Health Commissioner Thoughts

The Importance of Accreditation

The one constant about public health is that it is always changing. We know that the primary concerns of protecting the health of our community today are very different from what they were 50 years ago. We are more likely to die from poor lifestyle choices than from infectious diseases.

Also changing is the way we operate local health departments. Many forces are requiring health departments to be more efficient, better operated and more community-involved. Failure to improve operations has many dire consequences. Funding can be jeopardized. Organizational status can be damaged. Public health services can fall short of excellent. Retention and recruitment of well-trained and dedicated public health employees can become more difficult.

For all these reasons, our agency has devoted considerable efforts to pursue national accreditation status. Accreditation has many benefits.

- It is a visible indicator to the community that the agency is meeting high standards.
- It places the organization on the short list of those likely to receive additional funding from state and national sources.
- It demonstrates a commitment to ongoing quality improvement in all areas of the organization.
- All employees learn more about the entire organization, and thereby better understand the objectives and methods of improving public health.
- It helps align the services provided with changing community health needs.
- The decisions about where public health dollars are spent are guided by data-driven decision-making.

Accreditation assures the citizens, local governments, and community organizations that Public Health – Dayton & Montgomery County is working hard to be the best we can be. The better we are, the more we can help our community move towards improved health.

Jeff Cooper
Montgomery County
Health Commissioner

Trends

#publichealth #diseaseprevention #GetUpMC
#environmentalhealth #emergencypreparedness
#RAPCA #STDclinic #infantmortality #PHDMC
That’s a tough question, and it’s not easy to get an accurate answer. However, Public Health - Dayton & Montgomery County has put a lot of effort into assembling the data and then doing a comprehensive analysis.

You might ask, “Well just how do you do that?” First, you gather data from all available sources about health in our community. Public Health gathered data from 30+ data sources. Then you do an in-depth review where you try to identify what is causing greater health risks, areas of disparity and problems with access to care.

In general terms, we all know the types of behaviors and lifestyle choices that usually lead to better health. However, the examination of data involves taking a closer look at demographic information, socioeconomics, age analysis, the environment, the incidence of various diseases, and the causes of death. The report looks at physical activity, nutrition, and weight to name just a few. This allows Public Health to determine what is killing us or making us sick, and what behaviors we are choosing that lead to those results.

The 2014 Community Health Assessment gives a detailed look at the health of many parts of our community, and also provides valuable data for many organizations, hospitals, foundations, and state and federal funding partners. The information in the Assessment is the basis for determining what constitutes our most significant health problems and where taxpayer dollars should be spent to help us become healthier. Many health-related grants are also funded based on this health data.

The Assessment is a tool that allows measurement of how the community is doing in improving the health of the county. Each time there is a new community health assessment, we know where we are improving, and where we are losing ground.

You may wonder, “What exactly is in the Assessment?” There is a lot. It includes information about cancer, heart disease, tobacco and alcohol use, diabetes, STDs, and access to medical, mental and dental care. It looks at the demographic make-up of the county. It reveals which races are more affected by what diseases. It examines our terrible infant mortality rate and looks at the dramatic increase in accidental drug overdose deaths. There is much more and all of this information is available to anyone who is interested. You can go to our website at www.phdmc.org and download it, or you can call (937) 225-5700 and we will be glad to mail one to you. It makes for a very interesting read.

“This allows Public Health to determine what is killing us or making us sick, and what behaviors we are choosing that lead to those results.”
Since 2012, Montgomery County has seen a 63% increase in the overall number of unintentional drug overdose deaths. The total number of deaths for 2014 was 264. This continued a significant three-year trend of increasing deaths involving heroin. The increase in heroin being mentioned on the death certificates is quite dramatic over the five-year period of the Poisoning Death Review: only 39 cases with heroin mentions in 2010 and 127 in 2014. This is a 226% increase from 2010 to 2014.

