



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

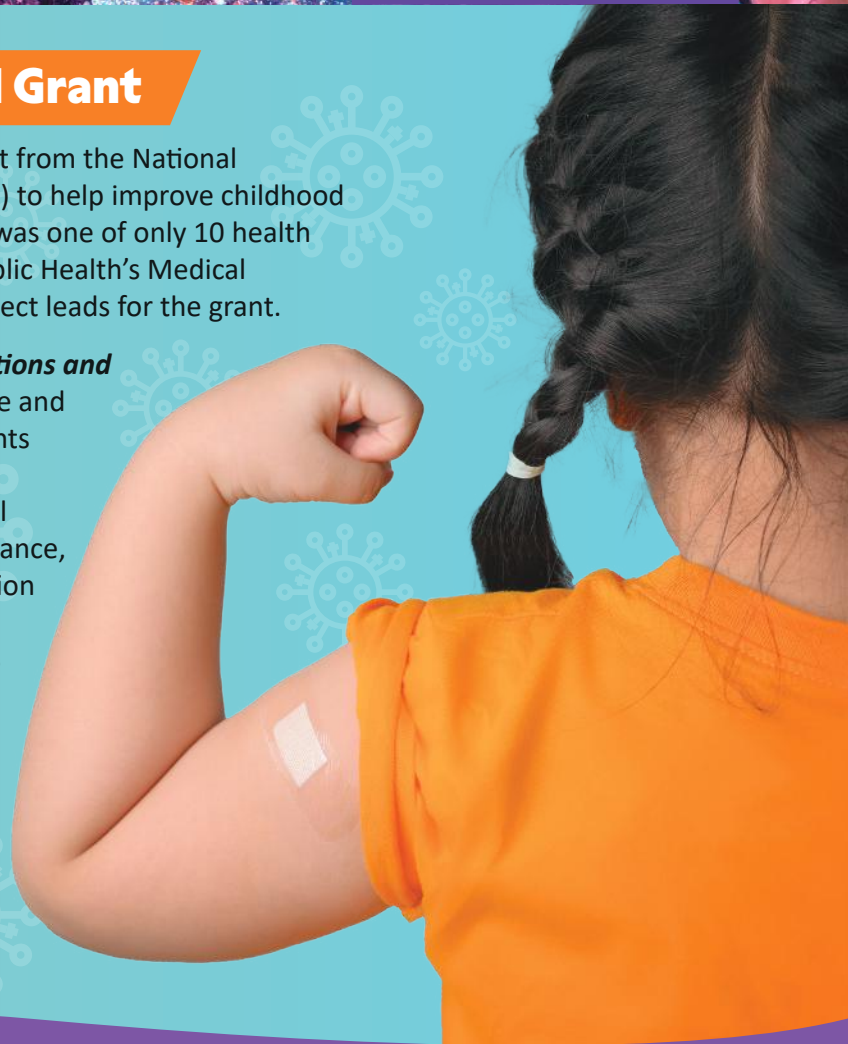
Monthly Update

JANUARY 2025

Public Health Awarded National Grant

Public Health is pleased to have received a \$40,000 grant from the National Association of County and City Health Officials (NACCHO) to help improve childhood vaccination rates in Montgomery County. Public Health was one of only 10 health departments nationwide to have received an award. Public Health's Medical Director and Public Information program will be the project leads for the grant.

The Strengthening Immunization Program Communications and Outreach Capacity Grant, provides a technical assistance and capacity-building opportunity for local health departments by helping to develop resources to strengthen their communications regarding immunizations. Selected local health departments will receive training, technical assistance, and other resources to evaluate and develop immunization communications materials, learn communications best practices, and participate in shared learning experiences to increase community trust and uptake of vaccinations. The project period begins on January 1, 2025 and will end on July 31, 2025.



**COMMUNITY
SUPPORT
IS KEY.**

Find treatment options
and resources for
substance use
disorders.



