



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



The Community Overdose Action Team Launches New Branding

The [Community Overdose Action Team](#) has launched a new logo and brand to help better identify the work it is doing to help reduce overdose deaths and drug misuse in Montgomery County.

Founded in the fall of 2016 during the height of the opioid epidemic, the Community Overdose Action Team is a collective impact model, and a collaboration of numerous agencies including Montgomery County, Public Health – Dayton & Montgomery County, ADAMHS, Montgomery County Sheriff’s Office, Montgomery County Coroner’s Office, Dayton Police, and local hospital systems and recovery agencies.

Since its inception in 2016, annual overdose deaths have decreased from a peak of 566 in 2017 to a preliminary total of 294 in 2023.

The logo’s circular accents represent the community coming together as one, while the new slogan “Ending Overdoses Together,” is a direct call-to-action to everyone in our community. And finally, the bold color purple works to reduce the stigma of addiction.



The color purple is a universal sign of recovery, and the message of hope and recovery that it represents will help us further connect with residents who are most in need of support.

For more information about the Community Overdose Action Team, visit www.mccoat.org.



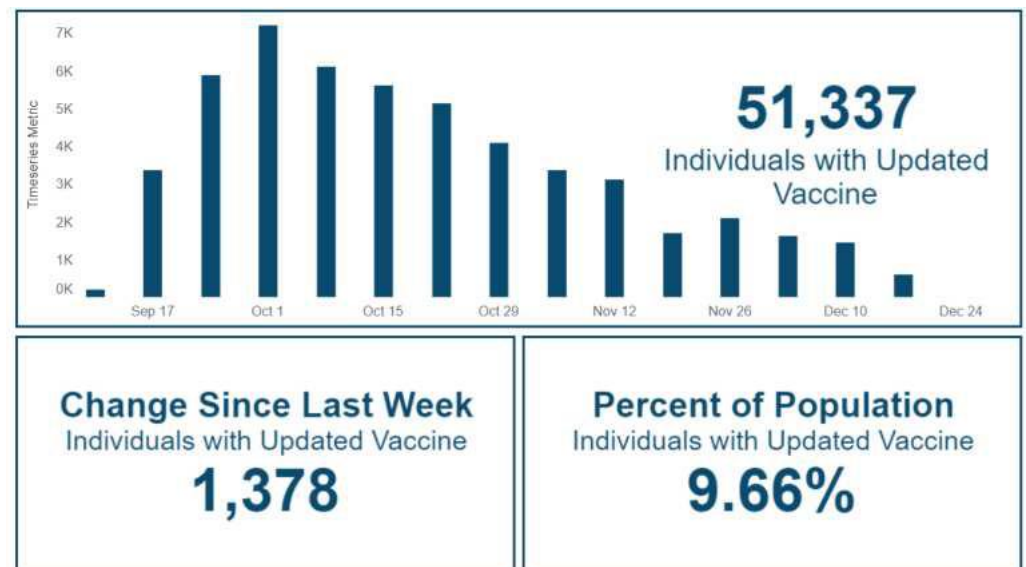
Viral Respiratory Season Has Arrived in the Miami Valley

It's wintertime and, as expected, respiratory viruses that cause illnesses like flu, RSV, and COVID-19 are spreading in our community.

When more respiratory infections spreading in schools, worksites, and businesses in our community, hospitals also see higher numbers of patients with respiratory infections in urgent cares, emergency rooms, and requiring hospital admissions. Our local hospitals, in coordination through the Greater Dayton Area Hospital Association, began visitor restrictions on December 20, 2023 to reduce the spread of infections. Inpatient hospital visitation is currently restricted for all visitors who are ill with respiratory symptoms and for anyone under the age of 14 years.

We know more about the risks of COVID-19, the flu, and other circulating viruses than we ever have. These viruses have the potential to cause serious illnesses in many people. In fact, according to the CDC, 70-80% of adults over the age of 18 have at least one risk factor for severe disease for COVID-19. Even people without medical conditions are getting very sick from COVID-19 and other respiratory viruses. For example, over half of children less than 2 years old who have been hospitalized for COVID-19 and admitted to the intensive care unit have been otherwise healthy. The good news is vaccines are available this year to protect against COVID-19, flu, and RSV; however, vaccination rates are low and lagging compared to last year for COVID-19 and influenza.

Montgomery County COVID-19 Vaccine Dashboard, as of 12/21/2023



The newest COVID-19 vaccine has been available since September 2023 and is effective against currently circulating variants, including JN.1. In Montgomery County, only 9.7% of the population has received the updated COVID-19

vaccine. Although rates are low for all populations, disparities exist by race and age for who is getting vaccinated.

- In Montgomery County, 9.9% of white residents are vaccinated with the current COVID-19 vaccine, whereas 6.2% of Black residents are vaccinated.
- Older Montgomery County residents have higher vaccination rates (30-37% of those aged 70 years and older), compared with younger residents (1.7% of those younger than age 20 years).

It is not too late to get vaccinated. Protect yourself and your loved ones this respiratory virus season by making time to get vaccinated *today*! Being vaccinated can help you to stay active, out of the hospital, and doing things you enjoy.

Call the [Public Health Clinic](#) at (937) 225-4550 to schedule an appointment.



Risks of Marijuana Use

Marijuana is the [most commonly used federally illegal drug in the United States](#), with an estimated 48.2 million people using it in 2019.

The cultivation, legalization, and patterns of individual use of marijuana in the United States is continually evolving, with more people having access to marijuana in various forms.

