



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



Measles Outbreak

A recent outbreak of measles began on February 2, with the first case being an individual from Montgomery County. Since then, two more cases have been identified in Miami County residents. Montgomery County and other regional health departments continue to follow-up on contacts from the most recent confirmed cases.

[Measles](#) is very contagious and can cause serious illness. Measles is caused by a virus and spreads very easily when an infected person breathes, coughs or sneezes. Measles spreads so easily that anyone who is exposed and not immune (either by being immunized or having had measles in the past) will probably get it. Vaccination reduces the risk of infection and severe disease. Measles can be serious, and about 1 in 5 people who get infected with measles will be hospitalized with complications such as pneumonia, dehydration, or brain swelling.

All Montgomery County residents who are not vaccinated, or are unsure if they are vaccinated for measles, should talk to their healthcare provider about vaccination.

The Centers for Disease Control and Prevention recommends all children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. MMR vaccine is also recommended for adults who are not vaccinated, or whose vaccination status is unknown. MMR vaccine is safe and effective with hundreds of millions of doses given.

Contact your health care provider to get vaccinated. Public Health also provides MMR vaccinations at its clinic located in the Reibold Building, 117 S. Main St. in downtown Dayton. To schedule an appointment, call 937-225-4550, Monday to Friday, 8:00am to 4:30pm. Or walk-in without an appointment 8:30 am to 11:00 am or 12:30pm to 3:30pm.



Happy 50th Anniversary WIC!

The Special Supplemental Nutrition Program for [Women, Infants and Children \(WIC\)](#) is a public health nutrition program under the USDA, providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant or post-partum, infants, and children up to age 5. WIC is celebrating 50 years of serving families in 2024. The first WIC project opened in Pineville, Kentucky on January 15, 1974. Ohio soon followed a few weeks later with Dayton being one of the original pilot sites. In that first year, Ohio had total funding in the amount of \$757,340 and served 10,175 participants in 18 project sites in the state. Participation has grown to an average of 175,000 statewide per month in 2023. Locally, Montgomery County is the fifth largest WIC project in the state and served an average of 8,600 participants per month in 2023. Over half of the babies born in Montgomery County receive WIC services in their first year of life.

The WIC program continues to be at the center of positive public health outcomes. Children who receive WIC have lower overall health care costs, better dental care, more healthy weights, and are more likely to be fully immunized. Prenatal WIC participation has shown decreased infant mortality risk as well as a reduction in the rate of low birth-weight babies by 25% and very low birth-weight babies by 44%.

To celebrate WIC's golden anniversary, WIC has adopted a National Nutrition Month™ theme in March of "50 Years of Feeding WIC Families." WIC staff will be encouraging families to celebrate by trying some fun tips and recipes that make food items more appealing to children, such as using star shaped cookie cutters with healthy WIC foods.



Vapor Intrusion Open House

Staff from Public Health's Office of Environmental Health joined the Ohio Environmental Protection Agency at a community open house on February 27 at the Polish Club in Dayton to discuss vapor intrusion and what homeowners can do to protect their homes.

[What is vapor intrusion?](#)

Chemicals from a spill or leak can enter and move through soil or groundwater. Certain types of chemicals can turn into vapors, or gases, once they are in the environment. These harmful vapors can leak into your home through tiny cracks, gaps, or breaks in your home's foundation. This is called vapor intrusion.

Possible ways harmful vapors can leak into your home include:

- Cracks in the foundation.
- Basement with a dirt floor.
- Sandy or loose soil under home.
- Underground water or water table depth.

Vapor intrusion is a way that volatile organic chemicals (VOC) in soil and groundwater can enter and build-up inside buildings. Volatile chemicals are a class of chemicals that evaporate easily and form a vapor in the air.

- Common sources of volatile chemicals include gas stations, dry cleaners, and industrial operations.
- When a chemical is spilled or leaks into the ground, it can contaminate the soil and the groundwater.
- The chemical can move with the groundwater and travel under a building (migration route).
- If that chemical is volatile, it can become a gas and seep into nearby buildings and contaminate indoor air.

Some VOCs are known carcinogens (cause cancer). Low-level chemical exposures that happen over many years are one of the many things that may raise a person's lifetime risk for having cancer.

To learn more about VOCs [visit the EPA's website.](#)



Air Quality

On February 7, 2024, [the US Environmental Protection Agency \(EPA\) strengthened the National Ambient Air Quality Standards for Particulate Matter](#) (PM NAAQS) to protect millions of Americans from harmful and costly health impacts, such as heart attacks and premature death.

