



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

Monthly Update

March 2023

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



CDC Releases 2023 Vaccine Recommendations - Getting Routine Immunizations on Schedule

Each year, the CDC's Advisory Committee on Immunization Practices brings together and summarizes the most up-to-date vaccination recommendations in an easy-to-access schedule. This schedule acts as a roadmap with instructions for the best age to receive each type of vaccine, the number of doses recommended, and spacing between doses to get the best protection against each disease. On Feb. 9, the U.S. Centers for Disease Control and Prevention, released the [2023 immunization schedule for children and adolescents](#), outlining all the vaccines that are recommended to promote health from birth through age 18. Parent-friendly versions are available for [Birth to 6 years](#) and [7 to 18 years](#). A handy [new online tool](#) can easily help parents learn which vaccines your child needs for protection.

The immunization schedule also provides guidance to catch children up to date who have fallen behind on recommended vaccines. During the first two years of the COVID-19 pandemic, vaccination rates of children entering kindergarten fell about 2% nationwide, according to the CDC.

Vaccines are not just for kids; adults need them too. Immunity from some vaccines received in childhood can wear off over time and adults are also at risk for different diseases, such as shingles. While some vaccines are recommended for all adults, guidance for other vaccines depends upon factors such as age, health conditions, occupation, and travel plans. The newly released [2023 immunization schedule for adults](#) helps to outline which vaccines are needed for an individual and when to get them.

Another notable change this year is the addition of COVID-19 vaccinations to both the childhood/adolescent and adult routine immunization schedules. COVID-19 vaccines are now routinely recommended for individuals ages 6 months and up. Routine immunizations on schedule for everyone will

prevent infectious diseases from spreading within our communities, keeping everyone healthier. Talk to your doctor about which vaccines are right for you.

At Public Health, our [Immunization Clinic](#) provides routine vaccines for infants, children, teens, and adults as well as vaccinations for international travelers, those with occupational risk, medical indications, and for post-exposure disease control efforts. Schedule an appointment today by calling (937) 225-4550.



Montgomery County Moves to Medium Level in the CDC Community COVID-19 Levels Framework

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

As of the week ending February 24 the two-week incident case rate increased from 138.4 per 100,000 last week to 144.4 per 100,000 this week.

The COVID-19 Community Levels system is a 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.

All individuals who are ages 5 years and up are encouraged to get vaccinated with the updated COVID-19 booster. Contact your local pharmacy, visit [vaccines.gov](https://www.vaccines.gov) or phdmc.org for vaccination opportunities near you.

When a county is designated at a Medium Level in the CDC's framework, the following actions are recommended:

- [Stay up to date](#) on vaccination, including recommended booster doses.
- Maintain [ventilation improvements](#).
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations for [isolation](#) if you have suspected or confirmed COVID-19.
- Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.
- If you are at high risk of getting very sick, wear a well-fitting [mask or respirator](#) when indoors in public.

- If you have household or social contact with someone at high risk for getting very sick, consider [testing](#) to detect infection before contact and consider wearing a mask when indoors with them.

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.



March is Colorectal Cancer Month

Colorectal cancer is the third most common cancer diagnosed in the US, but it can be prevented with routine screening. According to the American Cancer Society, about 1 in 23 men and 1 in 24 women will develop this cancer at some point in their lives. Current estimates for the number of colorectal cancers in the US for 2023 are 106,970 new cases of colon cancer and 46,050 new cases of rectal cancer. Additional statistics can be found in the American Cancer Society's [Colorectal Cancer Facts & Figures](#) report.

If you are 45 or older, talk to your doctor about screening for colorectal cancer. Getting screened for colorectal cancer may not sound pleasant, but screening can prevent cancer. Many people think their only option for screening is a colonoscopy, but there are several screening tests options; some you can even do from home. Talk to your doctor to decide which is best for you.

The public is invited to [Dress in Blue on Friday, March 3, for colorectal cancer awareness day](#). Do you know how to prevent colorectal cancer? Learn more and take this [quick quiz](#) to check your knowledge!



LGBTQ+ Health Awareness Week

Public Health's [LGBTQ+ Health Initiatives](#) program recognizes the upcoming LGBTQ+ Health Awareness Week, March 20-24. The week seeks to encourage everyone to speak openly about LGBTQ+ health, wellness, and well-being. We take this opportunity to raise awareness about health inequities that many LGBTQ+ people and families face. Public Health strongly encourages the ending of stigma by offering culturally informed, accessible, affirming, and inclusive healthcare services so that everyone can fully live authentically and in good health.

Public Health will continue to work in the community and support the LGBTQ+ Health Alliance to raise awareness of health issues specific to LGBTQ+ individuals. Members of the LGBTQ+ community are at [increased risk for a number of health threats](#) as healthcare is not equal. Health disparities are associated with social and structural inequities, such as the stigma and discrimination that LGBTQ+ populations experience.

