



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



June is Men's Health Month: 10 Tips for a Healthier You

June marks Men's Health Month, a time dedicated to raising awareness about the health challenges men face and encouraging proactive steps towards a healthier lifestyle. As men often prioritize work and family commitments over their well-being, it's essential to spotlight the importance of regular health check-ups and a balanced lifestyle. Here are ten tips to help you stay on top of your health this month and beyond:

- 1. Schedule Regular Check-ups:** Don't wait until you're feeling unwell. Regular check-ups can catch potential health issues early. Make an appointment with your doctor for a comprehensive health review.
- 2. Stay Active:** Incorporate physical activity into your daily routine. Aim for at least 30 minutes of moderate exercise most days of the week. Activities like walking, cycling, and swimming are excellent for maintaining cardiovascular health.
- 3. Eat a Balanced Diet:** Focus on a diet rich in fruits, vegetables, lean proteins, and whole grains. Limit processed foods, sugary drinks, and excessive red meat consumption to reduce the risk of chronic diseases.
- 4. Manage Stress:** Chronic stress can lead to various health problems, including heart disease and depression. Practice stress-management techniques such as meditation, deep breathing exercises, or hobbies that bring you joy.
- 5. Prioritize Mental Health:** Mental health is just as important as physical health. If you're feeling overwhelmed, anxious, or depressed, don't hesitate to seek help from a mental health professional.
- 6. Get Adequate Sleep:** Aim for 7-9 hours of quality sleep each night. Good sleep is crucial for overall health, including mental sharpness, mood regulation, and physical recovery.

7. Avoid Tobacco and Limit Alcohol: Tobacco use is a major risk factor for numerous health problems. If you smoke, seek resources to help you quit, such as by calling 1-800-QUIT-NOW. Additionally, limit alcohol intake to moderate levels to avoid long-term health issues.

8. Stay Hydrated: Proper hydration is vital for bodily functions. Aim to drink at least 8 glasses of water a day, and more if you're active or in hot environments.

9. Protect Your Skin: Use sunscreen with at least SPF 30 to protect your skin from harmful UV rays and wear protective clothing when spending time outdoors. Regularly check your skin for any changes or unusual moles and consult a dermatologist if needed.

10. Stay Informed: Educate yourself about common health issues that affect men, such as prostate health, heart disease, and diabetes. This can help you make better lifestyle choices and seek timely medical advice.

[Public Health's Men's Health program](#) reminds you that this month provides an excellent opportunity to take charge of your health. Remember, small changes can lead to significant health benefits over time. To help men in their pursuit of better health, Public Health provides this [Men's Health Checklist](#) with a detailed description of recommended health screenings for men of all ages.

Let's commit to living healthier lives, starting this June!



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](#).

Public Health was excited to participate in celebrating with the LGBTQ+ community in Montgomery County. On Friday, May 31, during the kickoff event, Health Commissioner, Jennifer Wentzel shared the stage with other community organizations and reaffirmed Public Health's commitment to diversity and inclusion. During the PRIDE parade and festival on Saturday, June 3 in Downtown Dayton, Public Health staff and members of the LGBTQ+ Health Alliance walked in the parade and celebrated together.

Public Health is proud of its efforts to ensure Montgomery County is a place where ALL our residents can thrive.

For more information about Public Health's LGBTQ+ and Health Equity initiatives visit www.phdmc.org or call (937) 224-3727.



Public Health Earns Designation as LGBTQ+ Healthcare Equality Leader

Public Health - Dayton & Montgomery County (Public Health) has received an evaluation of 100 and the designation of ["LGBTQ+ Healthcare Equality Leader"](#) in the [Human Rights Campaign Foundation's](#) 2024 edition of the Healthcare Equality Index (HEI), the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees. A record 1,065 healthcare facilities actively participated in the HEI 2024 survey and scoring process. Of those participants, 384 received the top score of 100, earning the "LGBTQ+ Healthcare Equality Leader" designation.

According to the Human Rights Campaign Foundation, "This year's HEI comes as [LGBTQ+ adults are twice as likely as non-LGBTQ+ adults to be "treated unfairly or with disrespect by a doctor or healthcare provider"](#) in the last three years, according to the Kaiser Family Foundation. [The impact of anti-LGBTQ+ legislation](#) combined with a history of discrimination in healthcare settings has the potential to cause even more LGBTQ+ people to delay or avoid seeking healthcare, which makes the HEI even more salient for those looking to find LGBTQ+-inclusive care."

Public Health's [LGBTQ+ Health Initiatives program](#) works to support and connect LGBTQ+ individuals with helpful community resources, leads the LGBTQ+ Health Alliance, and offers the Visible and Resilient program to help support area youth and their allies.

