



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

Monthly Update

August 2024



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



Richland County Mass Bat Exposure

Public Health assisted the Ohio Department of Health in contacting individuals related to exposure to bats at an overnight camp in Richland County.

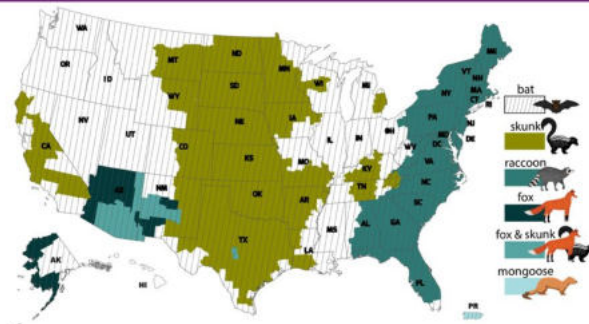
Camp attendees were individuals from across the state, with 11 Montgomery County residents in attendance. Public Health staff contacted the families the evening of July 5th and throughout the following week to ensure all exposed persons received education regarding bat exposure, the risk of rabies, and the indications for post-exposure medication.

[According to the Centers for Disease Control and Prevention](#), bats are the most common animals in the United States to test positive for rabies and are the leading cause of human rabies deaths. To reduce the risk of infection, CDC recommends maintaining a safe distance from bats. You should avoid touching bats. If you're bitten or scratched by a bat, wash the wound with soap and water and get medical help right away. If bat saliva or brain material gets into your eyes, nose, mouth, or an open wound, see a healthcare professional urgently.

Bat bites can be tiny, so if you think you have been in contact with a bat, talk to a medical professional. If you find a bat in your home, contact animal control to safely capture it for rabies testing. Do not release the bat until you have spoken with a public health expert.

Greatest Risk from Wildlife, Especially Bats

Common carriers
of rabies by
location in the US.





Nourishing Montgomery County

Residents can explore the various industries and components that contribute to our food system by attending **Nourishing Montgomery County: A Celebration of the Local Food System**. This free event, Nourishing Montgomery County, is from 10 a.m. to 2 p.m., on Saturday, August 10 at Levitt Pavilion, 134 S. Main Street.

It promises to be an entertaining and educational event, with cooking demonstrations, a family-fun game show, a composting display, and the awarding of our local food champions. There will also be exciting raffles for Dragons tickets, crockpots, and other items. A variety of food trucks will offer flavors to suit any taste.

Free parking is available in the Reibold Building Garage across the street, and the first 500 individuals will receive a free popsicle from Sweet P's Ice Pops. Patrons are encouraged to bring lawn chairs or blankets.

Breastfeeding Awareness Month

August is National Breastfeeding Awareness Month, a time to educate new mothers about the importance of breastfeeding. Breast milk is the best food for babies in their first year of life, providing all the nutrients they need for physical and mental development. It also helps protect babies against diseases and reduces the risk of obesity and allergies.

Exclusive breastfeeding for about the first six months is recommended. The [Dietary Guidelines for Americans](#) recommends continued breastfeeding while introducing appropriate complementary foods until children are 12 months old or older. The [American Academy of Pediatrics](#) and the [World Health Organization](#) recommend continued breastfeeding along with introducing appropriate complementary foods for up to 2 years or longer.

Mothers should be encouraged to breastfeed their children for at least 1 year. The longer an infant is breastfed, the greater the protection from certain illnesses and long-term diseases. Additionally, the longer a woman breastfeeds, the greater the benefits to her health as well.

During July of 2024, 68% of Montgomery County moms initiated breastfeeding, which is slightly higher than the state average of 66%. And 41% of Montgomery County moms are still breastfeeding after 3 months with the state average being 39%.

Public [Health's Women, Infant and Children's \(WIC\)](#) program provides education and support to new moms about the benefits of breastfeeding.

Black Breastfeeding Brunch

In recognition of Black Breastfeeding Month, Public Health is hosting a [Black Breastfeeding Brunch](#). This free event is designed to celebrate and encourage





Black chest/breastfeeding, while educating all attendees about the positive health outcomes of chest/breastfeeding.

Black Breastfeeding Week was established in 2014 to highlight the importance of breastfeeding in the Black community, because on average Black babies die at 3 times the rate of White babies, and human milk can make the difference between life and death, particularly for premature babies.

We will also be giving away \$100 Karmel's Day Spa gift cards to the first 25 eligible attendees. To be eligible, attendees must be pregnant or have a baby under the age of 1 and living in Montgomery County. Additional door prizes include: a car seat and stroller system, a bassinet, a gift basket, a car seat, and a leapfrog pad.

Mama Omope will be speaking on her breastfeeding experience. We will have open mic segments where the community may share their stories of chest/breastfeeding through the generations of their families.

Hop on the free bus!

Bus passes are available in advance by texting Moriah at 937-715-1270.

Refreshments provided.



Immunization Month

[National Immunization Awareness Month](#) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

Public Health's Immunization Clinic provides routine vaccines for infants, children, teens, and adults. The clinic also provides vaccines for international travelers, those with occupational risk, medical indications, and for post-exposure disease control efforts.

The [Public Health Clinic](#) is located in the Reibold Building at 117 S. Main St. in downtown Dayton. To schedule a vaccination appointment call (937) 225-4550.



