



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

Monthly Update

May 2024

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

SHARE
THE FUN...
not the germs



and make
a healthy splash!

Healthy Swimming Week Starts May 27

The month of May brings the start to the pool season. Swimming and other water-based activities are fun and healthy ways to be physically active. However, like any physical activity, there are potential risks involved. The Centers for Disease Control and Prevention's (CDC) [Healthy Swimming website](#) provides information on how to have healthy and safe swimming experiences that maximize the benefits of swimming while minimizing the risk of illness and injury.

Germes in the water can make people sick if they swallow just a mouthful of contaminated water. Although most germs are killed within minutes by chlorine or bromine at the recommended levels, the germ *Cryptosporidium* (or Crypto) can survive in properly treated water for more than 7 days.

Public Health's Environmental Health team inspects over 330 pools and splash pads in Montgomery County multiple times throughout the pool season to help keep them safe and germ free.

Public Health recommends you take these steps every time you enjoy the water to keep yourself and others safe from germs:

DOs

- DO stay out of the water if you are sick with diarrhea.
- DO shower before getting in the water.
 - When chlorine mixes with dirt, sweat, pee, and poop, there is less chlorine available to kill germs.
- DO take kids on bathroom breaks or check diapers every hour.
 - Change diapers away from the water to keep germs from getting in.
- DO dry ears thoroughly with a towel when you get out of the water.

DON'Ts

- DON'T swallow the water.
- DON'T poop or pee in the water.
- DON'T sit or stand on the jets at splash pads. Sitting or standing on jets can cause injuries or rinse poop off butts.

Public Health encourages you to help keep our children safe this summer. According to the Centers for Disease Control and Prevention, drowning is the leading cause of death for children 1 to 4 years old, and the second leading cause of unintentional injury death for children 5 to 14 years old. Drowning can happen in seconds and is often silent. It can happen to anyone, any time there is access to water. This includes pools, lakes, and smaller bodies of water like bathtubs and water-filled buckets. However, drowning is preventable.

The following prevention steps can help prevent drowning:

- Properly fence home swimming pools
- Learn how to swim and teach children how to swim
- Supervise children closely and constantly when they are in or near water
- Wear a properly fitted life jacket - all these steps can all reduce the risk of drowning
- “Floaties,” arm bands, or water wings do not prevent children from drowning.



May is High Blood Pressure Awareness Month

Many Americans have [high blood pressure](#), also known as hypertension, and many don't even know they have it. High blood pressure develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats when the heart is filling with blood.

When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to [heart attack](#), [stroke](#) and other [health threats](#).

Measure your blood pressure regularly to help your health care team diagnose any health problems early. You and your health care team can take steps to control your blood pressure if it is too high. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

A normal blood pressure level is less than 120/80 mmHg. No matter your age, you can [take steps each day to keep your blood pressure in a healthy range](#).



Mental Health Awareness Month

May is [Mental Health Awareness Month](#). Since its inception in 1949, Mental Health Awareness Month has been dedicated to eradicating stigma, extending support, fostering public education, and advocating for policies that prioritize the well-being of individuals and families struggling with mental health.

According to the National Alliance on Mental Illness (NAMI) [22.8%](#) of U.S. adults experienced mental illness in 2021 (57.8 million people). This represents 1 in 5 adults. In addition, [5.5%](#) of U.S. adults experienced serious mental illness in 2021 (14.1 million people). This represents 1 in 20 adults.

Public Health encourages you to join us in fostering open dialogues, cultivating empathy and understanding. We also urge you to share our resources to support individuals and families on their journey towards mental wellness. Through "Take the Moment," we shine a spotlight on the National Alliance on Mental Illness' array of signature programs including: [NAMI Basics](#), [NAMI Family-to-Family](#), [NAMI Family & Friends](#), [NAMI Homefront](#), [NAMI In Our Own Voice](#), [NAMI Peer-to-Peer](#), [NAMI Support Groups](#) and our invaluable [NAMI HelpLine](#), which is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Mental health disorders are common and help is available for you and others who are suffering call the 988 Suicide and Crisis Lifeline 24/7.

For additional help with issues regarding drugs, alcohol or gambling call Public Health's Recovery Services program at 937-461-5223, Monday to Friday, 8:00 am to 4:30 pm.



Public Health Pride

Public Health continues to strive for "Health Equity for All" in our community, and during the month of June we recognize and celebrate all LGBTQ+ individuals in Montgomery County. Public Health works to advance healthcare access for LGBTQ+ individuals by providing a comprehensive schedule of staff training and policies, educational opportunities for local healthcare providers and community agencies, and working collaboratively with local partners through the LGBTQ+ Health Alliance.

This year, PRIDE Month starts early on Friday, May 31st.

Public Health is excited to participate in celebrating with the LGBTQ+ community in Montgomery County during several PRIDE events throughout June. Join us on **Friday, May 31 at 6:00 pm** on the corner of St. Clair and 1st streets in downtown Dayton. The event is the official kickoff featuring live music and the Rubi Girls.

Public Health staff and members of the LGBTQ+ Health Alliance will also participate in the PRIDE parade that kicks off downtown **Saturday, June 1 at noon** on St. Clair St. near the Dayton Metro Library.

