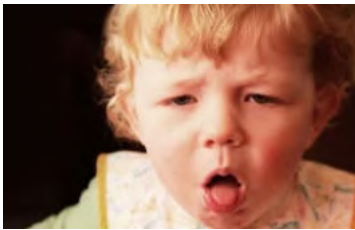


Our Mission: To improve the quality of life in our community by achieving the goals of public health: prevention, promotion, and protection.



Pertussis Update

As cases of pertussis continue to rise in Montgomery County, Public Health - Dayton & Montgomery County is stressing the importance of vaccination, staying home when sick, and being evaluated by your doctor. In 2023, there have been 113 cases since September 1, with 58% of the cases attending school and 22% enrolled in daycare. There were a total of 13 cases in all of 2022. In addition to the growing number of cases, health officials are concerned that upcoming holiday gatherings will increase the chance of more infections.

[Pertussis, also known as whooping cough, is highly contagious](#) and is one of the most commonly occurring vaccine-preventable diseases in the United States. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria.

[Vaccination is the best protection](#) against pertussis. There are pertussis vaccines for infants, children, adolescents, and adults. The childhood vaccine is called DTaP, and the pertussis booster vaccine for adolescents and adults is called Tdap. Both vaccines provide protection against tetanus, diphtheria, and pertussis diseases.

To schedule an appointment to be vaccinated, contact your healthcare provider, or call the Public Health Clinic at 937-225-4550.



Staying Stress-Free During the Holidays

The holiday season, filled with cheer and goodwill, can also bring its fair share of stress and anxiety. From shopping for gifts to organizing family gatherings, the demands of the festive period can sometimes overshadow the joy it is meant to bring. However, with a mindful approach and a few practical

strategies, it is possible to navigate the holidays with serenity and make lasting memories.

1. **Plan:** One of the most effective ways to reduce stress during the holidays is to plan. Create a checklist of tasks and events, setting realistic goals for what you can accomplish. Prioritize the most important activities and allocate specific time slots for them. By breaking down the holiday hustle into manageable steps, you'll avoid the last-minute rush and enjoy a more relaxed celebration.
2. **Set Realistic Expectations:** It is easy to get caught up in the idea of a perfect holiday season, but setting realistic expectations is crucial for managing stress. Understand that not everything will go according to plan, and that's perfectly okay. Embrace imperfections and focus on the meaningful moments rather than striving for an unattainable standard of perfection.
3. **Delegate Responsibilities:** You don't have to do it all alone. Delegate tasks to family members or friends, distributing responsibilities for meal preparation, decorating, or gift wrapping. Sharing the workload not only lightens your burden but also strengthens the sense of togetherness during the holiday season.
4. **Practice Mindfulness:** Amidst the chaos, take moments for yourself to practice mindfulness. Whether it's a few minutes of deep breathing, meditation, or a brisk walk, these moments of self-reflection can help you stay centered and focused. Mindfulness techniques can alleviate stress, providing a mental reset during busy times.
5. **Learn to Say No:** While it is tempting to say 'yes' to every invitation and request during the holidays, it's important to recognize your limits. Politely decline activities or events that may contribute to feeling overwhelmed. Setting boundaries allows you to prioritize self-care and spend quality time with loved ones.
6. **Focus on Gratitude:** During the holiday rush, take a moment to reflect on the things you're grateful for. Expressing gratitude can shift your mindset, fostering a positive outlook. Consider starting a gratitude journal or incorporating a daily gratitude practice to maintain a sense of perspective and appreciation.
7. **Embrace Simplification:** Reevaluate your traditions and consider simplifying where possible. It's not necessary to overextend yourself with elaborate decorations, gourmet meals, or an excessive number of gifts. Focus on the aspects that bring you and your loved ones the most joy and let go of unnecessary complexities.

[Public Health](#) hopes that by incorporating these strategies into your holiday routine, you can create a more stress-free and enjoyable festive season. Remember, the holidays are about creating cherished memories and spending time with those you care about. With a mindful approach, you can navigate the season with serenity and truly savor the magic of the holidays.