To find more information about healthcare resources visit www.outcarehealth.org.



Montgomery County Coroner Warns Residents About Xylazine

Montgomery County has recently seen an increase in the presence of the drug Xylazine in both overdose deaths and the drug supply. The Coroner's Office has found Xylazine in 15 suspected overdose deaths this year. While Xylazine has not been the cause of death, it is of concern because it lessens the ability of Narcan to reverse the effects of an overdose.

"Xylazine is an animal anesthetic that is unfortunately, Narcan resistant. While the administration of Narcan is still recommended, Xylazine may reduce its effectiveness," said Dr. Kent Harshbarger, Montgomery County Coroner.

Xylazine is frequently detected in samples of seized drugs. Those drugs contain a mixture of Xylazine and fentanyl. ***This underscores the extreme danger of using drugs purchased off the street.***

The Community Overdose Action Team warns that there is ***no safe way to use illegal drugs***. Every time you purchase and use street drugs, you risk an overdose and possible death. It is important that those using drugs, their friends and family, and the public are aware of steps they can take to help reduce the risk of death.

Montgomery County's Community Overdose Action Team has the following safety recommendations for people who use drugs:

1. Have Narcan available, and someone who can administer it, in case of an overdose. Call 937-734-9468 to get a kit today.
2. Do not use drugs that contain or may contain fentanyl.
3. Do not use drugs alone.
4. Do not share needles.
5. In the event of an overdose, call 911 immediately.
6. Call Crisis Now, 24/7 at **833-580-CALL** for crisis intervention services.

For more information and community resources visit: Community Overdose Action Team ("COAT"), at www.mccoat.org



Food Truck Inspections

Public Health will be hosting Food Truck Inspection Days March 8, April 5, and May 3 at the UD Arena parking lot. **The event is not open to the public and no food will be served.**

Food truck operators are invited to schedule an appointment to have their truck inspected before the upcoming season. All trucks should have hot running water, their coolers and freezers on, and a hood vent if applicable.

Appointments are Required. To schedule call (937) 225-5915.



RAPCA to Enforce Federal and State EPA Asbestos Regulations During Upcoming Demolition Projects

The Montgomery County Land Bank is scheduled to receive \$11 million from the Ohio Building and Site Revitalization Program to tear down more than 260 blighted properties and remove asbestos from two Downtown Dayton office buildings. The Regional Air Pollution Control Agency (RAPCA) will be heavily involved with the demolition projects by working with the local Land Bank and municipalities to ensure compliance with federal and state EPA asbestos regulations.

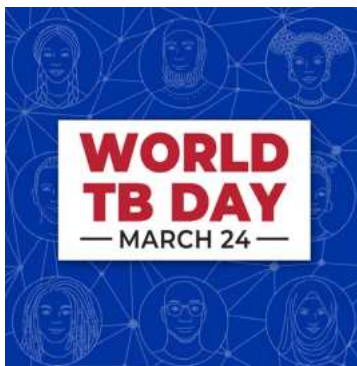
RAPCA is the regulatory agency authorized to enforce federal and state EPA regulations to ensure public and environmental protection from asbestos. The buildings included in this upcoming project are required to be inspected for asbestos by an Ohio EPA licensed inspector and the regulated asbestos containing materials will have to be removed by licensed contractors prior to demolition. Notification to Ohio EPA is required for the demolition and asbestos removal activities. RAPCA will be performing various site inspections throughout the project to ensure compliance with EPA regulations and ensuring protection for the community.



Rocking Our Red Pumps

"Rocking Our Red Pumps" is an annual event that is taking place on Friday, March 10, from 5:30 to 8 pm, with the aim of raising awareness about HIV among women and girls. Participants wear red shoes and drink mocktails, while also taking part in activities and visiting informational booths that promote self-care and educate on risk factors for HIV. The event aims to encourage women to prioritize their health and make positive changes in their lifestyles. To see a **promotional video** for this year's event [click here](#).

Rocking Our Red Pumps has been a success in the past, drawing a large crowd and spreading awareness about the importance of HIV prevention in the community. This year's event will have guest speaker Marquetta Colbert and live entertainment by the Deron Bell Band, performing various genres of music. Plus, you may win the "Cutest Red Shoe Award"! RSVP by March 5, 2023 at <https://www.eventbrite.com/e/rocking-our-red-pumps-tickets-487145022877> or call (937) 225-4023.



World TB Day

Each year, we recognize World TB Day on March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes tuberculosis (TB).

World TB Day is a day to educate the public about the impact of TB around the world. CDC, along with our partners and colleagues around the world, share

successes in TB prevention and control and raise awareness of the challenges that hinder our progress toward the elimination of this devastating disease.

[Public Health's Tuberculosis \(TB\) Program](#) controls the spread of TB in Montgomery County. We ensure all persons with active TB are completely treated, and we work with community partners to screen individuals who are at high risk.



