



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

Monthly Update

September 2024

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



Vaccines for Children Program Celebrates 30 Years of Protecting Children

Public Health celebrates 30 years of the national [Vaccines For Children \(VFC\)](#) program. As a proud participant, Public Health provides free vaccinations for children up to and including the age of 18. During 2023 the VFC program provided 8,999 free vaccinations for area residents. These free vaccinations included; DTaP, Flu, Varicella, MMR, COVID-19 and more.

VFC, established in 1994, has been crucial in protecting U.S. children from life-threatening diseases by providing free vaccinations to eligible groups, including those who are Medicaid-eligible, uninsured, or American Indian/Alaska Native.

Over the past 30 years, the program has helped prevent 508 million illnesses, 32 million hospitalizations, and saved over 1.1 million lives. Notably, almost 90% of VFC-eligible children received the MMR vaccine, reflecting high coverage. However, there is a need for greater emphasis on increasing vaccination rates for other recommended vaccines, as coverage remains lower among VFC-eligible children compared to their non-eligible peers.

To have your children vaccinated, or to learn if you are eligible for free vaccination, call the [Public Health Clinic](#) at 937-225-4550.



National Recovery Month

Join Public Health's [Recovery Services](#) program as they observe National Recovery Month, an observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

Recovery Services helps individuals begin the path to recovery from substance use or gambling disorders. The Recovery team brings their lived experiences to help understand the problems people have while offering a pathway to recovery.

Public Health's Recovery Services staff will be participating in the Mental Health Matters: A Community Conversation, being held at Wright State University on Tuesday, September 17 at 5:30 pm.

To learn more, contact Recovery Services at (937) 461-5223.



National Infant Mortality Awareness Month

Public Health's Maternal and Child Health program is observing [National Infant Mortality Awareness Month](#) throughout September, encouraging our community to remember those infants who left us too soon, and to work to prevent further losses. By raising awareness, advocating for change, and supporting families, we can make progress in reducing infant mortality rates in Montgomery County.

Infant mortality, defined as the death of a baby before their first birthday, is a heartbreaking reality for far too many families. It is also a stark indicator of a community's overall health and well-being. While the United States has made significant progress in reducing infant mortality over the years, disparities persist; currently in Montgomery County, black babies die at a rate more than 3x that of white babies, and there is much work to be done.

Several factors contribute to infant mortality, including:

- **Premature Birth:** Babies born before 37 weeks of pregnancy are at higher risk of health problems and mortality.
- **Low Birth Weight:** Low birth weight is often linked to premature birth and is a significant risk factor for infant mortality.
- **Sudden Infant Death Syndrome (SIDS):** SIDS is the sudden and unexplained death of an otherwise healthy baby, usually during sleep.
- **Lack of Prenatal Care:** Access to quality prenatal care is crucial for a healthy pregnancy and birth.
- **Social Determinants of Health:** Poverty, lack of education, and limited access to healthcare can all impact infant mortality rates.
- **Racism:** Sadly, there are racial disparities in infant mortality rates, with black babies dying at a higher rate than white babies.

We can work together as a community to help reduce infant mortality in the following ways:

- **Education:** Understanding the risk factors for infant mortality is the first step in prevention. Encourage parents, caregivers, and soon-to-be parents to attend educational programs, classes, and seminars on prenatal care, safe sleep practices, and infant safety.
- **Access to Healthcare:** Ensure that all members of our community have access to quality healthcare, including prenatal and postnatal care.

Advocate for policies and programs that expand healthcare access for populations who face barriers to care.

- **Support for Parents:** Parenthood can be challenging, especially for new parents. Offer resources and support groups to help parents navigate the challenges of raising healthy infants. A strong support system can make a world of difference.
- **Safe Sleep Practices:** Promote the A,B,C's of Safe Sleep: babies should always sleep alone, on their back, and in a crib.
- **Reduce Health Disparities:** Address social determinants of health, such as, racism, poverty, education, and access to healthy food.



Food Safety Education Month

Public Health's [Food Operation Inspection Service](#) celebrates [National Food Safety Education Month](#). The program supervises the licensing and inspection of all restaurants, grocery stores, vending machines, mobile food operations, and temporary food operations. In addition, Public Health conducts reviews of all new and remodeled food service facilities within Montgomery County.