Particle or soot pollution is one of the most dangerous forms of air pollution, and an extensive body of science links it to a range of serious and sometimes deadly illnesses. EPA is setting the level of the primary (health-based) annual PM_{2.5} standard at 9.0 micrograms per cubic meter to provide increased public health protection, consistent with the available health science.

Clean air and economic growth go hand in hand: America needs healthy workers and families to continue growing a more productive, innovative economy. This action will further the nation's trajectory of reducing air pollution while advancing the economy and improving quality of life.

Critical for public health: [According to the EPA](#), strengthened standards will result in significant public health net benefits that could be as high as \$46 billion in 2032. Health benefits will include up to 4,500 avoided premature deaths, 800,000 avoided cases of asthma symptoms, and 290,000 avoided lost workdays (in 2032).

Public Health's [Regional Air Pollution Control Agency](#) (RAPCA) monitors the air quality in the region and publishes a daily [Air Quality Index on its website.](#)



Funding Opportunity to Combat Overdose Deaths

Health Commissioner Jennifer Wentzel [joined the Montgomery County Commission in announcing funding opportunities](#) to help combat overdose deaths and addiction in our community.

Montgomery County nonprofits can soon apply for funding to help combat the ongoing battle against the opioid crisis. The Montgomery County Board of County Commissioners announced the new Direct Opioid Settlement Funding Opportunity will open on March 1 to 501(c)3 agencies that provide prevention, treatment, and community recovery support.

Program examples include:

- Educational initiatives that have proven efficacy in preventing substance abuse.
- Increasing telemedicine and telehealth services.
- Expanding resources toward supportive and recovery housing and employment, certification of peer coaches, peer-run recovery organizations, crisis intervention and relapse prevention.

The \$2 million in funds has been secured through state settlements with opioid manufacturers and distributors. Nonprofits that apply and meet the criteria, including primarily serving Montgomery County residents and existing for one year, are eligible for a maximum of \$200,000.



The Q+ Folx & Food Event

The Q+ Folx & Food event held at The Brightside on February 20 turned out to be the beginning of a very big conversation. Over 80 people gathered with 14 local organizations to hear and think about the disproportionately higher health disparities rates that challenge LGBTQ+ people of all ages. A participant wrote, “I learned that there are those in the community doing powerful work. Unspoken heroes that knit our community together with their sharing of life with others.”

Presentations from The Foodbank and Access to Excess highlighted data, issues, and proactive strategies for addressing multiple levels of food concerns. Chef Ashley Warren, United Church Homes’ Trinity Community at Miami Township, demonstrated nutritious salad fixings with skill and humor! Participants received a shopping tote with organizations’ literature, swag, and a Gem City Market \$15 gift card. Take-aways were not only an increase in knowledge and new connections, but also fruits and veggies were distributed in abundance!

Public Health – Dayton & Montgomery County’s [LGBTQ+ Health Alliance](#) was proud to create this opportunity for connection and conversation with funding from ADAMHS’ Community Collective Impact Model for Change 2.0. A participant wrote, “It’s true that food brings people together.” And indeed, community connection was felt as participants interacted with each other.



Celebrate St. Patrick's Day Safely

Excessive use of alcohol is often associated with St. Patrick's Day celebrations. Public Health reminds you about the effects of binge drinking on your health, and the dangers of drinking and driving.

Binge drinking is the most common and costly pattern of [excessive alcohol use](#) in the United States. Binge drinking is defined as consuming 5 or more drinks on an occasion for men or 4 or more drinks on an occasion for women.

Binge drinking is associated with many health problems, including:

- Unintentional injuries such as [motor vehicle crashes](#), falls, burns, and [alcohol poisoning](#).
- Violence including homicide, suicide, intimate partner violence, and sexual assault.
- Sexually transmitted diseases.
- Unintended pregnancy and poor pregnancy outcomes, including miscarriage and stillbirth.
- [Fetal alcohol spectrum disorders](#).
- Sudden infant death syndrome.
- Chronic diseases such as high blood pressure, stroke, heart disease, and liver disease.
- [Cancer](#) of the breast (among females), liver, colon, rectum, mouth, pharynx, larynx, and esophagus.
- Memory and learning problems.

Driving requires focus, coordination, good judgment, and quick reactions to the environment. Any alcohol or [other drug](#) use impairs the ability to drive safely. Information on the effects of alcohol on driving at a range of Blood Alcohol Concentration (BAC) is available [here](#). We know a lot about [alcohol's effects on driving](#), but more research is needed to fully understand the impact of drugs on driving skills. However, research has shown that both legal and illicit drugs impair the skills needed to drive safely. For example:

- Some of the effects of being impaired by [marijuana](#) that can affect driving include slowed reaction time and decision making, impaired coordination, and distorted perception.
- [Other drugs](#) (such as cocaine or illicit amphetamines) can also impair skills like perception, memory, and attention in the short or long term.
- Prescription and over-the-counter medications can cause many side effects that can impact driving, such as sleepiness, impaired vision, and impaired coordination.