Vaccines Protect Kids

Public Health has partnered with Dayton Children's Hospital on a new campaign called "[Vaccines Protect Kids](#)" to increase the childhood vaccination rate in Montgomery County.

Childhood vaccinations have been one of the most significant advancements in public health, dramatically reducing the prevalence of infectious diseases and saving countless lives. Some benefits of vaccination include:

1. **Protection Against Severe Diseases** - Vaccinations protect children from potentially severe diseases such as measles, mumps, and whooping cough. Diseases that were once common and often fatal have become rare due to widespread vaccination efforts. For instance, the measles vaccine has led to a dramatic decrease in measles cases worldwide, protecting children from severe complications like pneumonia, encephalitis, and even death.
2. **Long-Term Health Benefits** - Vaccines not only protect against immediate threats but also contribute to long-term health benefits. For example, the HPV vaccine protects against human papillomavirus, which is linked to several cancers. By preventing these infections, vaccines help reduce the incidence of cancer and related health issues later in life.
3. **Prevention of Disease Outbreaks** - When a large percentage of the population is vaccinated, it creates herd immunity. This communal protection prevents the spread of diseases, effectively reducing the likelihood of outbreaks. For diseases like polio, high vaccination rates have brought us close to eradicating them completely. Herd immunity protects those who cannot be vaccinated, such as infants or individuals with compromised immune systems.
4. **Promotion of Healthy Development** - Childhood vaccinations support healthy development by preventing diseases that can cause serious complications. Diseases like chickenpox can lead to complications such as pneumonia and brain inflammation, which can hinder a child's growth and development. Vaccinations ensure that children stay healthy, allowing them to grow and thrive without the interruptions caused by severe illness.
5. **Reduction in Healthcare Visits and Costs** - Vaccinations are a cost-effective public health measure. By preventing diseases, they reduce the need for medical treatments and hospitalizations. For instance, the cost of a vaccine is far less than the expense of treating diseases such as pneumococcal infections or hepatitis B. Staying up to date with vaccines saves families money in the long run.



Overdose Awareness Day

The Community Overdose Action Team invites you to join us for **Overdose Awareness Day** on Wednesday, August 14, from 5pm to 8pm at the Levitt Pavilion located at 134 S. Main St. in downtown Dayton. This free event is dedicated to raising awareness about the devastating impact of drug overdoses and honoring the lives of those lost to substance misuse. The day serves as a reminder of the tragic consequences of addiction and aims to educate the public, support individuals struggling with substance use, and advocate for effective prevention and treatment measures.

Attendees will have a chance to learn about available treatment options, harm reduction strategies, and how naloxone can be used to reverse opioid overdoses. The evening also provides an opportunity to highlight the importance of early intervention, access to quality healthcare, and the need for comprehensive support systems to address addiction.

The event will feature harm reduction resources, prevention and recovery services, free event bags, a DJ, and a free meal while supplies last.

For more information about overdose resources in Montgomery County visit mccoat.org.

Upcoming Events in August



Tai Chi for Arthritis

Tuesday, August 6 from 3pm - 4pm

Years Ahead Dayton 3969 Salem Avenue Dayton, OH 45406

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](#).



Safe Sleep Ambassador Training

Thursday, August 8 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.

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.](#)



Asthma Basic Training

Wednesday, August 14 from 10am – 12pm

Asthma Basics is the American Lung Association's free virtual course designed to help you learn more about asthma.

This course presents the basics of asthma and is ideal for frontline healthcare professionals, such as school nurses or community health workers, as well as individuals with asthma, parents of children with asthma, and co-workers, friends, and family who want to learn about asthma. This program will teach participants to recognize and manage triggers, understand the value of an asthma action plan, and recognize and respond to a breathing emergency.

Contact Donecha Daniels: [\(937\) 496-6588](tel:9374966588) DWDaniels@phdmc.org



Monthly Mommy Meet-up

Thursday, August 22 from 5:30 pm – 7:30 pm

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

August's Mommy Meet-up will highlight *Breastfeeding Awareness Month* by discussing breastfeeding in the workplace. The discussion will center around how workplaces can support those who are breastfeeding and include legal implications and ideas on how to successfully support your employees and customers. New moms can also learn about their breastfeeding rights at work, and they can best balance breastfeeding and their daily work routine.

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.



Monthly Fatherhood Club

Monday, August 26, from 5:30pm - 7:00pm

Goodwill Easter Seals West Campus in Trotwood,
735 E Main St, Trotwood, OH 45426

Join us as we reflect on ourselves and talk about the stigma associated with mental health (Open to ages 15 and up) registration is required.

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



Media Opportunities:

7/1/2024 | WHIO / Fireworks Safety

7/2/2024 | Dayton Daily News / Asthma

7/3/2024 | WDTN / Extreme Heat

7/3/2024 | Dayton Daily News / Narcan

7/19/2024 | Dayton Daily News / School Vaccinations

7/19/2024 | WHIO / Computer Outages

7/19/2024 | ABC 22 / Computer Outages

7/30/2024 | WDTN / COVID-19

7/31/2024 | WYSO / Infant Mortality



Submitted by:

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CHES, Medical Director