 **SUBSTANCE USE DISORDER
TREATMENT MONTH**

SAMHSA

Substance Use Disorder Treatment Month

In January, the Center for Substance Abuse Treatment at the Substance Abuse and Mental Health Services Administration (SAMHSA) will be kicking off the first national **Substance Use Disorder Treatment Month** – a time to raise awareness of the benefits and availability of evidence-based treatments for people with a substance use disorder. We know so many people view January as a time to take stock, reset, and take steps toward healthier living. What better time for us to highlight information and resources that can help support treatment and recovery from a substance use disorder?

Public Health's [Recovery Services](#) program can provide guidance for individuals who are seeking help for themselves, loved ones, or friends. **Call (937) 461-5223** for more information about available resources.

Education for New Mothers



The ***Nourish your Newborn Class*** will help individuals build a foundation for enjoyable breastfeeding. Topics include breastfeeding basics and "need to know" tips and tricks. Class attendees will learn the importance of skin to skin, and the golden hour. The class isn't just about breastfeeding, but includes a review of proper bottle-feeding techniques and briefly touches on pumping as well. The key components of this class are breastfeeding basics, dealing with engorgement, hand expression, and reverse pressure softening. This class is in person, and includes demonstrations of all techniques with models. The classes last around an hour, but if attendees want more information after class, they are welcome to schedule a time to come in and chat one on one with a breastfeeding staff member.

The ***Pumping 101 Class*** is all about pumping. Class attendees will learn about the different types of pumps in today's market and what to choose for their personal pumping journey. The class includes a review of milk storage guidelines and proper bottle-feeding techniques, as well as other key components of breastfeeding. Attendees will have the opportunity to look, touch, and feel many different pumps that will be on display during the class. The classes last around an hour, but if attendees want more information after class, they are welcome to schedule a time to come in and chat one on one with a breastfeeding staff member.



Radon Action Month



You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Five Things You Can Do During National Radon Action Month

Test your home:

The most important action is to test your home for radon levels. Order a FREE test kit at <https://ohio.radon.com/>

Learn about radon:

Educate yourself on the dangers of radon exposure, including its link to lung cancer.

Share information:

Talk to family and friends about radon, encourage them to test their homes, and spread awareness through social media.

Consider mitigation:

If your test results show high radon levels, contact a certified radon mitigation professional to discuss options for reducing radon in your home.

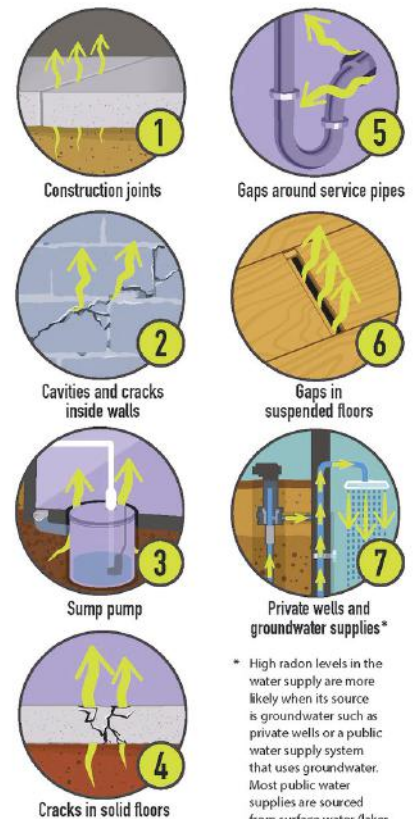
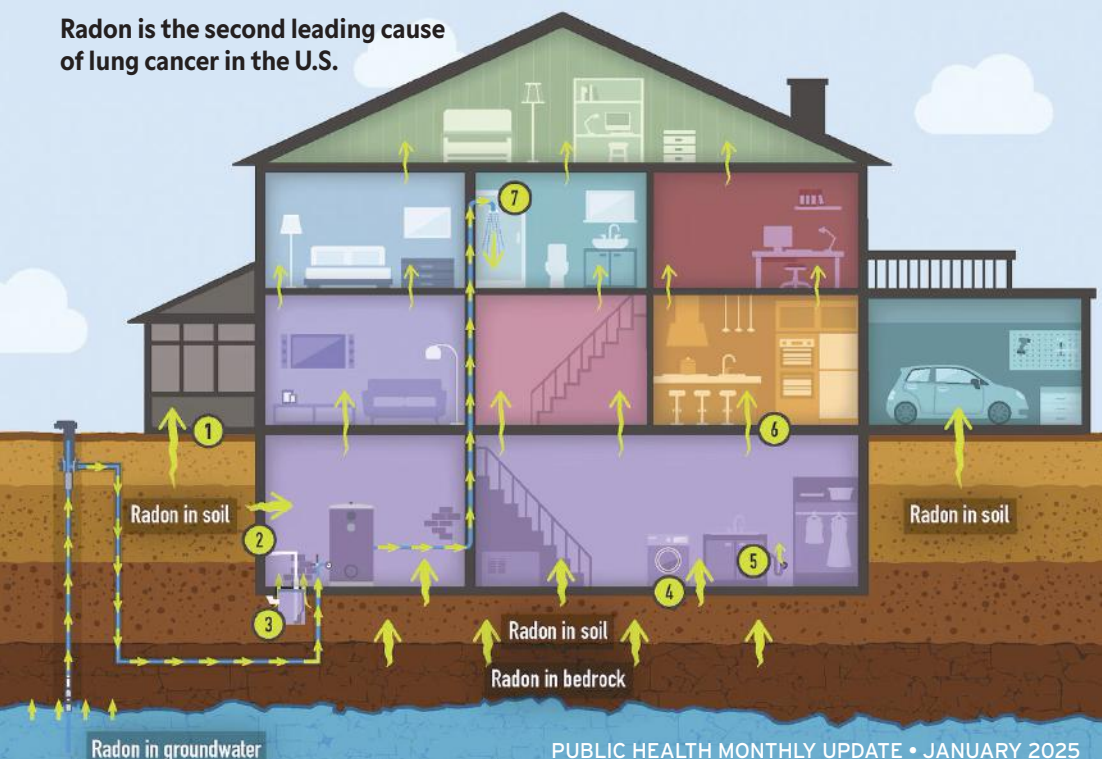
Advocate for radon-resistant construction:

If building a new home, explore options to make it radon-resistant from the start.

For more information visit <https://www.cdc.gov/radon/index.html>

How Radon Gets into Your Home

Radon is the second leading cause of lung cancer in the U.S.



* High radon levels in the water supply are more likely when its source is groundwater such as private wells or a public water supply system that uses groundwater. Most public water supplies are sourced from surface water (lakes, rivers, and reservoirs).

Understanding High Blood Pressure

Health Talks: Library Series

Public Health is partnering with Dayton Metro Library to conduct a series of health talks. The first in the series is **Understanding High Blood Pressure**. We will be discussing what high blood pressure is and is not, what the numbers mean, how it affects the body, why you should be concerned, and taking either preventive or controlling measures for high blood pressure. This is an educational and interactive talk to help our residents to be aware of the health risks in our communities. We look forward to seeing you.



How to register from the Dayton Metro Library:

The program is available on the online calendar. Registration for any program typically opens 30 days prior to the program date. Patrons can register for programs in a few ways:

- By phone on the Ask Me Line at 937-463-2665
- Online at DaytonMetroLibrary.org (just click on the program and register)
- In person at any branch (they can register for any location).

Date	Location	Time
1/6/25	Miami Township Branch	6 - 7pm
1/13/25	Kettering Moraine Branch	6 - 7pm
1/22/25	Burkhardt Branch	11am - 12pm
2/3/25	West Library Branch	6 - 7pm
2/13/25	West Carrollton Branch	11am - 12pm
2/18/25	Trotwood Branch	6 - 7pm
2/19/25	Electra C. Doren Branch	11am - 12pm
2/24/25	Wilmington/Stroop Branch	6 - 7pm



We Are Hiring
JOIN OUR TEAM

Public Health
Dayton & Montgomery County

Health Clinic

RESTAURANT

Vaccine

Public Health
Dayton & Montgomery County

Help Us Make a Difference

Public Heath - Dayton & Montgomery County, is dedicated to public service and committed to quality relationships with one another and the community we serve.