Illicit fentanyl, which was first observed at the end of 2013, is now recognized as a substantial contributor to accidental overdose deaths in Montgomery County. There were 107 illicit fentanyl mentions in 2014, which placed this dangerous, clandestinely-manufactured drug alongside heroin as one of the principal drugs in the overdose epidemic.

Prescription opioids, used for pain relief, and benzodiazepine, which is used to treat anxiety and depression continued as significant problems. The simultaneous use of multiple drugs remains very dangerous. In 2014, 72% of individuals who died of drug overdose had two or more drugs in their system.

Consistent with previous years, 93% of individuals who died of drug overdoses had either heroin, a prescription opioid or illicit fentanyl in their system at the time of death.

Montgomery County Health Commissioner Jeffrey Cooper explains, “Illegal drug overdoses and prescription drug abuse continue to take a devastating toll on the health and safety of our community. It is a crisis that is affecting all of us. Every single family knows someone who is directly affected. There is no quick fix. We need to continue working together across every sector of our society.”

I like Public Health because they are helping to deal with brain illness.

Helen Jones-Kelley
Executive Director of the Alcohol, Drug Addiction and Mental Health Services Board for Montgomery County

Illicit fentanyl is a narcotic pain medication 50-100 times more potent than morphine. Even small doses can be fatal.

It is a crisis that is affecting all of us. Every single family knows someone who is directly affected.
In 2014, Ohio experienced the largest measles outbreak since the disease was declared eliminated in the U.S. in 2000. The Ohio outbreak began with unvaccinated travelers returning from the Philippines where a measles outbreak was occurring. Public Health helps prevent the spread of many vaccine-preventable diseases, such as measles, pertussis, flu, mumps, tetanus, hepatitis B and pneumococcal disease through our immunization program. We do this by giving vaccines, providing information to the community on the importance of vaccines, and educating healthcare providers on ways to improve their immunization rates. Maintaining high immunization rates is essential to preventing outbreaks of these diseases.

Over 20,000 doses of vaccines were given to those visiting the Public Health Clinics. In addition, we provided continuing education programs for healthcare providers in Montgomery County on vaccine best practices, educational materials and presentations on vaccines. We also worked on quality improvement programs designed to improve immunization rates in their practices. Out of 48 quality improvement programs conducted, 29 qualified for state recognition for achieving high immunization rates in their patient populations.

“In the United States, widespread use of measles vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era.”
Centers for Disease Control and Prevention

I like Public Health because they help keep my kids safe.

Kristen Gummerus, Dayton

Lots of People Getting Shots

Microscopic image of the highly contagious measles virus.
Public Health became aware of a wedding reception attended by 150 people held at a banquet hall in Miamisburg in late October. Many of the guests had become ill with symptoms including vomiting and diarrhea. The caterer for this event delivered food from a licensed Cincinnati facility. As such, the City of Cincinnati Health Department conducted interviews of restaurant employees and inspected the facilities for potential problems or lapses in food handling.

Public Health's sanitarians joined in the investigation by interviewing approximately 60 of the guests, of which 36 had presented symptoms of possible foodborne illness. Staff distributed stool specimen collection kits to guests who were still ill or had recently exhibited symptoms. The kits were collected and sent to the Ohio Department of Health for analysis.

The groom’s family had leftover food from the event. These food items were collected and tested for Salmonella, Shigella, E. coli 0157, and fecal coliforms, but none of the samples tested came back positive. The water supply at the wedding site was tested and the results showed no bacterial contamination.

All the guests that submitted stool samples tested positive for norovirus. The virus is highly contagious and can infect anyone. Norovirus is spread through contact with an infected person, contaminated food or water, or by touching contaminated surfaces.

Given these findings, there is a good possibility that the norovirus infection may have been spread person to person through all the close contact experienced at the wedding: handshakes, hugs, etc. The outbreak underscores the importance of frequent and thorough handwashing, which is one of the most effective ways to avoid getting sick and prevent the spreading of germs to others.