Use of multiple substances (such as marijuana and alcohol) at the same time can increase impairment.

If you would like to speak with someone about alcohol or drug misuse, contact [Recovery Services](#) at (937) 461-5223.



National Women and Girls HIV/AIDS Awareness Day

[National Women and Girls HIV/AIDS Awareness Day](#) (NWGHAAD) is an annual, nationwide observance, led by the U.S. Department of Health and Human Services' Office on Women's Health. Every year on March 10 — and throughout the month of March — local, state, federal, and national organizations come together to shed light on the impact of HIV and AIDS on women and girls and show support for those at risk of and living with HIV. This year marks the 18th annual observance of NWGHAAD.

HIV and AIDS are still widespread public health issues, and women continue to remain vulnerable to infection, especially African American and Hispanic women. In fact, any woman who has sex can get HIV, regardless of race, ethnicity, age, or sexual orientation.

There are steps you can take to protect yourself, your partner, patients, your family, and your neighbors.

- Get an HIV test, which is free and confidential. To find a location, visit gettested.cdc.gov, or call the Public Health Clinic at (937) 225-4550 to schedule an appointment.
- Prevent HIV by using a latex condom every time you have sex.
- If you are HIV-negative and your partner has HIV, talk to a doctor about taking [pre-exposure prophylaxis \(PrEP\)](#), a daily pill that [can reduce your risk of getting HIV from sex by more than 90%](#). In 2019, only 10% of women who could benefit from PrEP were prescribed it in the US. Find a provider near you at PrEPlocator.org.
- If you are living with HIV, talk to your doctor about ways to stay healthy and take your medication as prescribed to achieve and maintain an [undetectable viral load](#). It can help prevent spreading HIV to your sexual partner or if you are pregnant, to your baby.
- If you think you may have been exposed to HIV, visit a doctor or nurse right away. The doctor may decide that you should get [post-exposure prophylaxis \(PEP\)](#). PEP is an anti-HIV medicine that you take within 72 hours of possible exposure to HIV to lower your chances of getting HIV.
- If you are a health care professional, you should know the [screening guidelines](#), talk to patients about their risk, and encourage patients living with HIV to adhere to treatment.



Additional Updated COVID-19 Vaccine Dose Recommended for Older Adults

On February 28, the [Centers for Disease Control and Prevention](#) (CDC) Director Mandy Cohen endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose.

The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness. Previous [CDC recommendations](#) ensured that people who are immunocompromised are already eligible for additional doses of the COVID-19 vaccine.

Data continues to show the importance of vaccination to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older.

Adults 65 years and older are disproportionately impacted by COVID-19, with more than half of COVID-19 hospitalizations during October 2023 to December 2023 occurring in this age group.

COVID-19 vaccinations are available by appointment at the Public Health Clinic by calling (937) 225-4550.



CDC Updates and Simplifies Respiratory Virus Recommendations

On March 1, the Centers for Disease Control and Prevention released [updated recommendations](#) for how people can protect themselves and their communities from respiratory viruses, including COVID-19.

CDC is making updates to the recommendations now because the U.S. is seeing far fewer hospitalizations and deaths associated with COVID-19 and because we have more tools than ever to combat flu, COVID, and RSV.



2023 Annual Report

Public Health is proud to release the 2023 Annual Report to the community. This report highlights the agency's many accomplishments, and the 2023 *Collective Impact Highlights* which features the work of local coalitions including the Community Overdose Action Team (COAT), the Food Equity Coalition, the LGBTQ Health Alliance, and EveryOne Reach One – Dayton & Montgomery County Infant Mortality Task Force. Dedicated individuals from these coalitions worked together to implement new and innovative ways to reach and serve our community.

The report features a *By the Numbers* section provides a snapshot of the number of people helped by our services including food, pool, RAPCA inspections, birth and death certificates, refugee health screenings, immunizations, TB and WIC clinic visits, and HIV and Hep C tests. In addition, there are sections on *Looking to the Future*, *Program Highlights*, *Agency Improvements*, and a new *Celebrating Diversity in the Workforce* page.

To see and download the complete report [click here](#).