Monthly Fatherhood Club

The Fatherhood Club for Public Health - Dayton & Montgomery County is a program designed to support and educate fathers in their efforts to provide a healthy and positive environment for their families. The program offers regular meetings where fathers can come together and discuss diverse topics related to parenting, child development, nutrition, and health.

The Fatherhood Club provides a safe space for fathers to share their experiences, seek advice, and build a supportive community. By participating in the program, fathers can gain the knowledge and skills necessary to make positive changes in their family's health and well-being.

The Fatherhood Club is a valuable resource for any father looking to be an active and engaged participant in their child's life. The 2023 meeting dates are March 27, April 24, June 26, July 31, August 28, and September 25, 5:30 to 7 pm. Snacks provided. Meetings will take place at the Drew Health Center, 1323 W. Third St., Dayton, OH 45402.

Register today at <https://www.eventbrite.com/e/monthly-fatherhood-club-tickets-551504523877>.



Extra SNAP Benefits

The Ohio Department of Job and Family Services announced that changes in federal law mean that February was the last month of emergency Supplemental Nutrition Assistance Program (SNAP) allotments. Those were extra monthly payments the federal government created in response to the COVID-19 pandemic. In general, it ensured all households received the maximum allotment for their household size. Beginning in March, recipients will receive only their one, normal monthly payment.

The Supplemental Nutrition Assistance Program is a federally funded program meant to supplement the food budget of families in need so they can purchase healthy food and move towards self-sufficiency. Eligibility, as well as the normal monthly allotments, vary based on factors such as income and household size. Recipient can manage their benefits by going to <https://benefits.ohio.gov/> or by contacting the [Montgomery County Department of Job and Family Services](#) (JFS).

Families affected by the decrease in SNAP benefits may be eligible for the [WIC Program](#). WIC serves pregnant women, women who recently had a baby, breastfeeding mothers, and infants and children up to age five who are income eligible. WIC provides supplemental foods like milk, cheese, yogurt, fruits and vegetables, whole grains, juice, eggs, cereals, peanut butter, beans, baby foods and infant formula in addition to breastfeeding help and support. Nutritionists at WIC also provide nutrition counseling and information on healthy eating. To see if you qualify, call 937-225-4491.



Monthly Mommy Meet-Up

Monthly Mommy Meet-Up is an ongoing program aimed at educating and supporting mothers in their efforts to provide a healthy lifestyle for themselves and their families. Each month, the program offers an opportunity for mothers to come together to learn about diverse topics related to moms and babies, such as nutrition, exercise, stress management, and parenting.

The meetups provide a space for mothers to connect with one another, share their experiences, and receive guidance and support from health professionals. The program is a valuable resource for mothers looking to make positive changes in their family's health and well-being. Meet-Up takes place at the Gem City Market. Register today at

<https://www.eventbrite.com/e/monthly-mommy-meetup-loving-on-your-baby-all-about-bonding-tickets-547664819217?aff=ebdssbdestsearch>



CarePoint Hours are Changing at Vogel Location

CarePoint Syringe Services is changing hours at its Vogel Health Center location. The new hours are 10:00 am to 5:00 pm, beginning on March 7, 2023. CarePoint Syringe Services is a public health initiative aimed at reducing the spread of infectious diseases among people who inject drugs in Dayton and Montgomery County. The program offers a range of services, including access to clean needles and syringes, safe disposal of used equipment, HIV and Hepatitis C testing, and counseling on overdose prevention and harm reduction strategies.

Public Health is committed to promoting the health and well-being of the community, reducing stigma associated with drug use, and connecting individuals with resources to support their recovery. Through its efforts, the program aims to improve public health outcomes and reduce the burden of drug-related harm in the community. Hours for other locations include the CarePoint Mobile Unit, located on Dover Street near East End Community Services, open every Wednesday from 10:00 am – 1:00 pm. The CarePoint Mobile Unit on Willard Street, behind the old DayMont Behavioral Health Building Monday, is open 10:00 am – 1:00 pm. Please visit <https://www.phdmc.org/programs-a-to-z/carepoint-syringe-services-program> for more information.



Media Opportunities:

2/2/2023 - ABC 22 - Infant Mortality
2/6/2023 - DDN - Air Pollution
2/14/2023 - DDN - Train Derailment
2/15/2023 - DDN - Problem Gambling
2/16/2023 - WHIO - Train Derailment
2/17/2023 - WYSO - Train Derailment
2/21/2023 - WYSO - Plant Emissions
2/21/2023 - DDN - Plant Emissions
2/24/2023 – DDN - Visible and Resilient

Your risk for Colorectal Cancer is greater if...



You've had precancerous colorectal polyps or colorectal cancer previously.



You have an inflammatory bowel disease, like ulcerative colitis, or Crohn disease of the colon.



You are over the age of 45.



You are overweight or physically inactive*.



You smoke*.



You drink heavily*.

***These are things you can change.**

Submitted by:

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