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**Air Quality 😊😊😊😊**

One of the cleanest years for air quality in the Miami Valley was 2014. Smog, which is consists of ozone and fine particulate matter, was extremely low due to a variety of factors including: a cooler, wetter summer, cleaner cars on the roadways, and less pollution from power plants due to more air pollution controls and the use of cleaner fuels.

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**DID YOU KNOW:**

- Pollen and mold readings and air quality can be heard each morning on RAPCA’s AirLine. Call today and listen. (937) 223-3222
- You can sign up to receive free air quality email notifications and alerts. [http://www.enviroflash.info/](http://www.enviroflash.info/)
- Indoor air pollution and radon can cause health problems. Read more here. [http://www.rapca.org/iaq/indoor_air.php](http://www.rapca.org/iaq/indoor_air.php)

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**I like Public Health because they work with our team to keep my restaurants safe and our customers healthy.** Jay Patel, Dayton
Call today to speak with our friendly, knowledgeable staff to get answers to your questions and learn about all the programs and services that are available to you. We are also online at www.phdmc.org.

I like Public Health because they encourage healthy eating and exercise.

Siera Dance, Dayton

I like Public Health because they encourage healthy eating and exercise.

Siera Dance, Dayton

1,614 people like this.

(937) 225-5700

www.phdmc.org

PUBLIC HEALTH by the NUMBERS

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This table is a mere sampling of Public Health's many programs and services during 2014.
In 2014, thousands of people in West Africa were sick and dying from a deadly outbreak of the Ebola virus. The fear of Ebola arriving by planes coming to the U.S. was a major concern. National news stories were suddenly covering infected people coming to U.S. hospitals for treatment. State and local health departments were instantly preparing for the possible spread of the virus.

Public Health – Dayton & Montgomery County activated their Incident Management Team (IMT) on October 8 and began preparing for what might be coming. All regional health departments, the Ohio Department of Health, and the Centers for Disease Control and Prevention were involved in a coordinated effort to ensure we were all prepared to deal with either a new Ebola case or individuals who had been in contact with an individual with Ebola.

Fortunately, there were no Ebola cases in Montgomery County in 2014. The disease is only spread by coming in direct contact with blood and body fluids of someone who is infected and suffering from the symptoms. If a person is not showing symptoms, they are not contagious.

Healthcare workers follow strict guidelines for use of personal protective equipment with Ebola patients.

**Facts about Ebola in the U.S.**
- You CAN’T get Ebola through AIR
- You CAN’T get Ebola through WATER
- You CAN’T get Ebola through FOOD grown or legally purchased in the U.S.

**You can only get Ebola from**
- The body fluids of a person who is sick with or has died from Ebola.
- Objects contaminated with body fluids of a person sick with Ebola or who has died of Ebola.
- Infected fruit bats and primates (apes and monkeys).
- And, possibly from contact with semen from a man who has recovered from Ebola (for example, by having oral, vaginal, or anal sex).

Healthcare workers follow strict guidelines for use of personal protective equipment with Ebola patients.

**SOME OF THE ACTIONS TAKEN BY PUBLIC HEALTH**
- Held multiple educational sessions for staff about Ebola
- Posted Ebola awareness posters throughout all facilities
- Established an isolation protocol for clients who present a concern
- Established a regional information line to respond to citizen concerns throughout the West Central Ohio eight county region
- Worked with the Montgomery County Prosecutor’s Office to define quarantine authority and procedures
- Conducted multiple media interviews to inform the public about Ebola
- Worked closely with local public health system partners, including the Greater Dayton Area Hospital Association (GDAHA), physicians, nurses, EMS personnel, law enforcement, emergency management personnel, WPAFB and others to share current information on the outbreak
For over 40 years, Public Health’s Women, Infants, and Children (WIC) program has helped thousands of low-income women, infants, and children, who are at nutritional risk. WIC serves an average of 11,600 participants a month by providing nutritious foods to supplement diets, nutrition education, and referrals to other health and social agencies. WIC participants experience many benefits including safer pregnancies, fewer premature births and fewer infant deaths. The benefits also include healthier kids, better performances at school and fewer expenses for healthcare.