"Public Health is dedicated to ensure the healthcare rights of LGBTQ+ people are maintained," said Jennifer Wentzel, Montgomery County Health Commissioner.



Beating Summer Heat

Summer is a time for enjoying the outdoors with family and friends. But it's important to keep in mind that hot weather can be dangerous if proper precautions aren't taken. Here are some basic tips to help protect you and your family for a safe, happy summer.

Keep Your House Cool

- Look over the air conditioning. Check that it's properly working and insulated. Installing weather stripping on doors and windowsills as part of your [summer home maintenance](#) might help keep cool air in and hot air out.
- Cover windows. Use drapes, shades, awnings or louvers for any [windows](#) that receive morning or afternoon sun. This can help reduce the heat entering your home.
- Use fans strategically. Try running your ceiling fans counterclockwise to help force air down and make the room feel cooler.

- Look at your attic ventilation. Think about using a ventilator or fan to help remove excess heat from your attic, which might help with the overall temperature of your house.

Stay Safe and Cool on a Hot Day

- Drink plenty of water and other fluids. Don't wait to rehydrate until you're thirsty. Adults should drink eight 8-ounce glasses of water each day and may need more on hot and humid days.
- Avoid alcohol, caffeine, and carbonated drinks. These can lead to dehydration and increase the effects of heat illness.
- Reschedule exercise. Check the weather forecast and try to avoid working out during the hottest part of the day. If there's a heat advisory, you may want to move your workout indoors.
- Wear the right clothing. Wearing light-colored and breathable clothing might help you regulate your body temperature. If you are outside, wearing a cap or hat can help provide additional protection for your face and neck.
- Pace yourself. If you are working or doing activities outdoors, consider taking regular breaks. If possible, try to find a cooler place or some shade for your breaks.

Beware of Heat-related Illness

- Know the warning signs of heat exhaustion. Watch for breathing that is shallow and fast, headaches, dry mouth, pale or clammy skin, muscle cramps, tiredness, disorientation, sweating, passing out, nausea and vomiting. If you or anyone around you are experiencing any heat exhaustion signs, you may want to consult your doctor or go to the ER.
- Know the warning signs of heat stroke. Symptoms include dizziness; a high body temperature (above 103 degrees Fahrenheit); red, hot and dry skin (no sweating); unconsciousness; nausea; confusion; a rapid, strong pulse; and a throbbing headache. Seek immediate medical attention if you, your family, or friends are experiencing these symptoms.
- Be informed. Learn the tips to help prevent heat related illnesses.
- Avoid burns. Use sunscreen to aid in protecting your skin against the effects of the sun.

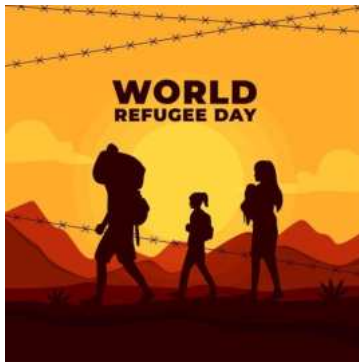
Monitor Yourself and Others

- Check on high-risk people regularly. Keep an eye on infants and young children, people aged 65 or older, the mentally or physically ill, and those who might overexert during work or exercise. They can be especially vulnerable in extreme heat.
- Never leave a person or a pet in a parked car. Just as your car can be damaged by the sun, people and pets can succumb to heat exposure very quickly. Also be careful when entering a car in hot weather.

Temperatures inside can reach 140 degrees Fahrenheit to 190 degrees Fahrenheit within 30 minutes on a hot, sunny day.

- Animals need shade and water. Pets can dehydrate quickly, so see that they have plenty of fresh, clean water and a shady place to get out of the sun. Moderate their exercise and keep them indoors when it's extremely hot.
- Stay in cool areas. Try to be inside with air conditioning. If you don't have air conditioning at home, consider spending time in public places such as libraries, shopping malls and movie theatres, which are usually air-conditioned. In the case of extreme heat waves, reach out to the city where you live to learn if there are any cooling centers available.

For more information about heat safety [click here](#).



World Refugee Day

Each year on June 20, the world celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. [World Refugee Day](#) is an international day designated by the United Nations to honor refugees around the globe. It shines a light on the rights, needs and dreams of those forced to flee.

World Refugee Day is designed to raise awareness about the plight of these individuals and encourage efforts to end conflicts so they can return home in safety, and ensuring they have opportunities to thrive in the communities that have welcomed them.

