



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



Food Equity Coalition

To meet Public Health's strategic goal to "use the collective impact model to address high priority health needs," the Montgomery County Food Equity Coalition has been developed with stakeholders, partner organizations, and community members. The Food Equity Coalition has been implemented using the Incident Command System and Whole Measures for Community Food Systems frameworks. The coalition's first goal is to develop a comprehensive, system-wide approach to improve community food security within Montgomery County. The Backbone Support section and six branches have begun meeting monthly to develop a Food Equity Plan with measurable outcomes. The branches include: Food Insecurity, Thriving Local Economies, Sustainable Ecosystems, Strong Communities, Healthy People, and Vibrant Farms. The plan will be presented at the Montgomery County Food Summit on November 20 at Sinclair Community College.



Emergency Preparedness Month

In light of the recent tragic incident in the Oregon District and the tornadoes of Memorial Day weekend, it is even more important than ever before to recognize the need for emergency preparedness at both county-wide and individual levels.

Public Health's Emergency Preparedness Program provides a regular schedule of regional training exercises to help keep us prepared for a variety of scenarios. While at the same time, Public Health's Incident Management Team routinely engages in smaller scale incidents as they occur throughout the county.



**PREPARED,
NOT SCARED**



National Preparedness Month 2019

Individuals can be prepared for an emergency by following these simple recommendations. Be prepared to be self-reliant for three days without utilities and electricity, water service, access to a supermarket or local services, or maybe even without response from police, fire or rescue.

Preparing can start with four important steps:

1. Be informed about emergencies that could happen in your community, and identify sources of information in your community that will be helpful before, during and after an emergency.
2. Make a plan for what to do in an emergency.
3. Build an emergency supply kit.
4. Get involved.

For more tips about how to prepare in an emergency visit www.ready.gov.



Football Season is a Dangerous Time for Problem Gamblers

Football is the most popular type of sports betting and with the season just beginning it can be a dangerous time for gamblers.

According to the National Council on Problem Gambling, 2 million (1%) of U.S. adults are estimated to meet the criteria for pathological gambling in a given year. Another 4-6 million (2-3%) would be considered problem gamblers that experience problems due to their gambling behavior.

As more States continue to legalize sports betting there is an even greater chance than ever before for people to develop a gambling addiction.

Help yourself and your friends by knowing the signs of problem gambling;

- Borrowing money to gamble
- Lying about time or money spent on gambling
- Betting more over time to feel the same sense of excitement
- Exaggerating wins and minimizing losses
- Spending a lot of time gambling or thinking about gambling
- Hiding bills or debts
- Becoming irritable when not gambling

Gamblers may take this confidential self-assessment quiz to help them understand if they may have a problem, <https://www.beforeyoubet.org/the-quiz/>

Public Health's Addiction Services program offers help for those who may need it.

To schedule an appointment with one of Public Health's counselors call 937-461-5223.



Environmental Health Passes Ohio Department of Health Audit

The Bureau of General Services received results of the Ohio Department of Health's (ODH) five-week long food survey conducted this summer. The survey is conducted every three years by ODH and its purpose "is to determine whether Public Health is carrying out the mandated program requirements as set forth in the Ohio Revised and Administrative Codes." The report found that the Food Service Operation Program is meeting the standards set forth by the survey methodology and is approved to continue as the licensor for Montgomery County.

Staff were evaluated in the field doing [inspections of restaurants](#) to determine their ability to apply the food code. These were one-on-one inspections conducted with ODH staff that identified potential violations at an operation. To pass this parameter, more than 50% of the staff had to identify at least 80% of the violations noted by the ODH surveyor. Thirteen staff were evaluated averaging 88% violations identified across the board.

Staff were also involved in two other surveys conducted by ODH this spring, the Public Swimming Pool Program and the Campground Program. Both of these programs were found to be operating satisfactorily, and Public Health was approved to continue as the licensor for Montgomery County.



Ragweed Allergy Season

Each year millions of Americans suffer from hay fever. Public Health's Regional Air Pollution Control Agency (RAPCA) wants you to know there are things you can do to reduce your exposure to pollen and mold spores which cause allergies. Symptoms of hay fever include spasms of sneezing, a stuffed-up, runny, itchy nose, itchy and swollen eyes, and itching and mucus in the throat. For many people in the Miami Valley, these symptoms start each year in mid-August.

Hay fever, also known as allergic rhinitis, occurs in susceptible individuals when airborne pollen and mold spores are inhaled. These substances are completely harmless to the non-allergic individuals. The pollens that cause seasonal hay fever are primarily produced by trees in the spring, grasses in early summer, and ragweed in late summer.

Ragweed is found in abundance in the Miami Valley and is the major cause of hay fever in the Dayton/Springfield area. As Fall approaches, shorter days and longer nights stimulate pollination in the ragweed plant. This results in a continuing emergence of ragweed pollen from August to October. The first hard frost kills ragweed and usually ends the season for most sufferers.

Tips to reduce exposure to ragweed:

- Keep windows closed to prevent pollen from coming into your home.
- Use air conditioning, which cleans, cools and dries the air.
- Minimize outdoor activity when pollen counts are high. Peak pollen times are usually between 10 a.m. - 4 p.m.
- Keep car windows closed when traveling.