Upcoming Events in March



Person in Charge Certification Course

Wednesday, March 20, from 1:00pm - 4:00pm
Public Health – Dayton & Montgomery County
Reibold Building, Environmental Health Office - first floor
117 South Main Street, Dayton, Ohio 45422

Person In Charge (PIC) Certification in Food Protection is a mandated training for one person in charge per shift of a risk level 1, 2, 3, or 4 food service operation or retail food establishment. It is required after March 1, 2010 in the following instances:

- When a new food service operation or retail food establishment is licensed.
- When a food service operation or retail food establishment has been implicated in a foodborne disease outbreak.
- When Public Health has documented the operation's failure to maintain sanitary conditions under the Ohio Revised Code, ORC 3717.29 or ORC 3717.39.

Pre-Registration is required. Payment is due prior to attending class. No refunds given. Class size may be limited.

For instructions on registration and payment [click here](#).

For questions or to confirm registration, call (937) 225-4460 or email EH-licensing@phdmc.org



The Ohio Commission on Minority Health will be hosting the 2024 Virtual Statewide Minority Health Month Kickoff Ceremony

Tuesday, March 26 at 9:00am

Minority Health Month (MHM) was created in 1989 to be a 30-day, high visibility, health promotion and disease prevention campaign which became a national celebration in 2000. The Statewide Minority Health Month Kickoff and award ceremony is an official inaugural event. Several awards will be given honoring individuals and organizations working to eliminate health disparities and achieve health equity throughout Ohio. Community partners of Public Health - Dayton Montgomery will be recipients of the Hero/Shero and Minority Health Community Action Awards.

The Ohio Commission on Minority Health will be hosting a panel discussion on "Achieving Equity in Birth Outcomes" featuring statewide leaders working to eliminate barriers related to social determinants of health. For more information and to register [click here](#).



Monthly Mommy Meet-up

Thursday, March 28, from 2:00pm - 3:30pm

Gem City Market (Community Room), 324 Salem Avenue, Dayton, OH 45406

Eating healthy and working toward individual food security can be an empowering experience. Pregnant and newly post-partum parents in Montgomery County can learn how to plant and harvest their own vegetables even without a yard. Our partners will do a demonstration of planting seeds and give each participant a planter, soil, and seed packets to start their own container garden.

All eligible Montgomery County residents who attend and complete a post-event survey will be eligible to win one door prize. Must be pregnant or have an infant under the age of 1 to be eligible to win one door prize.

Registration is required, as seating is limited.

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. Mommy Meet-Up takes place at the Gem City Market on the 4th Thursday of the month.

Contact info@phdmc.org or visit [Public Health's Events page](#) to register.



Tai Chi for Arthritis

Thursday, March 19 from 3pm - 4pm

3969 Salem Avenue Dayton, OH 45406

Public Health's Bureau of Chronic Disease Prevention will be launching a free 1-hour Tai Chi for arthritis workshop. Click here for more information and to [reserve your spot](#).



Montgomery County Lactation Support Circle

Thursday, March 28, from 5:30pm - 6:30pm

Gem City Market Community Room (rear of the building)
324 Salem Avenue, Dayton, OH 45406

Join us every 4th Thursday at the Gem City Market Community Room
Open to pregnant and lactating people at every stage of their lactating journey

Contact info@phdmc.org or visit [Public Health's Events page](#) to learn more.



Monthly Fatherhood Club

Monday, March 25, from 5:30pm - 7:00pm
Goodwill Easter Seals West Campus in Trotwood,
735 E Main St, Trotwood, OH 45426

We are building a community of driven, loving, and supportive fathers. We use this time as an open discussion, hitting on the big 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!

Contact info@phdmc.org or visit [Public Health's Events page](#) to register.



Safe Sleep Ambassador Training

Thursday, March 21 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:

2/3/2024 - WDTN - Measles
2/3/2024 - WHIO - Measles
2/4/2024 - DDN - Measles
2/5/2024 - WHIO - Measles
2/5/2024 - WDTN - Measles
2/9/2023 - Flyer News - Overdoses
2/20/2024 - WYSO - RAPCA Permits
2/21/2024 - DDN - Measles
2/21/2024 - WHIO - Measles
2/23/2024 - DDN - PACE program
2/23/2024 - WDTN - Measles
2/26/2024 - DDN - Gender Affirming Care
2/26/2024 - DDN - Gun Deaths



WIC Program Income Guidelines			
Economic Unit	Annual	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
5	\$65,009	\$5,418	\$1,251
6	\$74,518	\$6,210	\$1,434
7	\$84,027	\$7,003	\$1,616
8	\$93,536	\$7,795	\$1,799

Pregnant women count as 2.

Call 937-225-4491 to learn more about WIC.

Submitted by:
Jennifer Wentzel, MPH, Health Commissioner and **Becky Thomas, MD, MPH, CHES, Medical Director**

