



Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion, and protection.



Montgomery County Elevated to Level High in the CDC Community COVID-19 Levels Framework

Montgomery County has been experiencing an upward trend of COVID-19 cases and hospitalizations for the past several weeks, and due to this increase, the Centers for Disease Control and Prevention has designated Montgomery County as a High Level in its [COVID-19 Community Level Framework](#).

As of the week ending July 29, the two-week incident case rate **increased** from 611.6 per 100,000 last week to 623.7 per 100,000 this week. The two-week incident rate (623.7 per 100,000) is **3.9 times higher** compared to this time last year (161.4 per 100,000).

COVID-19 Community Levels are a new tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

“As we move through the various phases of this pandemic it is important for us to make adjustments to the precautions that we take,” said Jennifer Wentzel, Montgomery County Health Commissioner.

When a county is designated at a high level in the CDC’s framework, the following actions are recommended:

- [Wear a mask indoors](#) in public regardless of vaccination status
- Stay [up to date](#) with COVID-19 vaccines
- [Get tested](#) if you have symptoms
- Additional precautions may be needed for people [at high risk for severe illness](#)

If you are immunocompromised or at high risk for severe disease, learn more about [how to protect yourself](#) with additional CDC recommendations for each COVID-19 Community Level.

Public Health, along with our State and Federal partners, will continue to monitor the status of the COVID-19 pandemic and make revised recommendations should conditions warrant.



Public Health Offers Back-to-School Vaccinations

Public Health - Dayton & Montgomery County is hosting “walk-up” childhood vaccination clinics Wednesday, August 3, 10, 17, 24, and 31 from 12:30 – 4:00 pm at its Public Health Clinic located in the Reibold Building, 117 S. Main St. in downtown Dayton.

As parents begin to plan for their children’s in-person learning, Public Health reminds parents to make sure their children get caught up on recommended vaccines. For a list of required and recommended vaccines visit:

<https://www.cdc.gov/vaccines/parents/index.html>

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. Services are billed based on the patient’s ability to pay and no one will be turned away based on inability to pay.

A parent or legal guardian must accompany their children and bring the following information: Photo ID for parent or guardian, immunization shot record for child (if available), insurance card, and custody or guardianship papers (if applicable). Free parking will be available in the Reibold Building garage and face masks must be worn while receiving services.

Please note: The clinics are for routine childhood vaccinations. COVID-19 vaccinations will not be available at this time.



WHO Declares Monkeypox a Global Health Emergency

The World Health Organization (WHO) declared monkeypox a global health emergency on Saturday, July 23. The rare designation means the WHO now views the outbreak as a significant enough threat to global health that a coordinated international response is needed.

Now, U.S. health officials are discussing whether to declare a [public health emergency](#) for the monkeypox outbreak as they work to make treatments and vaccines available to more people. “We’re looking at ... what are the ways the response could be enhanced, if any, by declaring a public health emergency,”

White House response coordinator Ashish Jha told reporters during a recent briefing.

Monkeypox is a viral illness that typically begins with flu-like symptoms and swelling of the lymph nodes and progresses to a rash. Cases recently identified across the country appear less likely to have the initial symptoms of flu-like illness or lymph node swelling and the rash, which may look like pimples or blisters, may also stay contained to a particular part of the body.

Monkeypox spreads in different ways. The virus can spread from person-to-person through direct contact with the infectious rash, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex. In addition, pregnant people can spread the virus to their fetus through the placenta.

Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids is another way monkeypox spreads. It's also possible for people to get monkeypox from infected animals, either by being scratched or bitten by the animal or by eating meat or using products from an infected animal.

People who do not have monkeypox symptoms cannot spread the virus to others and the risk to the public is low at this time.

Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically resolves itself in 2 to 4 weeks and in some cases a medication may be available to treat those who have contracted Monkeypox. The disease can become serious in some cases, especially in children and those with weak immune systems. For more information about Monkeypox visit the [CDC's website](#).



Men's Health Lecture Series

Public Health - Dayton & Montgomery County's Chronic Disease Prevention Community Health Improvement Plan (CHIP) Workgroup will be hosting a Men's Health Lecture Series throughout the month of August. The series will take place Tuesdays, August 16, 23, and 30 at Dayton Metro Library's Northwest Library Branch, located at 2410 Philadelphia Dr, Dayton, OH 45406.

Each session will run from 6:00-7:30pm. The sessions will include health screenings and coaching, provided by Kettering Health, prior to the speaker's presentation. Topics to be covered in the series include Colorectal Cancer, "Salt Kills", and Diabetes & Nutrition. This series will be open to all interested in attending.

The goal of this series is to educate Black men and the important people in their lives about the significance of taking care of their health, and the steps

they can take to do so. In Montgomery County, the death rate for heart disease is 1.8 times higher in Black men than the overall heart disease death rate. Black men also die at a younger age from heart disease compared to women and other races. By providing this valuable information, we aim to encourage people to take action to take control of their health. To register visit [Public Health's website](#).



Public Health Announces New Medical Director

Public Health – Dayton & Montgomery County is pleased to welcome Dr. Becky Thomas as its new Medical Director. Public Health's previous Medical Director, Dr. Michael Dohn, announced his retirement earlier in the year.

Dr. Thomas previously had interned with Public Health as part of her studies in Wright State University's Master of Public Health program. Prior to joining Public Health, Dr. Thomas has a wide range of experience in family practice, health policy and working with community groups.

Some of her previous employment includes practicing medicine at Bayhealth Medical Center and Central Delaware Family Practice, teaching Science and Public Health principles at Centerville's Tower Heights Middle School and serving on Wright State University's COVID-19 Response Team. Dr. Thomas is a graduate of The Ohio State University Medical School.



