



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



April is Minority Health Month

Public Health – Dayton & Montgomery County is celebrating Minority Health Month in April with free events all month long! This year’s theme is *Be the Source for Better Health - Achieving Equity in Birth Outcomes*, focusing on health outcomes for racial and ethnic minorities, and to empower individuals to live a healthy life. Public Health - Dayton & Montgomery County’s events include an Expo, Black Girl Playdate, and a Maternal Health Symposium.

Minorities have historically been at a disadvantage when it comes to having the support and resources needed to live a healthy life,” said Jasmine Young, Project Manager, Local Office on Minority Health. “Public Health is working hard to help remove existing barriers to good health, which are present in where we live, work and play.”

The five goals of Minority Health Month are to:

1. Provide crucial information to allow individuals to practice disease prevention.
2. Promote healthy lifestyles.
3. Showcase healthcare providers and resources.
4. Highlight the unequal health of Ohio’s minorities compared to non-minorities.
5. Increase ongoing community support to improve minority health.

[Visit phdmc.org for details](https://phdmc.org) about April’s Minority Health Month Events.

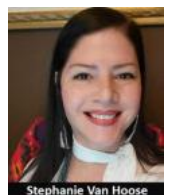


Statewide Minority Health Month Kickoff

During the Ohio Commission on Minority Health’s statewide kickoff for Minority Health Month on March 26, two local partners of Public Health’s Local Office on Minority Health were honored for their work to help eliminate health disparities.

Congratulations to Jean de Dieu Mukunzi, Executive Director of Ebenezer Healthcare Access for receiving the Hero award and Stephanie Van Hoose, Founder of REACH Indigenous Advocacy for receiving the Minority Health Community Action Award.

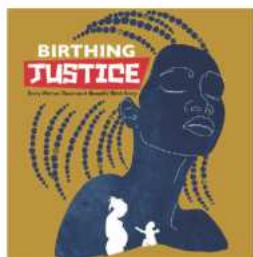
Visit our website for more information about the [Local Office on Minority Health](#).



— APRIL IS NATIONAL —

MINORITY HEALTH MONTH

2024 Calendar of Events



Birthing Justice Screening at the Imaging Symposium

Thursday, April 11 • 4:15 pm - 6:30 pm

The Dayton Arcade, 35 W. 4th St, Dayton, OH 45402

In collaboration with Dayton Children's Hospital, Wright State University, Queen's Village Dayton, and the University of Dayton Fitz Center, a screening of the film *Birthing Justice* will be held on Thursday April 11 at 4:15 pm during the University of Dayton Imaging Symposium. The film is centered around black women's experiences through the journey of pregnancy, delivery, postpartum periods, and the structures and systems that have resulted in racial disparities in maternal and infant health. Following the film, a facilitated discussion will be conducted by Sharon Hawkins, MPA, MSN/ed, RN, the Director of the Health Equity Activation Think Tank (HEATT) in Dayton, OH.



Black Girl Playdate

Friday, April 12 • 5 pm - 8 pm

DECA Prep, 200 Homewood Ave., Dayton, OH 45405

Black Girl Playdate is designed to foster intergenerational support and joy among Black women and girls in the Dayton area. The event is designed to allow the attendees to rest, reset, and build community by creating a neutral space for play for both adults and children. Play decreases stress, stimulates the mind, boosts activity, improves brain function, and improves relationships. We intend to remind Black girls of all ages of the beauty, power, and joy our culture holds while allowing them to experience the exuberance sisterhood brings. There will be fun, snacks, games, and joy!

QUEENS VILLAGE
DAYTON
MATERNAL HEALTH
EMPOWERMENT
SYMPOSIUM



Queens Village Maternal Health Empowerment Symposium

Saturday, April 13 • 10 am - 2 pm

The Dayton Foundation Building, 1401 S Main St, Dayton, OH 45409

Symposium featuring childbirth education, pelvic floor education, financial wellness education and more. Join Queens Village Dayton as we equip our community with advocacy skills and tools to create better maternal and infant outcomes. Brunch will be provided!