Current Job Openings

Air Pollution Program/Analyst
Public Health Nutrition Associate
Air Pollution Control Specialist I
Community Engagement Project Manager
Substance Use Mental Health Counselor
Public Health Nurse I
Environmental Health Specialist In Training
PH Communicable Disease Clinic Senior Manager
Senior Programmer/Sys Administrator
Director Administration
Accounting Specialist
Director Health Services



- Health, Dental, and Vision Insurance
- Vacation, Sick, and Personal Leave
- Paid Holidays
- Ohio Public Employees Retirement System
- Eligible for Deferred Compensation Program
- Tuition Assistance, and More!



Public Health - Dayton & Montgomery County is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, national origin, disability, military status, veteran status, genetic testing, or other unlawful bias.

EVENTS

January 2025 Events

Public Health's many programs and services host a variety of community-wide events throughout the year. To register for an event or learn more, call (937) 225-5700 or [click here](#).



JAN
6
MON

CHRONIC DISEASE PREVENTION
**Hypertension with
Public Health – Dayton
& Montgomery County**

● 6:00 PM – 7:00 PM

● Dayton Metro Library – Mid...

REGISTER



JAN
6
MON

CHRONIC DISEASE PREVENTION
**Hypertension With
Public Health – Dayton &
Montgomery County**

● 6:00 PM – 7:00 PM

● Dayton Metro Library – Mid...



JAN
8
WED

**Nourish Your
Newborn
Classes**

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

● 2:00 PM – 3:00 PM

● Sunrise Center



JAN
14
TUE

**Nourish Your
Newborn
Classes**

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

● 2:00 PM

● Drew Health Center



JAN
15
WED

**Person In Charge
(PIC) Training**

ENVIRONMENTAL HEALTH
**Person In Charge (PIC)
Certification in Food
Protection**

● 9:00 AM – 12:00 PM

● Reibold Building – Environm...

CALL TO REGISTER (937) 225-4460



JAN
15
WED

**Nourish Your
Newborn
Classes**

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

● 2:00 PM

● Sunrise Center



JAN
16
THU

**BECOME A
SAFE SLEEP
AMBASSADOR**

MATERNAL AND CHILD HEALTH
**Safe Sleep Ambassador
Training**

● 1:00 PM – 3:00 PM

● Virtual

REGISTER HERE



JAN
21
TUE

**Nourish Your
Newborn
Classes**

MATERNAL AND CHILD HEALTH
**Nourish Your Newborn
Class**

● 2:00 PM

● Drew Health Center



JAN
21
TUE

**Pumping 101
Classes**

MATERNAL AND CHILD HEALTH
Pumping Class 101

● 4:00 PM

● Sunrise Center



JAN
22
WED

CHRONIC DISEASE PREVENTION
**Hypertension with
Public Health – Dayton
& Montgomery County**

● 11:00 AM – 12:00 PM

● Dayton Metro Library – Burk...

REGISTER



MEDIA

Date	News Source	Topic
12/4/24	CBS News	Pertussis
12/11/24	ABC 22	Winter Weather Preparedness
12/12/24	WDTN	Winter Weather Preparedness
12/16/24	DDN	Drug Overdose Notification
12/16/24	DDN	Flu and Covid
12/18/24	DDN	Complex Medical Help
12/23/24	WHIO	Flu and Covid
12/30/24	DDN	Flu



PUBLIC HEALTH CARES

A PODCAST FROM



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



Episode 17
Complex Medical Help (CMH)
Helene Hill
Nurse Supervisor

Hosted by **Dan Suffoletto**
Public Information Manager



LISTEN AND SUBSCRIBE TODAY ON






PUBLICHEALTHCARES.ORG

Public Health Cares Podcast

Complex Medical Help (CMH) links families of children under the age of 25 with special healthcare needs to a network of quality providers and helps families obtain payments for services their child needs.

Major components of the program include: conducting quality assurance activities to establish standards of care; determine unmet needs of individuals with special health care needs and their families; funding services for the diagnosis and treatment of medically eligible conditions; collaborating with public health nurses and local health departments to assist in increasing access to care; supporting service coordination for individuals with selected diagnoses; and assisting individuals and their families to access and utilize appropriate sources of payment for services.

To listen, [click here](https://publichealthcares.org).

Submitted by:

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