Public Health reminds you that marijuana use may have a wide range of health effects on the body and brain. If you or someone you love needs support to stop using marijuana, [Public Health's Recovery Services program can help](#). Call (937) 461-5223.



January is Radon Action Month

During January's National Radon Action Month, the U.S. Surgeon General and the [Environmental Protection Agency \(EPA\)](#) urge all Americans to protect their health by testing their homes for radon. Radon is a natural radioactive gas that you can't see, smell, or taste but could be present at a dangerous level in your home.

As the second leading cause of lung cancer deaths in the U.S. and the first leading cause among non-smokers, radon claims more than 20,000 lives annually. If a high radon level is detected in your home, you can take steps to fix it to protect yourself and your family.



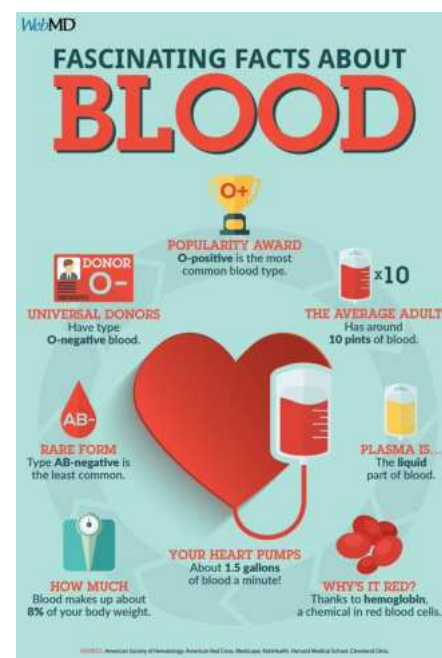
[Learn more](#) about [testing your home](#), including how to obtain an easy-to-use test kit.



National Blood Donor Month

During national Blood Donor Month, Public Health encourages you to consider being a blood donor. Blood donation is a safe and simple procedure. All donated blood products are carefully tested and then stored or shipped so they are ready for patients who need a blood transfusion.

Not sure if you are eligible or have never donated blood before? [Learn about eligibility requirements here](#). Revised guidance and changes, including the elimination of questions based on gender and sexual orientation, continue to ensure a safe blood supply while making it possible for more people to donate than ever.



For more information about donating blood [contact Solvita](#).



Food Safety Manager Class

Public Health's Office of Environmental Health is hosting a Food Service Manager Certification Class. The course covers topics of food contamination, employee illness, microbiology, food sources, food storage, food preparation, safe food service, management systems, safe facilities, pest management, and cleaning and sanitizing.

Each [licensed food operator in Ohio is required to have at least one employee supervisor](#) who is Manager Certified by obtaining a Food Protection Certificate. Individuals must pass a proctored exam to gain a Food Protection Certificate through the State of Ohio.

Sessions will be held on February 13 and 14 at the Reibold Building in downtown Dayton. The cost is \$175, and registration is required to be completed by January 22. To register visit <https://www.phdmc.org/programs-a-to-z/food-operation-inspection-services#trainings>

For more information call (937) 225-4460.



Public Health Cares Podcast: PACE

Learn about how Public Health's PACE program works to help reduce high blood pressure in African Americans. Host Dan Suffoletto talks with Amy McAllister, Health Education Specialist and Tif Huber, Senior Manager of Public Health's Chronic Disease Prevention program.

Click here to [listen](#).

Upcoming Events in January



PACE Your Way to Health!

Saturday, January 13, from 12:30 pm - 2:00 pm

Dayton Metro Library – West Branch, 300 Abbey Avenue, Dayton, 45417

[Public Health's Physical Activity, Cooking, and Education \(PACE\) prevention program](#) seeks to reduce the number of African American's who have high blood pressure. African Americans face unique social and environmental factors including lack of access to health care, lack of access to healthy foods, and limited places to exercise, create challenges to controlling blood pressure. 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.

The next class starts January 13, 2024.

[Register Here.](#)



Monthly Fatherhood Club

Monday, January 29, from 5:30pm - 7pm

Goodwill Easterseals West Campus, 735 E. Main St, Trotwood, 45426

We are building a community of driven, loving, and supportive fathers. We use this time as an open discussion, hitting on all the important things we experience as dads. We also discuss key fatherhood tips and tricks from our parenting trainings. Food/snacks provided. Bring your dad-friends with you!

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



Monthly Mommy Meet-up

Thursday, January 25, 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.

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



Safe Sleep Ambassador Training

January 11 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 could 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 make a difference by becoming a safe sleep ambassador through The EveryOne Reach One Safe Sleep Ambassador Training.

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.](#)



Media Opportunities:

12/1/2023 - WDTN - World AIDS Day
12/1/2023 - Daily Express US - Pneumonia
12/8/2023 - WHIO - Respiratory Disease
12/8/2023 - DDN - Sex Education
12/11/2023 - DDN - Respiratory Disease
12/12/2023 - WHIO - Fentanyl
12/12/2023 - DDN - Good Samaritan Site
12/12/2023 - ABC 22 - Fentanyl
12/18/2023 - WHIO - Opvee
12/22/2023 - DDN - 2024 Budget
12/27/2023 - DDN – COVID-19
12/27/2023 - Childhood Vaccinations



Submitted by:

Jennifer Wentzel, M.P.H., Health Commissioner and **Becky Thomas, MD, MPH, CHES, Medical Director**