Interesting Note:

The first WIC program opened in Pineville, Kentucky in 1975, with Ohio’s program beginning a few weeks later. Dayton was one of the original pilot sites and has grown to become the sixth largest WIC program in Ohio. Thousands of mothers and children have benefited from this good work.

WIC is Still Helping Thousands of Moms and At-Risk Children

Public Health sanitarians were busy inspecting behind the scenes. Over 80 festivals were inspected during 2014. There were 679 inspections of temporary food operations and 616 temporary food permits issued. Each vendor that sells food must be licensed either as a temporary or as a mobile food operation.

Temporary food operations must meet certain criteria in addition to applying for a license to operate. All temporary operations must have a way to wash hands, limit bare hand contact, clean and sanitize dishes, and keep foods hot and cold. They must also keep all food off the ground and make sure the food is obtained from approved sources.

I like Public Health because they do so much to keep us all safe and healthy. They are always in our communities promoting better lifestyles.

Mary Zick, Kettering

While You Were Enjoying Funnel Cakes, Pork Chops, and Smoothies...

During 2014, Public Health performed 679 inspections of temporary food operations.

4,818 people like this.
**Smoking in Parks**

Most Montgomery County residents are in favor of “no tobacco use” policies according to a survey conducted in 2014. Public Health - Dayton & Montgomery County responded by encouraging all park districts to pass a policy to ban smoking. Cooper Park in Dayton was the first park to ban smoking.

The City of Oakwood passed an ordinance that would allow law enforcement to fine people who are smoking or using e-cigarettes at public parks, in public natural areas, or around the city building, public works center and community center. Only three other cities around the state have adopted such legislation. Most recently, the City of Kettering implemented tobacco-free zones at its city park playgrounds, seating areas, and bleachers.

**Smoking in Schools**

Roughly 25% of our adults and 20% of our students in grades 9-12 are current smokers. Reducing exposure, such as banning smoking in K-12 public school districts, is one of the most impactful tobacco reduction initiatives Public Health can do to prevent young people from using tobacco products. Although Ohio law prohibits smoking in school buildings, it is not prohibited on the school grounds or campus.

To date, Brookville, Centerville, Dayton, Huber Heights, Jefferson Township, Kettering, Miamisburg, Northmont, Oakwood, Trotwood-Madison, Vandalia-Butler and West Carrolton school districts have updated their policies to ban all tobacco products on their campuses, including school-sponsored events both on and off school-owned property.

Smoking is the leading cause of preventable, premature death in our country. One in five deaths in Montgomery County is directly related to smoking. There is good news associated with schools that have gone 100% tobacco-free. Studies show, after three or more years, these schools have 40% fewer youth smokers than those that are not tobacco-free.

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**Public Health Stops Hiring Smokers**

As a way to demonstrate community leadership and be good stewards of tax payer’s dollars, Public Health – Dayton & Montgomery County has taken the lead in the local public sector and implemented the most comprehensive nicotine and tobacco policy of any local health department in the state. New hires must declare that they are tobacco and nicotine free while current employees are prohibited from using these products while on duty, including paid breaks and on paid administrative leave. Employees who wish to seek promotion must agree to participate in an approved smoking cessation program every six months until they are nicotine-free and tobacco-free.

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**Top 10 Causes of Death in Montgomery County (2011-12)**

1. Cancer
2. Heart Disease
3. Accidents/Unintentional Injuries
4. Chronic Lower Respiratory Disease
5. Alzheimer’s Disease
6. Stroke
7. Diabetes
8. Influenza/Pneumonia
9. Nephritis/Nephrotic Syndrome
10. Septicemia

*“Healthy lifestyle choices go a long way towards preventing cancer, Type 2 diabetes, heart disease, stroke, and lung disease. Choosing to exercise and eat healthy, not use tobacco or drink too much alcohol provides a strong defense against preventable chronic diseases.”*  
Jeff Cooper, Montgomery County Health Commissioner
The infant mortality rate (IMR) is the number of babies per 1,000 who die before their first birthday, and in Montgomery County the rate for Black babies is three times the rate for White babies.