August is Breastfeeding Awareness Month

August is Breastfeeding Awareness Month, and [World Breastfeeding Week](#) (WBW) will be celebrated August 1-7 this year. Breastfeeding has many known health benefits for mother and baby and is widely accepted as an effective strategy to promote positive health outcomes for both mothers and their babies.

Research suggests that breastfeeding is a key factor in reducing risk of disease for both mothers and infants, including respiratory illness, ear infections, allergies, and some cancers. A woman's early experience with breastfeeding can affect whether and how long she continues to breastfeed. Providing support at every level can help reduce barriers to breastfeeding.

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately 6 months after birth. Furthermore, the AAP supports continued breastfeeding, along with appropriate complementary foods introduced at about 6 months, and for 2 years or beyond if desired by mother and child.

Communities and related programs play a vital role in helping women reach these breastfeeding recommendations by providing education and support at the most crucial times in the perinatal period.

[Public Health – Dayton & Montgomery County’s Women, Infants, and Children \(WIC\) Program](#) offers breastfeeding support to Montgomery County families by providing prenatal education as well as appointments with lactation professionals.

For more information about breastfeeding, call Public Health’s WIC Program at 937-225-6166.



Black Breastfeeding Luncheon

The EveryOne Reach One Maternal and Infant Vitality Task Force is celebrating the benefits of breastfeeding during a Black Breastfeeding Luncheon being held Saturday, August 27 from Noon to 3:30 pm at Sinclair Community College.

This FREE event will feature the documentary film “Chocolate Milk” which explores the racial divide in breastfeeding and seeks to answer the longstanding question of why more African American women are not breastfeeding.

- FREE Lunch & Parking
- Door Prizes & Valuable Resources
- Learn from Health Educators
- Have Fun & Connect with Other Breastfeeding Moms

Registration is required. To register visit phdmc.org or call (937) 496-7188.



Valleycrest Landfill Remediation

The North Sanitary Landfill, otherwise known as the Valleycrest site, is a 102-acre area in Old North Dayton that was used for landfilling industrial and municipal wastes in unlined former gravel pits. It is bordered by residential neighborhoods. It was designated a USEPA Superfund site in 1994 and some cleanup was done between 1998 and 2003. It is now in the beginning phase of another multi-year final remediation effort.

USEPA is the lead agency for overseeing the installation of a multi-layer cap, a leachate extraction system and a permanent landfill gas collection system. All these efforts are designed to protect the ground water and environmental health and human health around the site. Remediation is expected to be completed by the end of 2023.

There are discussions underway with the USEPA, the City of Dayton and the neighborhood groups as to how the site will be used after the remediation is complete. Some ideas for it have included open space, sports fields, and a solar farm. Public Health staff have been attending the community group meetings.



Environmental Health Training in Emergency Response

Matthew Tyler, Public Health’s Office of Environmental Health Director, recently completed the Environmental Health Training in Emergency Response course (EHTER) offered by the Center for Domestic Preparedness (CDP), in Anniston, AL. The CDP is operated by the U.S. Department of Homeland Security’s Federal Emergency Management Agency.

This hands-on training class included 16 participants from all over the United States including Texas, Alaska, Maryland, Utah, Georgia, Virginia, Ohio and Minnesota. They trained for emergency response scenarios during natural disasters, specifically for assessments of drinking water and wastewater systems, shelters, and food safety. Developing and improving leadership, teamwork and assessment skills was the main focus in this training.

The training included one day of classroom training and two days of exercises with the class split up into two teams. A third day of training had the classes combined into one large task force for two additional exercises. Matthew was chosen to lead this combined task force to assess both a community shelter and the reopening of businesses in the community after a devastating flood.



Media Opportunities:

- 7/7/2022 - DDN - COVID-19 Number of Cases
- 7/12/2022 - WHIO - Safe Sleep
- 7/14/2022 - WHIO - Mosquitos
- 7/15/2022 - DDN - COVID-19 Community Level High
- 7/15/2022 - WDTN - COVID-19 Community Level High
- 7/19/2022 - ABC 22 - COVID-19 Cases Increasing
- 7/20/2022 - DDN - COVID-19 Mask Recommendations
- 7/23/2022 - DDN - COVID-19 Community Level High
- 7/23/2022 - WHIO - COVID-19 Community Level High
- 7/23/2022 - ABC 22 - COVID-19 Community Level High
- 7/25/2022 - DDN - Opioid Settlement
- 7/27/2022 - WHIO - Monkeypox
- 7/28/2022 - DDN - COVID-19 Back to School
- 7/28/2022 - DDN - Monkeypox
- 7/28/2022 - ABC 22 - Monkeypox


**CDC'S WORK TO SUPPORT & PROMOTE
BREASTFEEDING
IN HOSPITALS, WORKSITES, & COMMUNITIES**

THE PROBLEM

1 IN 4

Only 1 in 4 infants is exclusively breastfed as recommended by the time they are 6 months old.

Low rates of breastfeeding add more than **\$3 billion** a year to medical costs for the mother and child in the United States.



Three quarters (76%) of Black infants are ever breastfed, which is below the national average of 84%.



BREASTFEEDING IS AN INVESTMENT IN HEALTH, NOT JUST A LIFESTYLE DECISION

BENEFITS FOR INFANTS

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants



BENEFITS FOR MOTHERS

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer



Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breastfeed.

Dr. Ruth Petersen, Director of CDC's Division of Nutrition, Physical Activity, and Obesity

MOTHERS NEED SUPPORT THROUGHOUT THEIR BREASTFEEDING JOURNEY

60% of mothers stop breastfeeding sooner than they planned.



Certain factors make the difference in whether and how long babies are breastfed:

- Hospital practices
- Education and encouragement
- Policies or supports in the workplace
- Access to community supports

Submitted by:

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