In 2023, [Public Health's Refugee Program](#) saw a total of 501 people who were relocated to the United States through the U.S. State Department. Refugees coming to Montgomery County are welcomed through Catholic Social Services' Refugee Resettlement Program for placement in furnished housing. They also receive a cultural orientation overview, employment assistance and linkage to other valuable community resources. Public Health provides medical screenings and immunizations.

The top two countries of origin for Refugees were the Democratic Republic of Congo with 408 individuals and Ukraine with 65 individuals.



Tips for a Safe and Healthy Summer Trip

Maybe you're counting down the days until your summer vacation. Whether travelling abroad or here at home, you can boost your chances of having a healthy and happy trip if you plan and follow these tips before you leave home.

Before Your Trip

[Check CDC's destination pages for travel health information](#). Check CDC's webpage for your destination to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.

Make an appointment with your healthcare provider at least one month before you leave. They can help you get needed medicines, discuss your health concerns and planned activities. This will help your provider give you more specific advice and recommendations.

Public Health - Dayton & Montgomery County has appointments for [personalized pre-travel assessments](#) in our Immunization Clinic. We can make sure you are up-to-date on your [routine vaccines](#) as well as providing destination-specific vaccines if you are leaving the country. The Public Health Clinic is one of only two authorized Yellow Fever Vaccine centers in Montgomery County. **Pre-travel assessments should take place at least one month before you leave on your trip. Call (937) 225-4550 to schedule an appointment.**

Prepare a [travel health kit](#) with items you may need, especially those items that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines in your travel health kit and take enough to last your entire trip, plus extra in case of travel delays. Depending on your destination you may also want to pack a mask, insect repellent, sunscreen (SPF30 or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.

During Your Trip

If your summer travel means you will be outside in the heat, learn how to prevent, recognize, and treat heat-related illness. The more active you are in high temperatures, the more likely you are to get a heat-related illness. Take the following steps to protect yourself:

- Drink plenty of non-alcoholic fluids.
- Wear a hat and sunglasses.
- Wear loose, lightweight, light-colored clothing.
- Plan outdoor activities during cooler parts of the day.
- Rest often and try to stay in the shade when outdoors.
- If you will be doing strenuous activities in the heat such as hiking or biking, try to adjust before you travel by exercising 1 hour per day in the heat.

If you need medical care abroad, see [Getting Health Care During Travel](#).

After Travel

If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider, and tell them about your recent travel so that they can evaluate you for diseases which may not be common in our area.

Have a safe and healthy trip!



June 14 is World Blood Donor Day

World Blood Donor Day provides a special opportunity to celebrate and thank voluntary blood donors around the world for their gift of blood and has become a major focus for action towards achieving universal access to safe blood transfusion.

Every single donation is a precious lifesaving gift and repeat donation is the key to building a safe and sustainable blood supply. Lack of access to safe blood and blood products negatively impacts patients, including those requiring regular transfusion.

The slogan for 2024 World Blood Donor Day campaign is “20 years of celebrating giving: thank you blood donors!” The 20th anniversary of World Blood Donor Day is an excellent and timely opportunity to thank blood donors across the world for their life-saving donations over the years and honor the profound impact on both patients and donors. It also highlights the importance of giving blood or plasma regularly to create a safe supply of blood and blood products that can be always available, so that all patients in need can receive timely treatment.

To learn more or to schedule an appointment to donate blood, visit [Solvita](#) (formerly Community Blood Center) or call 855-765-8482.

Upcoming Events in June



Monthly Mommy Meet-up

Thursday, June 27, from 2:00pm – 3:30pm

The Sunrise Center, 1320 E. Fifth St., Dayton, OH. 45402

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.

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, June 27, 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 call (937) 225-5700 for more information.



Tai Chi for Arthritis

Tuesday, June 11 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 an 8-week Tai Chi for arthritis workshop for 1 hour (3pm – 4pm) every Tuesday from June 11 through August 6. Click here for more information and to [reserve your spot.](#)



Monthly Fatherhood Club

Monday, June 24, from 5:30pm - 7:00pm
 Goodwill Easter Seals West Campus in Trotwood,
 735 E Main St, Trotwood, OH 45426

In honor of Men's Health Month, we will be discussing heart disease, cancer, and diabetes at our June meeting. 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, June 13 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.](#)



Bereaved Mothers Event

Saturday, June 29 from 10am - 1pm

Registration Required (FREE)

In recognition of the strength of the moms & families who have lost a child too soon we extend an invitation to our upcoming Bereaved Mother's event.

We want to support you and provide a safe space for remembering, loving, and sharing with others providing an opportunity for support and friendship.