- Take a shower after spending time outside - pollen can collect on hair and skin.
- Don't hang sheets or clothing outside to dry. Pollens can collect on them.

RAPCA helps allergy sufferers avoid exposure to the pollen and mold spores by measuring the pollen and mold counts and posting them on their website (<http://www.rapca.org>). In addition, RAPCA reports daily pollen and mold counts Monday through Friday to area news media. The readings measure the amount of pollen found during the previous 24-hour period, from 8:00 a.m. to 8:00 a.m.

During this ragweed season, or any time you are suffering from allergic symptoms, make sure to see your allergist/immunologist to determine the treatment that's best for you. Treatment for ragweed allergy may include allergy shots, which are effective in up to 90 percent of patients. If you need help finding an allergist visit the American Academy of Allergy, Asthma and Immunology at <http://www.aaaai.org>.



CDC Investigating Vaping Related Illnesses

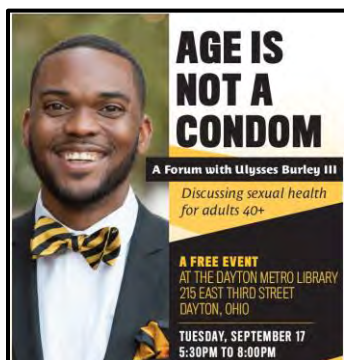
Several states have recently reported cases of severe respiratory illness among teenagers and young adults with a history of vaping. Reported symptoms include cough, fatigue, dizziness, headache, vomiting and diarrhea, chest pain, and worsening difficulty breathing, sometimes requiring intensive care. A variety of vaping products associated with the illnesses have been reported across states.

Even though the cases appear similar, it is not clear if these cases have a common cause or if they are different diseases with similar symptoms, which is why the Centers for Disease Control and Prevention (CDC) is conducting an ongoing investigation.

As of August 27, 2019, 215 possible cases have been reported from 25 states, and additional reports of pulmonary illness are under investigation. While some cases in each of the states are similar and appear to be linked [to e-cigarette product use](#), more information is needed to determine what is causing the respiratory illnesses. In many cases, patients reported a gradual start of symptoms, including breathing difficulty, shortness of breath, and/or chest pain before hospitalization. Some cases reported mild to moderate gastrointestinal illness including vomiting and diarrhea, or other symptoms such as fevers or fatigue. In many cases, patients have also acknowledged recent use of tetrahydrocannabinol (THC)-containing e-cigarette products while speaking to healthcare personnel or in follow-up interviews.

Anyone who uses e-cigarette products should not buy these products off the street and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer. Regardless of the ongoing investigation, e-cigarette products should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. If you use e-cigarette products, monitor yourself for symptoms (e.g., cough, shortness of breaths, chest pain) and promptly seek medical attention if you have concerns about your health.

Upcoming Events



Age Is Not a Condom

Tuesday, September 17, 5:30 pm to 8:00 pm

Dayton Metro Library

215 East Third St.

For more info call (937) 225-5700

Join us for this free forum discussing sexual health for adults 40+.



EveryOne Reach One Infant Mortality Conference

Friday, September 27, 8:00 am to 3:45 pm

Sinclair Community College, Building 12

For more info call (937) 225-5700

Free conference convening professionals and advocates, service and healthcare providers, policymakers and citizens at the local and state level.



Block Party: A Healthy Community Begins with You

Saturday, September 28, 11 am to 2 pm

Boys & Girls Club

1828 West Stewart St.

For more info call (937) 225-5700

Bring your family and friends to this free, fun and educational event.



Media Opportunities:

Dayton Daily News for **Death Certificates** (8/16/19)

Dayton Daily News for **Ragweed Season** (8/19/19)

Dayton Daily News for **Fentanyl** (8/20/19)

Dayton 24/7 Now for **Fentanyl** (8/20/19)

Dayton Daily News for **Tornado Debris** (8/22/19)

WDAO for **Westown Health Fair** (8/22/19)

WDAO for **Westown Health Fair** (8/24/19)

WDTN for **Gambling Addiction** (8/27/19)

Casino.buzz for **Gambling Addiction** (8/28/19)

Dayton 24/7 Now for **Food Service Complaint** (8/29/19)



Outreach Opportunities:

- Art in the City** at K12 Gallery (8/2/19)
- Jefferson Township Community Day** at Arthur Fisher Park (8/3/19)
- Black Nurses Rock Community Health Fair** at Courthouse Square (8/3/19)
- National Night Out Against Crime** at Residence Park (8/6/19)
- Back to School Event** at Premiere Rent to Own (8/10/19)
- Health, Wellness & Safety Block Party** at Northwest Rec Center (8/10/19)
- Burkhardt Festival** at Burkhardt Park (8/10/19)
- Dayton Public Schools Back to School Event** at Ponitz Career Center (8/11/19)
- Saville Elementary Open House** at Saville Elementary (8/12/19)
- African American Cultural Festival** at Island MetroPark (8/17/19)
- MVHO Community Engagement Fair** at Island Park (8/23/19)
- Westown Health Fair** at Westown Shopping Center (8/24/19)
- FOA Rally** at Courthouse Square (8/25/19)

Stat of the Month...

26%

Only 26% of people have an emergency communications plan which includes contingencies for disruption of phone service, according to the 2017 U.S. Department of Housing and Urban Development's American Housing Survey.

Submitted by:
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