental Society's Oral Health Foundation was founded in 2005 and first named the Cincinnati Center for Children's Dentistry. It is the philanthropic arm of the Cincinnati Dental Society committed to a mission, "To improve access to dental care to low income citizens of the Greater Cincinnati area by providing basic dental care, decay prevention, oral hygiene instruction and nutritional counseling."

Tonia Smith receives NACCHO's Promising Practice Recognition *Continued from page 3….*

A Model Practice meets the following criteria: LHD role, collaboration, innovation, responsiveness, and evaluation. A Promising Practice exhibits the potential to become a Model Practice, and meets the same criteria of a Model Practice, with some qualitative and quantitative evidence that the practice has potential to improve health outcomes.

Congratulations to Tonia Smith, RS, CHES, TTS, Coordinator/Public Health Educator at CHD!

Protecting yourself from Meningitis

Meningitis can be a very serious illness. Meningitis is an irritation of the covering of the brain and spinal cord. Aseptic meningitis is generally caused by viruses and occurs primarily in young children. The virus is present in the bowel movement and saliva of infected persons. People become infected only by swallowing the virus, either from fecal material or from respiratory droplets from infected persons or from shared contaminated items (such as cups, lip balm, utensils).

Symptoms of aseptic meningitis generally include fever, headache, lack of appetite, stomach pain, nausea and vomiting, and stiff neck. These symptoms typically go away with no permanent damage after a few days to a week. However, both viral and bacterial meningitis display the same symptoms, so if you see the symptoms listed above in you or your child, see your doctor immediately.

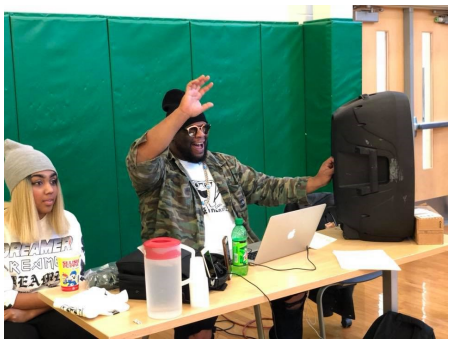
There are simple steps that you can take to protect your child and family from meningitis. Teach your children not to share cups and utensils, lip balm or other such products. Encourage your children to wash their hands often with soap or water (or use hand sanitizer), particularly after using the bathroom or touching surfaces or other individuals. Tell your child to avoid rubbing their eyes, nose or mouth, as these actions can introduce the virus to the system. There is a vaccine that can protect against Meningococcal meningitis, but there is no vaccine to protect against aseptic meningitis.

CHD Celebrates the Kyle Willis Oral Program at Taft

The Bootsy Collins Foundation hosted an oral health awareness event at the Taft High School to promote the importance of dental health and overall well-being. The event was a part of the Kyle Willis Oral Care Program which Mr. Bootsy Collins and his wife, Pepperminte Patti, started in honor of their nephew Kyle who died of tooth decay. Kyle was only 26 years old and he was the father of a five year old girl. Since the program's inception, the Foundation has hosted family-friendly events to promote dental care awareness.

The overall program objective is to provide under-served populations with access to oral care education, resources, and to direct individuals to available dental care services. The long term goal is a collaborative effort between general healthcare providers and oral health professionals. The educational services will not only be shared with providers but also institutions which will assist in diagnosing and treating all community members. The project mission is to assure that all people, regardless of their personal situation, never go untreated for oral care/dental conditions which could lead to a health risk for them and their families.

CHD staff, patients, Taft students and members of the Foundation, including Patti Collins, enjoyed dancing and games while educating visitors about oral health. Oral health has been linked with other chronic diseases, like diabetes and heart disease. It is also linked with risk behaviors like using tobacco and eating and drinking foods and beverages high in sugar.



UC reports Mumps outbreak on campus

Since early April, two cases of mumps have been confirmed and one case suspected on The University of Cincinnati's West Campus. The University is working with the Cincinnati Health Department to implement practices to manage the current cases and prevent the spread of the disease. As an extra precaution, the CHD is advising residents of the disease's symptoms and steps to prevent getting infected.

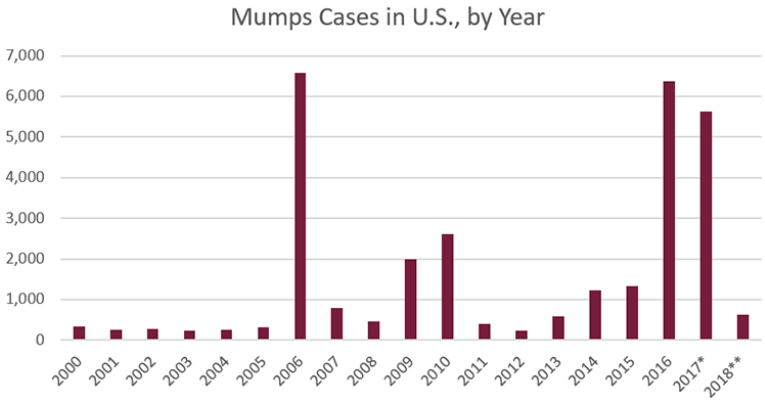
Mumps symptoms typically include headache, fatigue, and swollen, tender salivary glands under the ears or jaw and on the cheeks. According to the Centers for Disease Control and Prevention, mumps is most contagious during the three days before symptoms appear and as many as four days after. Symptoms usually appear two to four weeks after exposure. Most people with mumps make a full recovery after a few weeks.

However, the CDC says if mumps isn't treated properly, it can cause serious complications including inflammation of the brain, pancreas, testicles and ovaries, as well as the covering of the brain and spinal column. Mumps can also leave a person permanently deaf. So preventing mumps is important.

Steven Englender, MD, MPH, director of the CHD's Center for Public Health Preparedness, says mumps is spread like many other viruses — via saliva or mucous from the mouth, nose or throat. An infected person can transmit the infection by coughing, sneezing, sharing items such as cups or beverages, intimate contact or by touching surfaces with unwashed hands. "Keeping your hands clean is one of the most important steps you can take to prevent spreading the illness," Dr. Englender stated.

Most patients are encouraged to rest until their fever goes away, take anti-inflammatory over-the-counter drugs such as ibuprofen to reduce their fever and drink plenty of water to avoid dehydration. "It is important to check your medical history to make sure you have been immunized against the mumps virus. If not, make an appointment to receive the Measles, Mumps and Rubella (MMR) vaccine as soon as possible," explained Englender. "People born before 1956 are considered naturally immune and do not require vaccination," he continued.

Be safe! Wash your hands frequently and avoid sharing items such as cups and lip balm. Check on your vaccination status. Contact your physician if you experience symptoms or have other health care issues.



* Case count is preliminary and subject to change.
**Cases as of March 30, 2018. Case count is preliminary and subject to change.
Source: Morbidity and Mortality Weekly Report (MMWR), Notifiable Diseases and Mortality Tables(https://www.cdc.gov/mmwr/publications/index.html)

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