**2013 provisional data:**

Black – 18.3 deaths per 1,000 live births  
White – 5.0 deaths per 1,000 live births

As one might guess, a major cause of infant deaths is babies being born prematurely. A full-term birth is 39 weeks, and those born earlier are placed at additional health risks. In 2014, the Montgomery County Infant Mortality Coalition significantly expanded their promotion of two interventions that can lower the number of premature births.

**Progesterone therapy** - involves administering the pregnancy hormone that helps the uterus stretch and keeps it from having contractions too early. This can help some pregnant women who have had a previous premature birth, or who have a short cervix diagnosis.

**CenteringPregnancy®** - involves small group prenatal care that includes health assessments, education, and support. This often empowers women and results in healthier birth outcomes.

Miami Valley Hospital, Five Rivers Center for Women’s Health, and Life Stages Samaritan Centers for Women are sites using these interventions to prevent premature births.

Miami Valley Hospital developed a training program for accurate ultrasound diagnosis of short cervix. All sonographers have been trained at Miami Valley Hospital and Life Stages.

At Five Rivers Health Center, 89 pregnant women with premature birth history were enrolled in Progesterone treatment between May 2012 and December 2014, and 71 have given birth prior to 2015. Of those women, 42 babies were born after 37 weeks of pregnancy. While 29 were born at less than 37 weeks, this is a significant improvement compared to the 39 repeat premature births that would have been expected in this group.

With Progesterone treatment, 10 premature births have been prevented.

Five Rivers and Life Stages clinic staff completed a CenteringPregnancy® training workshop. Five Rivers began a new CenteringPregnancy® prenatal care program, and Life Stages expanded its CenteringPregnancy® prenatal care program, focused on those younger than 24 years of age.
Nationally, over 20% of preschool-aged children in child care are overweight or obese. So, Public Health’s GetUp Program developed a plan to promote healthier children. Since child care providers have a unique opportunity to influence behaviors in young children, Public Health began an award program to recognize those child care centers committed to healthy eating and active living for their staff and the families they serve.

The GetUp Healthy Child Care Award of Excellence is based on the 5-2-1-Almost None daily lifestyle prescription:

- Eat 5 servings of fruits and vegetables
- Spend less than 2 hours of leisure screen time (TV, internet, video games)
- Get at least 1 hour of physical activity
- Drink Almost None of those sugary soda or juice-flavored drinks

This program benefits the community because more providers are realizing the value of offering services that support healthy lifestyles. Families benefit because they can identify award-winning providers to meet their child care needs. Healthier kids benefit because they tend to feel better about themselves, are more attentive in school, and have a greater chance of developing into healthy adults.

Of the 233 Montgomery County early child care providers licensed by the Ohio Department of Job and Family Services, 52 submitted complete application assessments of their operations. Sixteen received the award, which means that they are meeting or exceeding the recommended best practice standards for young children in the areas of healthy eating, active living, and limited screen time.

Public Health offered technical assistance and resource materials to all providers that completed assessments to help them maintain or improve their status. The GetUp Healthy Child Care Award of Excellence will be awarded annually and is valid for two years. For more information visit www.getupmc.org.

This program benefits the community because more providers are realizing the value of offering services that support healthy lifestyles.
While many people now have access to health insurance through the Affordable Care Act, they have not signed up for the insurance for a variety of reasons. Some do not have any idea how to sign up online. Some do not have access to a computer or know where they can go to get help. And, others may have language problems or are just completely puzzled about what questions they should even ask.

While there are many places where people can get help, such as all the library locations throughout the county, The Job Center, CareSource, and Samaritan Homeless Clinic, the effort needed to get signed up can become a barrier to having insurance. Therefore, Public Health trained some staff as certified application counselors. They actually take laptop computers into the community to help people who need it.