Following the parade join Public Health, Visible and Resilient and the LGBTQ+ Health Alliance for the “Affair on St. Clair” featuring food trucks, vendors and activities at Cooper Park.

Later that night celebrate with Public Health and friends during “After PRIDE” at the Yellow Cab Tavern, 700 E. 4th St. in downtown Dayton starting at 8:00 pm featuring a silent disco.

PRIDE events continue downtown on **Saturday, June 8**, at the Levitt Pavilion with an Indie Rock concert. Stop by before the show to visit with Public Health and learn how Public Health can help you.

On June 14th, Public Health, Visible and Resilient and the LGBTQ+ Health Alliance will be at the inaugural Kettering PRIDE event on **Friday, June 14** from 4:00 – 8:00 pm at Delco Park in Kettering.

For more information about Public Health’s LGBTQ+ and Health Equity initiatives [click here](#).



National Nurses Week

The American Nurses Association is celebrating National Nurses Week 2024 May 6 - May 12, and throughout May. This year's theme, "Nurses Make the Difference," honors the incredible nurses who embody the spirit of compassion and care in every health care setting.

[Public Health](#) currently has a workforce of 43 nurses in the following programs, School Health, Outreach, Children with Medical Handicaps, TB/Communicable Disease, Immunization Clinic, STD Clinic, Refugee Clinic, and a Director of Nursing.

Join us in recognizing the invaluable contributions of nurses worldwide. Whether you're a health care professional, a patient, or simply someone who appreciates nurses' dedication, this is your chance to express gratitude and support for their capability and fortitude. Let's come together to celebrate Nurses Week 2024 and show our appreciation for these extraordinary professionals!



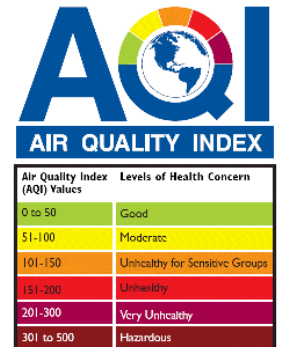


Air Quality Awareness Week

Public Health's [Regional Air Pollution Control Agency](#) (RAPCA) is highlighting Air Quality Awareness Week 2024, which is May 6 – May 10. This timeframe corresponds with the beginning of ozone season, wildfire season, and World Asthma Day.

The theme this year is, “Knowing Your Air.” Air Quality Awareness Week is designed to increase air quality awareness and encourages people to take action and incorporate air quality knowledge into their daily living.

Air quality awareness is more than just understanding the [Air Quality Index \(AQI\)](#) forecast that utilizes the color code system. Air quality awareness includes education about the air in your specific area and what associated health effects might be a concern for your community. Understanding the importance of the air quality forecasts and their direct relation to health impacts will help you choose between finding the best time for children to play outside during Code Orange air quality days or reducing exposure by simply rescheduling an activity for a time when air quality is expected to be better.



For more information on air quality, ozone data, pollen levels, and the local forecast visit rapca.org



National Physical Fitness and Sports Month

In May, Health and Human Service's [Office of Disease Prevention and Health Promotion](#) (ODPHP) celebrates National Physical Fitness and Sports Month to promote the benefits of being physically active. Encourage others to get moving by using our [Move Your Way® Community Resources](#) and [Activity Planner](#) — and be sure to engage and share ideas with others about being physically active.

You can also help older adults get moving with guidance from the [Physical Activity Guidelines Midcourse Report](#). Find strategies to get youth involved in sports by using the [National Youth Sports Strategy](#). Share our MyHealthfinder [physical activity page](#) for tips and info to make getting active a part of your routine. And lastly, check out these Healthy People 2030 [physical activity evidence-based resources](#) to implement in your community.



Upcoming Events in May



Monthly Mommy Meet-up

Thursday, May 30, 2:00 pm - 3:30 pm

Sunrise Center, 1320 E. 5th St., Dayton

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 May, learn about interpersonal violence and human trafficking, and how you can create a safety plan.

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.



Person in Charge Certification Course

Wednesday, May 15, from 9:00am - 12:00pm

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](#).



Montgomery County Lactation Support Circle

Thursday, May 23, 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, May 20, 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.



CPR Training

Saturday, May 11 from 9am - 2pm

Sinclair College, 444 W. Third St., Dayton

Free - 15 spots available

About 47% of sudden cardiac deaths occur outside a hospital. Learn practical skills, like how to perform CPR and how to use an AED.

To register call Jasmine Young at (927) 225-4962 or email jyoung@phdmc.org. Deadline to register is May 9th.



Safe Sleep Ambassador Training

Thursday, May 16 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:

- 4/1/2024 - DDN - Minority Health Month
- 4/10/2024 - WVXU - Measles
- 4/22/2024 - DDN - Restaurant Licensing
- 4/23/2024 - WROU - Minority Health Month Expo
- 4/24/2024 - DDN - Social Determinants of Health
- 4/24/2024 - DDN - Food Licenses
- 4/29/2024 - DDN - Minority Health Month
- 4/29/2024 - WDTN - Measles
- 4/30/2024 - DDN - Brian Huxtable



Submitted by:

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