



Health Commissioner / Medical Director Report

Public Health - Dayton & Montgomery County

July 1, 2015

This report provides a monthly update for the Board of Health, staff and the community. Our key activities are listed for the seven pillars that support our vision for improving the health of our community.

- Prevent the spread of disease
 - Protect against health threats
 - Promote healthy behaviors
 - Reach out to vulnerable populations
 - Mobilize community action through partnerships
 - Prepare for and respond to public health emergencies
 - Serve as a public health information resource
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Special items

Think for Two Seminar

Public Health's Fetal Alcohol Spectrum Disorders (FASD) Coalition, in partnership with various community agencies, will be sponsoring a seminar on September 10 from 8 a.m. to 5 p.m. at Wright State University's Nutter Center. The seminar entitled "*Think for Two*" will address the critical issues facing women and children in our community. Topics will include infant mortality, epidemiology of substance use during pregnancy, prenatal/postnatal consequences of prenatal alcohol and substance abuse, FASD, the effects of prenatal alcohol and drug exposure on the growing child, and behavioral management of the prenatally exposed child.

The event will include well known area clinicians and Chicago Pediatrician Ira Chasnoff, M.D. There will be no charge for the seminar. Continuing education credits are pending for physicians, nurses, social workers, psychologists and counselors.

Prevent the spread of diseases

Local Investigations

A group of people became ill after attending a graduation party in Clark County in mid-June. The main symptom was diarrhea. One was an 84 year-old woman who was taken to Good Samaritan Hospital and subsequently passed away. It appears at least 24 people became ill out of approximately 150 attendees. Of the attendees, 41 were Montgomery County residents, with 19 reporting illness. Clark County contacted ODH, who has been assisting in the investigation. Testing of the available food has not confirmed the presence of any pathogens; some test results are still pending.

There were 5 individuals diagnosed with Salmonella during the first 3 weeks of June. Each was diagnosed based on a positive stool culture. Ages ranged from 2 years old to 71 years old. One of the individuals had been on a motorcycle trip through multiple southern states during the time period when he is likely to have acquired the infection. Another reported a history of ingesting undercooked beef. One of the children has a pet rabbit and had visited a library where a bearded dragon was on display. No other risk factors were noted.

Through the week of June 22, there were a total of 5 cases of Legionnaires' disease reported. No epidemiological links have been identified between the cases. This compares to a total of 2 cases reported in June 2014. The bacterium, Legionella, which causes this disease, is found naturally in the environment, usually in water. It is spread when people breathe in a mist or droplets of water in the air containing the bacteria, such as droplets sprayed from a hot tub that has not been properly cleaned and disinfected. It is not spread person-to-person. We are contacting our surrounding county health departments to inquire if they have also documented an increase in cases. ODH's Epidemiologist has indicated that Legionnaires' disease is on the rise across the state.

Protect against health threats

Festival Season Begins

July 4 is a time for picnics and the barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly. To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. *Environmental Health encourages our residents to:*

- Keep meat and poultry refrigerated until ready to use. Take out only the meat and poultry that will immediately be placed on the grill.
- When using a cooler, keep it out of the direct sun and place it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.
- Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180 °F; breasts, 170 °F. Hamburgers made of ground beef should reach 160 °F; ground poultry, 165 °F. Beef, veal and lamb steaks, roasts and chops can be cooked to 145 °F. All cuts of pork should reach 160 °F.
- NEVER partially grill meat or poultry and finish cooking later.
- After cooking meat and poultry on the grill, keep it hot until served at 140 °F or warmer.
- Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200 °F), in a chafing dish or slow cooker or on a warming tray.
- When taking food off the grill, use a clean platter. Do not put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.
- In hot weather (above 90 °F), food should never sit out for more than one hour.
- Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than two hours (one hour if temperatures are above 90 °F).
- Never leave a grill unattended.

Vectren Dayton Air Show

The 2015 Vectren Dayton Air Show took place June 20-21. Four Environmental Health sanitarians were involved in oversight of the food preparation and sale at the event. Twenty-one separate food operations were inspected during all hours of operation to ensure proper hygiene, food handling, temperature control, and preparation. The inclement weather Saturday brought new challenges. Due to excessive rain, the grass quickly turned to mud and the water “pooled” on the blacktop due to overflowing storm drains. This and lack of volunteers caused several of the food stands to not open Saturday after much deliberation. Fortunately, the opened food vendors knew to scale back on the quantities of food to thaw and/or prepare anticipating poor attendance. Early Sunday morning our sanitarians arrived and consulted with the food vendors to ensure that any food from Saturday was discarded, in which there was very little, and that the food equipment was properly sanitized after the long day of heavy rain. The food purveyors were very compliant and the show and food production went smoothly on Sunday for an estimated crowd of 27,000.