Public Health also offers assistance with Medicaid applications. With Medicaid insurance expansion in Ohio, many more people have become eligible to receive services, but they are often unaware that they qualify. In addition to helping people get signed up for services, Public Health offers free health screenings and educates residents about the importance of having a personal doctor.

Preventive care is a big component of having insurance. Usually, people without insurance do not get preventive care or visit a doctor on a regular basis because they cannot afford it. As a result, they ignore chronic health problems and often end up in a hospital emergency room for care. Those with health insurance can make regular visits to a doctor and get treatment and medications for chronic medical problems. This is good for patients because regular care can prevent additional health problems and lead to healthier lives.

We Offer FREE Help to Get You Signed Up for Health Insurance

A certified application counselor reviews options for choosing health insurance with a client.

It is good for the community because it reduces costs to the health care system, making care more affordable for everyone. Anyone needing free help in signing up for health insurance should simply call (937) 225-5700.

I like Public Health because they work on access to care and reducing disparities.

Mayor Nan Whaley, City of Dayton
Getting the Message Out

Public Health uses many different tools to spread the word about health in Montgomery County. Routinely, Public Health employees appear on the evening news speaking about the health topic of the moment. This may be diabetes, air pollution, chronic disease, nutrition, exercise, immunizations, restaurant inspections, drinking water safety, HIV/AIDS, bed bugs, mosquitoes, emergency preparedness, swimming pool safety, and on and on.

There is also a tremendous amount of information about Public Health services on the website www.phdmc.org.

Speakers Bureau

A group of experts with knowledge about health services and programs of Public Health – Dayton & Montgomery County make up the Speakers Bureau. These individuals can come to present programs to your groups and organizations. There is a booklet available that explains all the varied topics for presentations. You can download the booklet from the www.phdmc.org website, or call (937) 225-5700 and we will be happy to mail one to you.

Public Health Social Media

If you “Like” Public Health on the social media sites, you can instantly learn about new health information and events that are happening in the community. Join us on Twitter @PublicHealthDMC and Facebook.com/PublicHealthDMC. Public Health also publishes materials full of local health information. You can usually download much of the materials from the website, or simply call (937) 225-5700 and ask to have the materials mailed to you. Items of interest include the annual report, Programs and Services booklet, Speakers Bureau booklet, the 2014 Community Health Assessment, bed bug booklet, and many others.

I like Public Health because they help us get you the health news you need.

Mark Allan,
Channel 2 News Anchor

11,771 people like this.
Over recent years, Public Health – Dayton & Montgomery County has become a more streamlined organization. Through reorganization and increased focus on the health problems that cause many citizens to suffer from premature chronic illnesses and death, the agency is constantly adjusting their programs to the changing needs of the community. Guided by the belief that Public Health must provide the highest quality services in the most effective way, employees continue to develop improved and innovative ways to serve the residents of Montgomery County.

**I like Public Health because our employees are very caring and dedicated to making this a healthier place to live.**

Jeff Cooper, Montgomery County Health Commissioner

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**Budget Reductions**

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**Employee Reductions**

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The Human Services Levy (HSL) is a primary source of funding for many of the most critical social and health services of the county.

Why is Montgomery County’s Human Services Levy one of the best in the United States?

Because it works so well
The levy money goes into one big pot and then every organization competes for those dollars. Those dollars from the levy are also magnified because they help bring in millions of dollars from state and federal sources.

In the past, there were many special purpose levies to fund various organizations that provided public health services, child abuse prevention, help for the frail elderly, services for those with developmental disabilities, and assistance for those dealing with alcohol, drug addiction and mental health issues. Now, all those programs and many more are supported by funds from the combined “umbrella” Human Services Levy.

There is accountability
All agencies that receive money are reviewed by Levy volunteers and must show how all HSL funds are spent. There is routine monitoring.

The system reduces redundancy
Levy-supported agencies also provide other needed services. A competitive process helps the money follow the most efficient programs and prevents duplication of services.

Each year about 40-50% of the Public Health budget comes from the Human Services Levy.