Community Health Improvement Plan (CHIP)

The Community Health Improvement Plan (CHIP) is a three-year plan that identifies priorities, goals, objectives, and strategies selected to improve the health of Montgomery County residents. The three priority areas of the CHIP are Maternal & Infant Vitality, Chronic Disease Prevention, and Behavioral Health. Montgomery County has created collective impact models to address these issues. These coalitions are also identified in the strategies of Montgomery County's 2020-2024 Strategic Plan.

Three guiding principles were considered in the development of the final CHIP work plans. These principles included:

- the impact of the Social Determinants of Health
- the concept of Collective Impact
- the alignment of CHIP priorities with state and national health improvement initiatives

As this CHIP is implemented over the next three years, Public Health will monitor and evaluate CHIP progress by reviewing quarterly progress, publishing a publicly available annual outcomes report, and considering work plan revisions based on progress, recommendations, and strategic initiatives of the responsible task forces/coalitions.

[Access the CHIP report here.](#)



Enrollment Deadline for ACA Health Plan is December 15

As we navigate the holiday season, it's crucial to ensure that your health is a top priority. Public Health reminds you about health insurance available through the Affordable Care Act (ACA).

Why Sign Up for the Affordable Care Act?

The Affordable Care Act, helps to make quality healthcare accessible to all Americans and provides the following benefits:

Financial Relief: The ACA provides subsidies and tax credits to make health insurance more affordable. By signing up, you can secure coverage without breaking the bank, ensuring that healthcare expenses won't compromise your financial well-being.

Preventive Care: Regular check-ups and preventive services are crucial for maintaining good health. The ACA covers a range of preventive services at no additional cost, empowering you to take proactive steps in managing your well-being.

Protection for Pre-existing Conditions: Worried about pre-existing conditions? The ACA ensures that insurance companies cannot deny you coverage or charge you exorbitant rates based on your health history. This safeguard ensures that everyone, regardless of their health status, can access the care they need.

Comprehensive Coverage: ACA plans cover essential health benefits, including hospital stays, prescription medications, and maternity care. You can customize your coverage based on your needs, giving you peace of mind that you're protected in various health-related situations.

How to Sign Up: A Simple Process

Enrolling in the Affordable Care Act is easier than you might think. Open enrollment is your opportunity to explore the available plans and select one that suits your needs. Here's a quick guide on how to get started:

[Visit the Marketplace at healthcare.gov](https://www.healthcare.gov) to explore available plans in your area.

Create an Account: Set up a secure account on the website to start your application. This account will be your portal to managing your healthcare coverage.

Complete the Application: Provide the necessary information about yourself and your household to determine your eligibility for Medicaid or its subsidies.

Choose a Plan: Compare the different plans available to you, considering factors such as premiums, deductibles, and coverage options. Choose the plan that aligns best with your healthcare needs and budget.

Enroll: Once you've made your selection, complete the enrollment process, and you're all set to enjoy the benefits of ACA coverage.

Act Now for a Healthier Tomorrow!

The open enrollment period ends December 15 so now is the perfect opportunity to invest in your health and well-being. Don't miss out on the chance to secure affordable and comprehensive coverage through the Affordable Care Act.



PACE Your Way to Health

Public Health’s Physical Activity, Cooking, and Education (PACE) program seeks to reduce the number of African American’s who have high blood pressure. According [the U.S. Department of Health and Human Services](https://www.hhs.gov/about/agencies/20th-century-leaders/2000-2010/2010-2020/2020-2030/), African American adults are 30 percent more likely to have high blood pressure.

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease.

African Americans face unique social and environmental factors including less access to health care, access to healthy foods, and limited places to exercise, that contribute to the inability to manage their blood pressure.

The PACE program is designed to help prevent heart disease and high blood pressure in African American adults by providing education on:

- What affects our heart and blood pressure.
- Introducing physical activities to get our bodies moving no matter the fitness level.
- Learning how to make flavorful and nutritious foods that are healthy for the heart.