2024 Greater Dayton
Minority Health Month

EXPO



2024 Greater Dayton Minority Health Month EXPO

Saturday, April 27 • 11 am - 3 pm

Downtown Dayton Metro Library, 215 E 3rd St, Dayton, OH 45402

This FREE event will have two scheduled physical activity workshops, a hula hoop beginners fitness class and a Qigong class. During the event we will highlight various organizations, their resources, and how they impact minority and vulnerable communities in the Montgomery County area. For more information contact Jasmine Young at (937) 225-4962 or email: jlyoung@phdmc.org.

To register for
events [click here](#).



Commission on
Minority Health



Funded by the Ohio Commission on Minority Health.

3/25/24



National Public Health Week

Public Health celebrates [National Public Health Week](#), April 1-7, and we would like to thank all of our board members, staff and community partners who help to shape public health in Montgomery County.

Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environment are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us - individuals, families, communities, and public health professionals - can achieve the goals of public health.

During Public Health Week, we [focus on daily themes](#) to highlight the many facets of public health. Daily themes include Civic Engagement, Healthy Neighborhoods, Climate Change, New Tools and Innovations, Reproductive and Sexual Health, Emergency Preparedness, and the Future of Public Health.

Through all of our collective efforts we can advance the efforts of public health and continue to keep Montgomery County Healthy, Safe and Thriving.



Measles Outbreak

Montgomery County has seen 3 cases of measles in residents in 2024. Public Health reminds you about the importance of vaccination in protecting yourself from measles.

Measles is very contagious. Children infected with measles can spread it to others, even before they have symptoms. The measles virus can live for up to two hours in the air after an infected person leaves the room. Nine out of 10 unvaccinated individuals who are exposed to measles will become infected. Symptoms may not occur for up to 21 days after exposure to an individual who has measles.

If you are unvaccinated, or do not know if you are vaccinated, talk to your healthcare provider about vaccination. The MMR vaccine is safe and effective with hundreds of millions of doses given. Contact your local pharmacy or healthcare provider to get vaccinated. In addition, Public Health – Dayton & Montgomery County provides MMR vaccinations at its [clinic](#) located on the 3rd floor of the Reibold Building, 117 S. Main St. in downtown Dayton.

To schedule an appointment to be vaccinated, call 937-225-4550, Monday – Friday from 8am to 4:30pm, or walk-in without an appointment Monday – Friday between the hours of 8am – 11 am or 12:30pm – 3:30pm.



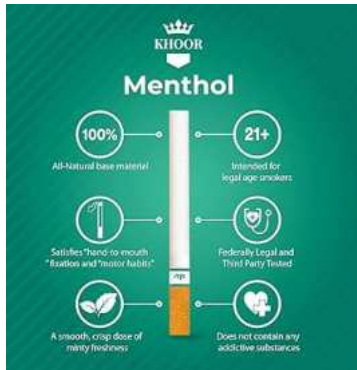
Drug Take Back Day

As we approach **National DEA Take Back Day** on Saturday, April 27th, we are reminded of the critical importance of safe storage and disposal of medications.

DEA's National Prescription Drug Take Back Day reflects DEA's commitment to

Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

You can drop off your old, unneeded, or unused medications at one of the more than 16,500 pharmacies, hospitals, and businesses year round. [Find a drug take back location near you.](#)



Regional Menthol Prevention Summit Registration Now Open

The first Regional Menthol Prevention Summit is scheduled for May 16, 2024 at Sinclair Conference Center. The Summit will address the targeted marketing to youth and people of color to encourage the use of menthol products.

According to the Centers for Disease Control and Prevention (CDC), 40% of individuals who died due to menthol cigarette smoking between 1980 to 2018 were African Americans, despite African Americans making up only 12% of the population. The data also shows that during that time, 1.5 million African Americans began smoking menthol cigarettes.