Promote healthy behaviors

GetUp Promoting Health and Literacy Over the Summer

Our GetUp Program is partnering with ReadySetSoar/Learn to Earn, the Dayton Metro Library, the Junior League of Dayton and many others to promote health and literacy over the summer months through a variety of projects:

- National Summer Learning Day was celebrated on June 19. Over 500 students from Greater Dayton YMCA, Wesley Community Center, New Lebanon Freedom School, Northridge Freedom School, and Trotwood BELL summer learning programs attended the event at Sinclair Community College. Public Health announced that GetUp Montgomery County, for the summer only, has rebranded the message to include *5-2-1-Almost None-Read Every Day*. Along with the new message, a new logo includes a book with a light bulb to symbolize learning. The event also included elected officials and community leaders (including Dr. Gary LeRoy) who encouraged the students to keep learning and stay healthy over the summer.



- The Dayton Metro Library is distributing GetUp 5-2-1-Almost None paper trackers and pencils to all children enrolling in the Summer Reading Program. Last year over 10,000 children enrolled in the program.

Less than 10% of local students are enrolled in high-quality summer learning programs. Young learners who attend a summer learning program are less likely to experience “summer slide”, are more physically active and receive nutritious meals. By grade 9, summer learning loss explains two-thirds of the reading achievement gap between low and middle-income students. Research also shows that students who are not involved in sports, play and other physical activity are more likely to be obese.

Communities Preventing Chronic Disease Grant

Public Health’s Communities Preventing Chronic Disease grant from the Ohio Department of Health uses a systems-level approach to prevent obesity, diabetes, heart disease and stroke in Montgomery County. One of our initiatives focuses on lifestyle change programs to prevent type 2 diabetes and to promote prediabetes awareness. Prediabetes is defined as having a blood sugar level that is higher than normal, but not high enough for a diagnosis of diabetes. Having prediabetes increases the risk of developing type 2 diabetes, heart disease, and stroke.

One of our initiatives includes a prediabetes awareness campaign. We have developed messages for RTA buses and area billboards and are in the process of creating radio ads and social media ads. Currently, there are 10 – 8 sheet billboards, 1 large bulletin billboard, 10 tail signs on buses, 50 interior bus signs and audio messages on buses. The awareness campaign is targeted in low income communities with the highest rates of diabetes. Below are images of the billboards and RTA tail sign.





Prepare for and respond to PH emergencies

Ebola Virus Disease

The Ebola outbreak in West Africa continues to decline. The World Health Organization (WHO) reports that there have been a cumulative total of 27,352 cases (suspect and confirmed) of Ebola virus disease with 11,178 deaths in the countries with widespread transmission, as of June 17. There had been 27,049 cases with 11,134 deaths, as of May 24. The countries with widespread transmission include:

Guinea – 3,674 cases (33 new cases in past month)
Sierra Leone – 13,012 cases (306 new cases in past month).

In Liberia, there have been 10,666 cases, but no new reported cases since March 20; WHO declared the end to the Ebola outbreak in Liberia on May 9.

On May 12, there was a laboratory-confirmed case reported from Italy in a healthcare worker who had returned from Sierra Leone on May 7. Mali (8 cases), the United States (4 cases), Nigeria (20 cases), Senegal (1 case), United Kingdom (1 case), and Spain (1 case) have been declared Ebola free.

Serve as the public health information resource

World Refugee Day

In 2000, the United Nations General Assembly adopted a resolution recognizing the 50th anniversary of the Convention Relating to the Status of Refugees and designated June 20 as World Refugee Day to coincide with the Africa Refugee Day, which was already being celebrated on June 20. The Secretary-General for the UN, Ban Ki-moon, made a plea for everyone to remember the plight of the millions of people worldwide who have been forced to flee their homes as a result of conflict and

persecution. More than 50 million people are currently displaced by war and violence, some 33.3 million in their own country and some 16.7 million as refugees, mostly in neighboring countries.

Last year alone, more than 10 million people were newly displaced. The ongoing conflict in Syria, as well as crises in Iraq, Ukraine, South Sudan, Central African Republic, northeastern Nigeria and parts of Pakistan, have led to a staggering growth and acceleration of global forced displacement. At the same time, many long-standing conflicts remained unresolved, and the number of refugees who were able to return home last year was the lowest in over three decades. Protracted asylum situations now last for an average of 25 years. World Refugee Day is a day to recall our common humanity, celebrate tolerance and diversity and open our hearts to refugees everywhere.

Mass Media Interactions

During the past few weeks, we have had numerous contacts with TV, radio, and print.

The following are a few examples:

- News Release on Poisoning Death Review Report
- Interviews with Chn 2, Chn 22/45, Chn 7, DDN and WYSO on Poisoning Death Review Report
- News Release on National HIV testing day
- Interview with WYSO on HIV testing day
- News Release on summer grilling safety
- In studio interview at Chn 2 on summer safety issues
- Interviews with Chn 2 and Chn 22/45 on mosquitos
- Interview with Columbus Dispatch on Syringe Services Program
- Social media promotions on Medicine on the Move walking program
- In studio interviews on Chn 2 about men's health month
- Interviews with Chn 2 on food truck inspections
- Interview with WDAO radio on minority health issues

Jeff Cooper and Tom Herchline, M.D.