Since the PACE Program is focused on prevention, anyone who is eighteen and older who has already been told by a physician that they have high blood pressure, unfortunately is not eligible to participate.

The PACE program is set up in three stages.

- Stage 1: pre-registration, followed by a health screening and self-reporting and knowledge survey.
- Stage 2: A six-week heart education class, with physical activities and cooking/nutrition classes. The class meets once a week for 90 minutes (1.5 hours).
- Stage 3: Completing health screenings and self-reporting and knowledge survey every 90-days.

Stage two and three each have a monetary incentive for completion. Next class starts January 13, 2024.

Register at <https://www.phdmc.org/pace-your-way-to-health>

Upcoming Events in December



Monthly Mommy Meet-up

Thursday, December 14, from 2:00 pm - 3:30 pm

Gem City Market, 324 Salem Avenue, Dayton, 45406

Monthly Mommy Meet-Up is a free, 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 on the 4th Thursday of the month.

December's Meet-Up will teach moms how to create a bingo vision board to help them with setting their personal vision, purpose, and goals.

For more information or to register for upcoming meetings call (937) 225-5700.



Safe Sleep Ambassador Training

December 14 from 1pm - 3pm

Online Event – Registration Required (FREE)

Every year, approximately 3600 babies die in the U.S. suddenly and unexpectedly in infancy. Many of these deaths are due to babies being placed in unsafe sleep environments. These tragic losses might have been prevented by caregivers following the ABCs of safe sleep. To get the safe sleep information out to our communities, we need partners to learn about safe sleep and commit to ensuring the message reaches every part of our community. You can help reduce deaths associated with safe sleep by becoming a safe sleep ambassador through The EveryOne Reach One Safe Sleep Ambassador training program.

Health experts will explain why babies are dying in our area, define the ABCs of safe sleep, review recommendations by pediatric experts, dispel myths and discuss practical strategies to promote the safe sleep message. [Register here.](#)



2023 LGBTQ+ Horizons of Aging Summit

Tuesday, December 5 from 11am - 5pm

Dayton Metro Library, 215 E. Third St., Dayton, OH 45402

Registration on or before 11/27 (Includes Lunch)

\$75 General registration per person (includes CEUs)

55+ and students: \$25

Registration on or after 11/28 (Includes Lunch)

\$85 General registration per person (includes CEUs)

55+ and students: \$35

The theme for the 2023 Horizons of Aging Summit is ***Well-Being: Thriving in a Chaotic World***. This event will look at life and well-being from the perspective of the quality of our experiences and the things that give us satisfaction, contentment, and fulfillment. We are excited to offer a day of engaging conversations and presentations focused on various aspects of well-being for those in the LGBTQ+ community. Presenters will consider physical and mental health, spiritual and social connections, resilience, and the positive sense of self.

For more information on the keynote speakers and breakout sessions, and to register, [click here](#).



Queens Village Dayton – Women's Winter Wonderland

Saturday, December 9 from 11:00am - 01:00pm

Goodwill Easterseals West Campus - 735 East Main Street

Trotwood, OH 45426

This event creates a space for Black women to relax and repower before the holidays. The holidays can be a stressful time for anyone. Enjoy line dancing, appetizers, chair massages, self-care and mental health tips and giveaways!

During the event, Queens Village Dayton will be providing resources to address mental health and to continue to advance our mission: to increase maternal and infant vitality.

For more information and to register, [click here](#).



Media Opportunities:

11/1/2023 - DDN - Landfills

11/6/2023 - WRGT - Flu

11/15/2023 - DDN - Syphilis

11/20/2023 - DDN - Pertussis

11/23/2023 - WHIO - Syphilis

11/28/2023 - NYT - COAT

11/29/2023 - WYSO - World AIDS Day

11/30/2023 - WDTN - World AIDS Day

11/30/2023 - WRGT - World AIDS Day

11/30/2023 - WDTN – Respiratory Illness

11/30/2023 – Dayton Daily News – COVID Tests



Submitted by:

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