The CDC reports that in 2023, 40.4% of middle school and high school students who are currently smoking cigarettes report using menthol cigarettes. Also, nearly 9 in 10 youth (grades 6-12) who reported using tobacco products used flavored varieties.

The Summit will bring together community leaders across Ohio from healthcare, education, prevention, and policy sectors. The leading experts in tobacco prevention will share the latest research and enforcement of legislation, including Carol McGruder, Co-Founder of the African American Tobacco Control Leadership Council, Dr. Rob Crane, Founder and President of the Preventing Tobacco Addiction Foundation, and Dr. Micah Burman, Professor at the Ohio State University College of Law.

[Register now for the Regional Menthol Prevention Summit.](#)



National Transgender HIV Testing Day

[National Transgender HIV Testing Day](#) (NTHTD) is observed each year on April 18. It recognizes the importance of routine HIV testing, status awareness, and continued focus on HIV prevention and treatment efforts in people who are transgender or gender nonbinary.

[According to the Centers for Disease Control and Prevention](#), nearly 1 million people identify as transgender in the United States (US), and transgender people made up 2% (671) of new HIV diagnoses in the US and dependent areas in 2019.

In Ohio, there were 897 new diagnoses of HIV reported in 2020. Of these, 3 percent were among transgender persons. The already existing HIV-related stigma, coupled with negative attitudes towards transgender people, continue to create barriers for accessing HIV testing and quality treatment services.



STI Awareness Week is April 14 – 20, 2024

[STI Awareness Week](#) begins April 14 and is an important opportunity to promote STI prevention and improve sexual health. These infections remain a significant public health concern, but together, we can raise awareness about STIs; ensure people have the needed prevention, testing and treatment tools; and stand up to STI-related stigma, fear, and discrimination.

Research shows that people may not believe they are at risk for sexually transmitted infections (STIs), even if they are engaging in risky behavior. As a result, they do not take steps to keep themselves healthy. Additionally, some report that unplanned sex makes condom use or in-depth conversations about risk “in the moment” unrealistic.

That is why it is important to Prepare Before You’re There. Some options include:

- Talking to your partner(s) about sex, sexual health, and how to keep one another healthy.
- Using condoms from start to finish when you have sex.
- Asking your healthcare provider what options may be right for you, such as specific STI tests and medicine that prevents HIV.

To find more information about STIs visit stifacts.org or to make a confidential appointment to get tested call (937) 225-4550.



Pool Preparation Class for Public Swimming Pool Operators

Preventing recreational water illnesses (RWIs) is an issue that requires participation from pool staff, swimmers, and health departments. Poor maintenance can result in low disinfectant levels that can allow the spread of a variety of germs that cause diarrhea as well as skin and respiratory RWIs.

Public Health will be hosting a class for [public pool operators](#) on Thursday, May 2, 2024. During this three-hour presentation pool operators will learn how to assist those that run and maintain public swimming pools for the season. Topics include the required water chemistry, pump room equipment, safety equipment and signage, and maintenance of the pool. The class is limited to 90 participants and will be at the Montgomery County Business Solutions Center. Interested pool operators can call 937-225-4460 to reserve a spot for this free class.

For more ways to prevent the spread of germs, see [Preventing Recreational Water Illnesses at Your Facility](#). For more information about water treatment and testing for residential pools, see [Water Treatment and Testing](#).



Stay Safe During the Solar Eclipse

Public Health reminds you to [stay safe during the upcoming solar eclipse](#) that will take place in Montgomery County on April 8, 2024. Eclipses are a unique opportunity for observation and science. If you get a chance to see it, make sure to take care of your vision during the eclipse.