WHO: Montgomery County mothers who have lost a child

WHAT: An art counseling session with lunch, community, and conversation

[Register here.](#)



Media Opportunities:

5/3/2024 - WHIO - Bed Bugs

5/3/2024 - WYSO - Open Burning

5/8/2024 - WDTN - Zyn

5/16/2024 - WHIO - Menthol Cigarettes

5/20/2024 - WDTN - Heat

5/22/2024 - DDN - Pools

5/22/2024 - WYSO - Ticks

5/28/2024 - WHIO - Pertussis

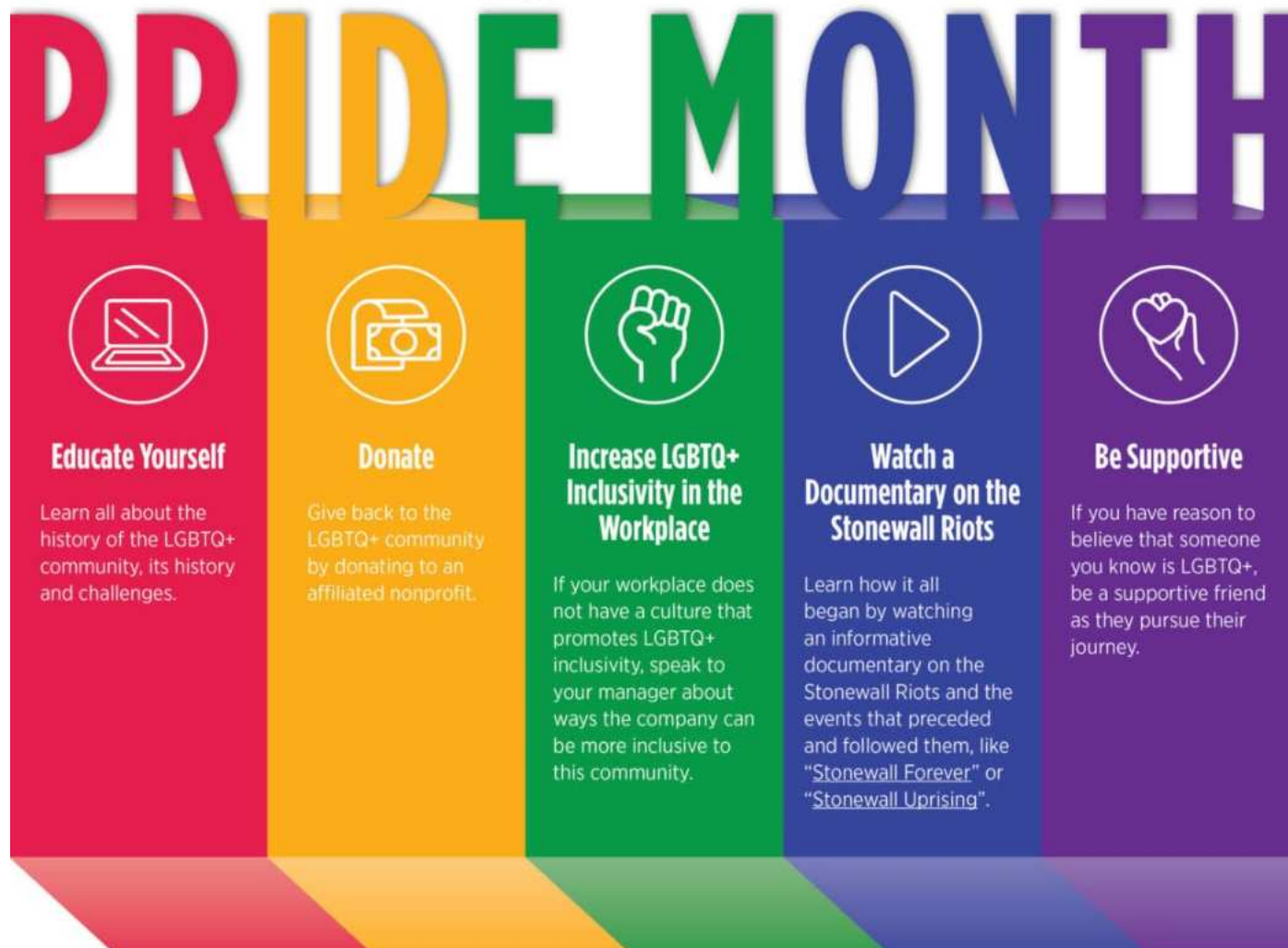
5/29/2022 - DDN - Pertussis

5/30/2024 - WDTN - Pertussis

5/31/2024 - DDN - Food Truck Stats

5/31/2024 - DDN - Ticks

5 Ways to Celebrate



Submitted by:

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