Here's what you need to know to ensure your meals are safe:

Understanding the Four Pillars of Food Safety

- 1. Clean:** Before handling any food, wash your hands with soap and water for at least 20 seconds. Clean surfaces, utensils, and fruits and vegetables thoroughly to avoid cross-contamination.
- 2. Separate:** Prevent cross-contamination by keeping raw meat, poultry, seafood, and eggs separate from other foods. Use different cutting boards and utensils for raw and cooked items.
- 3. Cook:** Cooking food to the proper temperature is crucial to killing harmful bacteria. Use a food thermometer to ensure meats reach safe temperatures: 165°F for poultry, 145°F for pork and beef, and 145°F for seafood.
- 4. Chill:** Refrigerate perishable foods within two hours (or one hour if the temperature is above 90°F). Keep your refrigerator at or below 40°F and your freezer at 0°F to slow bacterial growth.

Safe Food Handling Tips

- **Thaw Safely:** Always defrost food in the refrigerator, in cold water (changing water every 30 minutes), or in the microwave. Never thaw food on the counter.
- **Proper Storage:** Store leftovers in airtight containers and use them within 3-4 days. Label and date items to keep track of their freshness.

- **Food Preparation:** Avoid using the same plates or utensils for raw and cooked foods. Always wash hands, utensils, and surfaces after handling raw ingredients.

The Importance of Food Labels

Food labels provide vital information about the safety and quality of the products you buy. Pay attention to:

- **Expiration Dates:** Use products before their expiration or "use by" dates for optimal safety.
- **Storage Instructions:** Follow any specific storage guidelines on packaging to maintain food safety and quality.
- **Allergen Information:** Be mindful of allergens listed on labels, especially if you or your family members have food sensitivities.

Educate and Empower

Sharing knowledge about food safety helps everyone in our community stay healthy. Consider hosting or attending a food safety workshop or online webinar to further enhance your understanding.

Report Issues

If you encounter any issues with food safety, such as foodborne illnesses or unsafe food handling practices in local establishments, report them to Public Health, by calling (937) 225-4460.

Stay Informed, Stay Safe

By following these essential food safety practices, you contribute to a healthier community and reduce the risk of foodborne illnesses.



National Preparedness Month

Public Health is observing National Preparedness Month by reminding you to plan ahead and be prepared if an emergency arises.

[Public Health's Emergency Preparedness](#) program provides a regular schedule of regional training exercises to help keep us prepared for a variety of scenarios. At the same time, Public Health's Incident Management Team routinely engages in real-life smaller scale incidents as they occur throughout the county.

Individuals can be prepared for an emergency by following simple recommendations. Be prepared to be self-reliant for three days without utilities and electricity, water service, access to a supermarket or local services, or even without response from police, fire, or rescue.

Preparing for an emergency can start with these important steps:

- Be informed about emergencies that could happen in your community and identify sources of information in your community that will be helpful before, during and after an emergency.
- Make a plan for what to do in an emergency.

- Build an emergency supply kit.

Get involved. For more tips about how to prepare in an emergency visit

www.ready.gov

Upcoming Events in September



Tai Chi for Arthritis

Monday, September 9, 10:00 am

Northwest Rec Center

1600 Princeton Dr, Dayton

Public Health's Bureau of Chronic Disease Prevention will be launching an 8-week Tai Chi for arthritis workshop to [reserve your spot.](#)



Older Adults Living with HIV & AIDS

Tuesday, September 17 from 9am – 12:15pm

Online Event – Registration Required (FREE)

Participants in this virtual workshop will review history, explore realities, issues, and long-term outcomes of older adults living with HIV. We will also explore challenges for prevention of acquiring HIV for older adults and how those challenges can be met and addressed by family members and providers.

[Register here.](#)



Person in Charge Certification Course

Wednesday, September 18, 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



Safe Sleep Ambassador Training

Thursday, September 19 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.

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](#).



Monthly Mommy Meet-up

Thursday, September 26, from 5:30pm - 6:30pm

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.

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.



Monthly Fatherhood Club

Monday, September 30, 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.



Media Opportunities:

8/7/2024 - WHIO - Marijuana
8/7/2024 - ABC 22 - Marijuana
8/10/2024 - ABC 22 - Nourishing Montgomery County
8/12/2024 - ABC 22 - Overdose Awareness Day
8/14/2024 - ABC 22 - Overdose Awareness Day
8/14/2024 - WHIO - Overdose Awareness Day
8/14/2024 - WYSO - Overdose Awareness Day
8/14/2024 - WHIO Radio - Overdose Awareness Day
8/14/2024 - WHIO Radio - Overdose Awareness Day
8/14/2024 - WHIO Radio - Overdose Awareness Day
8/20/2024 - WDTN - Mosquitos
8/22/2024 - Buckeye Flame - LGBTQ+ Alliance
8/26/2024 - DDN Mosquitos
8/27/2024 - WKEF - West Nile

Submitted by:
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