A solar eclipse occurs when the Moon passes between the Earth and the Sun, blocking all or part of the Sun's light. This celestial event can only happen during a new moon when the Sun and the Moon are in conjunction as observed from Earth. It is important to note that looking directly at the Sun, even during an eclipse, can cause serious eye damage or blindness. Special protective eyewear or indirect viewing methods, such as pinhole projectors, should be used to safely observe a solar eclipse.



Eclipse glasses can be used to watch a solar eclipse safely. They must meet a specific worldwide standard known as ISO 12312-2. There have been reports that some companies are selling counterfeit products labeled as if they conform to international safety standards (ISO). Do not search for eclipse glasses on the internet and buy whatever pops up in the ads or search results. Check the [American Astronomical Society](#) list of reputable vendors whose products conform to ISO standards and buy from one of them.

[According to the American Astronomical Society](#), "If you can see shaded lamps or other common household light fixtures (not bare bulbs) of more ordinary brightness through your eclipse glasses or handheld viewer, and you're not sure the product came from a reputable vendor, don't use it."



EPA Bans Last Form of Asbestos Used in U.S.

The U.S. Environmental Protection Agency (EPA) has announced a significant milestone in public health by implementing a ban on ongoing uses of [asbestos](#), a substance linked to various cancers. The ban applies specifically to chrysotile asbestos, the only form currently used in the U.S., primarily in car parts and friction products.

Despite its low cost and versatility, asbestos has been recognized as a carcinogen for decades, with exposure linked to over 40,000 deaths in the U.S. alone. The agency has set deadlines for different industries to phase out asbestos, aiming to mitigate its harmful effects on public health.

Upcoming Events in April



Monthly Mommy Meet-up

Tuesday, April 23, from 5:30pm - 7:00pm

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

For the month of April, Maternal and Child Health programs will speak on the different services offered through the Office of Health Promotion / Maternal and Child Health: Ohio Equity Initiative, E-GEMS, Cribs for Kids, Baby and Me Tobacco Free, Every Parent Matters, Moms and Babies First, and WIC.

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.

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.

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



Montgomery County Lactation Support Circle

Thursday, April 25, 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.



Pace Your Way to Health – Group 5

Tuesday, April 16 from 6pm – 7:30pm

Charles R Drew Health Center - 1323 West Third Street Dayton, OH 45402

Session Dates: April 16, 2024 - May 21, 2024 - 6pm to 7:30pm

[Register here.](#) For questions, contact Amy McAllister Amcallister@phdmc.org

Pace Your Way to Health – Group 4

Monday, April 29 from 6pm to 7:30pm

Charles R Drew Health Center - 1323 West Third Street Dayton, OH 45402

Session Dates: April 29, 2024 - June 10, 2024 - 6pm to 7:30pm

[Register here.](#) For questions, contact Amy McAllister Amcallister@phdmc.org

The PACE program is designed to help prevent heart disease and high blood pressure in African Americans by providing education on heart health, physical fitness, and nutrition.

Since the PACE Program is focused on prevention, anyone who is 18 and older who has been told by a physician that they have high blood pressure is not eligible to participate. The PACE program is set up in 3 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.



Tai Chi for Arthritis

Tuesday, April 16 from 3pm - 4pm

Charles R Drew Health Center - 1323 West Third Street Dayton, OH 45402

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.](#)



Monthly Fatherhood Club

Monday, April 29, 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, April 18 from 1pm - 3pm

Online Event – Registration Required (FREE)

Every year, approximately 3,600 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:

3/1/2024 - DDN - Flu
3/4/2024 - ABC 22 - Flu
3/4/2024 - WDTN - Flu
3/4/2024 - WHIO - Flu
3/14/2024 - WYSO - Eclipse
3/12/2024 – DDN - Food License
3/22/2024 - WHIO - Measles
3/25/2024 - WDTN - Measles
3/25/2024 - DDN – Overdoses
3/29/2024 – DDN – Measles
3/29/2024 – WDTN - Measles
3/29/2024 – WDTN - STIs



Submitted by:

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

